



# ITON TZIYON עתון ציון

## Mount Zion Temple Bulletin

February/March 2018 | Shevat/Adar/Nisan 5778

Vol. 162, No. 3



# A Totally Rad 80s Purim

See p. 6 for details.

# L'Dor VaDor

From Generation to Generation

## Mazel Tov To...

Our members who will celebrate a milestone anniversary in February & March: **Joseph & Adela Peskorz, Barney & Pamela Harris, Jim & Robin Lackner.**

**Dan Rybeck and Kate Searls**, on the marriage of their daughter, *Rosa*, to *Daniel Smith* on January 4.

**Anne and Kurt Schaefer**, on the birth of their grandson, *Asher*, born on November 8, and their grandson, *Jaxon*, born on November 22.

**Sam and Reine Shiffman** on the birth of their granddaughter, *Eliana Gloria*, on January 12.

## Zichronam Livracha... May their memories be a blessing

We note with sorrow the passing of our member:

**Barbara Peilen Sarbach**

*Our condolences to her family.*

## We Extend Condolences to...

**Jennifer Canestraro** on the death of her mother, *Shirley Domskey*, on November 28.

**Eric (Celita) Levinson** on the death of his father, *Arnie Levinson*, on January 5.

**Devora Molitor** on the death of her sister, *Irene Sokol*, on November 16.

**Jeff (Julie) Sanders** on the death of his sister, *Katie Sanders*, on January 8.

**Rachael Stover-Haney (Ben Haney)** on the death of her mother, *Phyllis Balmat*, on December 19.

**Michael (Jennifer) Wall** on the death of his brother, *Douglas Wall*, on November 25.

*May God grant peace to all who mourn and comfort to all who are bereaved.*

## WELCOME...B'RUCHIM HA'BAIM... TO OUR NEW MEMBERS!

Jason Ross & Julie Duckstad  
and their children Sonia and Georgia  
Fran & Mike Willey

## Yesher koach to the B'nei Mitzvah Class of 2016-17

In honor of their B'nei Mitzvah, families contributed to a fund instead of giving individual gifts to classmates. They raised \$7410; half of this will be saved for them to give as their Confirmation Class gift in 10th grade. The other half (\$3705) will be distributed to the organizations the students chose in 7th grade, *Planned Parenthood* and *Doctors without Borders*. Well done/kol hakavod!

# Letter from the Rabbi



Do you like connecting with your Jewish community for song and prayer, interesting conversation and good food, but you find that going to services on Friday night makes dinner too rushed? Or maybe you're just too tired by that hour at the end of the week? Perhaps you don't like to drive at night, especially in the winter. Do you wish there was another way?

Then I have a solution for you! During the month of February, give Shabbat morning services a try. We have no B'nei Mitzvah scheduled this month, so it is a great opportunity to experience Shabbat in an uplifting, intimate atmosphere. Our service on Shabbat morning when there is no Bar/Bat Mitzvah is less formal, led by your clergy and lay leaders, shorter, and by all accounts a great way to spend a Saturday morning with your family and community.

We begin at 10:00 am. We sit in a semicircle, with our leaders at the same level as the congregation rather than up on the bima. The service gives us an opportunity to express gratitude for our lives, explore our spirituality, learn something new, meet new friends, sing together, reflect quietly, and engage with our liturgy in different ways. We bring the Torah down for the Torah reading, so you can see it up close and personal, and there are opportunities for you to have an aliyah (reciting the blessing at the Torah reading) to celebrate something, pray for healing, or honor the memory of a loved one, which you don't often get when there is a Bar/Bat Mitzvah. We usually have a congregation of 10-20 people, and we can't wait to count you in as well.

The service is followed by Kiddush and a potluck lunch in Margolis Hall. We provide the bagels and cream cheese, Siana brings a delicious homemade soup in a big blue pot, and there are always other yummy surprises as well, including gluten free and dairy-free options. We sit around the tables and have good conversation, and often sing songs together afterward.

I hope I might see some new faces this month at Shabbat Morning services. It really is a great way to spend your Saturday morning.

*Esther Adler, Rabbi*

## March Food Drive

### Hunger forces Impossible Choices

20% of families struggle to feed their families. Neighborhood House distributes almost 1 million pounds of food per year through their Food Markets.

### How YOU can make a difference in combating Hunger in Minnesota

- Your gift of \$36 can feed a family of 4 for a week!  
Give online: [mzion.nirsham.com/form/donate](http://mzion.nirsham.com/form/donate).
- Drop off food donations in March at the Mount Zion Mitzvah Food Shelf Project table. A complete list of needed items can be found at the food donation table located in the main lobby.



Questions? Contact Edith Pang at 763-535-1260 or [pangang@comcast.net](mailto:pangang@comcast.net).

## Passover Services

### 1st Day Festival Shabbat Service

Saturday, March 31, 10:00 a.m.

### 7th Day Festival Service

Friday, April 6, 10:00 a.m. at Sholom East

Sign up for the Congregation Seder. More on p. 12.



# Make Shabbat Your Sanctuary

## Spend Shabbat with Friends!

### Congregational Shabbat Dinner

February 2, Dinner: 5 p.m.; Service: 6:30 p.m.  
Cost: \$15 adults; \$12 kids (11 and under)



*This Shabbat Dinner has been generously subsidized by Brotherhood.\*  
(The unsubsidized cost is \$23 adults; \$18 kids)*

Register at [www.mzion.nirsham.com/events](http://www.mzion.nirsham.com/events). For more information, contact Jennifer at [jbaddin@mzion.org](mailto:jbaddin@mzion.org) or 651-698-3881.

*\*Keeping our dinners affordable is a goal because they are opportunities for community building and celebrating Jewishly together. We are grateful for Brotherhood's support. We are also seeking individual donors for future dinners; please be in touch with Larry ([Isolomon@mzion.org](mailto:Isolomon@mzion.org)) if you'd like to help.*

## My Jewish Life in Hungary

### Saturday, February 3 during Shabbat Services

Guest Speaker during Shabbat services: Tomi Buchler, JAFI

Tomi Buchler was born and raised in Budapest, Hungary. "My story is unique," he says, "Because I was born into one of the few Jewish families in Budapest that did not assimilate during Communism."



### Focus on Mental Health

#### Major Depression:

#### One School Administrator's Story

Pulpit Speaker: Al Levin

See p. 17 for more details.



## Daily Service Schedule

Daily services are held in the Harris Chapel, Monday through Thursday at 5:45 p.m., Sundays at 9:30 a.m.

### February

**Mondays:** Patrick Zimmerman, Heidi and Jim Waldmann

**Tuesdays:** John Mast, Alex Klass, Dorothy Lipschultz

**Wednesdays:** Eric Lund, Mitch and Sally Rubinstein

**Thursdays:** Rita Grossman, Steve Levin, Steve Silverman, Ben Elwood

**Sundays:** Rita Grossman, Lindsay Nauen, Gloria Levin, Deb Bachrach, Anne and Kurt Schaeffer

### March

**Mondays:** Patrick Zimmerman, Bruce Gaarder, Marilyn Salmon

**Tuesdays:** John Mast, Ray and Rosemary Sevet

**Wednesdays:** Eric Lund, Henry Lippman, Adam Bahr

**Thursdays:** Rita Grossman, Arnie Krohn, Lee Litman

**Sundays:** Rita Grossman, Lindsay Nauen, Gloria Levin, Deb Bachrach, Anne and Kurt Schaeffer

If you would like to participate in Leading or Greeting at daily services, contact Janet 651-482-9951.

## February

### Friday Shabbat Evening Services

**February 2, 6:30 p.m.**

Shir Tzion Participates  
2nd Grade Participates  
Congregational Shabbat Dinner

**February 9, 7:30 p.m.**

Professional Quartet

**February 16, 7:30 p.m.**

Food for Thought (p. 7)  
Birthday Blessings  
JDAIM Pulpit Guest: Al Levin (p. 17)

**February 23**

Shabbat at Home (p. 5)  
Brief Service, 5:45 p.m.  
Shabbat Zachor

### Saturday Shabbat Morning Services

**February 3, 10:00 a.m.**

Yitro – Ex. 19:1-20:26\*  
Guest Speaker: Tomi Buchler, JAFI

**February 10, 10:00 a.m.**

Mishpatim – Ex. 22:4-23:19 & Ex. 30:11-16\*  
Shabbat Shekalim  
Celebrate Shabbat!

**February 17, 10:00 a.m.**

Terumah – Ex. 26:1-30\*  
Celebrate Shabbat!

**February 24, 10:00 a.m.**

Tetzaveh – Ex. 28:31-29:18 & Deut. 25:17-19\*  
Shabbat for the Soul at Retreat (p. 13)  
No Services at Mount Zion  
Torah study at Mount Zion as usual.

## March

### Friday Shabbat Evening Services

**March 2, 6:30 p.m.**

Shir Tzion Participates

**March 9, 7:30 p.m.**

Professional Quartet

**March 16, 7:30 p.m.**

Food for Thought (p. 14)  
Shabbat for the Soul

**March 23, 7:30 p.m.**

Celebrate Shabbat!

**March 30, 6:00 p.m.**

Congregational Passover Seder

### Saturday Shabbat Morning Services

**March 3, 10:00 a.m.**

Ki Tissa – Ex. 31:18-33:11\*  
Celebrate Shabbat!

**March 10, 10:00 a.m.**

Vayakhell/Pekudei – Ex. 37:17-39:21 & Num. 19:1-10\*  
Shabbat Parah  
Michael Barshack, Bar Mitzvah

**March 17, 10:00 a.m.**

Vayikra – Lev. 3:1-4:26 & Ex. 12:1-3\*  
Shabbat HaChodesh  
Maya Bond, Bat Mitzvah

**March 24, 10:00 a.m.**

Tzav – Lev. 7:11-38\*  
Liam Luepker, Bar Mitzvah

**March 31, 10:00 a.m.**

1st Day of Pesach – Ex. 12:37-42; 13:3-10\*  
Shabbat/Pesach Morning Services

## Schedule Every Shabbat Day

**9:00 a.m. Open Torah Study** - Drop in any time to study the week's Torah portion (listed above). \*Using a triennial [3 year] cycle, we are reading the second third of each *parashah* this year.

**10:00 a.m. Shabbat Morning Service**



Purim is one of my favorite holidays. Costumes, groggers, hamentaschen, partying and revelry... what's not to like? The Talmud even directs us to be happy: *Mishenichnas Adar, marbim b'simcha* (when Adar begins, we increase our joy). Or as the signs around Mount Zion proclaim, "Be happy—it's Adar!" So fear not: the partying, costumes, and making ourselves look ridiculous

are actually incumbent upon us. That being said, those particular trappings are what often leads to Purim being labeled "the Jewish Halloween." While this may be convenient shorthand to describe some aspects of Purim, it belies the depth of meaning that can be found therein.

The first commandment associated with Purim is to listen to a public reading of the scroll of the book of Esther, the "whole megillah," as it were. But surprise!—there are four other *megillot* (scrolls) in our tradition, each read on a different holy day and with a distinctive melodic character matching that of the festival. Esther and *Eicha* (Lamentations) each have a distinct set of trope melodies, while the shared trope set for *Shir HaShirim* (Song of Songs), Ruth, and *Kohelet* (Ecclesiastes) is known as Three Festival. In this way, the text is beautifully elevated, and each holiday carries its own particular "sound." Esther cantillation, however, is unique in that occasional deviations from the tradition are permitted, even encouraged, to heighten the frivolity of the holiday. Yet those familiar with the story know that the text is full of challenging moments as well as comical. Special musical "detours" are taken throughout as well, most notably the use of *Eicha* trope, on specific verses throughout the first four chapters. Why would the tradition call for juxtaposing the joyous sound of Esther trope with the mournful sound of *Eicha* on this festival characterized by joviality?

The first occurrences serve as something of a musical "flashback." The vessels used at Achashverosh's feast are said to be those taken from the Temple in 586 C.E., so the melody changes to *Eicha* in a musical nod to Tisha B'Av, when we commemorate the destruction of the Temple. The final two instances, however, are more sophisticated uses of the *Eicha* motive, and serve as critical points in the Purim story. The first is when Mordechai first hears the news of Haman's plan to murder the Jews: his response is to tear his clothes and put on sackcloth and ashes. The second, and final use of the *Eicha* trope, is when Esther declares, "Go, assemble all the Jews who live in Shushan, and fast on my behalf... I shall go to the king, though it is contrary to the law; and if I am to perish, I shall perish!"

This is the pivotal moment in the story. If we stayed, metaphorically speaking, in *Eicha* trope, in the despair of Mordechai's sackcloth and ashes, we would never get to the "light and joy" of the happy ending of Purim. It is Esther's decision to focus on constructive action to save her people that turns the story around. As Rabbi Janet Marder writes, "Our Sages knew how easy it is for all of us to sink into that darkness when times are very hard. And so they devoted their best energies to figuring out how to teach [us] to be happy, despite everything. They gave us a tradition designed to resist despair and cultivate joy and provoke defiant laughter." And this is not a message that we only hear once a year, but every week at Havdalah. Quoting Esther 8:16, *Layehudim ha'ita ora v'simcha v'sason vikar*, "The Jews had light and gladness, happiness and honor." *Kein tihyeh lanu*—so may it be for us, as well.

Chag Purim Sameach!

Jennifer Strauss-Klein, Cantor

## Shabbat for the Soul

Friday, March 16, 7:30 p.m.

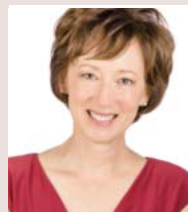
Shabbat is always for the soul, but there is a particularly soulful atmosphere at our "Shabbat for the Soul" services. These services offer a more contemplative worship style, with the congregation sitting in the round, instrumental accompaniment including guitar, violin, keyboard and percussion, and a slower pace enabling us to focus on the meditative effect of the music, the deeper significance of our prayers... and each other.



## New Music Inspired by Yiddish

A concert in memory of composer David Stock

Sunday, April 8, 2:00 p.m. at Mount Zion



**Beth Altof**  
Soprano



**Judith Eisner**, violin  
**Helen Foli**, violin  
**Stella Anderson**, violin  
**Faith Farr**, cello



**Angie Paulson**  
Mezzo Soprano

### Works by:

David Stock ♪ Barukh Liftman

### And local composers:

Carol Barnett ♪ Diane Benjamin

Miriam Gerberg ♪ Shelley Hanson

Suggested donation at the door: \$15

**Questions?** Contact Cantor Rachel Stock Spilker  
rspilker@mzion.org.

## Trope Troupe

... the more Torah, the more life. -Hillel

**Todah Rabah to our December/January Ba'alei Korei (chanting Torah):** Renae Goldman, Siana Goodwin, Harriet Guthertz, Steve Levin, Rick Linsk, Laura Mathews, Yasmine Moideen, Amy Moore, Shelley Robbins, Brian Serle, Eliyahu Zmira

**Todah Rabah to our December/January Haftarah Chanters:** Harvey Arbit, Sue Benfield, Siana Goodwin, Alex Klass, David Knapp, Alex Moore

To sign up to chant Torah or Haftarah on Shabbat,  
e-mail Cantor Jennifer Strauss-Klein at [jstraussklein@mzion.org](mailto:jstraussklein@mzion.org).

## From the President



Happy 2018! As I write this bulletin, the temple is moving toward certain of its traditional mid-winter activities: the new member social, the women's spirituality retreat *Our Bodies Our Selves*, Martin Luther King Day events. Sometimes when I read the Bulletin or *This Week at Mount Zion*, I am struck by how much remains the same from year to year; and sometimes I am struck by how much changes.

I believe what matters is not whether the Temple is changing at some "right" pace, or remaining comfortably stable. What matters is its place in your world. We are not going to get everything right. And we will never be all things to all people. But we are trying. And the congregational survey is part of the work.

The Temple is just now reviewing the results of its second congregational survey. The survey probed member satisfaction generally and as compared with two years earlier.

As you would expect from a diverse community, there was variability on just about every issue: music could be more traditional, more experimental; services could have more Hebrew, less Hebrew; they could be shorter, longer, earlier, later; our programming could expand to include more programming geared toward every demographic. You get it.

But I saw three common longings: 1) the desire to be connected; 2) the thirst for something larger than one's self: some called it spirituality, and some chose words such as purpose, meaning, or relevance; and 3) the demand to be heard.

We want to be and to do better. Our leadership team dedicated time at weekly team meetings to review the survey comments in depth, to identify patterns and concerns and to formulate actions to take in response. And our President-Elect Michael Kuhne is partnering with Rabbi Spilker to take a similar "deep dive" into the comments as they relate to matters within the control of lay leadership. We are also committing to keeping the congregation informed on our responsive actions.

So, I will start the new year by saying – we are trying to listen; we are trying to be more and more relevant to more and more people across every stage of their lives; and we are asking ourselves every time we evaluate our processes and services, are we strengthening connections?

A stable, meaningful, soulful spiritual home is perhaps like an ideal beloved relative. She can always be counted on to make all your favorite recipes, to have fond and funny memories of you from your unfailingly charming childhood, to be genuinely happy to see you and to always have a place for you at second night Seder even if you turn her down most of the time. But she is not merely the caricature of a haimish, soft-hearted aunt. When you suspect she is hopelessly out of touch and could never understand your hopes, dreams, or even ways of doing things, she shares an idea that is insightful, bold and timeless. And during crisis, she reveals her inner depth: she too has walked in the darkness, she too has made mistakes seemingly too serious to overcome; and she is right at your side assuring you that you will weather this setback and reminding you of what she knows, what she has always known, and what you have forgotten momentarily – that you carry a spark of the Divine. She is an abiding blessing. And that is our goal for Mount Zion. It is a crazy lofty goal. But then again, we are not obligated to complete the work – simply to not step away from it.

L'Shalom,

*Susan Robiner, President*

## Shabbat at Home

Don't come to Mount Zion for services!\*

### On February 23



Invite your friends and fellow congregants to share a Shabbat evening together.

You can have a traditional dinner or a casual one, a potluck, or whatever works for you. The goal is to make it a special evening that is shared and meaningful. Please consider including new members, or someone you don't know well.

**For this Shabbat at Home, we are inviting you to plan a gathering on your own.**

We have congregants who can help you with any meal ideas or how to lead Shabbat blessings. Contact Ellen Konstan at [ellen.konstan@gmail.com](mailto:ellen.konstan@gmail.com) or 651-698-5754 for suggestions. Sample recipes and music and blessings available at: [mzion.org/event/shabbat-at-home](http://mzion.org/event/shabbat-at-home).

*Shabbat at Home has been a beloved annual tradition at Mount Zion. Of course, any Shabbat can be a Shabbat at home, so feel free to enjoy whenever you can.*

*\*There will be a brief Shabbat service on February 23 at 5:45pm in the Harris Chapel for all interested.*



### Tot Shabbat

*Tot Shabbat is the second Saturday of every month. For families with children from birth to seven years old.*

**Get Ready for Purim!**

Saturday, February 10, 10:30 a.m.

**Passover Prep!**

Saturday, March 10, 10:30 a.m.

Please bring a healthy, nut-free vegetarian dish to share.



# PURIM at Mount Zion:

## The Best Jewish Holiday for All Ages!

Purim commemorates the story of Esther, who rescued the Jews of ancient Persia (now Iran) from persecution. Traditions include dressing in costume and eating hamantaschen (triangular stuffed pastries). It is our Spring time (!) chance for some fun!



## Wednesday, February 28

For all ages!

**5:00 p.m. - Shushan Deli** *Food available for purchase*

Are you hungrier than Haman? Find out at the Shushan Deli. Feed your stomach and stimulate your brain.

**5:45 p.m. - Brief Service, Megillah Reading, and  
*A Totally Rad 80s Purim!***

Grab a koosh ball, a Rubik's cube, and a can of Tab and get ready for a, like, totally bodacious Purim!

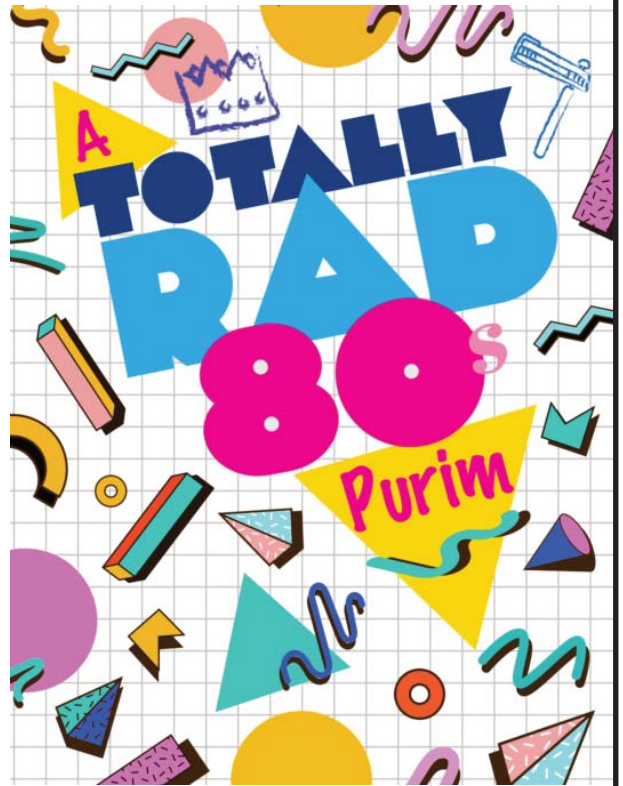
Come dressed in your favorite 80s garb: legwarmers, shoulder pads, Members Only jacket, stirrup pants, acid-washed denim, and scrunchies...we want to see it all!

**7:30-8:30 p.m. - Esther Revealed.**

***An Adult Raucous Purim Study*** (in Margolis Hall)

Led by Rabbi Adam Stock Spilker

Drinks provided (seltzers, ciders, & beer)



# Purim Carnival



## Sunday, March 4



**10:15 - 11:00 a.m. – Morning Service – Purim Style – and 80s Sing-a-long!**

**11:00 a.m. - 1 p.m. – Purim Carnival – Open to Everyone! Invite your Friends!**

**Purim is right around the corner! We need YOUR help to make the carnival a success!**



**Booth Sponsorship** You can sponsor all or part of an inflatable, game, food, and more. **Volunteers** We're looking for lots of help to run all the fun activities, as well as set-up and clean-up volunteers! Choose the booth and time that works best for you. To sign up, go to [mzion.nirsham.com](http://mzion.nirsham.com) or the bulletin board by the alley door.

Questions? Contact Sue Summit [ssummit@mzion.org](mailto:ssummit@mzion.org).



# Mount Zion Temple Board of Directors

*As we find many ways to strengthen connections at Mount Zion, this column is a way to get to know members of Mount Zion's Board of Directors. We are grateful for all who serve in leadership and volunteer their talents for our community. We are blessed that Batya Spector volunteered to write these vignettes.*

## Deb Moses



Deb Moses wears many hats in any given day: She is Chair of our Tzedek Committee and member of the Board of Directors since May, 2016. She is the Chief Operating Officer of MICA House, an addiction treatment program in the Twin Cities primarily serving African-American individuals previously incarcerated and is also Adjunct Professor at both Metro State and St. Mary's Universities. Deb's passion for actions based on advancing social justice is the unifying value for all roles. She expressed being 'honored' to be Tzedek Committee Chair, finding enjoyment in helping congregants deeper their own commitment to social justice programs and sees more of it among our congregants looking for a communal setting to address their apprehension about growing inequities in our country. At Board meetings she reflects the voice of the congregation's beliefs and concerns in discussions, which this year in particular, have had a strong social justice themes. Beth El congregation was Deb's childhood congregation. She was a Mount Zion Temple member in the 1980s and then after a break rejoined in 2013; she was drawn to social justice advocacy as a key component of our congregation, our progressive yet traditional feeling services, and the complementary rabbinic leadership of Rabbis Spilker and Adler. Deb is one of ten adults in this year's *Anshei Mitzvah* class, each preparing for becoming *B'nei Mitzvah* this spring. Deb is also a participant in Jewish Community Action's 2018 Leadership Training program. Deb is Enrico, Eva and Emmanuel's mother, and grandmother to Enriqo and Rumi.

## Brian Serle



Brian Serle is a Board of Directors member since 2013, first as President of Brotherhood and in a congregant role since 2016. Brian explained his continuation: "I love the discussions and the important decisions the Board makes in pursuit of justice", most recently on Mount Zion Temple's embrace of immigrant justice. Brian is the Religious School's fourth grade Hebrew teacher and, in addition to Brotherhood President, is a member of the Life and Legacy Committee related to congregant estate giving to Mount Zion Temple, and chair of the Israel Committee. Further, with fluency in both Hebrew and Torah trope (chanting notes), he frequently chants Torah on Shabbat mornings and sometimes is Shabbat morning song leader. Brian plays the guitar and leads singing during some Religious School services and, when his children were young, Tot Shabbat services. It was the "musicality", as he calls it, of our congregation's embrace of music in many forms that drew him to Mount Zion Temple. He spoke of being deeply stirred listening to Cantors Spilker and Strauss-Klein singing a duet on the Bima during a High Holiday services. He commends Mount Zion Temple's level of being a 'warm and welcoming' community and believes our congregation's commitment to 'audacious hospitality' is a strong, living reality. In 2015 Brian retired from 40 years in the insurance industry, freeing him to continue to teach youth as a substitute teacher two-three days/week for St. Paul schools. He also loves spending time with his 5 children and 6 grandchildren.

## Allyson Perling



Allyson Perling draws on her expertise in training and organization development as chair of the Accessibility and Inclusion working group. In fall 2012 Allyson became the Accessibility and Inclusion coordinator. Working with congregants, clergy, and staff she guided the launch of the Accessibility and Inclusion working group in spring 2014. This May Allyson will step down from the working group and Joan Ostrove will become chair. In 2016 Allyson accepted the invitation to join the Board of Directors so she would be accessible to help her fellow board members develop the knowledge and skills to lead and model Mount Zion Temple as a "welcoming and vibrant Jewish community" in regard to disability inclusion. More congregants and guests with disabilities or challenges, whether vision, hearing, sensory, mobility, learning and/or mental health conditions are finding in our congregation a place where they are included and can participate how they desire. Allyson is also active in the Sunday morning Women's Spirituality program. With husband Glenn Hardin and daughter Netta, she regularly attends Shabbat services. Allyson and Glenn along with children Netta, Jasper and Aaron joined Mount Zion Temple 11 years ago, drawn in part to the Religious School's K.U.L.A.M. program.

## Michael Wall



Michael Wall's reason for accepting the invitation to serve on Mount Zion Temple's Board of Directors: "I find in life it is a necessity to serve; the true definition of being in a community is to take care of those around me." He also stated, "it is wonderful to be part of an active/interactive Board where all are listened to." Michael's legacy of service at Mount Zion Temple is strong over the last 10 years since he, his wife Jennifer and twin children Sadie and Max moved to Minnesota from Florida in 2003. In volunteer roles Michael served on our Religious School Committee for several years, co-chaired with Karen Gjerstad our congregation's popular Sunday morning hamentaschen-making project for three years and was an adult volunteer for several Purim carnivals. He is now in his third year as 4<sup>th</sup> grade Judaic Studies teacher on the Life Cycles curriculum geared to building strong Jewish identities. He expands his Jewish learning through weekly phone conversations with two others via the international "Partners in Torah" program. In Minnesota Michael worked as Director of Alumni Relations for Anoka-Ramsey Community College followed by employment on the Minnesota Secretary of State's staff for Voter Outreach. Currently he tutors at Sylvan Learning Center and substitute teaches in the St Paul Schools. Michael said he and his family, were drawn to Mount Zion Temple's music, art, thoughtful worship services, caring community outreach and engaging genuinely with the congregational community *Panim el Panim* (Face to Face).

# Religious School News

## From our Religious School Director: Accessibility & Inclusion – The Doorway to a Richer and More Meaningful Life



May the door of this synagogue be wide enough  
to receive all who hunger for love, all who are lonely for friendship.

May it welcome all who have cares to unburden,  
thanks to express, hopes to nurture.

May the door of this synagogue be narrow enough  
to shut out pettiness and pride, envy and enmity.

May its threshold be no stumbling block  
to young or straying feet.

May it be too high to admit complacency,  
selfishness and harshness.

May this synagogue be, for all who enter,  
the doorway to a richer and more meaningful life.

*Mishkan T'filah Siddur – Sydney Greenberg*



February is Jewish Disability Awareness & Inclusion Month (JDAIM), an international effort to raise awareness and foster inclusion of exceptional learners and their families in Jewish communities worldwide. It is our communal responsibility to open our doors to create and enhance opportunities for those who have so often felt excluded.

I believe that God creates a great variety of differently-abled people with an extensive assortment of skills to require us to rely on one another. In doing so, God creates a situation that encourages community building and compassion, principles that we learn from the Jewish *middot* (values) and other rabbinic teachings.

This February we will be spotlighting Jewish traditions concerning the health and well-being of the mind. One of the greatest Jewish scholars and physician, Moses Maimonides wrote, “When one is overpowered by imagination, prolonged meditation and avoidance of social contact, which he never exhibited before, or when one avoids pleasant experiences which were in him before, the physician should do nothing before he improves the soul by removing the extreme emotions.” In other words, physicians must attend to emotional and mental needs before addressing a person’s physical needs.

In the traditional *mi she-beirakh* prayer for the sick, we pray for a *refuah sheleimah*—a complete recovery—which includes both *refuat ha-nefesh* *u'refuat haguf*, a healing of the soul and the body. Judaism acknowledges a distinction between mental and physical health. Our Jewish tradition honors the soul and the body equally, recognizing that both a healthy body and a healthy mind are essential for humans to be complete.

On February 25<sup>th</sup>, our students will explore the value of *Shmi'rat HaNefesh* (caring for the soul). Additionally, we will examine ways in which we can support others through *Shmi'at Ha'ozen* (being attentive listeners). I invite you all to take greater notice of one another, invite conversation and listen. When we truly listen, we engage mentally,

emotionally and physically to hear what the other person is saying.

Please join the larger Jewish community in dedicating February to increasing awareness and taking steps toward making Mount Zion as accessible, inclusive and welcoming as possible to all our members and guests not just this month, but throughout the year. Reach out to members of the community who may be feeling socially isolated or excluded. You can do this in the hallways at drop-off and pickup, at a dinner or an oneg, or plan a gathering at your home or public space.

In this way, we can make Mount Zion Temple and its Religious School the doorway to a richer and more meaningful life for all our members.

*Kol Tuv (Be Well),*

*Sue Summit, Religious School Director*

## Religious School Calendar Highlights

### February

- Feb. 2** 5:00pm Congregational Shabbat Dinner  
6:30pm Grade 2 Shabbat Service Participation
- Feb. 4** 6th Grade Tallit Workshop 1/2 class
- Feb. 7** 7:30pm 11<sup>th</sup>/12<sup>th</sup> Grade Sicha
- Feb. 9-12** RAC L'Taken Seminar Teen Trip to D.C.
- Feb. 10** 11:30am B'nei Mitzvah Sefer Seminar: *Shemot/Exodus*
- Feb. 16** 7:30pm Jewish Disability Awareness & Inclusion Shabbat
- Feb. 18** No Religious School—President's Day Weekend
- Feb. 21** 7:30pm 11<sup>th</sup>/12<sup>th</sup> Grade Sicha
- Feb. 25** Jewish Disability Awareness & Inclusion Education Day
- Feb. 28** 5:00pm Erev Purim Shushan Deli  
5:45pm Purim Service & Megillah Reading

### March

- March 3** B'nei Mitzvah Sefer Seminar: *Vayikra/Leviticus*
- March 4** 10:15am T'filah & Purim Song Session  
11:00am Purim Carnival
- March 7** 6:00pm Chai School Tri III Begins  
7:30pm 11<sup>th</sup>/12<sup>th</sup> Grade Sicha
- March 11** No Religious School—Spring Break
- March 14** No Hebrew & Chai School—Spring Break
- March 25** 10:30am PreK Model Passover Seder
- March 30** Passover Begins at Sundown—First Seder

### April

- April 1** No Religious School—Passover Break
- April 4** No Hebrew & Chai School—Passover Break
- April 8** 9:45am Gr 5 Parent/Guardian  
B'nei Mitzvah Introduction

## SCHOOL CLOSING DUE TO INCLEMENT WEATHER

Please tune to WCCO for Hebrew and Religious School closings (WCCO AM Radio 830, WCCO TV Channel 4, [www.WCCO.com](http://www.WCCO.com))



Snow cancellations will also be posted on the Mount Zion home page, [mzion.org](http://mzion.org) or on the Religious School Facebook page. Cancellation decisions will be made by: 1:30 p.m. for Wednesday Session I, 4:30 p.m. for Wednesday Session II, 8:00 a.m. for Sunday Session.



# Youth Engagement News

## Youth Groups

Noar Tzion (4th-6th grade youth group)

### Chocolate Seder

**Sunday, April 8, 12:20 p.m.**

Does your child love chocolate? Would you like them to learn about the Passover seder, traditions, and teachings while enjoying chocolate with their friends? This is the event for you!

Gesher JYG (7th-8th grade youth group)

### JYG Kallah at OSRUI

**February 23-25**

JYG Kallah is an incredible opportunity for 6th-8th graders to spend a weekend with their Jewish from synagogue, camp, and NFTY. JYG'ers will get the chance to do social action, learn from older teen leaders, make new friends, hang out with old friends, sing, pray and have a blast at a water park!

### Pool Party

**Sunday, March 25, 12:20**

Splash into the spring break season at an \*indoor\* pool party! Waterslides, diving, and swimming with friends sounds like the perfect Sunday afternoon!

### Mystery Bus Ride!

**Sunday, April 15, 12:20**

Celebrate the end of the year with a surprise itinerary of fun stops! We will also welcome our rising 7th graders to JYG with this mysterious afternoon!

SPORTY (9-12th grade youth group)

### SPORTY Mental Health

**(Some Pretty Original Remedies To Your Mental Health)**

**Saturday February 3, 1:00-4:00 PM at Mount Zion**

As part of JDAIM, SPORTY is leading a program on exploring what it means to be mentally healthy and providing useful coping tools. We will also make self-care kits and share in Seudah Shlishit. We'll spend the Shabbat afternoon focusing on *Shirnat HaNefesh*, protecting our souls.

### SPORTY Lock In

**Sat, March 3, 7:00 pm - Sun, March 4, 8:00 am at Mount Zion**

Join SPORTY for a sleepover at Temple the night before the Purim Carnval. We will eat dinner, do Havdalah, learn about Purim traditions in Israel from SPORTY board member Yuval Lerman and Shlichah Tal Dror and jump on the Purim carnival bouncy houses.

### NFTY CANOe Spring Kallah

**April 5-8 at OSRUI**

NFTY Northern and NFTY CAR join together for an unforgettable last Kallah of the year. Registration open to 8th graders as well as high schoolers.

### Sporty Spaghetti Dinner Fundraiser

**Saturday, April 21 at Mount Zion**

SPORTY will be cooking oodles of noodles to feed you and help raise money for youth group programming. We will do Havdalah and begin the new week with a lot of carbs.

## What are you doing this summer?

From Camp Butwin to OSRUI to URJ's 6Points Specialty camps and from Israel to Mitzvah Corps Ecuador, there are so many amazing opportunities! Contact Liza to discuss what your Jewish Summer could look like and how Mount Zion can help you get there!

- Mount Zion Scholarship and Harris Award Applications are **due February 28, 2018.**
- St. Paul Federation Scholarship Applications are **due March 31, 2018.**

Find information about these and other scholarships on our **new website** ([mzion.org/learn/summer-camp](http://mzion.org/learn/summer-camp))!

## What Mount Zion Youth have been up to!



7th Grade had a blast learning and bonding at Sacred Choices!



JYG laced up their skates for a fun afternoon at the rink!



Noar Tzion had fun celebrating Channukah!



Teens taught Israeli Dances to Lower School students during Camp Fun Day!



SPORTY put on their roller skates and danced to Hava Nagila!

# Thank You...For Your Contributions

## RABBIS' DISCRETIONARY FUND

In appreciation of:  
*Rabbi Adam Stock Spilker*  
 Barbara Sarapas  
*Mount Zion Temple Clergy*  
 Ron & Kay Mogelson  
 Wishes for a speedy recovery to:  
*Jerry Adler*  
 Lois Moheban  
 In memory of:  
*Irwin "Irv" Barshack*  
 Barbara Barshack & Family  
*Leon Finver*  
 Shel Finver  
*Bernice Fiterman*  
 Judy & Harvey Arbit  
*Amy Zaikaner Levey*  
 Avalon & Elliot Levey  
 In yahrzeit memory of:  
*Dorothy Bomberg*  
 Dr. Bernard Bomberg  
*Anne Marie Bauman Kerns*  
*H. Victor Kerns*  
 David Kerns  
 Donations:  
 Peter & Susan Bornstein  
 Richard & Pamela Strauss

## CANTORS' DISCRETIONARY FUND

In memory of:  
*Irwin "Irv" Barshack*  
 Barbara Barshack & Family  
*Amy Zaikaner Levey*  
 Avalon & Elliot Levey  
 In yahrzeit memory of:  
*Hessel Abramson*  
 Edward & Sandra Abramson  
 Donation:  
 Richard & Pamela Strauss

## MAXINE APPLEBAUM ART ENHANCEMENT FUND

In honor of the birthday of:  
*Patti Goldberg*  
 Sally & Jimmy Beloff  
 In memory of:  
*Erika Applebaum's mother*  
*Stanley Malmon*  
 Stuart Applebaum  
 The Beloff Family

## BENTSON COMMEMORATIVE GARDEN FUND

In memory of:  
*Barbara Bentson*  
 Donald & Alma Derauf

## BLOOM LIBRARY FUND

In yahrzeit memory of:  
*Lenore Gollop*  
 Steve & Sue Levey  
*Marian Levey*  
 Steve & Sue Levey  
*Hyman Rosenblum*  
 Steve & Sue Levey  
*Ben A. Rubinstein*  
 Sally & Mitch Rubinstein

## CARING COMMUNITY FUND

In appreciation of:  
*Caring Community healing shawl knitters*  
 Barbara Sarapas  
 In memory of:  
*Melvin Gallop*  
*Dan Wallen*  
*Blair Wolfson*  
 Lisa & Joseph Maddy  
 In yahrzeit memory of:  
 Robert Spector  
 Batya Spector  
 Donation:  
 Batya Spector

## CEMETERY MAINTENANCE & BEAUTIFICATION FUND

In yahrzeit memory of:  
*Ben Adler*  
 Jerry Adler  
*Sara Spilker Brody*  
 Bert & Arlene Spilker  
*Lenore Gollop*  
 Steve & Sue Levey  
*Lillian Greenspan*  
 Jerry Adler  
*Doris Greenwood*  
 Jerry Adler  
*Michael Hoffman*  
 Jan Hoffman  
*Marian Levey*  
 Steve & Sue Levey  
*Ben Marz*  
 Betty Marz  
*Hans Nauen*  
 Varda Nauen  
*Hyman Rosenblum*  
 Steve & Sue Levey  
*David Sarbach*  
 Barbara Sarbach z'l  
*Rose Butwin Silverstein*  
 Bill Fox Family  
*Eleanor Tilsner*  
 Ralph Burstein  
*Carol J. Trosdahl*  
 Jane Trosdahl

## EDELSTEIN BIBLICAL GARDEN FUND

In yahrzeit memory of:  
*Elynor Edelstein*  
 Tom, Randy, Henry & Elisa Edelstein

## IRENE FINBERG CAMP SCHOLARSHIP FUND

In memory of:  
*Beth Krieger's father*  
 Marc & Mayda Raffe  
*Katie Sanders*  
 Marc & Mayda Raffe  
 In yahrzeit memory of:  
*Philip Raffe*  
 Marc & Mayda Raffe

## FUND FOR MOUNT ZION

In memory of:  
*Barbara Bentson*  
 Tom & Janine Braman

*Irene Sokol*  
*Douglas Wall*  
 David & Mary Ann Wark  
 In appreciation of:  
*Susan Summit*  
 Allyson Perling & Glenn Hardin

## JEAN B. HARRIS & ROBERT W. HARRIS SUMMER CAMP FUND

In memory of:  
*Martin Beckerman*  
*Richard "Dick" Harris*  
*Alvin "Al" Malmon*  
*Honnen Weiss*  
 Devorah Harris & Larry Abrams  
 In yahrzeit memory of:  
*Robert W. Harris*  
 Devorah Harris & Larry Abrams

## JIM & NANCY HARRIS LEADERSHIP FUND

In yahrzeit memory of:  
*Hattie Harris*  
 Lewis & Natalie Harris

## JOHNSON MEMORIAL FUND

In memory of:  
*Bernice Fiterman*  
 Todd Johnson  
*Jack Lanners*  
*Rex Matsumo*  
*Ray Olson*  
*The mother & uncle of Kris Schott*  
*Raymond Sylvestre*  
*The mother of Robyn Trimble*  
 Michael & Todd Johnson and the Johnson Brothers Family  
*Karen Mendelson*  
 Michael & Elaine Johnson and Family

## JULIE LAZOR FUND

In yahrzeit memory of:  
*Bessie Lazor*  
*Gladys Rich*  
 Toba Lazor

## LEVINE CHOIR FUND

In honor of the 20th anniversary of:  
*Rabbi Adam Stock Spilker & Cantor Rachel Stock Spilker*  
 James Levine  
 In yahrzeit memory of:  
*Irving W. Levine*  
 James Levine

## LIPSCHULTZ LOUNGE FUND

In yahrzeit memory of:  
*Arnold Rubenstein*  
 Bob Rubenstein

## MITZVAH FOODSHELF FUND

In honor of the anniversary of:  
*Lee & Ellen Hoffman*  
 Janice Hoffman

*Ron & Kay Mogelson*  
 Barbara & Mischa Penn  
 In appreciation of:  
*Dr. A. Nelson*  
 Karen, Neil & Paula Yarmo  
 Wishing a speedy recovery to:  
*Charles Fodor*  
 Rita Grossman  
 Susan & Melvin Oberfeld  
*Sue Stein*  
 Rita Grossman  
 In memory of:  
*Donald Bernstein*  
 Ira & Peggy Kipp  
*The mother of Lorraine Harrison*  
 Janice Hoffman  
*Millie Heine*  
 Lois Seltzer & Family  
*Arne Levinson*  
 David & Mary Ann Wark  
*Irene Sokol*  
 Ira & Peggy Kipp  
*Douglas Wall*  
 Andrew & Lija Greenseid  
 Ira & Peggy Kipp  
*Blair Wolfson*  
 Ira & Peggy Kipp  
 In yahrzeit memory of:  
*Lois Brand*  
 Gail & Steve Brand  
*Mary Gittleman*  
 Lois Seltzer & Family  
*Saul Greenspoon*  
 Gail & Steve Brand  
*Ralph Jacobus*  
 Dan & Denise Jacobus  
*Ben Karon*  
 Lois Seltzer  
*Draza Malinoff*  
 Gail & Steve Brand  
 Ruth Malinoff  
*Harry Malinoff*  
 Ruth Malinoff  
*Donald Mark*  
 Louise Mark & Family  
*Avron (Bud) Seltzer*  
 Lois Seltzer  
*Mildred Sneen*  
 Janice Hoffman  
 Donations:  
 Janice Hoffman  
 Daniel & Hayley Levy  
 Andrew Rapoport  
 Marilyn Silver  
 Jemie & Bruce Thorvig

## RALINE & BILL PAPER EMERGENCY FUND

In honor of the special birthday of:  
*Marlene Solomon*  
 Raline Paper  
 In honor of the special anniversary of:  
*Joni & Bill Burg*  
 Raline Paper

## PRESIDENTS DISCRETIONARY FUND

In memory of:  
*Benjie Mann*  
 David & Mary Ann Wark

## YAHRZEIT FUND

In yahrzeit memory of:  
*Arlene Abramovitz*  
 Jaylene Karon  
*Lisa Appelbaum*  
 Jean King & Stuart Appelbaum  
*Arthur Applebaum*  
*Edith Applebaum*  
 Judy Wolf  
*Bernard Block*  
 Julia Ostrowsky & Stuart Block  
*Joyce Brandt*  
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*Sara Spilker Brody*  
 Bert & Arlene Spilker  
*Irvine Bucher*  
 Marilyn Silver  
*Ben M. Cohen*  
 Barbara Sarbach z'l  
*Cynthia Cowan*  
 Barbara Winthrop  
*Margaret Crotti*  
 Nancy Crotti & Rick Linsk  
*Tom Crotti*  
 Judi Levin Marshall  
*William Crotti*  
 Nancy Crotti & Rick Linsk  
*Susan Eisenthal*  
 Jonathan & Kathleen Eisenthal  
*Audrey Rein Elwood*  
*Philip Elwood*  
 Benjamin Rein Elwood  
*Corinne Epstein*  
*Seymour Epstein*  
 Harvey Epstein, Liz Peck, David Epstein  
*Dorothy Finck*  
 Mirriam & Art Thell  
*Paul Fink*  
 Henry Fink  
*Harold Frishberg*  
 Joan & Paul Wernick  
*Arvie Gaarder*  
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*Pam Gengler*  
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 Harvey Epstein, Liz Peck, David Epstein  
*Michael Horniak*  
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 Elena Izaksonas  
*Mitchell Johnson*  
 Lois Johnson  
*Ida Katz*  
 Betty Marz  
*Robert Katz*  
 Barbara & Jack Elliott  
*Robert King*  
 Jean King & Stuart Appelbaum  
*Paul Lothair Kohnstamm*  
 Joshua G. Kohnstamm

## Contributions (Cont.)

<i>Ruth Krause</i>	<i>Joseph Schwartz</i>
<i>Alyssa Berg</i>	<i>Rick Linsk &amp; Nancy Crotti</i>
<i>Edith Latts</i>	<i>Walter Schwarz</i>
<i>Mitzi &amp; Terry Kane &amp; Family</i>	<i>Rose Butwin Silverstein</i>
<i>Bonnie &amp; Herb Buchbinder &amp; Family</i>	<i>Bill Fox Family</i>
<i>Dvorya Lisnyak</i>	<i>Brenda Smith</i>
<i>Rafail Lev &amp; Family</i>	<i>Ernest Smith</i>
<i>Molly Abramson Marker</i>	<i>Milton G. Smith</i>
<i>Sandy &amp; Ed Abramson</i>	<i>Edith Smith</i>
<i>Beatrice Michael</i>	<i>Nathan Herman Stern</i>
<i>Elaine Herring &amp; Bryan Michael</i>	<i>Lloyd Stern</i>
<i>James Minyard</i>	<i>Minnie Strobing</i>
<i>Jeff &amp; Susan Gottlieb</i>	<i>Stephanie Wolkin</i>
<i>Hilda Morawetz</i>	<i>Alice Tousman</i>
<i>Walter Schwarz</i>	<i>Mitzi &amp; Rich Gramling</i>
<i>Murray Moskoff</i>	<i>Michael Weinberg</i>
<i>Shel Finver &amp; Dee Albert</i>	<i>Suellen Buelow</i>
<i>Hans Nauen</i>	<i>Marianne Willenson</i>
<i>Varda Nauen</i>	<i>Daniel Linwick</i>
<i>Thelma Ostrowsky</i>	<i>Bob Wolfson</i>
<i>Julia Ostrowsky &amp; Stuart Block</i>	<i>Dede Wolfson</i>
<i>Ethel Pelly</i>	
<i>Susanne &amp; Natalie Spitzer</i>	
<i>Sharon Plotnick</i>	
<i>Mark, Deanna, Keaton &amp; Kylie Miller</i>	
<i>Rick Plunkett</i>	
<i>Charlie Nauen</i>	
<i>Maurice Rosenblum</i>	
<i>Lois &amp; Walter Baum</i>	
<i>Isabelle Rosoff</i>	
<i>Judy Rosoff</i>	
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<i>Jill Cohen</i>	
<i>Paul Rubenstein</i>	
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<i>Monnie P. Rudock</i>	
<i>Brian &amp; Judy Kransow &amp; Family</i>	
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<i>Judi Levin Marshall</i>	
<i>David Sarbach</i>	
<i>Barbara Sarbach z'l</i>	
<i>Leonard Sarapas</i>	
<i>Barbara Sarapas</i>	
<i>Toby Schlesinger</i>	
<i>Jaylene Karon</i>	

## Brotherhood

Greetings from Mount Zion Brotherhood!

### Upcoming Events

#### Purim Carnival – Sunday, March 4

Once again, Brotherhood will sponsor a booth. We need volunteers to run it for us. Please contact Brian at [bkserle@yahoo.com](mailto:bkserle@yahoo.com)

#### Bagel Brunch & Guest Speaker – Sunday, April 8 – 10:30-12

Ted Flaum, director of Jewish Family Service, will bring us up to date on the important work the agency is doing for our community. Join us for a free brunch!

**Honoring Brotherhood at Shabbat – April 27** – Rabbi Jeff Salkin will be our scholar-in-residence for the whole weekend. Brotherhood will lead services Friday evening, and we will present Phil Goldman with our annual Mensch of the Year award.

**Mother's Day Brunch – Sunday, May 13** – Help us celebrate Mount Zion moms, by setting up and serving at this time-honored traditional event.

**7th Annual Men's Retreat - June 8-10, 2018** – Join Mount Zion men in a spiritual, fun and meaningful weekend at the Audubon Centre of the Northwoods!

Our monthly Brotherhood meetings are open to all, and feature a light dinner and camaraderie!

Brian Serle, *Brotherhood President*  
[bkserle@yahoo.com](mailto:bkserle@yahoo.com) / 612-251-5045

## Prime Timers

### Members 55 and older

Come Join us in 2018!

### Mah Jongg is Beginning in the Spring

Many of our Prime Timers are eager to learn and play Mah Jongg! Stay tuned for additional information!

**WORD** is continuing every other Monday in the Sisterhood Lounge from 1:30-2:30 pm. Come play our version of Password on Feb 5, March 5, 19. We have fun, laugh a lot and schmooze! Coffee and snacks are available.

### A new series of

### Ageless Grace® seminars + exercise sessions

Join us once a month for a short talk about brain and body health, plus 40 minutes of Ageless Grace brain and body exercise, done sitting in chairs and to really great music. No equipment is necessary; come as you are and be prepared to have fun. We look forward to seeing you there! The first 3 dates (all on Mondays at 1:30 pm at Mount Zion):

**March 26:** What is brain plasticity?

**April 16:** How exercise primes your brain for learning.

**May 14:** Four important ingredients for brain health.

### NEW PROGRAMMING for 2018 is in the planning stage!

All programming updates are available via email. If you are interested in learning more about the Prime Timers or would like to be added to our mailing list, please contact Jill Spanier at 651-493-1959 or [js020907@gmail.com](mailto:js020907@gmail.com).



# Passover

**The First Seder of Passover is Friday night, March 30 / 15 Nisan**

**Passover ends at sunset on Friday, April 6 / 21 Nisan**

(According to the Torah, in Israel, and in the Reform Movement, Passover is 7 days)

## Mount Zion's Congregational Passover Seder

Friday, March 30, 6:00 p.m.



Join us in a communal celebration of Passover led by Jonathan Eisenthal. A sumptuous Passover feast will be served!

Register at [mzion.nirsham.com](http://mzion.nirsham.com)

**Price: \$28 Adults** (members) [\$36 non-members];

**\$18 Children by Friday, March 16.**

(After March 16 \$35 members, \$45 non-members, \$20 children)

Price includes having a filled Seder plate and grape juice at every table. Feel free to bring your own Seder plate or other Passover items to personalize your experience. If you wish to have wine, please bring your own kosher-for-Passover bottle.

## Festival Morning Services

Both the 1<sup>st</sup> and 7<sup>th</sup> days of Passover are full holy days. The intermediate days are "regular festival days" and do not have a special service.

### 1<sup>st</sup> Day Festival Service

The Voice of the Turtledove is Heard

**Saturday, March 31, 10:00 a.m.**



During the service, led by our clergy, we will hear *Shir Hashirim*, the Song of Songs, along with songs inspired by this beautiful text sung by Kol Zion, our adult choir. A Shabbat Passover potluck lunch will follow the service. *When considering what to bring for the Passover Potluck, please avoid foods containing Chametz: anything from wheat, barley, rye, oats, and spelt (except for Matzah, of course). If you have any questions, please check with our clergy. See more at [mzion.org](http://mzion.org)*

### 7<sup>th</sup> Day Festival Service (including Yizkor Prayers)

**Friday, April 6, 10:00 a.m.**

This service will be held at **Sholom East**.

740 Kay Ave., St. Paul

Clergy will lead a Festival service for Mount Zion at Sholom East. All are welcome to attend. The 7th day of Pesach features the commemoration of crossing the Red Sea which is the Torah portion that will be chanted.



**Happy Passover • March 30–April 6, 2018**

Get recipes, blessings, seder ideas, and more!

**ReformJudaism.org**  
Jewish Life in Your Life

## What is chametz?

Chametz is Hebrew for "leaven" or any food that we do not eat during Passover/Pesach. Specifically, it is anything with one of five grains (wheat, barley, oats, rye, spelt) mixed with water and not cooked within 18 minutes. If it is cooked within 18 minutes, it is matzah! Ashkenazic tradition adds several other items (kitnayot) but they are not the essential prohibition during Pesach.



For excellent resources on Passover and all other Jewish learning, go to:

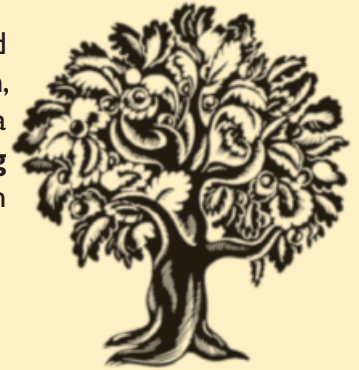
**[myjewishlearning.com](http://myjewishlearning.com)**

# Mussar for Everyone!

A One-Day Mount Zion Mussar Retreat for Nourishing the Soul

## Shabbat, February 24

Give yourself a Shabbat to rejuvenate and connect with community in a fun, relaxed, and meaningful day of Jewish learning and mindfulness. Our day at Lodge on the Lake in Eagan, MN will begin with a creative, musical Shabbat morning Service for the Soul, followed by a delicious lunch and a number of **engaging sessions designed for both the beginning and advanced student of Mussar**. We will conclude with a beautiful, candlelit Havdalah that will leave each of us encouraged to bring forth our new learning into everyday life.



**Where:** Lodge on the Lake at Camp Butwin  
(945 Butwin Road, Eagan – 25 minutes from Mount Zion).  
We will arrange carpools.

**Cost:** \$26 / person. Register at [mzion.nirsham.com](http://mzion.nirsham.com).  
Everyone is welcome to Shabbat services without registration.  
*Financial support available by contacting Rabbi Spilker [aspilker@mzion.org](mailto:aspilker@mzion.org).*

**Childcare:** Available with registration by Feb 21. Cost is \$10 / child for however long you need.

### Schedule:

9:45 am	<b>Arrival</b>
10:00	<b>Shabbat for the Soul Service</b> <i>A contemplative service accompanied by guitar, violin, and percussion.</i> This will take the place of services at Mount Zion; regular Torah study will still be held at Mount Zion.
12:15 pm	<b>Kiddush &amp; Lunch</b>
12:45	<b>Large Group Study and Conversation</b>
1:30	<b>Workshops</b> – Choose from topics including Mussar 101, parenting with purpose, developing your Mussar “toolbox”, deep-dive on ancient texts, and others. Taught by our clergy and lay leaders.
2:45	<b>Contemplative Practices:</b> Options include meditation, yoga, and chant circle.
3:45	<b>Workshops</b> – Choose from same workshops listed earlier.
5:00	<b>Closing &amp; Havdalah</b>
6:00	<b>L’hitraot</b> / End of Shabbaton



Register at [mzion.nirsham.com](http://mzion.nirsham.com).

## Food for Thought

Learn and Nosh before Shabbat Services

5:45 - 6:15 p.m. Food before the Thought

6:15 - 7:15 p.m. Food for Thought Discussions

Discussion over wine, juice, and light appetizers. Child care available.

Friday, February 16

### Smash the Stigma!

#### A Panel on Mental Health

Anna Fox, Jasper Hardin, Steve Levin, Adam Bahr, and Sam Elwood

See p. 17 for details.

Friday, March 16

### How to Disagree Constructively

Speaker: Rabbi Spilker

Within our congregation, as in our society, people have different views of politics, Israel, and any number of topics.



The goal of this *Food for Thought* is to strengthen a culture of constructive disagreement, or *mahloket l'shem shamayim*, at Mount Zion. Our conversation will begin in text study of the ancient Sanhedrin, the Jewish court or parliament, and their rules for debate. Then we will reflect on what we need to work on as a congregation in our political conversations.

Part of an international civil dialogue effort called "Mahloket Matters/9 Adar" from Pardes in Jerusalem.

## American Sign Language – Beginners

March 7 - April 25, 6:00-7:15 p.m.

No class on March 14 or April 4.

Class fee: \$36

Learn the third most popular language in the U.S.A. This hands-on and interactive class will teach you the basics of ASL, the five parameters that make ASL an official language, about the deaf community, their culture and cultural norms. Participants will also learn about the Deaf-blind Community, Tactile ASL, and Protactile. The class will have guest presenter panel that allows participants to interact and use their signing skills at the end of the 6-week course.

Teacher: Jessalyn Akerman-Frank is a Deaf ASL teacher, a member of Mount Zion Temple, has a Masters in Deaf Education from the University of Minnesota and has been teaching ASL for over ten years. All funds earned from this class will go to support Mount Zion hiring American Sign Language Interpreters for its Deaf, DeafBlind, and Hard of Hearing members who attend Temple.

Note: There will be an opportunity for Chai School students to enroll in a full trimester course as well!



## Library News

### D'var Torah Resources Updated

A few years ago, in 2014, I wrote about library resources to assist b'nei mitzvot (and others) with their D'var Torah. Here is an updated listing:

Your library provides many titles offering a wide variety of interpretations and commentaries on weekly parshas for b'nei mitzvot and their parents. Among them are Rabbi Harvey Fields' *A Torah commentary for our time*; both the original and revised editions of Rabbi W. Gunther Plaut's *The Torah: a modern*

*commentary*; Rabbi Jeffrey Salkin's *Text Messages: a Torah commentary for teens*; *The Women's Torah commentary* edited by Rabbi Elyse Goldstein; *The Modern Men's Torah commentary*, edited by Rabbi Jeffrey Salkin; *Pentateuch with Rashi's commentary*; Rabbi Salkin's *JPS B'nai Mitzvah Torah commentary*; Seymour Rossel's *The Torah portion-by-portion*; Central Conference of American Rabbis' *Voices of Torah: a treasury of rabbinic gleanings on the weekly portions, holidays, and special Shabbatot*, edited by Hara E. Person; Nehama Leibowitz's *Studies in the book of Genesis* (and Exodus, Leviticus, Numbers, and Deuteronomy); and the multi-volume *Torah Anthology* (*Yalkut Me'am Lo'ez*), compiled by Rabbi Yaakov Culi, and translated by Rabbi Aryeh Kaplan, providing centuries of commentary on all the weekly readings.

In addition, there are approximately two dozen additional titles with commentary by various rabbis on the weekly portions. Also I think the best online resource for Mount Zion celebrants is the URJ's *Torah Study* at [reformjudaism.org](http://reformjudaism.org) – this is a reliable, convenient, and user-friendly resource which can be accessed from home by computer or other device. It has a search window that asks, "What are you looking for?" which can take you straight to your child's or your portion. So if you're having difficulty finding useful and appropriate material for your child's D'var Torah - or for yourself - please stop by the library, and I'll be happy to assist you in finding the resources you need.

Bob Epstein, *Librarian* ([librarian@mzion.org](mailto:librarian@mzion.org))

Charles Fodor, *Library Committee Chair*

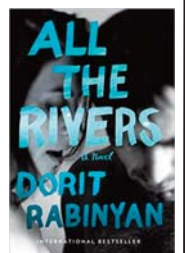
**"If you're having difficulty finding useful and appropriate material for your child's D'var Torah - or for yourself - please stop by the library."**

## Israel Book Discussions

*All the Rivers* by Dorit Rabinyan

Monday, March 5, 7:00 p.m.

Join us for an engaging conversation about Israeli life through its literature. Even if you cannot read the book in advance, you are welcome. Questions? Contact Jonathan at [jkeisenthal@comcast.net](mailto:jkeisenthal@comcast.net).





# Rabbi Jeffrey Salkin

## Scholar-in-Residence

Co-Sponsored by Mount Zion's Brotherhood

April 27-29, 2018



Rabbi Jeffrey Salkin is one of American Judaism's most-published and most-quoted thought leaders. Ever since his first book, *Putting God on the Guest List: How to Reclaim The Spiritual Meaning of Your Child's Bar or Bat Mitzvah* (Jewish Lights Publishing), Rabbi Salkin has been known for his writing, teaching and activism. He spends his waking hours pondering and teaching about such questions as: "What is the Jewish mission in the world today?" "Why is Zionism a problematic word for so many people?" "How can we help non-Jews find role models in Jewish history?" and "How do we make Judaism meaningful to teens?"

- Friday During Shabbat Services (7:30 pm):  
**Where do Modern Men Fit into Modern Judaism?**
- Saturday Shabbat Lunch and Learn (1:00 pm):  
**Anti-Semitism: The Oldest Ism**
- Havdalah (8:00 pm):  
**Fixing the Broken Hallelujah: The Music of Leonard Cohen**
- Sunday For Religious School families and all interested (10:00 am):  
**My "Theme is God": Putting the Mitzvah into B'nei Mitzvah**
- For Teens and all interested (12:30 pm):  
**How to talk about Israel with your friends**

## A Campus Divided:

Progressives, Anticommunists, Racism and Antisemitism at the University of Minnesota from 1930-1942.

A Discussion with Riv-Ellen Prell

Sunday, February 11, 10:00-11:30 am at Mount Zion

Co-sponsored by Brotherhood, Prime Timers, Tzedek Committee, and Women of Mount Zion Temple



Riv-Ellen Prell, Professor Emerita of American studies at the University of Minnesota, created and co-curated an exhibit at the University of Minnesota's Elmer L. Andersen Library Atrium Gallery. She will show some of the documents and materials that appear in the exhibition and lead a discussion about it at Mount Zion. This exhibit showed the political battles that raged at the University of Minnesota from the 1930s to the early 1940s between students and administrators. The campus was divided over issues, which included racial and economic equality, opposition to war, and student

rights. Racism and antisemitism were part of campus life. University administrators, with a few important exceptions, were architects of the racially segregated, publicly-financed housing on campus, and approved off-campus housing where Jews were also not welcome.

*Riv-Ellen Prell is an anthropologist and past director of the Center for Jewish Studies. She has written extensively about American Jewish culture from the late 19th century to the present.*

# Women of Mount Zion Temple

## Upcoming Events

**Saturday, February 24, 2pm:** Come warm up with WMZT and make a beautiful succulent terrarium to take home! Event will be held at Gerten's (5500 Blaine Ave E, Inver Grove Heights). Cost is \$18.00 per person and you MUST BE pre-registered. This supplemented price covers everything needed to make and take a succulent terrarium! Scholarships are available if needed. For those interested, WMZT will be having lunch at Old World Pizza prior to the event. Lunch buffet is served until 1:30! Email Sheri at sherifrisque@yahoo.com to pre-register or for more details.

**Sunday, February 25, 10am:** Passover Market Set-up! Those who help will get a card for a \*15% DISCOUNT\* for the run of the market. Have a seder plate in mind? Want to replace your family's haggadah? Help WMZT set up and you could save some money!

**Sunday, March 18, 10am:** Come play with chocolate! WMZT will be prepping for our infamous Chocolate Seder. Join us at Sheri Frisque's house while we mold and create all the parts of a Passover seder using many different kinds of delicious chocolate. Questions? Contact Sheri at 651-270-3352.

**Sunday, March 25, 10am:** Kitchen time reserved for last minute chocolate seder prep. Join us!

**Tuesday, March 27:** WMZT Presents... Passover Chocolate Seder. A traditional seder with a chocolately twist! Cost is \$10. Event held at Mount Zion.

## Hamantaschen Announcement!

It's that time of year again! Come bake hamantaschen with us! Enjoy camaraderie in the kitchen while making (and testing!) delicious hamantaschen. All are welcome, regardless of experience. Baking days are Feb 4 and 18. Contact Sally Glick with any questions or to sign up sallyoglick@gmail.com or 651-283-2139.



### Hamantaschen Sale Dates:

*Sundays & Wednesdays during Religious School:*

**Sundays, February 4, 11, 25, and March 4.**

**Wednesdays February 7, 14, 21, and 28.**

## Mount Zion Connect

### Mah Jongg Group

Wednesdays, 6:00-7:15 pm: Feb 7 & 21

Sundays, 10:00 am-12:15 pm: Feb 11 & 25

*This group meets at Mount Zion*

The parents of the 8th grade Chai school class would like to invite others to join them for Mah Jongg this school year. We are mostly beginner players so feel free to join us if you are new to the game or are an experienced player. For questions or to RSVP, contact Michelle Salita at Mdsalita@gmail.com.



## B'nei Mitzvah

Michael Barshack

March 10, 2018

Picture removed  
online

**Michael** (Moshe Gavriel) is the son of Jennifer and Evan Barshack. He is the grandson of Linda Greene, Susan and John McCabe, and Barbara Barshack. He is also the grandson of the late Irwin Barshack (1935-2017). Michael is a seventh grader at St. Paul Academy. His favorite subjects are art and science. Michael enjoys playing soccer and competitive swimming in his free time. He also enjoys drawing animals. Michael's Mitzvah Project is at the Feline Rescue in St. Paul because he likes to help animals. In honor of his Bar Mitzvah he will be donating a portion of his gift money to National Wildlife Federation.

Maya Bond

March 17, 2018

Picture removed  
online

**Maya** Bond is the daughter of Michael and Elena Bond. She is the granddaughter of Michelle and Rick (of blessed memory) Bond of Wisconsin Rapids, WI, and Felix and Tatyana Belkin of Glendale, WI. She has two younger siblings, Sydney and Jack Bond. She is in 7th grade at Central Middle School in Eden Prairie, MN. She enjoys science, social studies and math. She loves to swim and play the flute, but especially loves spending time with her friends. In honor of her Bat Mitzvah Maya has donated a portion of her gift money to Bundles Of Love.

Liam Luepker

March 24, 2018

Picture removed  
online

**Liam** (Levi) is the son of Carl and Heather Luepker and brother of Lucia. He is the grandson of Russell and Ellen Luepker, Cherri Ries, the late Stanley Millman, and the late Thomas Ries. Liam is in the 7th grade at Sanford Middle School in Minneapolis. His favorite subjects in school are history and computer science. He loves hanging out with friends, skiing, and traveling. He is learning to play the guitar. When he was 10 years old, Liam was diagnosed with Dystonia, a progressive neuromuscular disorder. This past summer, Liam underwent brain surgery called Deep Brain Stimulation (DBS) in San Francisco. The surgery has been very successful so far. For his Mitzvah Project, Liam is working with the Dystonia Medical Research Foundation (DMRF) to increase public awareness of Dystonia. He will be donating a portion of his gift money towards the DMRF.

# JDAIM

Jewish Disability Awareness & Inclusion Month



**FEBRUARY 2018/5778**

**SAT 3RD @ 1:00 PM SPORTY MENTAL HEALTH**

Join us for a Shabbat afternoon of *Shmirat HaNefesh* as we focus on self-care, coping skills, and reducing stigma. (For 9th-12th Grade)

**FRI 16TH @ 6:15 PM FOOD FOR THOUGHT**

Mental Health Panel with Anna Fox, Jasper Hardin, Steve Levin, Adam Bahr, and Sam Elwood

**@ 7:30 PM SHABBAT SERVICES**

Pulpit guest Al Levin, congregant, PreK-8 Assistant Principal, and host of The Depression Files podcast

**TUE 20TH @ 7:00 PM FILM VIEWING**

"No Letting Go" is the story of a teen struggling with debilitating mental illness and his mother who does everything to help him while also supporting the rest of her family. Discussion led by Anna Fox

**SUN 25TH @ 12:30 PM BOOK DISCUSSION**

**TUE 27TH @ 7:30 PM**

"An Unquiet Mind: A Memoir of Moods and Madness" by Kay Redfield Jamison. 10 copies available in the office.

More information available at [mzion.org](http://mzion.org) or 651-698-3881



# Social Action Update

**Tzedek = Justice**

## Six Ways to Help with Immigration Justice

1. **Deliver free legal services** to immigrants at risk of deportation. Immigrants are much more likely to succeed in immigration court with an attorney representing them. For lawyers. Contact Alan Milavetz at [alanmilavetz@comcast.net](mailto:alanmilavetz@comcast.net).
2. **Assist lawyers with research**, gathering stories and meeting immigrants and their families. Contact Deb Moses at [dmosesstpaul@gmail.com](mailto:dmosesstpaul@gmail.com).
3. **Assist immigrant families to find interpreters** in any number of different languages, including networks outside of Mount Zion you may know. Contact Michael Kuhne at [Michael.Kuhne@minneapolis.edu](mailto:Michael.Kuhne@minneapolis.edu).
4. **Become a court observer and attend immigration hearings** to build more transparency into the proceedings. Contact Vic Rosenthal at [vic.rosenthal@gmail.com](mailto:vic.rosenthal@gmail.com).
5. **Join a rapid response team** to show up for hearings, protests, caucuses and other ways to support immigrants. Contact Tom Marver at [tommymarver1@gmail.com](mailto:tommymarver1@gmail.com).
6. Work with other congregations to **provide funds, food and other essential necessities** for immigrant families. Contact Deb Moses at [dmosesstpaul@gmail.com](mailto:dmosesstpaul@gmail.com).

## News from Neighborhood House



### Year Round Fresh Produce Distribution

Our Fresh Produce Distribution is now year-round! Volunteers are needed the second Tuesday of each month for set-up through clean-up for our farmer's market style distribution at Metro State University. This is an indoor opportunity with free parking. 2nd Tuesday of each month, 1-4p.

### Produce Thursdays

Starting March 1st - We have a new weekly source of fresh produce for our participants! Individuals and small groups are needed at our Wellstone Food Market on Thursdays to receive, sort, and display produce or assist shoppers. Shifts are either 1-3pm or 3-6pm.

To register for either of these opportunities, please visit [www.neighb.org](http://www.neighb.org) or contact Vanessa Edwards, [vedwards@neighb.org](mailto:vedwards@neighb.org), 651-789-2524.

### Race: The Power of Illusion

The three-part PBS series will be shown on April 10, 17, and 24 from 6-8 p.m. at Neighborhood House. Each episode will be followed by a group discussion. This is open to all.

## Yom HaAtzmaut

Israel at 70 Twin Cities community-wide celebration

**Sunday, April 22, 4 - 9 PM**

Minneapolis Event Center at St. Anthony Bridge  
219 Main St SE, Minneapolis, MN 55414



Join the Twin Cities Jewish community as we celebrate the 70th birthday of Israel. Booths and community entertainment, torch lighting, speakers, and Headliner Café Shachor Hazak!

## In the Community

### Torah Yoga for Purim

*Taught by Diane Bloomfield*

**Sunday, February 11, 1:00-3:00 p.m. at Mount Zion**

Cost: \$20 in advance; \$25 at the door. We must have a minimum of 10 registrations for this wonderful experience to take place!

### Acquiring Garments of Light

"The soul comes to this world from a very high place but in this world it is clothed in several garments." (Sfat Emet, Parshat VaYera) The Book of Esther is a story about uncovering a great light hidden in a world clothed in darkness. With Torah Yoga, we will seek out this light in our body, mind, heart, soul and ultimately the world.

All levels of yoga experience are welcome.

Questions? Contact Sara Lynn Newberger at 651-698-8807 or [sara.lynn@ttsp.org](mailto:sara.lynn@ttsp.org). There are no financial barriers to participation.



Co-sponsored by Hineni and Mount Zion Temple.



## Caring Community

### Mount Zion Cares!

The Caring Community Program is here to help Mount Zion Temple members in their moments of need. We reach out to you with a helping hand when there is injury, illness, grief or other life stressors.

We provide meals, rides, visitors, and shiva support.

To get help contact us at [caringcommunity@mzion.org](mailto:caringcommunity@mzion.org) or call 651-698-3881.

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## How to Disagree Constructively

Friday, March 16, 6:15 p.m.

The goal of this *Food for Thought* is to strengthen a culture of constructive disagreement, or *mahloket l'shem shamayim*, at Mount Zion.  
See p. 14 for details.



## Passover

The First Seder of Passover is  
Friday night, March 30 / 15 Nisan

Passover ends at sunset  
on Friday, April 6 / 21 Nisan

See p. 12.



See p. 17 for JDAIM events through the month of February.

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## PURIM at Mount Zion

Wednesday, February 28 - Megillah Reading and Shpiel

Sunday, March 4 - Purim Carnival

See p. 6 for details.



## Mussar for Everyone!

A One-Day Mount Zion Mussar Retreat for Nourishing the Soul

Shabbat, February 24

See p. 13 for details.

