

# High Holy Days Information

## The Days of Awe at Mount Zion Temple - 5779/2018

### High Holy Days Service Schedule

#### - Selichot -

*Saturday, September 1 - Elul 22*

Havdalah, Movie, and Discussion	8:30 p.m.
Reception	9:45 p.m.
<b>Selichot Service</b>	10:15 p.m.

#### - Erev Rosh Hashanah -

*Sunday, September 9 - Tishrei 1*

Cemetery Memorial Service	11:00 a.m.
<b>Service</b>	7:30 p.m.
Teen Service (Grades 7-12)	7:30 p.m.

#### - Rosh Hashanah -

*Monday, September 10 - Tishrei 1*

<b>Early Service</b> (Gr. 2-6 Program during Sermon)	8:30 a.m.
Tot Program & Service (Birth-Grade 1)	10:30 a.m.
<b>Late Service</b>	11:45 a.m.
Teen Program (Hidden Falls Park)	3:30 p.m.
Yoga for the New Year (Hidden Falls Park)	3:30 p.m.
Tashlich (Hidden Falls Park)	4:30 p.m.

#### - Shabbat Shuvah -

*Friday-Saturday, September 14 - 15 - Tishrei 6*

Food for Thought: Israeli Poetry	5:45 p.m.
Shabbat Service	7:30 p.m.
Shabbat Morning Service	10:00 a.m.

#### - Erev Yom Kippur - Kol Nidre -

*Tuesday, September 18 - Tishrei 10*

<b>Early Service</b>	6:00 p.m.
<b>Late Service</b>	8:30 p.m.

#### - Yom Kippur -

*Wednesday, September 19 - Tishrei 10*

<b>Early Service</b> (Gr. 2-6 Program during Sermon)	8:30 a.m.
Tot Program & Service (Birth-Grade 1)	10:30 a.m.
<b>Late Service</b>	11:45 a.m.
Teen Service (Grades 7-12)	11:45 a.m.
Poetry Session	11:45 a.m.
Chair Yoga	12:45 p.m.
Chant Circle	1:30 p.m.
Rabbi's Study Session	2:30 p.m.
Healing Service	2:30 p.m.
<b>Yizkor</b>	3:15 p.m.
Kids' Program (Grades 2-6; from 3:15 to end of Ne'ilah)	3:15 p.m.
<b>Afternoon Service</b> (approx)	4:15 p.m.
Teen Program (Grades 7-12)	4:15 p.m.
<b>Ne'ilah Service</b> (approx)	6:15 p.m.
Break-the-Fast (Following Havdalah)(approx)	7:15 p.m.

**Sanctuary services will be live streamed.**

*See right for details.*

### Standing at the Gates of the New Year

We approach with awe the arrival of the new Jewish year 5779.

During this period of reflection, there are many ways to bring the meaning of the Holy Days near to your spirit. In addition to individual introspection and collective prayers, we have highlighted in this bulletin special moments in the High Holy Day season. May you be blessed with the ability to notice and appreciate every breath you take, thankful to the Holy One of Blessing for giving you life, for sustaining you, and for enabling you to reach and enjoy this season of return and fulfillment.

*Rabbi Adam Stock Spilker - Rabbi Esther Adler  
Cantor Jennifer Strauss-Klein - Cantor Rachel Stock Spilker*

### Yoga for the New Year (Rosh Hashanah)

**Monday, September 10, 3:30 p.m. at Hidden Falls**

*Led by Chris Gordon of Big River Yoga and Cantor Spilker*



### Chair Yoga (Yom Kippur Day)

**Wednesday, September 19, 12:45-1:20 p.m. at Mount Zion**

Join Mount Zion member and yoga teacher, Anna Schorer, and Cantor Spilker for a "7th Inning Stretch." All movements will be done in a chair, will be accessible, and can be done in dress clothes.

### Healing Service with Harp and Flute

Please join in a comforting worship experience for anyone seeking healing and wholeness. Members of our clergy will lead, along with the soothing sounds of the harp and flute.

**NEW TIME: Yom Kippur Day, 2:30-3:00 p.m.**

### Cemetery Memorial Service

**Sunday, September 9, 11:00 a.m. Come rain or shine!**

As a people, we are eternally linked to those who came before us. As individuals, we are especially mindful of family and friends who have died in the past year. In the spirit of remembrance, we annually conduct a special service at our cemetery. Please join us for a meaningful and reflective service. The cemetery is located at the intersection of Payne and Larpentour Avenues.

### High Holy Day Services Live Streamed

Mount Zion has the technology to live stream services anywhere with Internet access. This year we will again live stream High Holy Day services instead of televising them. You can view services directly on a computer or by connecting your computer to a television. If you have family or friends who usually watch the services on television you may want to help them by making a computer available for their viewing. Live stream services can be viewed at [mzion.org/pray/live-streaming](http://mzion.org/pray/live-streaming). Contact the office at 651-698-3881 if you have any questions.



# A Guide to High Holy Day Services at Mount Zion

## Selichot:

This service is always the Saturday night before Rosh Hashanah (or if Rosh Hashanah falls on a Tuesday or earlier in the week, two Saturdays before Rosh Hashanah.) Traditionally, the service is meant to be held close to midnight.

## Rosh Hashanah and Yom Kippur Evening Services:

On Rosh Hashanah, we worship as a community for one evening service at 7:30 p.m. The timing is meant to allow for a festive home Rosh Hashanah dinner in the late afternoon before we join for the music and prayers of the season, hear uplifting words from our rabbis, and a message from our President about our Mount Zion community.

On Yom Kippur, the evening Kol Nidre service is offered at two times. You may choose the time that works for you. Traditionally, this is the only evening service in the year when a tallit is worn.

## Rosh Hashanah and Yom Kippur Morning Services:

On Rosh Hashanah and Yom Kippur we offer two service choices, which we call “early” and “late.” You may attend either or both of them. The same sermon is given, but the liturgy style differs between the services. Below is a brief description of the two services:

**Early Service:** This service is led by our most recent B’nei Mitzvah class, (the current 8th grade class) along with our teen choir and our clergy. We have transitioned from the Mount Zion Family Machzor to the Reform Movement’s new High Holy Day prayer book, *Mishkan HaNefesh*. In this service, we choose readings that we hope will be meaningful to all, but are geared toward households with school age children. During the sermon time, we offer a program in Johnson Social Hall for kids in grades 2-6. Children may choose to stay with their family for the sermon or go with the Religious School Director to participate in the program. Children who leave the sanctuary at this time are expected to stay in the program until they are picked up in Johnson Hall following the service.

**Late Service:** This service is led by our clergy and professional quartet and features a fuller liturgy, including the Haftarah portion. We use the Reform Movement’s new High Holy Day prayer book, *Mishkan HaNefesh*, and will have different readings than in the early service. The same sermon is given in both services.

**Alternative Programming during Yom Kippur Late Service:** For those who attend the Early Service and wish to stay through the afternoon, we also have several offerings. See next column.

## Tashlich

One of the traditions of Rosh Hashanah is to ritually rid ourselves of our sins by tossing bread crumbs into a moving body of water. In past years, hundreds have gathered by the Mississippi for this brief but spirited moment. On Monday, September 10, 4:30 p.m. Tashlich will once again take place at Hidden Falls Park (North entrance). See enclosed map for directions. Accessibility Note: We meet near the boat ramp (end of the parking lot) which is paved down to the water.

## Spending Yom Kippur at Mount Zion

### Poetry Session/Chant Circle/Chair Yoga/Healing

**Service/Study Session:** These offerings are different ways to engage with each other and ourselves on this holy day.

**Poetry:** See back page.

**Chant Circle:** Gather with Cantor Spilker and Mount Zion member, Julie Dean, as we sing simple, repeating melodies to focus our minds and open our souls.

**Chair Yoga:** See page one.

**Rabbi’s Study Session and Musical and Healing Service:** After the Late Service concludes around 2:30 p.m., there will be a study session led by our rabbis in the Library and the Healing Service in Johnson Social Hall.

**Yizkor:** The sanctuary is never so still as during this memorial service which leads into the afternoon service. Traditionally this is a time to remember parents who have passed away, but today many come to remember any loved one. The Yizkor service and names of loved ones whom congregants are remembering are included in a Memorial Book. (Use the form at [mzion.org](http://mzion.org) or contact the office to include any names).

## Yom Kippur Afternoon Service

**Wednesday, September 19, 4:15 p.m.** (approx.)

Did you know that our Yom Kippur Afternoon Service is a unique, engaging, interactive experience?

It includes Drama – Watch a re-enactment of the moment when the High Priest blessed the Israelites from the Holy of Holies.

It includes Music – Participate in congregational singing, with full band instrumental accompaniment.

It includes Conversation – Discuss timely questions with people sitting near you.

It includes Torah – Take the Torah Scrolls in your arms as six of our scrolls are passed from person to person through the entire congregation.

It includes Reflection – Listen to beautiful clarinet music during the transition between services.

Isn’t all this better than sitting at home not eating? If you haven’t joined us for the afternoon service in the past, we encourage you to give it a try this year. If you have, we welcome you back.

**Ne’ilah/Closing Service:** After a full day of prayer and reflection, the prayers flow from the afternoon service into the final service of Yom Kippur. In the last number of years, more and more people have followed the tradition of standing for the entire Ne’ilah service. After a chorus of shofarot signals the end of Yom Kippur, dozens of children holding candles come to the bima to bid the Holy Day farewell with Havdalah. We then join outside the sanctuary to break the fast as a community. We follow the tradition of having the ark remain open for the entire Ne’ilah service (symbolic of the open gates of repentance.) We will invite the congregation to stand at their seats or along the side aisles. If you are unable to stand (approximately 45 minutes,) you are welcome to choose a seat in the designated section in the front of the sanctuary so that you will still be able to see the bima.

# A Guide to High Holy Day Services at Mount Zion

## Planning the High Holy Days with Your Children

**A Note to Parents/Guardians:** You know your children best. We offer the following options to help you find the right balance during the High Holy Days. We encourage kids in grade 2 and above to attend services. Younger children who can sit quietly are welcome and encouraged to attend as well. We do ask that you help us maintain decorum in the sanctuary throughout the High Holy Days. If you need to leave the sanctuary with your children, you may go to Harris Chapel where services are broadcast on closed-circuit TV. **Please do not**

**leave or enter the sanctuary when the ark is open.** Thank you!

We offer child care for children (birth through age 8) during most of our High Holy Day services. See [mzion.org](http://mzion.org) for detailed information and to make reservations (required). Reservations are due by Friday, August 31! We also offer specialized programming for children and teens (see below). Please register in advance for kids' programming (grades 2-6) as well! There are no reservations required for teen programs.

### Tots from birth to Grade 1:

#### Rosh Hashanah and Yom Kippur Tot Program & Service 10:30 a.m.

We will start with an informal "schmooze" time in the Harris Chapel with activities and singing at 10:30 a.m. Then we will go into the Sanctuary at 11 a.m. As a parallel to our monthly Tot Shabbat service, this 45 minute service is designed for kids from birth to first grade and anyone who wishes to join them. We use *Gates of Awe* prayerbook, our teen choir leads the music, and our rabbis tell a creative and inspiring story.

### Kids in Grades 2-6:

#### Rosh Hashanah & Yom Kippur at Sermon approx. 10:00 a.m. Ne'ilah Service & Havdallah, 6:15 p.m.

We encourage children in grades 2 and above to attend services. The early service on Rosh Hashanah and Yom Kippur morning is a full worship experience designed for adults and children. At the sermon time, children in grades 2-6, if they so choose, participate in a special program.

On Rosh Hashanah & Yom Kippur, students will participate in hands-on activities related to *Ahavat Yisrael*, Love of the People and Land of Israel. As an introduction to this year's Israel Kivvun (focus/direction), we will reflect on the Jewish people's deep connection with and the love for the people and land of Israel. We will "travel" to Israel to explore the many peoples and cultures living there.

On Yom Kippur, we also provide informal activities for children in grades 2-6 during the afternoon services (3:15-6:15 p.m.). After the Neilah service, students will be led into the sanctuary with candles for Havdalah.

### Teens in Grades 7-12:

*The teens services are an experiential service created and led by teens in grades 7-12. With guidance from our staff, the programming is uplifting, creative, and meaningful—and is only for teens.*

**Rosh Hashanah Evening Teen Service, 7:30 p.m.** The theme for our Rosh Hashanah Service will be Zikaron (Remembering). We will discuss the tradition of visiting family graves on Rosh Hashanah and make journals of the family stories we would want to pass down through the generations.

**Rosh Hashanah Teen Program, 3:30 p.m.** at Hidden Falls Park. Join us for a relaxing afternoon program outside at Hidden Falls Park where we will hike and practice Zikaron (Remembering) by telling our stories Moth-style - modeled after the NPR (National Public Radio) Moth Hour. We will take time to reflect on the past year in preparation for Tashlich and look forward to the year ahead in which we can grow as individuals and a community.

**Yom Kippur Teen Service 11:45 a.m.** Connected to our exploration of Zikaron (Remembrance) on Rosh Hashanah, on Yom Kippur we will focus on the stories of our ancestors and connecting with our elders.

**Yom Kippur Teen Program 4:15 p.m.**—We will continue our theme of Zikaron (Remembrance), and the congregation's theme of Israel.

## Selichot: Israeli movie about Yom Kippur War

Saturday, September 1

### Featuring the short film *Unetanah Tokef*

### The story of Yom Kippur on Kibbutz Beth Hashita

What happens to a small close-knit community when 11 of its members are buried in one day? What forms of mourning and meaning are available to this community, when religion is foresworn? And when the 11 young men all died fighting for Israel in the Yom Kippur war, how should their secular kibbutz now relate to Yom Kippur?

8:30 pm - Havdalah, Movie, and Discussion

9:45 pm - Reception

10:15 pm - Selichot Service



**The service that ushers in the High Holy Days** - This service is always the Saturday night before Rosh Hashanah (or if Rosh Hashanah falls on a Tuesday or earlier in the week, two Saturdays before Rosh Hashanah.) Traditionally, the service is meant to be held close to midnight.

## High Holy Day Inclusion and Accessibility:

If a need arises during services, please find an usher to assist you.

- **Disability Reserved Parking** - Disability parking is available on a first come, first served basis on Summit Avenue and in the lot adjacent to the kitchen. A state-issued disabled parking license is required. Drop off for those in wheelchairs or those who have mobility impairments is easiest at the alley entrance where there is a ramp and an electric door.
- **ASL Interpreters** are available for the following services: Rosh Hashanah (Evening and Late Morning); Tashlich; Yom Kippur (Kol Nidre Late Service; Late Morning Service; Yizkor service through Ne'ilah).
- **Vision accessibility** - Our High Holy Day prayer book, *Mishkan HaNefesh*, is available in an e-reader version, and we have a small number of e-readers available. If you are bringing your own device, please consider, when possible, using one that does not emit light, as these can be less distracting to others. In addition, we offer magnifier sheets to use on top of the prayer books. We continue to encourage everyone who is able to use the printed prayer book, and large-print books are available.  
Contact Sheri Frisque from our Accessibility/Inclusion committee if you need assistance setting up your e-reader (sherifrisque@yahoo.com 651-270-3352).
- **Sensory accessibility** – ear plugs are available to those who are sound-sensitive, as are fidget toys for those who need them.
- **Amplified hearing devices** are available at all services.
- **Accessible Seating** - Seats are reserved in two locations: in the front row of the sanctuary (on the left if you are facing the bimah) and in one row in Margolis Hall (near the doors that to the lead kitchen). Please arrive 15 minutes before the service/s you are attending so our ushers can help you find a seating location that will work best for you.

- **A single-use accessible bathroom** - is located near the kitchen in the hall to the parking lot entrance.
- **Scent Allergies** - We ask service attendees to refrain from using any scented products and perfumes to allow those with severe allergies and asthma to remain in the sanctuary. The flowers on our bimah are scent-free.
- **Closed Circuit TV** - This is available in the chapel for families and others who may need a break from the sanctuary service but still want to watch the services. The space is open to all, but please note that it is particularly designed for those with young children or others who may need to move around.
- **A quiet room for adults** is available in The Listening Library (inside the main library).
- **Our Resource Room** is available for children who need a break from the sanctuary. Children must be accompanied by an adult.
- **If you are not fasting** for any reason, Room 106 will be open for people who need to eat and/or drink.
- **Accessibility to the bimah and ark** - We have railings and an elevator.
- **Live Streaming of Services** - All services broadcast at [mzion.org](http://mzion.org).
- **Accessible Tashlich Services** – Tashlich takes place on Rosh Hashanah afternoon at Hidden Falls and is accessible for those who bring walkers or wheelchairs. Folding chairs on a flat surface are available, and assistance is available to help you get to the water's edge. The service will also be interpreted into ASL.

For **other specific needs**, contact Larry Solomon at 651-698-3881.

### The Poetry of the Prayer Book

Michael Kuhne, Ph.D.

**Yom Kippur Morning, 11:45 am - 12:30 pm**



Michael has assembled a cast of Mount Zion congregants who will lead an inspiring exploration of the poetry and prose in the new prayer book, *Mishkan HaNefesh*.

Michael Kuhne, President-Elect of Mount Zion, is a Professor of English at the Minneapolis Community and Technical College.

### Sign Up for High Holy Day Ushering

It is a great mitzvah to usher at High Holy Day Services. The usher's role is crucial to creating a warm, welcoming and dignified spirit during the Days of Awe. Ushers take tickets, welcome each person as he/she enters our sanctuary, and assist in seating and making everyone feel at home at Mount Zion. We also rely on our ushers to help maintain decorum in the sanctuary and hallways before, during, and after the service. We hope you will consider volunteering and join our team of valued ushers. We need you! To register: [mzion.org](http://mzion.org). Questions? Call Larry at 651-698-3881.

### Learn the Hebrew of our Prayers

Taught by Kent Simon

**Wednesdays, 6:00-7:15 pm.**

**September 5** (Rosh Hashanah prayers)

**September 12** (Yom Kippur prayers)

Come to either or both. No registration or cost.



Using *Mishkan HaNefesh*, participants will go over the main prayers, learning Hebrew words, practicing reading, and engaging in discussion as a way to find more meaning in the High Holy Days.



# The Book of Jonah

This year instead of chanting the Book of Jonah in Hebrew, we will hear a dramatic reading in English by actors from the Minnesota Jewish Theater Company. This intriguing, short story has so many layers and important messages as we near the end of our Days of Awe. The reading will be during the Torah service toward the end of our afternoon service which begins at 4:15 and ends around 6:15 pm.



Minnesota Jewish  
Theatre Company

# The new **Nation-State Law** in Israel vs **Israel's Declaration of Independence**

*The controversial law passed by the Knesset this summer stands in contrast to the language of Israel's founders. Yet both documents espouse Jewish values and truths. We will read them and discuss. Led by Rabbi Spilker.*



Mount Zion Temple

# PRAYER BOOK

## for the High Holy Days



### The *Machzor* (High Holy Day Prayer Book) of the Reform Movement: **Inspiration, Tradition, Innovation**

We encourage personal engagement with the material in Mishkan HaNefesh, and hope that everyone will find something within the covers of the prayer book that will pique their curiosity and stir their soul. It is our practice as a congregation to own our own copies of the machzor. Owning an individual copy will help you to discover personal connections within Mishkan HaNefesh by exploring the text both on your own and in our community.

**We use this prayer book for EVERY High Holy Day service** (with the exception of Tot and Teen services). **Please purchase one set for each member of your household who will be attending services.**

*It is our custom for congregants to own their own prayer books.*

**Order your copies online at [mzion.org](http://mzion.org) or call the Temple at 651-698-3881.**

# Tashlich Service

*Monday, September 10, 4:30 p.m.*

**Hidden Falls Regional Park**

(enter north gate on the corner of Magoffin Ave. &  
Mississippi River Blvd.)

*Look for signs!*

Turn Your Pockets Inside Out - We complement our words of prayer with the symbolic action of emptying our pockets of dust and crumbs: a sign of our intention to rid ourselves of wrongdoing. For years, our members have come to the edge of the Mississippi to act out the prophet Micah's vision, "And you will cast all their sins into the depths of the sea."

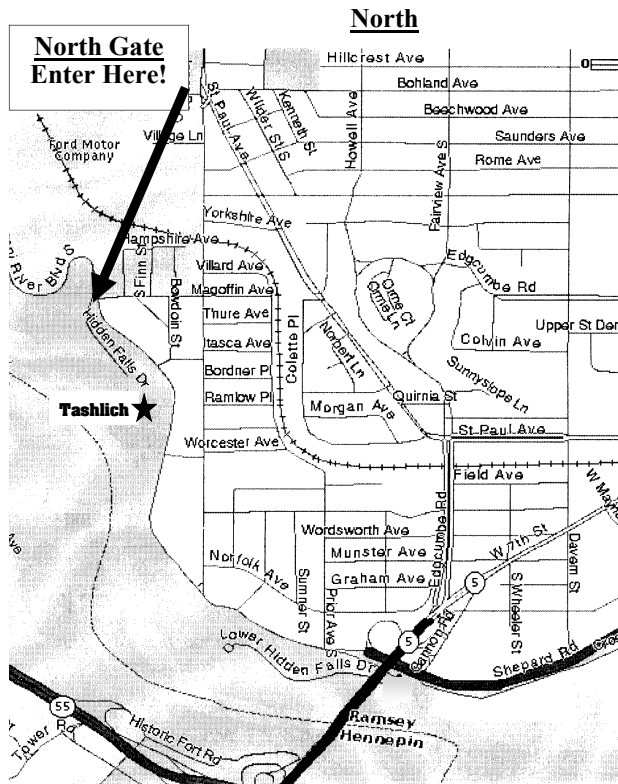
**We look forward to seeing you there!**

## Yoga for the New Year:

*Led by Chris Gordon of Big River Yoga  
and Cantor Spilker*

**Monday, September 10, 3:30 p.m.**

*Just before Tashlich on a grassy area  
near the beach.*



# A Glossary of Greetings

## For Rosh Hashanah

- **Shanah tovah:** Wishing your friends happy new year is as easy as saying *shanah tovah*, which means "a good year" in Hebrew.
- **L'Shanah tovah u-metukah:** If you want to express the same sentiment but more elaborately, this phrase means "To a good and sweet year"
- **L'Shanah tovah tikateivu:** A more pious Rosh Hashanah greeting that means, "May you be inscribed [in the Book of Life] for a good year."



## For the 10 Days of Repentance (Aseret Y'mei Teshuvah)

*Yom Kippur* comes ten days after *Rosh Hashanah*. This time period is referred to as *Aseret Y'mei Teshuvah* (10 Days of Repentance). These days offer us the chance to earn forgiveness by means of reflective repentance.

- **Shana tovah:** Throughout the 10 days, it remains customary to wish friends this greeting.
- **G'mar tov** and **G'mar chatimah tovah:** Since *Yom Kippur* is approaching, it is appropriate to start wishing people the Hebrew phrases understood as, "May you be sealed for good" or "May you be sealed for a good year [in the Book of Life]."

## For Yom Kippur

- **G'mar tov** and **G'mar chatimah tovah:** Yes, these are appropriate for *Yom Kippur*, too!
- **Tzom kal:** This Hebrew greeting is offered to wish your Jewish friends an "easy fast."
- **Shanah tovah:** This *Rosh Hashanah* greeting may also be used for *Yom Kippur* because both observances are part of Judaism's High Holy Day Season.
- **L'Shanah tovah teichateimu:** Similar to the more pious *Rosh Hashanah* greeting, but this version drops "tikateivu" from the formula, since we presume that everyone is righteous and will, by *Yom Kippur*, already be written in the Book of Life. So we simply wish, "May you be sealed for a good year."

## General Holy Day Greetings

On any Jewish holy day, you can use the Yiddish phrase, *gut yuntiff*. (goot yun'-tif) which comes from the Hebrew **yom tov**, good (holy) day.

On Sukkot and all the pilgrimage festivals (Sukkot, Simchat Torah, Pesach, Shavuot), you can say **chag samei-ach** which means "a joyous festival".

# Shanah tovah!



# שָׁנָה טוֹבָה!