

Mount Zion High Holy Days 5782



השיבנו יְהוָה אֵלֵינוּ וְנָשׁוּבָה חֲדָשׁ יָמֵינוּ כְּקֵדֶם:

Hashiveinu Adonai eilecha v'nashuva, chadeish yameinu k'kedem.

Return us, Adonai, to You and we will return.

Renew our days as in the past we have always renewed our days.

– Lamentations 5:21 and from the Torah Service Liturgy (returning the Torah scrolls to the Ark)

Courage 🕯 Faith 🕯 Compassion



Dear Friends,

We will long remember last year's High Holy Days. Mostly online, we found ways to feel spiritually renewed and connected as a community.

This September, the New Year comes on the heels of Labor Day weekend. While it may feel early, **we trust we will greet the Holy Days with the same courage, faith, and compassion we did last year.**



As we prepared this year's schedule, we asked for your input through a survey. **We heard from over 230 people, reviewed the data carefully, and reflected on what we learned. You can review our findings [here](#).** A few important notes: 85% agreed that wearing masks should be optional at outdoor services, so we immediately made that change for our July Shabbat services. While the majority wanted a vaccination mandate, our opening task force noted that 98% of all respondents to the survey had been vaccinated, which is reflective of our congregation. Our expectation is that all, 12 years old and over, should be vaccinated if medically possible, but we do not want to have to police this at every service.

Unlike last year, and with gratitude for vaccines available to all over 12 years old, many of us plan to return in person to our sanctuary. We will do so aware that the pandemic is not over and some of our community will continue to connect online. As you will see in the schedule for the High Holy Days, there will be some opportunities for all of us to gather online so we can be one community. Other times will be "multi-access" with several ways to connect. You will notice improved live streaming through the website and Facebook. Those who come to our synagogue will see a tent on the patio for Tot services and live streaming of services for those who wish to pray in a community outside. Inside, improved airflow and the wearing of masks will help keep everyone safe. We will also have to be flexible as we pay attention to changing circumstances with community spread of Covid.

With the diversity of opinions in our community about Covid protocols and the new CDC guidelines because of the current (Delta) variant, we want to emphasize the value we have stated all year:

Chesed "Profound Love and Kindness": Decisions around our operations and the risks involved create uncertainty, grief, and anxiety. Each of us will have different comfort levels. We will act with tremendous love and kindness toward each other.

We will do this, and as always, we approach the arrival of the new Jewish year with awe.

The plans we share in this bulletin respond to your feedback last year, input from the congregational survey, and our imaginations.

May 5782 be a year of health and joy!

With all our courage, faith, and compassion,

Adam Stock Spilker, Rabbi

Esther Adler, Rabbi

Jennifer Strauss-Klein, Cantor

Rachel Stock Spilker, Cantor

Our COVID-19 Plan for In Person Gathering

While our expectation is that all adults attending High Holy Day services will be vaccinated unless there are medical reasons that preclude vaccination, several Covid-19 mitigation steps will remain in place to protect vulnerable members of our community, particularly children and those who are immunocompromised. We also recognize that the current (Delta) variant may increase risks of infection even to those who are fully vaccinated. With this in mind, the guidelines below will be in effect for in-person gatherings. While we believe these will suffice even with increased cases in our community, we ask for your patience and flexibility as we work cautiously with changing CDC and MDH guidelines.

1. Masks will be required inside.
2. Masks will be optional outside.*
3. Distanced seating will be available for those who wish. We may have outdoor options for viewing live streaming of the services (in a tent).
4. Children are welcome! Masks required for ages 5 and up. We will not be providing childcare this year because we have determined that we cannot do so safely.
5. You will be welcome to sing! We want to have that strong, congregational prayer sound!
6. As always, all are welcome, but we will be asking for RSVPs in August so we can plan well.
7. We will build in time after every sanctuary service to allow for air circulation and will have additional air purification.

**We recognize that there are a variety of reasons why members of our community will continue to wear masks outside, even if they are vaccinated. Our values of kavod/respect and being non-judgmental will guide us in how we see each other, as always, we will work to keep ourselves and one another both healthy and socially connected.*

The **Opening Task Force** members (with their expertise): Phil Goldman, Chair (legal, OSHA/industrial hygiene); Ian Ellis (corporate facilities manager); David Knapp (safety and security); Dr. Gary Kravitz (public health, infectious disease practitioner); Julie Ostrowsky (epidemiology); Joan Ostrove (inclusion and accessibility); Neil Segal (operations, Ames Center performance venue); Michael Wall (President), Larry Solomon, Sue Summit, and Rabbi Spilker

High Holy Day Service of Healing and Reflection

Saturday, September 11, 4:30 pm

After the many challenges and losses of the past year, it is fair to say we are all in need of healing. This hour-long service is for everyone, not just those dealing with illness. Based on High Holy day themes, and enhanced with the soothing sounds of harp and flute, this service offers a sacred space for reflection about what we need to feel more whole in the coming year.



Preparing for the High Holy Days



An online class by Rabbi Shai Held from the Hadar Institute

We are encouraging all adults at Mount Zion to delve into deep learning this August. Hadar will help you find a study partner (*chevruta*) for this self-directed study between online sessions. Discounted cost: \$18 – **Use code “mountziontemple” when you [register here](#) by July 30.**

The **kickoff lecture by Rabbi Shai Held will be August 8, 6:30 pm, and concluding Lecture on September 5, 6:30 pm.**

Teshuvah, often translated as "repentance," is one of the central concepts in Jewish life—throughout the year but

especially in preparation for the High Holidays. We will explore what teshuvah actually entails, and how we can demonstrate that we've changed.

How does it work? Sign up with your own learning partner - or tell us about yourself and we'll match you with someone new! The cycle will be framed by the live online lectures with Rabbi Shai Held. In between, participants will meet with their chevruta four times, discussing and conceptualizing core questions around teshuvah. Each session will offer a window into this fundamental question: what does it take for a person to change?

Selichot: A Night of Spiritual Reawakening

Saturday, August 28 - The evening that ushers in the High Holy Days

8:00 pm – INSPIRE: Selichot Program “Windows on Teshuvah” (via Zoom)

Participants of the Windows on Teshuvah study (including clergy) will share inspiring insights about turning toward our best selves and turning toward our new selves after the worst (God willing) of the pandemic. The conversation will end with Havdalah and preparation for Selichot.

10:00 pm – AWAKEN: Awe-Inspiring Selichot Service In-Person and Live Streamed

This moving service with liturgical and musical themes of the High Holy Days helps us enter the Holy Days truly prepared. The service includes changing our Torah scrolls to their white Holy Day mantles, singing Avinu Malkeinu, and hearing the call of the Shofar.

Poetry and Prayers from Mishkan HaLev

Friday, August 20 after services with Michael Kuhne and Rabbi Spilker

After a brief(er) service, stay for a 30-minute exploration of the poetry and meaning of the prayers of our newest prayerbook, which we use during the month of Elul.



Sounding the Shofar During Elul

Every day during Daily Services - via Zoom

The daily sounding of the Shofar in Elul helps ready us for the High Holy Days. Beginning on Sunday, August 8, the Shofar will be sounded at daily services. Daily Services are on Zoom, on Sundays at 9:30 am and Monday - Thursdays at 5:45 pm.

Unique Moments for the High Holy Days

Sounding the Shofar from the Rooftop!

Sunday, September 5, 5:00 pm

On the Sunday before Rosh Hashanah, the clergy, in white robes, along with **Ba'alei Tekiyah** (shofar blowers) will be on Mount Zion's roof! Our cantors and rabbis will conduct a brief, uplifting ceremony with prayer, song, and the sounding of the shofar to prepare us for the Days of Awe. [RSVP by September 4.](#)

Even though we are outside, we are asking everyone over age 5 to wear a mask for this event as we hope to have lots of kids and want to be extra cautious.



Teshuvah... Return to the Sanctuary (literally):

Individual and Family Moments

Wednesdays, September 1 and 8, 8:30 am - 8:00 pm in 30 minute increments

Reserve private time at the ark in the sanctuary for personal reflection or prayer.

Contact office@mzion.org / 651-698-3881 to sign up.



Tashlich

Rosh Hashanah Day

September 7, 4:30-5:00 pm

Location: Hidden Falls Park (enter north gate on the corner of Magoffin Ave. and Mississippi River Blvd.) [Map](#)



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." Please join us or feel free to use this [downloadable ceremony](#) at wherever you would like!

Messages from our Tradition: Torah and Haftarah

In addition to hearing the chanting our sacred texts in the midst of services, we will hear selections chanted in the context of study and teachings that highlight the messages from our tradition.

Rosh Hashanah, September 7, 3:00 - 3:30 pm

Online only ([Zoom](#) and Live Streaming) - Led by Rabbi Spilker Hagar and Ishmael – The Pathos of Genesis 21

Yom Kippur, September 16, 2:15 - 2:45 pm

"I have set before you blessing and curse" (morning Torah Reading), or "Be holy for I Adonai am holy" (afternoon Torah reading): What animates your Judaism?

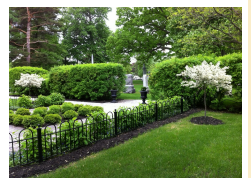
In Person – Led by Rabbi Adler

Online ([Zoom](#) and Live Streaming) - Led by Rabbi Spilker

High Holy Day Cemetery Service

Sunday, September 12, 11:00 am

We will gather at the Mount Zion Cemetery to remember loved ones. Those who prefer can view the live streaming on our website. The cemetery is at the corner of Payne and Larpenteur Avenues in St. Paul.



Live Streaming, Zoom, and Facebook?!

We can help!

We are committed to helping you connect to online services if you are not attending in person. **If you do not have a computer or internet, or if all this just feels overwhelming, we will do our best to provide what you need.** Please be in touch with Congregation Engagement Director Shai Avny at 651-698-3881 and he will connect you to volunteers who will help you!

High Holy Days Q and A

Thursday, September 2, 7-8:00 pm via Zoom

We will address your questions about

- Covid protocols for in person services.
- On-call shammashim who are here to help.
- Live streaming and Zoom tips.
- Ideas for setting up your home sanctuary.

Guests are welcome!

As in years past, guests are welcome to be part of our High Holy Day services and programs. **Guests, please sign up here to receive emails with all the details and updates.** We invite you to consider offering a free-will donation to Mount Zion. Members' and guests' contributions are what enable us to be the vibrant and welcoming Jewish spiritual home we strive to provide for our community.

Yom Kippur Fast Appeal

The more tzedakah, the more peace. - Pirke Avot

Our custom at Mount Zion is to encourage tzedakah for needs outside our walls instead of a traditional Yom Kippur appeal for the congregation. We will send a link in the coming weeks. Our categories are local (Mount Zion Cemetery, our local partners of Neighborhood House, Jewish Community Action, Jeremiah Program, and Hallie Q Brown Community Center), nationally (Mazon: Jewish Response to Hunger and Nechama: Jewish Response to Disaster), and internationally (Israel Movement for Progressive Judaism, our synagogue partners in Israel) and **New this year! Building Together: Support Palestinian and Israeli farmers** - The first 48 people to contribute \$36 or more will get a jar of date honey harvested by these farmers to use for your Rosh Hashanah dinner! You can pick up the honey at Mount Zion during office hours.

Machzor:

Do you have your High Holy Days Prayer Books?

It is our congregational custom to encourage ownership of these wonderful resources. If you do not yet have the set, you can order it in advance of the Holy Days. The CCAR Press is now offering a 20% discount on hard copies of Mishkan HaNefesh. [Click here to purchase](#) from the CCAR Press. The CCAR Press also offers Mishkan HaNefesh in [flipbook for free or discounted ebooks](#). If you would like physical copies but cost is an issue, please reach out confidentially to our Executive Director, Larry Solomon at lsolomon@mzion.org.



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 items 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).
- **Accessibility to the bimah and ark** - We have railings and an elevator.
- **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.

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

Volunteers needed!



It is a great mitzvah to volunteer at High Holy Day Services. The usher's role is to create a welcoming spirit during the Days of Awe. We are looking for volunteers of all ages to help us to make sure our entire community stays connected. We also have tech support roles. Sign Up for High Holy Day volunteering in-person and online.

- **Virtual Ushers:** Welcome and engage people who join the Zoom services.
- **In Person Ushers:** Welcome each person as they enter our sanctuary, offer name tags, 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 and to ensure all are following our Covid protocols. We hope you will consider volunteering and join our team of valued ushers. We will offer training in advance of the Holy Days.
- **On Call Shammash (Tech Support):** Be the calm, helpful voice to answer calls during the Holy Days from members who are trying to connect online and having challenges. Questions? Reach out to Shai Avny at savny@mzion.org, or Larry Solomon at lsolomon@mzion.org.

Imagining the High Holy Day for Children, Teens, and Families

Welcoming Gathering for All: All ages are encouraged to start the holidays with the entire Mount Zion community for a blessing before the holiday meals on Erev Rosh Hashanah and Erev Yom Kippur. Both gatherings will be accessible via streaming and Zoom.

Tot Services: Recommended for Babies, Preschool & Kindergarteners & their Families

New this year, our Parents and Tots Service will be held outside under a tent during the mornings of both Rosh Hashanah and Yom Kippur. Both services will be accessible via streaming and Zoom for those who would prefer to participate from home.

Family Services: Recommended for Elementary Age Children (1st-6th grade) & their Families

We have planned an engaging service that will also be accessible to families via online platforms. We will continue to use the *Mishkan HaNefesh for Youth* at our Family Services in the mornings of both Rosh Hashanah and Yom Kippur. This beautifully illustrated machzor for family and youths is comparable to the *Mishkan T'filah for Youth* that we use at our Religious School T'filah services. This service will be held in the Sanctuary and accessible via streaming and Zoom.

Teen Services and Program: Intended for Teens only (7th – 12th grade without their families)

Teen Services will be held in-person at Mount Zion and via Zoom during the mornings of both Rosh Hashanah and Yom Kippur. We will use the *Mishkan HaNefesh Machzor for the Days of Awe* that the teens receive as a gift when they become B'nei Mitzvah. These services will be held in Johnson Hall and accessible via Zoom. In addition to the services, teens are invited to participate in a teen hike following Tashlich at the Mississippi River during the late afternoon of Rosh Hashanah day.

Children are welcome at all services! Masks are required for ages 5 and up. **Please note** that we will not be providing childcare this year because we have determined that we cannot do so safely.

Choose the services and programs best suited to your individual family!



Sukkot Across the Cities with Mount Zion



CONNECT with fellow MZ members at one of three **Sukkot** Open Houses!

Sunday, September 26

Including drinks, light nosh, and conversation.

Locations:

2-4 pm Strauss-Klein Home in Eagan

3-5 pm Spilker Home in Mendota Heights

4-6 pm Avny Home in Minnetonka

At each Sukkah we will say blessings and shake the lulav. RSVP is required in order to receive the address. If you have questions, contact Shai Avny at savny@mzion.org / 651-698-3881. Covid restrictions will be announced closer to the event.

Simchat Torah is a Joyful Holy Day for All Ages! Monday, September 27

- 6 pm **Service! Dancing! Unrolling the Torah!**
- 7 pm **Israeli Dance and Sundae bar!**



This service is a congregational favorite, for kids and adults, so invite your friends and family to join us as we renew our Torah cycle, reading the end of the Torah and then the beginning with the entire scroll unrolled around Margolis Hall. Dance into the night with the Torah scrolls!

Celebrate the Season of Joy!



Sukkot

Tuesday, September 21 - Tishrei 15

Festival Service 10:00 a.m.

Shmini Atzeret/Simchat Torah

Monday, September 27 - Tishrei 22

Simchat Torah Service 6:00 p.m.

Tuesday, September 28 - Tishrei 23

Festival Service (including Yizkor) 10:00 a.m.

Rosh Hashanah at Mount Zion

Monday and Tuesday, September 6 and 7 – 1 Tishrei 5782

Monday, September 6 - Erev Rosh Hashanah

<i>Time</i>	<i>Event</i>	<i>Platform</i>
5:30-5:45 pm	Welcome Gathering for All Blessings before the meal	Streaming – www.mzion.org Zoom - https://us06web.zoom.us/j/85867054038 Meeting ID: 858 6705 4038
7:30-9:00 pm	Evening Service <i>Mishkan HaNefesh</i> (prayerbook)	In-Person Streaming – www.mzion.org Zoom - https://us06web.zoom.us/j/82115366211 Meeting ID: 821 1536 6211

Tuesday, September 7 - Rosh Hashanah Day

<i>Time</i>	<i>Event</i>	<i>Platform</i>
8:30-9:45 am	Family Service Prayerbook provided	In-Person - Outside under a tent. Streaming – www.mzion.org Zoom - https://us06web.zoom.us/j/87664567106 Meeting ID: 876 6456 7106
10:15-10:45 am	Parents and Tots Service Prayerbook provided	In-Person - Outside under a tent. Streaming – www.mzion.org Zoom - https://us06web.zoom.us/j/81820870738 Meeting ID: 818 2087 0738
10:00-10:45 am	High Holy Day study Teshuvah Insights for Everyone	In-Person - Led by Dan Rybeck and Adam Garen Zoom – Led by Rabbi Amy Ariel https://us02web.zoom.us/j/86835451792 Meeting ID: 868 3545 1792

Tuesday, September 7 - Rosh Hashanah Day, continued

11:00 am-1:30 pm	Shacharit (Morning) Service <i>Mishkan HaNefesh</i> (prayerbook)	In-Person Streaming – www.mzion.org Zoom - https://us06web.zoom.us/j/85439392003 Meeting ID: 854 3939 2003
11:00 am-12:30 pm	Teen Service <i>Mishkan HaNefesh</i> (prayerbook)	In-Person - Outside under a tent. Zoom - https://us06web.zoom.us/j/87403300563 Meeting ID: 874 0330 0563
Anytime	Rosh Hashanah Meditation: A Shofar of Light (10 minutes)	Podcast
2:30-3:00 pm	Sermon Discussions	Zoom https://us06web.zoom.us/j/88147783620 Meeting ID: 881 4778 3620
3:00-3:30 pm	Messages from our Tradition: Torah and Haftarah	Streaming – www.mzion.org Zoom https://us06web.zoom.us/j/89770855045 Meeting ID: 897 7085 5045
3:30-4:30 pm	Yoga	In-Person - Outside at Mississippi River.
	Teen Hike	In-Person - Outside at Mississippi River.
4:30-5:00 pm	Tashlich	In-Person - Outside at Mississippi River. Streaming – www.mzion.org

Between Rosh Hashanah and Yom Kippur

The Days of Awe- September 8-15

Friday, September 10		
6:30 pm	Shabbat Shuvah Services	In-Person Zoom https://us06web.zoom.us/j/85934733218 Meeting ID: 859 3473 3218
Saturday, September 11		
10:00 am	Shabbat Shuvah Services	Streaming – www.mzion.org Zoom - https://us06web.zoom.us/j/905418669 Meeting ID: 905 418 669
10:30 am	Tot Shabbat Services	In-Person - Outside under a tent.
4:30-5:30 pm	High Holy Day Service of Healing and Reflection Prayerbook provided.	In-Person - Outside under a tent. Streaming – www.mzion.org Zoom https://us06web.zoom.us/j/81684436673 Meeting ID: 816 8443 6673
Sunday, September 12		
Time	Event	Platform
11:00-11:30 am	High Holy Day Cemetery Service	In-Person Streaming – www.mzion.org

Yom Kippur at Mount Zion

Wednesday-Thursday, September 15 & 16, 2021 – 10 *Tishrei* 5782

Wednesday, September 15 – Kol Nidre – Erev Yom Kippur		
Time	Event	Platform
5:30-5:50 pm	Welcome Gathering for All Blessings before the meal	Streaming – www.mzion.org Zoom https://us06web.zoom.us/j/82072088531 Meeting ID: 820 7208 8531
7:30-9:30 pm	Kol Nidre We will be asking for RSVPs to determine whether there will be this single service or two services at 6 pm and 8:30 pm.	In-Person Streaming – www.mzion.org Zoom https://us06web.zoom.us/j/86045645994 Meeting ID: 860 4564 5994

Thursday, September 16 - Yom Kippur Day		
Time	Event	Platform
8:30-9:45 am	Family Service Prayerbook provided	In-Person - Outside under a tent. Streaming – www.mzion.org Zoom https://us06web.zoom.us/j/86191305554 Meeting ID: 861 9130 5554
10:15-10:45 am	Parents and Tots Service Prayerbook provided	In-Person - Outside under a tent. Streaming – www.mzion.org Zoom https://us06web.zoom.us/j/89744889047 Meeting ID: 897 4488 9047

Thursday, September 16 - Yom Kippur Day, continued

10:00-10:45 am	Yom Kippur Poetry	<p>In-Person</p> <p>Zoom https://us06web.zoom.us/j/83293416046 Meeting ID: 832 9341 6046</p>
11:00 am-1:30 pm	Shacharit (Morning) Service <i>Mishkan HaNefesh (prayerbook)</i>	<p>In-Person</p> <p>Streaming – www.mzion.org</p> <p>Zoom https://us06web.zoom.us/j/87147733957 Meeting ID: 871 4773 3957</p>
11:00 am-12:30 pm	Teen Service <i>Mishkan HaNefesh (prayerbook)</i>	<p>In-Person - Outside under a tent.</p> <p>Zoom https://us06web.zoom.us/j/88077872993 Meeting ID: 8807787 2993</p>
1:45-2:15 pm	Sermon Discussions	<p>In-Person - Outside in a tent.</p> <p>Streaming – www.mzion.org</p> <p>Zoom https://us06web.zoom.us/j/87397911145 Meeting ID: 873 9791 1145</p>
1:45-2:15 pm	Yom Kippur Chair Yoga	<p>In-Person - Outside in a tent.</p> <p>Zoom https://us06web.zoom.us/j/84236026571 Meeting ID: 842 3602 6571</p>
2:15-2:45 pm	Messages from our Tradition: Torah and Haftarah	<p>In-Person</p> <p>Streaming – www.mzion.org</p> <p>Zoom https://us06web.zoom.us/j/87397911145 Meeting ID: 873 9791 1145</p>

Thursday, September 16 - Yom Kippur Day, continued

2:15 pm	Musical Interlude	<p>In-Person (Sanctuary)</p> <p>Streaming – www.mzion.org</p> <p>Zoom https://us06web.zoom.us/j/87258922098</p> <p>Meeting ID: 872 5892 2098</p>
Anytime	<p><i>Prerecorded</i></p> <p>Guided Walking Meditation</p> <p>Sermon-in-song on Kol Nidre</p>	<p>Podcast</p> <p>Video</p>
3:00 pm	<p>Yizkor Service</p> <p><i>Mishkan HaNefesh</i> (prayerbook)</p>	<p>In-Person</p> <p>Streaming – www.mzion.org</p> <p>Zoom https://us06web.zoom.us/j/87258922098</p> <p>Meeting ID: 872 5892 2098</p>
4:00 pm	<p>Afternoon Service</p> <p><i>Mishkan HaNefesh</i> (prayerbook)</p>	<p>In-Person</p> <p>Streaming – www.mzion.org</p> <p>Zoom https://us06web.zoom.us/j/87258922098</p> <p>Meeting ID: 872 5892 2098</p>
6:15 pm	<p>Neilah</p> <p><i>Mishkan HaNefesh</i> (prayerbook)</p>	<p>In-Person</p> <p>Streaming – www.mzion.org</p> <p>Zoom https://us06web.zoom.us/j/87258922098</p> <p>Meeting ID: 872 5892 2098</p>
7:15 pm	Break-the-fast (to go bags)	<p>In-Person</p> <p>Zoom https://us06web.zoom.us/j/87258922098</p> <p>Meeting ID: 872 5892 2098</p>