

# Mount Zion High Holy Days 5783



עץ־חיים היא *Etz Chayim Hi*:

It is a tree of life to those who hold fast to it.

— Proverbs 3:18

## Reflection



## Renewal



## Resilience



# Dear Friends,

We are looking forward to the Yamim Noraim/Days of Awe of 5783 for many reasons. For the first time since 2019, we were able to look at the previous year's schedule of services and make only a few minor tweaks. There was no need for surveys, just the joy of imagining our community together and the reflection and renewal that this season provides.

Inside this bulletin, you will see the many opportunities we are providing for the High Holy Days. Some are the traditional services and some are new traditions that have resonated with our community.

May 5783 be a year of health, joy, and resilience!

Adam Stock Spilker, Rabbi  
Jennifer Strauss-Klein, Cantor

Esther Adler, Rabbi  
Rachel Stock Spilker, Cantor



## Selichot: A Night of Spiritual Reawakening

**Saturday, September 17 - The evening that ushers in the High Holy Days**

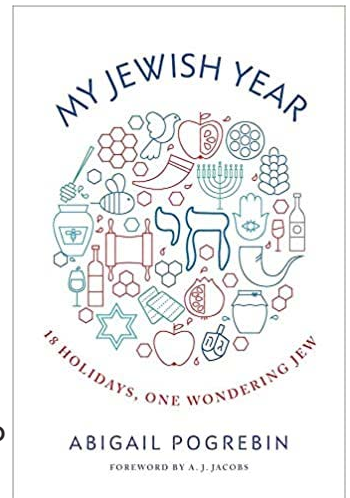
**8:00 pm – Abigail Pogrebin in conversation with Rabbi Adam Stock Spilker** [via Zoom](#) with Q and A from the audience. (Watch at Mount Zion in Margolis Hall or from home.)

New York journalist Abigail Pogrebin – a Reform Jew whose annual childhood observance covered the High Holidays, Hanukkah, and a couple of Passover seders – decided to embark upon a yearlong journey into understanding Judaism through 18 holidays. Based on her column in *The Forward*, called “18 Holidays; One Wondering Jew,” the book chronicles Pogrebin’s adventures in Judaism, from Elul, the period of reflection that precedes Rosh Hashanah, to the final Shabbat of the year.

Read *My Jewish Year* in advance or after the talk. Even if you don’t read it, please come to the conversation! Want a discounted copy? [Purchase through Mount Zion for \\$10](#) and pick up at the office. Details at [mzion.org](#).

**9:45 pm – Havdalah:** The brief and beautiful service at the end of Shabbat, separating between the holy and the not-yet-holy. (In person and livestreamed on [mzion.org](#))

**10:00 pm – Selichot Service** (In person and livestreamed on [mzion.org](#)) We will change the Torah covers to white, listen and sing the most evocative liturgy of the High Holy Days including Avinu Malkeinu, and hear the sounding of the shofar – all in under an hour. The spiritual energy of the darkened sanctuary late at night with the entranced music is something to experience!



# Welcoming all in person or online with updated Covid protocols

We have entered a new stage of the pandemic even with the uncertainty of new variants and the continued spread of Covid-19. While we take responsibility as a community for each other, we each now have more tools for making individual choices about our health safety.

Last year we were able to be together in person and online. Some of our services were outside under a tent because vaccines were not available to children. This year the building will be open to all; however, due to the long time that we will be inside, we want all to have the safety that masking provides. We also are continuing to improve our air circulation throughout the building.

What we expect of you:

- **Masking:** As a community, we are maintaining our high-quality mask mandate for all (four years and older) who enter our building. Please wear your N95, KN95, or KF94 masks.
- **Vaccinations:** We teach the value of *pikuach nefesh*, saving life, and from that principle we learn that having up-to-date vaccinations, including boosters, is a mitzvah (commandment) in Judaism. Fortunately, this is a message well received and observed in our community. We are going to take our staff out of the position of monitoring vaccines and testing and we will no longer be requiring proof of vaccination or testing to enter the building.
- **Feeling sick?** Please stay home if you're experiencing symptoms of COVID-19. We ask anyone who has tested positive for COVID-19 to stay home for at least 10 days after symptom onset or date of the positive test AND be antigen-negative on a rapid test.

We have worked throughout this evolving pandemic to maintain adequate protections based on science. Recognizing a diversity of opinions within our community, we want to close with the value we have stated throughout the pandemic:

*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.*

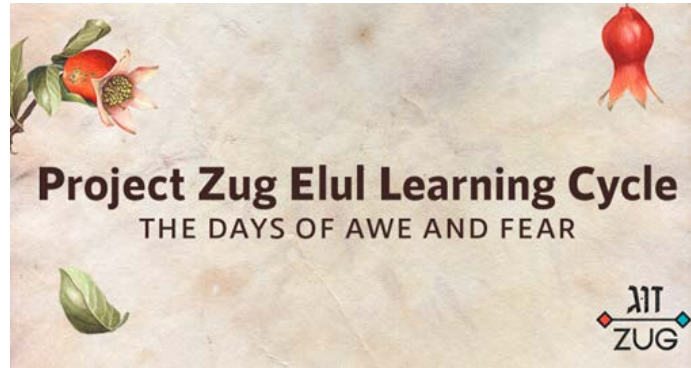
We will do this, and as always, we approach the arrival of the new Jewish year with awe.

Michael Wall, President  
Julie Ostrowsky, Chair, Opening Task Force  
Larry Solomon, Executive Director  
Adam Stock Spilker, Rabbi

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



# Preparing for the High Holy Days



## An online class by Rabbi Avi Strausberg from Hadar Institute.

We are encouraging all adults at Mount Zion to delve into deep learning this August/September. 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 August 19.**

Registration is now open for the [Elul cycle of Project Zug](#), Hadar's online *chevruta* (paired) learning program, featuring “The Days of Awe and Fear” with Rabbi Avi Strausberg. The kickoff lecture will be Monday, August 29 at 6:30 pm and concluding lecture on September 21, 6:30 pm.

*The days of Rosh Hashanah and Yom Kippur are filled with awe and anxiety. As we cultivate a stance of trembling before God,*

*fearful of God’s awesome power and what the year may bring, we are challenged to reflect on the place of fear in our lives. In this four-part course, through the study of texts from Tanakh, Talmud, Mussar, and Hasidut, we’ll explore the questions: how is cultivating a posture of fear in our lives helpful? How might it be harmful? What is the correct place of fear in our lives?*

**How does it work?** Sign up with your own learning partner - or tell Hadar about yourself and they’ll match you with someone new! The cycle will kick off on August 29 and conclude on September 21 with live online lectures with Rabbi Strausberg. In between, participants will meet with their *chevruta* four times, discussing and conceptualizing core questions around the days of awe and fear.

## Sounding the Shofar from the Rooftop!

Sunday, September 18, 12:15 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.



### The Poetry of the Prayer Book

Michael Kuhne, Ph.D.

**Yom Kippur Morning, 10:00-10:45 am**



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, past President of Mount Zion, is a Professor of English at the Minneapolis Community and Technical College.*

### Sounding the Shofar During Elul

**Every day during Daily Services**

An added opportunity to prepare for the High Holy Days is being offered this year at Mount Zion by the sounding of the shofar at the end of all Daily Services during the month of Elul. Daily Services during Elul are on Sunday mornings at 9:30am and Monday through Thursdays at 5:45pm. The participating *ba’alei tekiyah* (shofar blowers) are all Mount Zion Temple members.

# Unique Moments for the High Holy Days

## High Holy Day Pop-up Choir: Erev Shabbats in Elul

**Learn the essential melodies of the High Holy Day season!**

All are welcome to join 30 minutes before the start of Friday night Shabbat services in Elul to learn the uplifting and inspiring melodies of our High Holy Day prayers. Please join us for one, some, or all Shabbatot—we want to hear everyone's voices! No experience or music-reading abilities needed, and prayer texts will be provided!



Friday, September 2, 5:30 pm

Friday, September 9, 6:00 pm

Friday, September 16, 6:00 pm

Friday, September 23, 6:00 pm

## Tashlich

**Rosh Hashanah Day**

**September 26, 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!

## Service of Healing and Reflection

**This year moved to Yom Kippur Day!**

**Wednesday, October 5, 1:45 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.



## High Holy Day Cemetery Service

**Sunday, October 2, 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 Larpentour Avenues in St. Paul.



## Continuing the Conversation

**Rosh Hashanah, September 26, 1:45 – 2:30 pm,**  
in person and online.

With Rabbi Adler and Rabbi Spilker. We will discuss themes and messages arising from the Holy Days and from the sermons.

## Childcare is Back!

We offer childcare for children up through age 8 for most of our High Holy Day services. Childcare is available at any of our services on Rosh Hashanah day (8:15am - 2pm) or Yom Kippur day (8:15am - 7:30pm). Register in advance to guarantee your spot (link will be available by the end of August).

## 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](#)**. 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.

## 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. [Click here to purchase](#) from the CCAR Press. 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](mailto:lsolomon@mzion.org).

## 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).

## New international giving opportunity this year:

### JEWISH EFFECTIVE GIVING.

The World Union for Progressive Judaism has initiated an opportunity for congregations to save lives by participating in The Jewish Effective Giving Initiative. Mount Zion Temple has made a commitment through Rabbi Spilker to join the program. The Jewish Effective Giving Initiative highlights and vets organizations through rigorous research and the best available data. The organizations suggested by the World Union will be "efficient at saving and substantially improving lives around the world." We have chosen one of the vetted organizations for our YK Appeal: **The Helen Keller Foundation**. The foundation works to save the sight of children and adults. It works in 31 African countries, where 98 percent of affected people live. It also provides programs for people in Yemen, in the United States in economically poor neighborhoods, and among the Yanomani people in Brazil and Venezuela. It works particularly to eliminate River Blindness, which is caused by a parasitic worm and can cause disfiguring skin conditions, visual impairment, and blindness. The foundation's work has eliminated River Blindness in Ecuador, Colombia, Mexico, and Guatemala. It also has provided cataract surgery for those in need. In the United States 66,000 students in economically disadvantaged neighborhoods were screened and more than 16,000 were provided with free eyeglasses.



[Donate at mzion.org](https://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 Shacharit (Morning) Service); Yom Kippur (Kol Nidre; Shacharit (Morning) Service; Yizkor service through Ne'ilah). Also available by request.
- **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](mailto: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** - 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.
- **An all gender, fully 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.
- **Livestreaming in Harris Chapel** - 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 [Isolomon@mzion.org](mailto:Isolomon@mzion.org) or 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.

- **Online 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](mailto:savny@mzion.org), or Larry Solomon at [Isolomon@mzion.org](mailto:Isolomon@mzion.org).

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

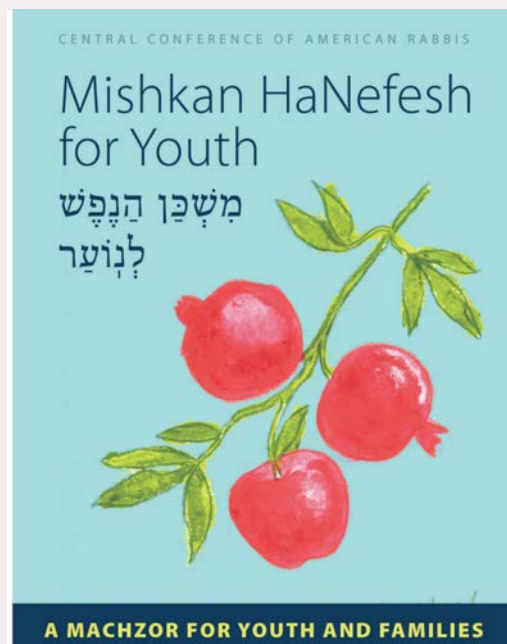
**Choose the services and programs best suited to your individual family!**

**Tot Services:** Recommended for Babies, Preschool and Kindergarteners and their Families

Our Parents and Tots Service will be in the Sanctuary during the mornings of both Rosh Hashanah and Yom Kippur. The service will begin with a gathering, craft project for 15 minutes in Margolis Hall starting at 10:00 am. Both services will be accessible via streaming for those who would prefer to participate from home.

**Family Services:** Recommended for Elementary Age Children (1<sup>st</sup>-6<sup>th</sup> 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.



**Children's Programs:** Recommended for Elementary Age (2<sup>nd</sup>-6<sup>th</sup> grade)

On Rosh Hashanah Day (9/26) and Yom Kippur Day (10/5) we will offer children's programming for Grade 2-6 students, 10:00-10:45 AM. Together we will welcome 5783 - A MENSCHENable Year at Mount Zion! Students are invited to participate in hands-on activities related to being a MENSCH with a LEV TOV (a person with a good heart). We will REFLECT on relationships with family and friends and RENEW our commitment to choosing our words carefully. We will create the quintessential recipe for becoming a MENSCH.

**Teen Services and Program:** Intended for Teens only (7<sup>th</sup> – 12<sup>th</sup> grade without their families)

Teen Services will be held in-person at Mount Zion and via Zoom during the evening of Rosh Hashanah and the morning of 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 (and we will have extras available). These services are intended for 7th-12th graders and will be interactive and engaging. In addition to the services, teens are invited to participate in a teen hike preceding 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. We offer childcare for children through age 8 during most of our High Holy Day services (see p. 6).*





# Guide to Mount Zion's In-Person and Online High Holy Day Services, Programs, and Experiences



**Our High Holy Days services will follow last year's schedule with a few updates. This page explains the three ways to participate.**

## Guide to Places and Platforms:

- **In-Person:** Most of our services and programs will be in person at Mount Zion. Members and those who sign up for the High Holy Days will pick up pre-printed nametags at the Summit Avenue entrance (or kitchen door for accessibility) when first arriving. Please wear these nametags while in the building for all of the High Holy Days. See *p. 3 for our Covid-19 protocols*.
- **Streaming:** You can view all of our in-person services from home through Mount Zion's website [www.mzion.org](http://www.mzion.org) or on Mount Zion's public [Facebook page](#). All live streamed services will be available for viewing afterwards on the website and the Facebook page.
  - **Need help?** If you go to [www.mzion.org](http://www.mzion.org) during the High Holy Days, you will see the picture shown here. Just click the image to be taken to our High Holy Day streaming page. At the time of the service, simply click the arrow to start the service. It should be that easy! We will help you if you need support. We will provide a phone number closer to the Holy Days.
- **Zoom:** We will have a Zoom room available during most of our services for those who wish to pray from home in a more engaged, interactive community. Some "online only" gatherings during the High Holy Days will be via Zoom but can also be viewed via live streaming.



# Rosh Hashanah at Mount Zion

Sunday and Monday, September 25 and 26 – 1 Tishrei 5783

Sunday, September 25 - Erev Rosh Hashanah		
Time	Event	Platform
7:30-9:00 pm	<b>Evening Service</b> <i>Mishkan HaNefesh</i> (prayerbook)	In-Person Streaming – <a href="http://www.mzion.org">www.mzion.org</a> Zoom
7:30-9:00 pm	<b>Teen Service</b> <i>Mishkan HaNefesh</i> (prayerbook)	In-Person

Monday, September 26 - Rosh Hashanah Day		
Time	Event	Platform
8:30-9:45 am	<b>Family Service</b> Prayerbook provided	In-Person Streaming – <a href="http://www.mzion.org">www.mzion.org</a> Zoom
10:00-10:45 am	<b>Parents and Tots Service</b> Prayerbook provided <i>First 15 minutes will be for greeting/activity followed by a 30-minute service.</i>	In-Person Streaming – <a href="http://www.mzion.org">www.mzion.org</a>
10:00-10:45 am	<b>High Holy Day study</b> TBD	In-Person Zoom
10:00-10:45 am	<b>Children's Program</b> Grades 2-6	In-Person
11:00 am-1:30 pm	<b>Shacharit (Morning) Service</b> <i>Mishkan HaNefesh</i> (prayerbook)	In-Person Streaming – <a href="http://www.mzion.org">www.mzion.org</a> Zoom
Anytime	<b>Rosh Hashanah Meditation: A Shofar of Light</b> (10 minutes)	Podcast

1:45-2:30 pm	<b>Continuing the Conversation</b> with Rabbi Adler about the themes and messages emerging from the Rosh Hashanah services. <i>Light nosh provided.</i>	In-Person – Outside in the tent
1:45-2:30 pm	<b>Continuing the Conversation</b> with Rabbi Spilker about the themes and messages emerging from the Rosh Hashanah services.	Zoom Streaming – <a href="http://www.mzion.org">www.mzion.org</a>
3:30-4:30 pm	<b>Yoga</b>	In-Person - Outside at Mississippi River
3:30-4:30 pm	<b>Teen Hike</b>	In-Person - Outside at Mississippi River
4:30-5:00 pm	<b>Tashlich</b>	In-Person - Outside at Mississippi River

## Between Rosh Hashanah and Yom Kippur

*The Days of Awe- September 27-October 4*

Friday, September 30		
6:30 pm	<b>Shabbat Shuvah</b> (Turning/Repentance) <b>Services</b>	In-Person Streaming – <a href="http://www.mzion.org">www.mzion.org</a> Zoom
Saturday, October 1		
10:00 am	<b>Shabbat Shuvah Services</b>	In-Person Streaming – <a href="http://www.mzion.org">www.mzion.org</a> Zoom
Sunday, October 2		
11:00-11:30 am	<b>High Holy Day Cemetery Service</b>	In-Person Streaming – <a href="http://www.mzion.org">www.mzion.org</a>



# Yom Kippur at Mount Zion

Tuesday and Wednesday, October 4 and 5 – 10 Tishrei 5783

Tuesday, October 4 – Kol Nidre – Erev Yom Kippur		
Time	Event	Platform
7:30-9:30 pm	Kol Nidre	In-Person Streaming – <a href="http://www.mzion.org">www.mzion.org</a> Zoom

Wednesday, October 5 - Yom Kippur Day		
Time	Event	Platform
8:30-9:45 am	<b>Family Service</b> Prayerbook provided	In-Person Streaming – <a href="http://www.mzion.org">www.mzion.org</a> Zoom
10:00-10:45 am	<b>Parents and Tots Service</b> Prayerbook provided <i>First 15 minutes will be for greeting/activity followed by a 30-minute service.</i>	In-Person Streaming – <a href="http://www.mzion.org">www.mzion.org</a>
10:00-10:45 am	<b>Yom Kippur Poetry</b>	In-Person Zoom
10:00-10:45 am	<b>Children's Program</b> Grades 2-6	In-Person
11:00 am-1:30 pm	<b>Shacharit (Morning) Service</b> <i>Mishkan HaNefesh (prayerbook)</i>	In-Person Streaming – <a href="http://www.mzion.org">www.mzion.org</a> Zoom
11:00 am-12:30 pm	<b>Teen Service</b> <i>Mishkan HaNefesh (prayerbook)</i>	In-Person

## Wednesday, October 5 - Yom Kippur Day, continued

1:45-2:45 pm	<b>Service of Healing and Reflection</b>	In-Person - Outside under a tent (weather dependent) Streaming – <a href="http://www.mzion.org">www.mzion.org</a>
1:45-2:45 pm	<b>High Holy Day Study</b>	In-Person Zoom
1:45-2:45 pm	<b>Yom Kippur Chair Yoga</b>	In-Person
Anytime	<i>Prerecorded</i> <b>Individual Guided Walking Meditation</b> <b>Sermon-in-song on Kol Nidre</b>	Podcast  Video
3:00 pm	<b>Yizkor Service</b> <i>Mishkan HaNefesh</i> (prayerbook)	In-Person Streaming – <a href="http://www.mzion.org">www.mzion.org</a> Zoom
4:00 pm	<b>Afternoon Service</b> <i>Mishkan HaNefesh</i> (prayerbook)	In-Person Streaming – <a href="http://www.mzion.org">www.mzion.org</a> Zoom
6:15 pm	<b>Neilah</b> <i>Mishkan HaNefesh</i> (prayerbook)	In-Person Streaming – <a href="http://www.mzion.org">www.mzion.org</a> Zoom
7:15 pm	<b>Break-the-fast</b>	In-Person