



ITON TZIYON

עיתון ציון

Mount Zion Temple Bulletin

Winter | December 2022 - February 2023 | Kislev-Adar 5783

Vol. 167, No. 2

MZ B'Yachad

MZ Together



You belong here!

L'Dor VaDor

From Generation to Generation

ZICHRONAM LIVRACHA...

May their memories be a blessing

We note with sorrow the passing of our members:

Mitchell Kvasnick

*Our condolences to his family,
including his wife Wenke and son Cory.*

Sue Levey

*Our condolences to her family,
including her husband Steve and
children Rebecca (Brady) and Sam.*

Betty Marz

Our condolences to her family.

Barbara Melamed

*Our condolences to her family, including her daughter
Audrey Cohen Sherwyn and stepson Louis (Nancy)
Melamed.*

Ronald Mogelson

*Our condolences to his family,
including his wife, Kay and his son, Douglas (Megan).*

Berneen Rudolph

Our condolences to her family.

Fern Silverman

*Our condolences to her family, including her son
Steve.*

Stanley Wolfson

Our condolences to his family.

We Extend Condolences to...

Ida (Ron) Ellis on the death of her mother, *Helene Ginsburg*, on September 23.

Jane (Euan) Kerr on the death of her father, *Bernard "Nardie" Stein*, on November 7.

Marjorie Dana-Levine (Charles Levine) on the death of her mother, *Polly Gordon*, on October 12.

Todd (Judith) Marshall on the death of his mother, *Ruth Marshall*, on November 2.

Bill (Susan) Robiner on the death of his mother, *Nancy Greenberg*, on October 10.

Stephanie Wolkin on the death of her mother, *Sylvia Strobing Wolkin*, on September 10.

Letter from the Rabbi



Winter is upon us again, but this winter feels different than last winter and the one before that. This winter we can actually be together, in person, without feeling we are risking our own or others' lives. It has been truly joyous to be able to come together again, whether for services, study, or celebration, or even to support our mourners.

At the same time, winter is a time when we might feel an urge to retreat, to stay in our warm homes (grateful that we have warm homes), and not brave the elements to come to the synagogue.

In its innate wisdom, though, Judaism discourages such retreat. Judaism teaches that it is good to be together, in community, in fact it requires it. Almost all of our prayers are written in the plural..."We praise You, Adonai our God..." A minyan of 10 is called for to support mourners saying Kaddish.

Way back in 2009, we introduced the concept of "*Panim el Panim* (face to face) as our theme for the year; it has become a standard of community building for us, and we have worked hard to welcome everyone at Mount Zion.

Now we are taking it a step further. We not only want you to feel welcome, but to feel you *belong*. Welcome is a beginning and comes from the outside. Belonging is built upon the foundation of welcome. Welcome invites you in, belonging makes you want to stay.

The sage Hillel taught:

If I am not for myself, who will be for me?

If I am only for myself, what am I?

And if not now, when?

It is good advice for our times, the need for connection, and the arrival of winter. *If I am not for myself, who will be for me?* We need to take care of ourselves, physically, mentally, and spiritually. We need to get our flu and Covid vaccines, be careful in inclement weather, stay home when we are not feeling well.

If I am only for myself, what am I? We need to resist the urge to retreat from the community, because we need other people and others need us, and we need a sense of belonging.

And if not now, when? One of the unexpected benefits that arose from the pandemic is the ability for us to connect virtually when being together in person isn't possible. Now, even if it is snowy, even if we aren't feeling well, we can still connect. And I think connecting is the bridge between welcoming and belonging.

So this winter, even if we need to stay in, I encourage, even challenge us all to stay connected, and even take a step further, to build new connections. Mount Zion offers many openings for connection: Daily services, Shabbat services, Torah study, Small Groups, Tzedek efforts, Caring Community, Volunteer opportunities, special events. Some are virtual, some are in person, most are multi-access.

This winter, even if you are staying in, please remember to also reach out. Let's work together to make Mount Zion the place where you and others belong.

Esther Adler, Rabbi

Mazel Tov To...

Jean King Appelbaum and Stuart Appelbaum on the birth of their granddaughter, *Keira*, daughter of *Ben and Cassie Appelbaum*, on August 27.

Paul and Lisa Dorn on the marriage of their son *Adam* to *Teri* on October 16.

Sally Glick on the marriage of her son *Daniel* to *Talia* on November 5.

Chase Kennedy and David Podrid on the birth of their son, *Ari*, on October 18.

Jane and Euen Kerr on the marriage of their son *Malcolm* to *Anna* on September 4.

Dan Rybeck and Kate Searls on the birth of their granddaughter, *Xiomara*, on September 5. *Xiomara is the daughter of Rosa Rybeck.*

Jolena Zabel and David Goldstein on the birth of their daughter, *Noa*, on July 16.

Make Shabbat Your Sanctuary

Join for Engaging, Musical, Inspiring Shabbat Services

Same time every week.

Friday Night

Kabbalat Shabbat Service: 6:30 pm – Join in person or online ([Zoom](#); [Livestream](#); [Facebook](#))

Saturday Morning

Torah Study: 9:00 am – Join in person or online via [Zoom](#)

Shabbat Shacharit (Morning) Service: 10:00 am – Join in person or online ([Livestream](#))

Tot Shabbat: 10:30 am – In person (second Saturday of every month) *Designed for families with children from birth through 6 years old.*

Shabbat for the Soul

Fridays, 6:30 pm on December 16, January 13, February 24, April 21, May 19

Live from Margolis Hall (live streamed and on zoom)

We move from the formality of the sanctuary to our social hall to create a more intimate service. Our singing is accompanied by violin, guitar, keyboard, and percussion. **The evocative music opens our hearts and awakens our spirits.**



Shabbat is always for the soul, but there is a particularly soulful atmosphere at “Shabbat for the Soul” services. It is a more contemplative worship style with the congregation sitting in the round. We use a single page handout for the prayers. A slower pace enables us to focus on the meditative effect of the music, the potential for deeper awareness and prayer, and the feeling of community.

Daily Services - on Zoom!

All welcome!

Monday through Thursday at 5:45 pm Sunday at 9:30 am

New: If you would like to attend in person, we can arrange a service in the Chapel with a week's notice. Please contact the office.

The tradition of Daily Services at Mount Zion goes back to the 1950s and has been uninterrupted ever since. Since the pandemic began, a rotation of lay leaders and Rabbis Adler and Spilker lead the brief and meaningful connection. You are welcome to join once or more! An important mitzvah is to participate on the day of a loved one's yahrzeit.

Monday through Thursday: [Join via Zoom](#) or call 929-205-6099 and then enter the meeting ID 727 277 057.

Sundays: [Join via Zoom](#) or meeting ID 545 289 167.

A Modern Day Zionist Miracle

Pulpit Guest: Jon Parritz

Shabbat, December 9, 6:30 pm



Jon will speak about his journey accompanying Ethiopian Jews on Aliyah to Israel in September 2022.

Jon currently serves as President of the Jewish Community Relations Council of Minnesota and the Dakotas, and is on the national board of the Jewish Federations

of North America. He is a past president of the St. Paul Jewish Federation.

Honoring our Retirees!

Shalom u'vracha – Peace and Blessing

Kabbalat Shabbat - Friday, December 16 – 6:30 pm

Please join us for Shabbat Services where we will honor **Larry Solomon** for his 12 years as Executive Director, **Don Novak** for his 23 years as Building Services Associate, and **Mavis Goldstein** for her 20 years as our Kitchen Supervisor. Stay for a special oneg provided by *The Spirit of Asia*.



Larry Solomon



Don Novak



Mavis Goldstein

You shall rise before the aged and show deference to the elderly

—Leviticus 19:32



I was fortunate to know 3 out of my 4 grandparents and 3 out of my 8 great-grandparents. I grew up spending holidays with them and playing cards on Saturday nights playing cards with one set of my great-grandparents, Eva and Sam Dizenfeld. Eva, “Grandma D.” lived to be 93, which means I had her in my life until I was 18!

Not everyone is so fortunate, I know. Many children grow up far away from elderly relatives, or don’t have them at all. Some children, and some adults too, may not even interact regularly with people who are much older than them. So, how do we make sure our elderly family, friends, and community members are not forgotten?

In “The Insecurity of Freedom: Essays on Human Existence,” Abraham Joshua Heschel writes, “A test of a people is how it behaves toward the old. It is easy to love children. Even tyrants and dictators make a point of being fond of children. But the affection and care for the old...are the true gold mines of a culture.”

For the past several years, I have been fortunate to serve as one of the clergy for Sholom Home East’s High Holy Day and Festival services. It is an honor that I do not take for granted. Memories of “scenes” I have witnessed remain with me long after the last of the fall Holy Day services.

- The man who couldn’t remember his name or where he is, but remembers the word, “*kipah*.”
- The woman who on Yom Kippur still donned the classy white outfit she must have worn when she could still go to her regular synagogue in New York
- The group that sang softly along with Simchat Torah liturgy but broke out in full voice when we sang “Heveinu Shalom Aleichem” as we marched around with the Torah.

We can never assume what knowledge a person had and/or still has, based on the way they “usually” present themselves. Rabbi Joshua ben Levi wrote, “...be careful to continue to respect an elder who has forgotten their Torah knowledge due to circumstances beyond

their control. Even though they (may) no longer be a Torah scholar, they must still be respected for the Torah that they once possessed. He goes on to remind us that both of the tablets containing the Ten Commandments, the broken and the whole ones, are placed in the Ark of the Covenant in the Temple. “Even though the first tablets were broken, their sanctity obligates one not to treat them with contempt. An elder who forgot the Torah knowledge they once possessed is likened to these broken tablets.”

I have been inspired, not only by the Sholom Home residents themselves, but by those who care for them.

- The whole, extended family who came to sit with their blind mother/grandmother and stroked her arm throughout the entire service.
- The man who came at the start of the service to be sure there was a minyan. If there was, he continued on to his own synagogue; if not, he stayed.
- The volunteers who spontaneously repeated an entire section of “Avinu Malkeinu” because one of the residents kept going long after the rest of us had stopped singing.

We can all look to these *mentschn* (people of integrity) and learn from them, not only how to treat elderly people, but how to treat any people.

The Torah considers old age a virtue and a blessing. Throughout the Torah, “old” (*zakein*) is synonymous with “wise.” The Torah commands us to respect all elderly, regardless of their scholarship and piety, because the many trials and experiences that each additional year of life brings yield a wisdom which the most accomplished young prodigy cannot equal.

If you do not already have an “elderly” person in your life, I encourage you to consider becoming a companion for someone in our congregation or volunteering with residents at Sholom Home.

Email me, rspilker@mzion.org to learn how to be connected to someone in our congregation and look [here](#) for information about volunteering at Sholom Home.

Ad Meiah V’esrim! May you live to 120!

Rachel Stock Spilker, Cantor

Pop-up Choir!

All are welcome to join 30 minutes before the start of **second Friday Shabbat services each month** (except February) to learn both new and familiar settings of our Shabbat prayers, featuring the compositions of some of today’s most talented Jewish musicians. 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!



Trope Troupe

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

Today Rabah to our Sept/Oct Ba’alei Korei (chanting Torah): Marjorie Dana-Levine, Ashley Denenholz, Ira Denenholz, Joel Denenholz, Sally Glick, Emme Goldhardt, Siana Goodwin, Abby Gore, Abbey Kanzer, David Knapp, Luciano Kolodny, Steve Levin, Rick Linsk, Parker Mason, Bob Mast, John Mast, Laura Mathews, Adam Povarchuk, Shelley Robbins, Kent Simon, Ari Strauss-Klein, Bea Tortorello

Today Rabah to our Sept/Oct Haftarah chanters: Glenn Hardin, Eric Lund, Kent Simon, Alex Weinstein

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

From the President



I attend-you won't be surprised- many meetings as President of the congregation. In the beginning of many of them we say a blessing for community work (*la'asok betzorkhei tzibur*) and someone is asked to either give a *D'var Torah* (a word of Torah) or present a Jewish Grounding Moment. These construct a foundation, and prepare those in attendance for our time together and the work ahead. Why? Why not just

dive into the agenda? Because meeting on behalf of your Jewish community isn't like other meetings. These thoughts give us the tools to work Jewishly, if you will; to remember who we are before we do what we do.

And thinking about preparing for Jewish work (or living a Jewish life) makes me reflect on children. A lot. Most recently I've been hearing stories from the Confirmation class trip to New York City. I knew some of the traditional itinerary from when my kids took that journey. This year they also went to Crown Heights, one of the seats of east coast Hasidic Jewish life and the headquarters of Chabad. What our kids get every year is a chance to end a year of considering what kind of Jewish life they want to live with a trip full of the history and current events of Jews living Jewishly, in their own way. One parent relayed that his daughter came home reporting that the trip was a spiritual, fulfilling time.

My college daughter started looking at apartments in October...for the fall of 2023. I'm very pleased that she is thinking ahead, and that she recognizes that in a college area, waiting until the last minute can mean-at best- that you don't get what you want. How is your planning for your personal or family Jewish life? Did the High Holidays lead you to consider your practice, or your community engagement? Will you add anything- light candles if you haven't welcomed Shabbat that way, for example-, or learn something, or attend something for the first time? If you have children, are you starting to think how you want to provide Jewish opportunities for the rest of the year, what holidays you want to celebrate in your home, and perhaps involving Jewish summer camp, to help build that foundation?

When I taught 4th grade at Mount Zion on Sundays, Jewish Lifecycle Events, I told my students that the class was designed to do three things: become more familiar with some/many of the practices around the life experiences that Jews of many types adopt and observe; connect to the traditions and hopes of their family, nuclear and extended; and give them a jumping-off point, and a box of tools from which to eventually build a Jewish life they will live THEIR way. (Cue the Sinatra.)

To me, the goal of setting that foundation is that we feel confident that when they leave home-whether to a campus with a Hilel and a Chabad (daughter) or to one at which he might well be the only Jew (son), that our kids (Mount Zion's, as well as yours and mine) will have the background learning and experiences, the desire to explore their Jewish choices, and the confidence to live authentically as Jews, no matter what those choices are.

Kein Y'hi Ratzon. May it be G-d's will.

Michael Wall, President

L'Chaim Mount Zion 5783 Annual Campaign From Strength to Strength!



Help us reach our goal of 280 households participating! Thank you to the 122 households who have already participated.



This year Mount Zion goes from strength to strength as Larry Solomon passes the Executive Director baton to Shai Avny. We are grateful for Larry's 12 years of service to Mount Zion and want to give Shai our support as he takes on this new leadership role in our community.

This free-will offering in response to gratitude supports our essential work and services as a congregation. Our goal is high participation at any level.

Thank you,

Lija Greenseid, *Chair, Giving Committee*

If you have any questions about the campaign or your past contributions, please contact Lija at lijagreenseid@gmail.com.

5783 Yom Kippur Fast Appeal

*Yesher koach to our community for the **\$22,022 tzedakah raised** for the below organizations. We also donated **2409 pounds of food** to Neighborhood House for the Yom Kippur Food Drive.*

Jeremiah Program: \$1,729

Jewish Community Action: \$2,124

Nechama: \$2,412

A Jewish Response to Disaster

Leket Israel: \$1,083

MZ Cemetery - Perpetual Maintenance: \$1,569

Neighborhood House: \$4,620

Our Synagogue Partnerships: \$547
(Reform Congregations in Modiin and Bat Ayin)

IMPJ: \$701

Hallie Q Brown Community Center: \$1,702

Mazon: \$1,675

A Jewish Response to Hunger

Jewish Effective Giving: \$3,500

Helen Keller International (Vitamin E program)

First Friday Family Shabbat Dinner Kick-off in November!



We had **more than 200 people** at dinner, and **280 people** at the **Friday night service**.

The vibrant energy of having **more than 100 kids** in the sanctuary
and the kids' choir performing was beautiful.

We can't thank our **24 volunteers** enough. They cooked a fantastic dinner and made sure everything was perfect. If you're interested in volunteering, contact Robert Garfinkle at garfinkle801@gmail.com.

We hope to see you at the next one!

First Friday Family Shabbat Dinners

Join us every first Friday of the month!

Food, Friends, Family: Shabbat!

Arrival and Meet and Greet at 5:15 pm | Blessings and Dinner at 5:30 pm | Services at 6:30 pm

All are welcome! Bring your family, friends, or come by yourself!

Come as you are! Get the kids in the car and we'll take care of the rest.

An informal Shabbat dinner with kid-friendly food prepared by the talented chefs in our midst, Shabbat blessings, and friends new and old, followed by a spirited, family-friendly Shabbat service featuring our children's choirs.

\$18 for a household; individuals are \$9 each.

Registration required by the Monday before in order for our cooks to know how much food to prepare.

Tu BiSh'vat

Begins on Sunday evening, February 5

Since around 200 CE, Tu BiSh'vat (literally, the 15th day of the Hebrew month Sh'vat) has been known as the "New Year of Trees." Over the centuries it has developed into a holiday focusing on the natural environment, especially of the land of Israel.

We will celebrate together on February 3 during Shabbat dinner and the service.

Watch your email and our website for more details.

Shabbat at Home

Don't come to Mount Zion for services on **February 10!**
(We will only have a brief service that night)

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.

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.



First Night of Chanukah: Sunday, December 18 / 25 Kislev

Questions about Chanukah? Go to: mzion.org and myjewishlearning.com

PREPARING FOR CHANUKAH

Sunday, December 18 – *During school for Religious School Students*

Madrichim will lead students in activities including tzedakah projects, dreidel, candles for your Chanukiot, and beginning to imagine your entry for the Chanukiah Challenge ! (See below). Special thank you to Women of Mount Zion Temple for providing sufganiot (donuts) for our kids (and adults!).

HANNUKAH JEW BOWLATION

St. Paul Jewish Community Bowling Competition!

Monday, December 19 – 4:00-6:00 pm - *For Everyone!*

Event will take place at Bowlero Lakeville. Cost: \$15 per adult / \$9 per child - \$72 for households with 5 or more children.

Spend the second night of Hannukah with us! Join the St. Paul Jewish community for bowling, latkes, donuts and a special candle lighting at Bowlero in Lakeville. This family friendly outing is a great way to reconnect with friends while meeting others from across the twin cities.

We are excited to bring our communities together to celebrate the Festival of Lights. *EVENT SPONSORED BY: Beth Jacob Congregation, Mount Zion Temple, St. Paul Jewish Federation, Talmud Torah of St. Paul, and Temple of Aaron*

CHANUKAH SHABBAT EXTRAVAGANZA!

Friday, December 23 - *For Everyone!*

6:00-6:30 pm on the Zaikaner-Perwien Terrace

Join the Mount Zion community to light our giant Chanukiah and sing songs outside before we enter the sanctuary for Shabbat.

6:30 pm - Sanctuary for Shabbat Chanukah Service

Enjoy a festive, musical service and the return of the...

Chanukiah Challenge!

We challenge children and all interested adults to come up with the cleverest, wildest, wackiest, lightest-up-thenightest, Chanukah menorah for our Chanukiah Challenge. Use any material you want. Make it large or small. It doesn't have to work, but it must look like a chanukiah. Adults may help! All entries must be brought to the synagogue office by Thursday, December 22. Make sure your own name is attached to your entry and ... please name your chanukiah! (Examples: CeeDees Chanukah Lights! (made of CDs); Sew many candles, sew little time... (made of thread spindles); Happy ChanIKEA! (made of many parts!). Every entry receives a prize and a certificate! Show us what you can do and enter the Chanukiah Challenge 5783.



For Interfaith and Mixed Roots Families

A Resource **18 Doors: Unlocking Jewish**

Website: 18doors.org/tag/hanukkah



Creating Our Strategic Vision:

Kivvun La'Atid: Mount Zion 2040

Introduction

The **Kivvun La'Atid** (Direction for the Future): **Mount Zion 2040** Task Force has met monthly for a year of study and reflection to envision how Mount Zion can be a vibrant, welcoming, and inspiring Jewish spiritual home in Minnesota for generations to come.

We have held meetings focused on the following: the “Jewish awakening” of the late 1800s; possible roles, activities and relationships that Mount Zion could undertake in the future; interfaith families and “fellow travelers”; young and young adult Jews; Jews of Color; megachurches; and unaffiliated Jews. Most of these meetings have included advance readings and data analysis, presentations by experts, and small-group discussions among participants. Several of the meetings have been open to all Mount Zion congregants.

The Task Force includes the following people: Ed Abramson, Adam Bahr, Andrea Berg, Seth Berlin, Susanne Cohen, Dave Dubinsky, Florrie Ellwein, Jennifer Farber, Robert Garfinkle, Siana Goodwin, Mitzi Gramling, Jessica Griffith, Elena Isaksonas, Abbey Kanzer, Amy Kaufman, Jason Kaufman, Joan Kinsley, Sue Koch, Joe Konstan, Rick Linsk, Anne Lifton, Sophia Lipset-Dean, Sarah McVicar, Jennifer Mason, Alison Mellin, Amy Schwartz Moore, David Nathan, Mia Nosanow, Nate Ordansky, Edith Pang, Adele Porter, Sara Rice, Kathleen Riley, Vic Rosenthal, Mandy Roll-Kuhne, Dan Schibel, Jon Strauss, Michael Tortorello, D. Marcos Vital, Michael Wall, Chad Weinstein, Joel Wilke, Shai Avny, and Rabbi Adam Stock Spilker.

Strategic Planning

We are now turning our focus to the creation of a strategic visioning document that will a) lay out a vision and mission to guide Mount Zion toward 2040; and b) detail strategic directions and projects for the next three years (2023-2026). Our work will produce the following:

- Vision, mission, and Jewish values statements that can carry us toward 2040.
- Descriptions of three or four strategic directions that will help Mount Zion fulfill that vision and mission for 2023-2026.
- Descriptions of three or four projects to implement each strategic direction, with one or two projects possibly starting during the planning process.
- An over-arching statement about HOW we will fulfill our mission in order to attain our vision (what we are calling a “theory of change”).
- Building capacity among staff and congregants and strengthening Mount Zion’s culture of experimentation and learning.

The Process

To draft the strategic visioning document and engage the congregation in its refinement, we intend to complete the following process:

1. NOVEMBER – Create a document that summarizes the input/ideas from the Task Force meetings and other sources to ground the identification of 8-10 possible strategic directions that Mount Zion could take in the 2023-2026.
2. DECEMBER 13, 7-9 pm [via Zoom](#) – At the joint Kehillah Council, Task Force, and Board meeting, draft Mount Zion’s vision and mission to take us to 2040 and choose 3-4 potential strategic directions for 2023-2026 (see below).
3. JANUARY – Draft 3-4 projects that could fulfill each potential strategic direction and plan a retreat for the Task Force to dig into the 3-4 strategic directions and projects.
4. JANUARY 22 or 29 – At a Task Force retreat, finalize the 3-4 strategic directions and possible projects that we will propose to the congregation.
5. END OF FEBRUARY – Draft and circulate the strategic plan that the congregation will review and revise.
6. MARCH 14 and 19 – Hold two congregational town halls to present the draft document and get feedback. Also circulate a congregational survey to solicit feedback and input.
7. APRIL – Revise and finalize strategic vision document for submission to Board of Directors.

If you have any questions or comments for us, please contact Amy Schwartz Moore at amy.e.s.moore@gmail.com. Please consider attending the December 13 Kehillah Council/Task Force/Board meeting (see below) and the congregational town halls (in March 2023), and responding to the survey we will circulate at the same time.

Strategic Visioning; Moving from the “Research” to the Planning for Kivvun La’Atid*: Mount Zion 2040

Kehillah Council and Kivvun La’Atid task force Meeting Tuesday, December 13, 7-9 pm [via Zoom](#)

The Kehillah Council is Mount Zion’s three-time a year gathering of the Board, Committee Chairs, and is open to all interested Mount Zion members. RSVP to Mount Zion’s Executive Assistant Amy Felton at office@mzion.org so we can send you information in advance of the gathering.



* Kivvun means “direction.” La’Atid means “for the future.”

Our Bodies, Our Souls

26th Annual Jewish Retreat for Women

IN PERSON!

January 20, 4:00 PM – January 21, 8 PM (optional 2nd night stay)

Top Ten Reasons to Attend OBOS This Year:

1. **Connect IN PERSON** – Meet and build new friendships with interesting, engaging, creative women from their 20s to their 80s in a fun, casual setting.
2. **Relax** – Enjoy time to unwind, let go, and breathe more deeply as you nestle into a woodland lodge. Maybe even schedule a massage!
3. **Uplift** – Participate in creative services looking out onto a beautiful nature scene. Listen to the voices of 50 women singing together in prayerful services.
4. **Nourish** – Allow the retreat staff to prepare four delicious meals for you. We will do our best to honor specific dietary needs.
5. **Rejuvenate** – You choose how you spend your time: inspiring Shabbat services, interesting workshops, walking in the woods, a Shabbat nap, creative art projects, schmoozing, quiet meditation or getting a massage. This retreat is for YOU!
6. **Learn** – Be inspired by fantastic teachers.
7. **Inspire** – Sing, dance, listen, and enjoy the sounds of women's voices rising together! Led by dynamic and talented songleader Wendy Goldberg, melodies, harmonies, and music weave throughout our retreat.
8. **Affirm** – Enjoy an environment that affirms each person's unique gifts. The positive, friendly atmosphere of the retreat welcomes new participants and helps everyone feel part of the larger community of women at Mount Zion.
9. **Comfort** – The retreat takes place in lovely Stillwater, MN at the peaceful Dunrovin Retreat Center, located on 50 acres along the St. Croix River. You may choose a single or double room. Linens and towels are provided
10. **Discover** – Come find out what makes this Shabbaton one of the greatest offerings for women of any age at Mount Zion Temple!

Cost, includes lodging for one night, four delicious meals, and all programming:

\$180 – Early-bird for Mount Zion members, now through Friday, December 22.

\$200 – Non-members as well as members registering after December 22.

\$45 – Additional fee for those wishing to stay for a second night & depart on Sunday.

Finances are not a barrier to participation. [Email](#) Cantor Spilker for confidential financial assistance (available to members).

Register at mzion.org.

OBOS is made possible, in part, by a generous donation from the Women of Mount Zion.

Please understand that our retreat often fills to capacity and late cancellations may prevent others from attending. With that in mind, cancellations must be received in writing prior to Friday, January 6, 2023, for a full refund. Cancellations after January 6 will receive a 50% refund. Refunds will be sent after the event. Refunds will not be issued for no-shows.

THANK YOU...FOR YOUR CONTRIBUTIONS

RABBIS' DISCRETIONARY FUND

In appreciation of:
Rabbi Adler
 Alice Gaarder
 In honor of the birth of:
Maya Katz
 Harold Katz & Family
 Sam Katz & Family
 In memory of:
Michael Amram
 Barbara Amram
 Fred Amram & Sandra Brick
Marion Cowle
 Eric Cowle
Gregg Flaum
 Ted & Jackie Jackie Flaum
Betty Marz
 The Boy's of '52
Diane Mast
 The Mast Family
Isaac Schuman
 Annie & Bruce Matza
Lois Weisberg
 Rokelle Lerner
Judy Wolf
 Mark & Jane Jechort
Stanley Wolfson
 Bruce & Mary Wolfson
 In yahrzeit memory of:
Ed Lerew
 Yvonne Lerew
 Donation:
 Bruce & Judith Tennebaum

CANTORS' DISCRETIONARY FUND

In memory of:
Michael Amram
 Fred Amram & Sandra Brick
Diane Mast
 The Mast Family
Deryck Smith
 Sarah A Carpenter
Lucy Smith
 Dan Smith

THE MAXINE APPLEBAUM ART ENHANCEMENT FUND

In yahrzeit memory of:
Eva Applebaum
 Stuart Applebaum
Howard Applebaum
 Stuart Applebaum

BLOOM LIBRARY FUND

In honor of:
Sally & Mitch Rubinstein's Birthdays
 Sally & Mitch Rubinstein
 In memory of:
Diane Mast
 Dorothy Lipschultz
Richard Weil's Brother
 David & Mary Ann Wark
Judy Wolf
 Dorothy Lipschultz
 In yahrzeit memory of:
Joan C Barch
 Sally & Mitch Rubinstein
Edna H Paskins
 Sally & Mitch Rubinstein
Jerrold H Paskins
 Sally & Mitch Rubinstein
Robert W Paskins
 Sally & Mitch Rubinstein

BROTHERHOOD FUND

Donation:
 Nancy Mason Hauser

CARING COMMUNITY FUND

In celebration of:
Lys and Jessalyn Akerman-Frank
 Larry & Margie Solomon
 In yahrzeit memory of:
John Swiniarski
 Tara Fly

CEMETERY MAINTENANCE & BEAUTIFICATION FUND

In yahrzeit memory of:
George Lloyd Levin
 Bill & Gloria Levin
Michael Perwien
 Lois Perwien

EDELSTEIN FAMILY BIBLICAL GARDEN FUND

In honor of:
Tom Edelstein's 70th Birthday
 Jamie & JoEllyn Cohen
 Henry & Clarice Epstein
 In memory of:
Lois Weisberg
 Tom & Randy Edelstein

DR. IRWIN AND NETTIE EPSTEIN YOUTH LEADERSHIP TRAINING FUND

In memory of:
Steve Brand
 Bill Fox Family

IRENE FINBERG CAMP SCHOLARSHIP FUND

In memory of:
Roger Greenburg
 Dee Dee Harris
Diane Mast
 Dee Dee Harris
Judy Wolf
 Dee Dee Harris

FUND FOR MOUNT ZION

In memory of:
Sue Levey
 Joanie Levey

GENERAL ENDOWMENT FUND

In memory of:
Nancy May Greenberg
 Susan B Grupe
Isaac Schuman
 Robert J Lebowitz &
 Rabbi Esther Adler

ROBERT AND JEAN HARRIS SUMMER CAMP FUND

In memory of:
Judy Harris Lloyd
 Gerry & Alan Alterbaum
 Chieko Campaiola
 Richard Cohen
 Bonnie Dudovitz & Jean Quam
 Tom & Randy Edelstein

Stacy Harris
 Debra Krawetz & Peter Shapiro
 Mark & Julie Margolis
 Janet & Ed Swadden

SARA AND YALE JOHNSON MEMORIAL FUND

In memory of:
Gary Clark Fink
 Beth & Todd Johnson
David Crockett Long
 Michael & Todd Johnson
 & Johnson Brothers
Roger Harris Greenberg
 T Gloria Johnson
Diane Mast
 Gloria J Chadima
John Marver
 Michael & Elaine Johnson
 & Family
Judy Mast
 Gloria Johnson
Judy Wolf
 Beth & Todd Johnson & Family
 Michael & Elaine Johnson
 & Family
Lola Mann
 Michael & Elaine Johnson
 & Family

KULAM

In memory of:
Michael Amram
 David & Mary Ann Wark
 In yahrzeit memory of:
Joel Eytan Oppenheimer
 Alexandra Oppenheimer

JULIE LAZOR CONFIRMATION AWARD

In memory of:
Isaac Schuman
 The Ettinger Family
 Toba Lazor
 Leanne Lehn
 Jim & Eileen Mitson

MANDEL MAURICE AND STELLA MANDEL MUSIC FUND

In memory of:
Stelle Mandel
 Roxy Lerner
Lois Weisberg
 Diane & Rodger Tygier
 David & Mary Ann Wark

MITZVAH FOODSHELF

In honor of:
Judy & Harvey Arbit
 Joanne & Bob Gillman
Jim Druck's Birthday
 Jan Hoffman
 Ellen & Joe Konstan
 Barbara Kletzman
 In memory of:
Michael Amram
 John Mast
 Nancy Greenberg
 David & Mary Ann Wark
Joseph Kahn
 Sue & Larry Savett
John Marver
 Dede Wolfson

Diane Mast
 Mary Ann & David Wark
 Dede Wolfson
Berneen Rudolph
 Mary Ann & David Wark
Lena Schneider
 Carol Gurstelle
Isaac Schuman
 Brian and Judith Krasnow
 Judi Levin Marshall & Todd Marshall
 Dede Wolfson
Lucy Smith
 Mary Ann & David Wark
Judy Wolf
 Lorraine Applebaum
 Rosie & Andy Gellman
 Cynthis Rosenblatt Ross
 Mary Ann & David Wark
 Dede Wolfson
Stanley Wolfson
 Julie Berman & Hal Kaufman
 Burt & Lucille Garr
 Andrea Kaufman & Jim Jacobson
 James and Joanne Smith
 Dede Wolfson
Sylvia Wolkin
 David & Mary Ann Wark
 Donations:
 Gloria & Bill Levin

MUZICA FUND

In memory of:
Berneen Rudolph
 Betty Kohn
 Leslie Martin & Fred Haeusler
 Ellen Sampson
 Sue & Pete Stein

RALINE PAPER FUND

In honor of:
Raline Paper
 Rita Grossman
Michele & Bob Piehl's Anniversary
 Raline Paper
 In memory of:
Steve Brand
 Raline Paper
Lani Fleisher
 Raline Paper
Barry Goldman
 Raline Paper
Hilda Hellman
 Raline Paper
Sally Nagorner
 Raline Paper
Berneen Rudolph
 Raline Paper
Isaac Schuman
 Raline Paper
Steve Brand
 Phyllis Solomon

PARENTS AND TOTS FUND

In celebration of the birth of:
Makenna Elaine O'Keefe
 Leslie E Martin

THE JANE STEINMAN MUSIC FUND

In honor of:
Holly Ross & Gary Steinman
 Janet Kampf
 Ellen & Martin Sampson

TORAH RESTORATION, MAINTENANCE AND IMPROVEMENT FUND

In memory of:
Steve Levin's Brother
 David & Mary Ann Wark

WOMEN OF REFORM JUDAISM LEADERSHIP TRAINING FUND

In memory of:
Isaac Schuman
 Liz Stein and Rob Larson

YAHREZIT FUND

In yahrzeit memory of:
Ben C Bergal
 Jean & Michael Folger
Hilda Berman
 Gary & Lael Gerding
Morris Berman
 Gary & Lael Gerding
Deannie Boltax
 Bonnie Abrahamson
Henry Borow
 Carolyn, Brad, Satchel &
 Harper Borow Moore
Florence Gerding
 Gary & Lael Gerding
Henry Gerding
 Gary & Lael Gerding
Nathan Goldstein
 Michelle Karon
Rose Gross
 Mark Gross
Sherman Grossman
 Rita Grossman
Sam Hardin
 Glenn Hardin
David A Herring
 Elaine Herring
Lois Hoffman
 Jan Hoffman
Yakov Lev
 Rafail Lev & Family
Anne Levine
 Allen Levine
Florence MacCallum King
 Jean King & Stuart Appelbaum
Neil MacCallum
 Jean King & Stuart Appelbaum
Leon G. Michael
 Elaine Herring
Arthur Rock
 Sue Grupe
Pearl Rosen
 Robert Rosen
 Jack L Sechter
 Harry Ward
Harold Rosoff
 Stewart Rosoff
Mordecai Shallom
 Elsie Shallom
Samuel Steinbach
 Steinbach-Elwood Family
Terry Lynne Tilsen
 Steven Tilsen
Mindy Weinberg
 Sharon and Michael DeMark
 Donation:
 Robert Garfinkle

These donations were received between August 10 and October 31. Donations received after October 31 will be included in the next bulletin.

Brotherhood

Dessert and Game Night

Saturday, February 11, 7:00 pm

Everyone welcome!

Save the date! More details to come.



Brunch and Speaker

Sunday, March 12, TBD

Cosponsored by Jewish Family Services (JFS) and Brotherhood

Details to come.

JDAIM FEBRUARY

Jewish Disability Awareness,
Acceptance & Inclusion Month



February is Jewish Disability Awareness, Acceptance, and Inclusion Month!

Please join us for the following JDAIM-focused services and events at Mount Zion:

Friday, February 3, 6:30 pm Family service featuring a story related to inclusion.

Sunday, February 5, 11:45 am Religious School t'filah with an inclusion-related teaching

Friday, February 24, 6:30 pm JDAIM presentation

Save the dates for

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!



Sunday, March 5

10:00-11:00 am Silly service and Purim shpiel, featuring our talented Chai School thespians!

11:00-1:00 pm Carnival

Monday, March 6

Adult Purim Extravaganza! Kick-off with Shushan Deli starting at 5:30 pm, followed by the Megillah Reading and a spirited Purim Service!

Understanding the End of Life Process from a Jewish Perspective

Presented by the Women of Mount Zion Temple. Open to Everyone!

January 8, 10:00 am - Jewish Funeral Home Services with Jim Wardlow from Hodroff-Epstein



Our goal is to provide families with memorable remembrance experiences. Celebrations of their loved one's life, and the time they shared.

We have years of experience caring for families, from all walks of life. Each family comes to us because they know we are leaders in our profession, dedicated to excellence in service, and have the highest integrity.

January 22, 10:00 am The Three Step Estate Planning Process with Stuart Bear of Chestnut Cambronne



A complete estate plan involves a number of considerations: disability planning, succession planning, and asset protection planning.

This presentation will provide you with the knowledge to know what the important elements are for any complete estate plan, and how they serve to promote your wishes and ensure that your assets are passed along to your loved ones in a thoughtful and meaningful way.

All events will be held in Margolis Hall. RSVP and Questions to pegk56@comcast.net.

Women of Mount Zion Temple

Shabbat Afternoon Picnic at Como Conservatory

Saturday, January 14, 1pm

Please join us for lunch and a chance to explore the gardens.



Wine and Wisdom

Tuesday, February 21, 6:30 pm

We will be joined by a special guest and our clergy. More information TBA



American Red Cross

Blood Drive

Wednesday, December 14, 2:00 - 7:00 pm

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: SP Circle of Faith to schedule an appointment.

Maximize your blood donation. Help more patients.

If you are an eligible type O, B - or A - donor, consider making a Power Red donation. Red blood cells are the most commonly transfused blood component.

Give blood. Every 2 seconds someone in the U.S. needs blood.

Profiles in Peace:

A Conversation with Rabbi Ron Kronish about six peacemakers in the Israeli-Palestinian Conflict

Sunday, Jan 22, 11 am – 12:15 pm in person and via zoom

In 1992-93, Rabbi Spilker was an intern for Rabbi Kronish's new organization, *Interreligious Coordinating Council in Israel*, during his first year of rabbinical school in Jerusalem. Rabbi Kronish has spoken several times over the years at Mount Zion. On January 22, he will present about his new book: *Profiles in Peace*, along with two of the peacebuilders, **Professor Galia Golan** and **Bishop Munib Younan**. Rabbi Spilker will facilitate the q and a.



Rabbi Dr. Ron Kronish is an independent scholar, writer, blogger, lecturer, teacher, and mentor. For the past several years, he has been a Library Fellow at the Van Leer Jerusalem Institute. From 1991-2015, he served as the Founder and Director of the Interreligious Coordinating Council in Israel (ICCI), which was Israel's premier interreligious institution during those years.

He was educated at Brandeis University (BA), Hebrew Union College - Jewish Institute of Religion, and the Harvard Graduate School of Education. He is the editor of *Coexistence and Reconciliation in Israel: Voices for Interreligious Dialogue* (Paulist Press, 2015) and the author of *The Other Peace Process: Interreligious Dialogue, A View from Jerusalem*, (Hamilton Books 2017). He writes a regular blog for *The Times of Israel* blogs.timesofisrael.com/author/ron-kronish/ and is a contributor to *The Jerusalem Report*.

He has lived in Jerusalem, Israel, for the past 43 years with his wife Amy. They are the proud parents of three married daughters, and 6 wonderful grandchildren. www.ronkronish.com

Building a Jewish Home, Creating a Jewish Family

Mondays, January 9, 23, 30, 7-8:30 pm

Rabbi Adam Stock Spilker

\$36 members/\$50 public per person



What does it mean to have a "Jewish" home? This three-part class is for couples or single heads of households, who want an open and structured way to reflect. The emphasis of the class will be on making choices that are right for you after study and discussion on key questions of Jewish life. Examples: What Jewish values will we emphasize? What books and periodicals and art will be in our home? What rituals will we incorporate? What will Shabbat look like in our home?

Supporting Families with LGBTQ+ Children

December 1, 8 and 15, 7-8pm via Zoom



This three-session community education class will cover a variety of topics to support parents/caregivers who have a child who is LGBTQ+ and/or gender fluid or questioning.

Our first session will focus on Gender Etiquette 101. This includes:

- A discussion of pronoun usage
- Exploring key concepts
- Understanding why language matters

The second session will focus on:

- Supporting parents and caregivers by exploring developmental stages
- A discussion of what is considered 'normal'
- Exploring strategies to encourage open communication with your child

In the third session, we will explore:

- A variety of topics in partnership with JFCS counseling staff including how to support the mental well-being of people in your life who are LGBTQ+, including those who are non-binary, gender fluid, or questioning
- We will set aside time for reflection, questions, and connection with the group.

Come for one or all of the sessions. All are welcome and encouraged to attend as we create this safe and respectful space for learning, sharing and connection.

Registration is required at tinyurl.com/jfcs-lgbtq. If you have questions, please reach out to lpersky@jfcsmpls.org



UNION for REFORM JUDAISM

Building Communities. Reimagining Jewish Life.

Beyond Welcoming: Addressing Racism, Homophobia, Ableism, & More in our Communities (REDI 101)

Dec 1, 7-8:30 pm

Details and registration: tinyurl.com/urj-redi

America's Enduring Caste System

A "Fireside chat" with Yolanda Savage-Narva

Dec 2, 1:00 pm

Details and registration: tinyurl.com/urj-caste



The GEFILTERIA



Saturday-Sunday, December 3-4

Come reimagine traditional Ashkenazi food
with Liz Alpern and Jeffrey Yoskowitz, the Gefilteria Gurus
Register for all events by November 29 at mzion.org.

Saturday, December 3

For 13 years and older

Cost: \$18 members/\$25 non-members.

5:00-5:30pm

Old World-New World Mocktails/Cocktails



5:30-7:30pm

Kreplach Make & Eat, followed by Halva-dalah

After learning about and making these chicken or vegetable dumplings, we will enjoy each other's company as we eat our creations in soup, along with salad, fruit and halva.

*Halva-dalah = halva + Havdalah

Sunday, December 4

Rugelach* in the Religious School! For pre-K-2nd grade.

Our youngest students, pre-K-2nd grade, will spend time with the clergy learning about how and why we say blessings over food. Then they will get hands-on experience making, then in-mouths experience eating, these tasty traditional confections. *a filled, baked treat

**12:15-1:45pm Adult Lunch & Learn:
"The Shtetl Kitchen"**

Cost: \$10 members / \$18 non-members

Liz and Jeffrey will lead us through an interactive slide lecture on Eastern European Jewish foodways, past and present. We'll discuss exciting discoveries about seasonal Jewish eating, holiday cooking, and culinary wisdom which will transform everything you thought about Ashkenazi gastronomy. We will learn about goose, gefilte fish, cabbage, kugel, and more, all while munching on sweet noodle kugel, bagels, salad and fruit.

Generously sponsored by the Mount Zion Brotherhood and Women of Mount Zion Temple.

**12:15-1:45pm Noar Tzion (open to 3rd-6th graders):
Make & Eat Bialys* with Abby!**

Cost: \$7

We'll learn about bread in Ashkenazi Jewish tradition, then we'll bake and eat together. Please be sure to indicate on the registration if you are gluten free and/or dairy free so we can accommodate you.

*a baked bagel-like bread with no hole!

Welcome to our new members!

Between August 26 and November 15, we welcomed 34 new households to our community.

Suz Adler

Tom Beck

Zomi Bloom and children Julie, Caedyn, and Philip

Maia Davidson and Christopher Bollinger

Jennifer and Jeff Butwinick and son Avi

Suzanne and Ryan Carlson and children Milo, Edie,
Tillie, and Barney

Mike and Hella Cohen and children
Dov and Molly

Hannah Davis

Dani and Joe Frissora and children
Lucy and Ellie

Joey and Cassidy Goldman and son Levi

Gabe Goldstein and Ashley Schweitzer
and daughter Sydney

Jamie and David Goldstein and children
Zachary and Alex

Jeremy Gottlieb and Kate Lockwood
and children Phoebe and Eleanor

Alex Granados

Meredith Hicks and Adam Gerhardstein
and daughter Phoenix

Toby Kathan and Kate Howard Kathan

Iola Kostrzewski and Theo St. Mane and children
Cadden, Lyam, Eli, Willow,
Sawyer, and Teddi

Cynthia Levine and Parry Dilworrth
and daughter Izadora

Scott Loewenstein and Shu Situ Loewenstein and
children Levana and Leo

Rebecca Margolis

Rachel and Mike Molzahn
and daughter Harriet

Rani Montalvo

Allison and Erik Nimlos
and children Henrik and Stellan

Max and Todd Norman

Sam Palim

Steve Quam and Laura Tucker
and daughter Cora

Jara and Joel Rice
and children Keelin and Logan

Susan Scofield and Jeff Rabkin

Lynn Shannon

Erica Solomon and Jackson Collins

Robin Warshaw

Cara Weggler Menge and Phil Menge



NEW: You Belong Here! MZ Microgrants

We will fund up to \$1000 for your program or proposals to bring groups of MZ people together. If you are a self-starter; ran a club in college or manage programs involving people for work, you are the person we're looking for! **What is an example of such a program?** Have a Shabbat dinner in your neighborhood, rent a pontoon on a lake, host a Tu BiSh'vat seder, have a camping trip for MZ families or.... This is different from MZ Small Groups because it can be a one-time event but any MZ Small Group can also apply. **Proposals due by February 1** to Rabbi Spilker aspilker@mzion.org. (Committee to evaluate proposals will include two members of the Board of Directors, Shai Avny, and Rabbi Spilker). Question? Email Rabbi Spilker.

Criteria: 1) independence 1 (ie, not involve Mount Zion staff or clergy except to get contact information); 2) creativity and potential of success; 3) Jewish content is a bonus but not required; 4) amount requested is clear and substantiated.

B'nei Mitzvah

Ayla Paper

December 10, 2022

Picture removed online.

Ayla Paper (Hebrew name Batia) is the daughter of Marc and Dr. Sarah Paper. She is the granddaughter of Steve and Rita Paper as well as Susan and the late (and incredibly cool)

John Egbers. Ayla has two brothers, Camden, 16, and Kallen, nine. She attends Blackhawk Middle School in Eagan where her favorite subject changes to whatever has the easiest homework that week and she learned this year she's not too shabby at volleyball as she played on the school's team. Ayla is actively involved in gymnastics and will remind everyone at her Bat Mitzvah as part of her D'var Torah that she won the national championships in the synchronized event (it actually ties into her Parashah). A portion of her Bat Mitzvah gifts will be donated to foundations dedicated to sexual assault survivors.

Benjamin Westreich

December 17, 2022

Picture removed online.

Ben Westreich is the son of Herman Westreich and Dani Salus. He is the grandson of Gilbert Westreich and Natalie Westreich, z"l, Stanley Salus and Naomi Salus. Ben has an older sister,

Ziva Westreich. Ben is in 7th grade at Highland Park Middle School. Ben loves math and reading. He enjoys running cross country and track, playing Magic the Gathering, solving rubix cubes, and hanging out with friends. He will be donating a portion of his Bar Mitzvah money to Northern Voices, a school for deaf and hard of hearing children.

Tricia Mann

January 28, 2023

Picture removed online.

Tricia Mann (Hebrew name Naysa) is the daughter of Steve and Cindy Mann. She has a younger sister named Lucy. Her grandparents are Greg and Barb Phaneuf and Gerry and Dee Mann. Tricia is in 8th grade and attends Maple

Grove Middle School. Her favorite classes are science and art. Tricia likes playing softball and soccer and watching movies. Tricia has decided to donate a portion of her gift money to the Children's Hospital of Minnesota.

Young Adult Engagement

20s/30s! Come join us on **December 3 at 5pm for a special young adult mocktails and cocktails event** with Gefilteria, then stay to make kreplach and enjoy dinner with the community. On **February 10, we will celebrate Shabbat at Home** with a 20s/30s Shabbat dinner. Stay tuned for more information about the timing and location. Please reach out to Abby (agore@mzion.org) with any questions!



Save the Date!

YOM MAASIM TOVIM:

A Hands-On, All-Ages Mitzvah Day at Neighborhood House

Sunday, May 7, 2023, 9:30 am-Noon (179 Robie St E, St Paul)

All Religious School students will meet at Neighborhood House that morning instead of at Mount Zion.

In our vision, a core principle is *Gemilut Chasadim*: Acts of Loving Kindness. This is a day to put our vision into action together! Details to come.

Religious School News



JOIN OUR TEAM OF ENTHUSIASTIC EDUCATORS!

Looking for meaningful work in a supportive environment?
Contact Sue at ssummit@mzion.org for regular work or to be added to our substitute list



MOUNT ZION IS HIRING SUNDAY KULAM* ADVOCATES TO SUPPORT STUDENTS & SUNDAY/WEDNESDAY SUBS

KULAM (meaning 'everybody' in Hebrew) is Mount Zion's inclusion program. salary range \$20-31 an hour ~ for advocates and substitutes



Winter Calendar

December

12/4 - 11th/12th Grade Class
12/18 - Lower School
Preparing for Chanukah
12/18 - 11th/12th Grade Class
12/21-1/1 - Winter Break, No School

January

1/4 - Tri II Begins
1/8 - B'nei M. D'var Torah Workshop
1/8 - 11th/12th Grade Class
1/13-15 - 7th Gr. Sacred Choices Shabbaton
1/15 - No School MLK Weekend
1/22 - 11th/12th Grade Class
1/29 - B'nei Mitzvah Tallit Workshop

February

2/3 - 2nd Gr. Shabbat Dinner/Service
2/5 - Grade 1&2 Tu BiSh'vat Program
1/5 - 11th/12th Grade Class
2/19 - President's Day - No School
2/26 - B'nei M. Tzitzit Tying
2/26 - 11th/12th Grade Class

March

3/1 - Tri III Begins
3/5 - Purim Carnival
3/6 - Purim Service (evening)

Youth Engagement News

Noar Tzion (3rd-5th grade)

Bialy Baking with Gefilteria

Dec 4, 12:15-1:45pm

Come learn about Jewish food, make fresh bialys, and create your own butter flavor! 6th graders are invited for this special event.

Roller Skating

Feb 5, 12:15-2:15

Join your 3rd-5th grade friends for lunch and a fun afternoon of rollerskating!

JYG (6th-8th grade)

Roller Skating

Dec 11, 12:15-2:15

Join your 6th-8th grade friends for lunch and a fun afternoon of rollerskating!

Game Night

Feb 11, 6-8pm,

Join your 6th-8th grade friends for Havdalah, dinner, and games!

SPORTY (9th-12th grade)

The Great Mount Zion Bake-Off

Jan 28, 5:30-pm

Join 9th-12th graders for Havdalah, dinner, and a fun baking competition!

Shabbatonim and Trips

- Sacred Choices (7th grade) - Jan 13-15, 2023
- Sacred Choices Gimel (11th/12th grade) - Feb 24-26, 2023
- NFTY Spring Kallah (9th-12th grade) - April 14-16, 2023

Questions about youth groups or Shabbatonim? Email Youth and Young Adult Engagement Associate, Abby at agore@mzion.org



Summer Opportunities

There are so many fantastic Summer camps and travel opportunities for kids and teens of all ages! Explore your options at mzion.org/learn/summer-camp. Mount Zion is lucky to offer generous scholarships to make your summer experience possible. Scholarship applications are due on October 28. Please reach out to Abby (agore@mzion.org), Sue (ssummit@mzion.org), or Rabbi Spilker (aspilker@mzion.org) to talk through options, ask questions, and choose the program that is right for you!

1. **URJ OSRUI:** Our regional URJ (Union for Reform Judaism) summer camp is [OSRUI](#) in Oconomowoc, WI. OSRUI has programs for 2nd-12th graders and offers a variety of activities, lengths, and living arrangements for the summer! We send dozens of campers to OSRUI each summer and even have a special scholarship opportunity for first time campers and returning campers, our Harris Awards. You can explore their offerings at osrui.org.
2. **URJ Specialty Camps:** The URJ has specialty camps, including [6 Points Sports Academy](#) in North Carolina, [6 Points Creative Arts Academy](#) in Pennsylvania, and [6 Points Sci-Tech Academy](#) in Massachusetts. Each of these camps is an amazing opportunity to dive deeper into your passions!
3. **Jewish Summer Camps:** There are many Jewish summer camps in the Twin Cities and surrounding area! Our students attend [Herzl](#), [Camp Chi](#), [Camp Butwin](#), and [Camp Olami](#).
4. **Yallah! Israel!** Join other Reform Jewish teens from across the US for a unique trip to Israel! [Yallah! Israel](#) offers trips with different focusses, including a Pride Adventure, an eco and social justice trip, a Poland and Israel trip, an adventure trip, and so many more. Travelling to Israel with your peers is an incredible opportunity and we encourage all high schoolers to find a trip that excites them!



Social Action Update

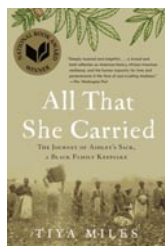
Tzedek = Justice

Justice! Justice!

Tzedek committee continues its focus on racial justice, immigration justice and climate justice. We began the New Year with a series of conversations on diversity and inclusivity at Mount Zion. Fellow congregants Joan Ostrove, Elizabeth Martinez-Podolsky, and Elena Izaksonas led participants in discussions and reflections on our diverse Jewish community. Our goal is to ensure that Mount Zion embodies the experiences and histories of all our congregants.

We continue our focus on racial justice in the wider community. In January, 2021, the St. Paul City Council passed a resolution creating a Legislative Advisory Commission to study a reparations policy for St. Paul. Our co-chair, Vic Rosenthal, was appointed to serve on the St. Paul Legislative Advisory Commission on Reparations for Descendants of Chattel Slavery. After nearly a year of work, the Commission issued a report and ordinance to recommend a permanent commission to implement reparation policies for St. Paul. On Wednesday, December 21st at around 4 pm, the City Council will hold an open public hearing on the ordinance to create a permanent commission. Mount Zion members are invited to join with Jewish Community Action and other organizations in support of this historic initiative in St. Paul.

In conjunction with the on-going work on reparations, Tzedek is sponsoring a book read of National Book award winner, *All That She Carried*, by Tiya Miles. The book is written by a historian and provides a detailed account of American slavery with a focus on the experiences of enslaved women and their children. It also affirms the power of family stories to both safeguard history and to help heal the wounds of trauma. The book is available at local libraries and booksellers. Some copies will also be available for lending at our MZ library. We will hold remote discussions of the book via **zoom** on Sunday, January 15 at 2 pm and Thursday, January 19 at 7 pm.



In keeping with our commitment on **immigration justice**, Mount Zion is sponsoring an asylum-seeking family. Mount Zion Tzedek Committee has partnered with Gloria Dei Lutheran Church to house and help support an asylee family. During the past year, Gloria Dei transformed a classroom in their church into an efficiency apartment

and welcomed a family referred to them by a local agency.

Luis, Stephanie and their young son, Sebastian, arrived in Minnesota in June after an arduous journey from Peru. The family is navigating the legal process outlined under U.S. and International Humanitarian law and Gloria Dei has secured legal representation for them. Asylum is a form of protection granted to individuals and families who cannot return to their home country because of persecution. This is a process that can take many months and often years, given the current backlog of cases.

This young family has experienced much hardship and they need our support. During the initial asylum process, they must wait to be granted a work permit. That means that all of their support depends upon their sponsors (us!).

Sebastian has started second grade and the family is taking English and computer classes. They are eager to engage with community life and learn about Minnesota. The family has been actively participating in congregational activities at Gloria Dei. Sebastian plans to take swimming lessons this fall after discovering a love of swimming on trips to Highland Pool this summer.

Our goal at Mount Zion is to help support the family and build relationships with family members. Members of the Tzedek committee met with the family and they were interested in the long partnership shared by Mount Zion and Gloria Dei. The most pressing concern now involves supporting their day-to-day needs regarding food, clothing, and household goods. We will be making use of our Target gift registry but are especially requesting Target gift cards so that the family can purchase food and household items. To use the Target registry, go to Target.com, click on Registry, enter "Mount" as first name and "Zion" as last name.

Tzedek committee welcomes all congregants to join us in these efforts!

Diana Dean and Vic Rosenthal, *Tzedek Committee Co-chairs*



Neighborhood House Volunteer Opportunities

Fresh Produce Pickups

Pickups are now through May 2023, and there are several spaces still available for volunteers this season!

Volunteers will sort and bag produce, distribute produce to families, and help clean up after the distribution ends. If you are available and interested in joining us, we would love to have you in community with us. Everything you should need, including the link to sign-up, can be found below - this one-time opportunity is great for individuals, families, and groups alike!

Fresh Produce Information / Sign-up: tinyurl.com/nh-produce

Kowalski's December Food Drive and Winter Gear Distribution

We are in the process of scheduling a few more volunteer opportunities for this coming winter season (including the return of our Kowalski's December Food Drive and our Winter Gear community distributions). If you're interested in either, fill out the brief form below (and we will circle back with dates and details when they are finalized)!

Volunteer Interest Form: tinyurl.com/dec-volunteer

Rabbi Adam Stock Spilker
 Rabbi Esther Adler
 Cantor Jennifer Strauss-Klein
 Cantor Rachel Stock Spilker
 Shai Avny, Executive Director
 Susan Amram Summit, Religious School Director
 Abby Gore, Youth and Young Adult Engagement Associate
 Michael Wall, President
 Amy Schwartz Moore, President-Elect

Teresa Matzek, *Iton Tziyon*, editor
 tmatzek@mzion.org
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First Night of Chanukah:
Sunday, December 18 / 25 Kislev
See p. 7 for all Chanukah events.

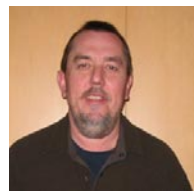
Honoring our Retirees!

***Shalom u'vracha* – Peace and Blessing**

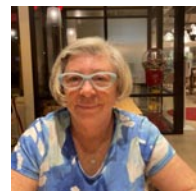
Kabbalat Shabbat - Friday, December 16 – 6:30 pm



Larry Solomon



Don Novak



Mavis Goldstein

See p. 3 for details.

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The GEFILTERIA

Saturday-Sunday, December 3-4

Come reimagine traditional Ashkenazi food
 with Liz Alpern and Jeffrey Yoskowitz, the Gefilteria Gurus
Details on p. 16.