



ITON TZIYON עיתון ציון

Mount Zion Temple Bulletin

Fall | September-November 2023 | Elul-Kislev 5783-5784

Vol. 168, No. 1

שלום Shalom Wholeness and Peace



A few months ago, Mount Zion adopted a new vision: **“Our Jewish congregation envisions a community and a world where all people experience Shalom (wholeness and peace), Tzedek (justice), Shayachut (belonging), and Simcha (joy).”** mzion.org/about/vision. Each cover of the four bulletins this year will focus on one of these four aspirations. We begin with Shalom which, in addition to meaning wholeness and peace, also means “hello”. We return to our sanctuary and to the New Year of 5784.

Photo courtesy of Ken Fournelle.

L'Dor VaDor

From Generation to Generation

Mazel Tov To...

Isaac Broderius for winning 2nd place in the 7th-9th grade prose category of the Keren Or Contest. Keren Or is an opportunity for teens to share their poetry, prose, and photography with the Twin Cities Jewish community.

Amy Felton, Mount Zion's Executive Assistant, on her marriage to **Jorrdan Dolney** on June 24. Amy's name is now **Amy Dolney**.

Isaac Marshall, son of **Todd and Judi Marshall**, and **Emily Upin**, daughter of **David (Marissa) Upin** and **Stephanie Ross** (Ted Zuhlsdorf), on their marriage on June 11.

Julie Ostrowsky and Stuart Block, on the marriage of their son, **Sam**, to **Suzanna Parikh**, on July 22.

Kent Simon and Karen Gjerstad on the marriage of their daughter **Alena Simon** to **Jonathan (Jonny) Baker** on August 12.

Liz Swabey-Keith, daughter of **Laurie Swabey and Andrew Keith**, and **Corey Pisk** on their marriage on August 27.

Lisa Taran-Maddy and Joseph Maddy on the birth of their identical twin grandsons, **Caden and Jace Alley**, on May 26.

"The giving of Torah happened at one specific time, but the receiving of Torah happens all the time, in every generation." - Meir Alter, the Gerer Rebbe

We welcome **Anne Lifton** who has completed our conversion program recently and has thus chosen Judaism: **May she go from strength to strength!**

ZICHRONAM LIVRACHA...

May their memories be a blessing

We note with sorrow the passing of our members:

Bernie Bachrach

*Our condolences to his family,
including his wife Deb Bachrach.*

Scott Bunin

Our condolences to his family.

We Extend Condolences to...

Irene (James) Goldberg on the death of her mother and **Florie (Gabe) Ellwein** on the death of her grandmother **Alla Fridman** on May 29.

Iola (Theo St. Mane) Kostzewski on the death of her original mother **Pearl Vaz Lopos Johnson** on April 17.

Richard (Heather Faber-Lau) Lau on the death of his mother **Yee Ling Lau** on May 4.

Aaron (Carol) Mack on the death of his father **George Mack** on May 23.

Letter from the Rabbi



The High Holy Days – (Re)Turning Home

Attending synagogue on the High Holy Days is like visiting a strange but magnificent city filled with historical monuments to the past and overlaid with echoes of the present. It's best to think of liturgy as art, not science. It reaches us through music and the drama we call worship.

Rabbi Larry Hoffman

We all need moments of deep connection. It's like a balm for the soul when it works. And we know when it does or does not.

When we enter Mount Zion for the High Holy Days, will it "work"? Will you feel connected? The word and idea of connection is the best definition of spirituality. We feel spiritual because we connect to something greater than our limited self.

At the High Holy Days, we might feel more connected because of a sense of community as a whole or to our family or a group of friends. Maybe it is to tradition!, Torah, peoplehood, or to God or perhaps God is part of all the above. I personally love chanting the Akedah (Genesis 22, the Rosh Hashanah Torah reading) which anchors me in my preparation in a way that is holy and indescribable.

When we attend services, there are alas plenty of distractions to feeling connected, whether in person or home viewing online. The temperature. The sound. Peoples' sounds around us. Many long timers will recall the years of sitting in the sanctuary or Margolis Hall and reflect on how much has changed, and how much has not. Those new to Judaism or to Mount Zion will find much novel. As one suggestion, Rabbi Zalman Schachter-Shalomi z"l had a spiritual practice whenever he attended a service. *He would empty himself of any expectations.* In that way he was more open to appreciating all that he experienced and feeling present. For all of us, this practice is a good path to experience true connection.

As Larry Hoffman writes above, the art of liturgy guides our worship. This is our tenth year of using *Mishkan HaNefesh* as our machzor (prayerbook). To appreciate the flow and majesty of this machzor, please join us on Sunday, September 10 (see page 6) for workshops to prepare for the High Holy Days and for our newest tradition of Shofar on the Roof!

On behalf of your clergy, I wish you a year that will be good in all the ways you need. As our new vision states, we want all people - including ourselves - to experience a sense of wholeness and peace, shalom. May you experience that in our sanctuary in these High Holy Days and Shabbat services to come.

L'shana tova tikateivu,

Adam Stock Spilker, Rabbi

Mazel tov to Mount Zion members who are in the next Harry Kay Center for Leadership Excellence cohort: **Kate Dietrick, Julia Stein Dittberner, Josh Dorn, Elizabeth Martinez-Podolsky, and Sarah Weinman!**

For more than 30 years, the Harry Kay Center for Leadership Excellence (HKCLE) has inspired and assisted emerging leaders in addressing the issues and challenges facing Jews as a community and individually. The successes of the HKCLE have brought passionate people together from both sides of the river, introduced a new generation of leaders to the struggles and opportunities in the Jewish community and given them the skills and tools to navigate them, and raised the profile of Jewish organizations here in the Twin Cities and around the world. In the fall of 2023, we're welcoming 30 new leaders to the Harry Kay family—Cohort XI.



Make Shabbat Your Sanctuary

Join for Engaging, Musical, Inspiring Shabbat Services Friday Night

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

Saturday Morning

Torah Study: 9:00 am - In person or online via [Zoom](#)

Shabbat Shacharit (Morning) Service: 10:00 am – In person or [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 Sept. 8, October 27, Nov. 17, Dec. 8,
January 12, Feb. 23, March 15, April 19, May 17
Live from Margolis Hall (livestreaming and zoom)

Friday, September 8 (6:30 pm)

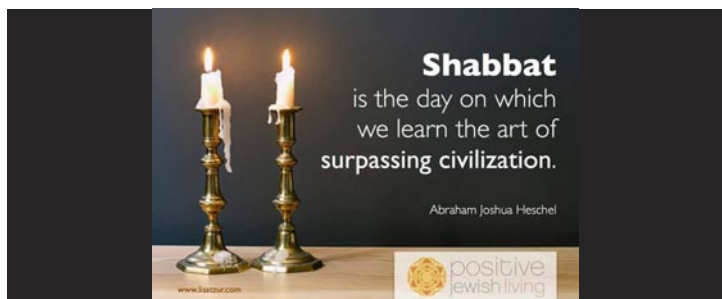
During the service, we will reflect on one of the themes of the High Holy Days: CHAIM

Ultimately, we seek to be written in the Book of Life. This service will also feature recitations of poetry from the prayerbook *Mishkah HaLev* in Hebrew, English, and Spanish. The Hebrew month of Elul precedes the High Holy Days.



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.



Hiddur Tefillah

Fridays, 6:30 pm on October 20, December 22, February 16

[Hiddur Mitzvah](#) is the enhancement of a Mitzvah by making it visually beautiful. In our Hiddur Tefillah services, instead of seeing the service in black and white on the pages of a book, our words of prayer are enhanced by beautiful images projected on the wall in Margolis Hall. We take time with the prayers and the music, engaging our senses more fully than usual. We sit in rounded rows, to more fully appreciate the community around us. Our singing is accompanied by violin, guitar, keyboard, and percussion.



Daily Services - on Zoom!

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

Daily Services During the Holy Days

On September 24 and 25 there will be no Zoom Daily Service, as Kaddish will be said during the synagogue services. (See the High Holy Day Schedule on www.mzion.org).

Daily Service on Thanksgiving Day

On Thursday, November 23, our Zoom Daily Service will be held at 9:30 am instead of 5:45 pm.

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.



On June 13, 2023, Mount Zion's Board of Directors unanimously approved Mount Zion's vision, our 2040 Derech (path) towards our vision, and the four strategic directions we will move forward on that Derech. By now I hope everyone here knows all about it, but if you haven't, or you need a little reminder, you can read the whole thing [on our website at mzion.org](https://mzion.org). It is profoundly inspiring, and I am deeply grateful to all those who had a hand in creating it and bringing it to light!

Now, I'm probably not supposed to have a personal favorite strategic direction, but it likely comes as little surprise that one of them is "deepening Jewish living and learning." In this direction, we are tasked with finding "new ways to inform individual Jewish choices and enhance meaning through education and spiritual/ritual practices." In many ways, I became a cantor because this is my passion. But there have been times in my life when I myself have struggled with connecting the dots between the education, the ritual, and the meaning.

Rewind back to February 2020. That Presidents' Day weekend I attended Songleader Boot Camp (SLBC) in St. Louis, one of my "last normal moments" before Covid struck (and the last time I spent much of three days in close quarters with hundreds of people and didn't think twice about it). But at the time, I was happily overwhelmed by the opportunity to learn from so many talented musicians, clergy, and songleaders. Afterwards I sat in an airport restaurant for an hour, frantically scribbling down my thoughts and feelings about what I'd just experienced: ideas about liturgy, tefillah teachings I wanted to share with our religious school students, repertoire I was excited to introduce to the congregation. Less than a month later we had shut down for Covid, and as for innovation in services, well, services on Zoom seemed like innovation enough! But for years I had in the back of my mind the idea that I wanted to bring Eliana Light, one of the faculty at SLBC, to Mount Zion.

I went to Eliana's first session, then promptly signed up for all her subsequent sessions because she questioned the why of prayer life and ritual in a way that immediately resonated for me. Not surprisingly, in my family, we "do Jewish," we do the Shabbat blessings, we build a sukkah, we light Chanukah candles, we have a seder. But I confess that one day I found myself idly wondering if Nick and I would still do "all this stuff" once our kids were out of the house. To be fair, this scenario isn't even in the cards for almost a dozen years, but the thought still stopped me short. What did "doing Jewish" even mean for me, if even subconsciously, I felt like I was doing "all this" for my kids?

Eliana spoke directly to this. She introduced the image of Judaism as a box. A box that we, perhaps out of vague feelings of guilt or obligation, passed down to the next generation. But what was important or meaningful about the box? Well, the box itself wasn't important or meaningful. What was inside the box was supposed to be. But if the box handed down to us is empty, why do we pass it along? And how long would we continue to pass an empty box down the generations before someone noticed or cared that it was empty and stopped passing it down? This image stuck with me over the intervening years, and since then I've asked "why?" so much more: as a cantor, a parent raising Jewish children, and a Jew in the pew. Prayer

and ritual are supposed to be meaningful, "spiritual," significant...but if not, why not? What can we as clergy do to facilitate, and we as "pray-ers" do to be receptive to the experience? What meaning can we infuse into the rituals we do, and what practices can we introduce into our lives that add meaning?

I'm thrilled that Eliana is finally going to visit Mount Zion, as she has personally inspired me to do whatever I can do to put meaningful things in the box, both for myself and others, and I hope she can do the same for you. We have a very exciting "Weekend of Light" planned for Friday, December 1-Sunday, December 3. There will be something for everyone! Please see page 19 for more details, put it on your calendar today, and watch your email as those dates get closer.

Finally, our High Holy Day bulletin asks the following questions as we approach the year 5784: What do you most wish to experience in your life? What will you do in this New Year to make it happen? So I invite you to ask yourself what's really, truly important to you. You may recall the ad campaign "what's in your wallet?" Well, I invite you to think about what's in the box for you, or what you could put in there. And how are you going to get there? Write it down. Join a Mussar group, commit to attending one Shabbat service a month, come to Religious School tefillah on Sundays at 11:45 before picking up your kids, [listen to the High Holy Day melodies on our website](https://mzion.org). Whatever it is, my fervent hope is that it helps you along the path to experience our Mount Zion vision: "a community and a world where all people experience *Shalom* (wholeness and peace), *Tzedek* (justice), *Shayachut* (belonging), and *Simcha* (joy)." May 5784 be a year filled with all of them!

Jennifer Strauss-Klein, Cantor

High Holy Day Adult Volunteer Choir

Sing at Rosh Hashanah Shacharit (Morning) and Yom Kippur Afternoon services!

Rehearsals: Aug 30, Sept 6, 13, and 20, 7:00-8:00 pm

Please join us—we want to hear everyone's voices! No experience or music reading abilities needed!

Trope Troupe

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

Todah Rabah to our May-July Ba'alei Korei (chanting Torah): Jonathan Eisenthal, Shel Finver, Emme Goldhardt, Siana Goodwin, Abbey Kanzer, Luciano Kolodny, John Mast, Laura Mathews, Shelley Robbins, Steve Silverman, Chad Weinstein

Todah Rabah to our May-July Haftarah chanters: Siana Goodwin, Glenn Hardin, Netta Hardin, Eric Lund

Todah Rabah to our Megillat Ruth chanters: Siana Goodwin, Shelley Robbins

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

From the President



I've been president for a few months now, and members often ask me, "So, how's it going?" The short answer? It's going very well. I'll take this opportunity to highlight a handful of the positives, and reflect on changes.

Recently I dropped off items for the Women of Mount Zion annual garage sale. I was met by an enthusiastic group of hardworking volunteers who were managing inbound items, another crew sorting and organizing, and ahead of them, a continuous flow of members pulling up to unload. It was a finely tuned operation, run by committed volunteers, and supported by community members supporting it and clearing out unneeded items. Happiness all around.

I've also recently had terrific conversations with members of the Caring Community Team, who are thoughtfully invigorating our ability to support one another. Their message was beautiful, focused on the double mitzvah of care. We are all part of this community, and as a community we care for each other. To ask for assistance is a mitzvah because it allows someone else to do a mitzvah by helping you. Wonderful too.

This summer our youth are attending Jewish camps in high numbers and record percentages, and our leadership has had the good fortune to visit OSRUI and Camp Butwin to see them in their camp environment. Having attended summer camp myself, I know how great it is for kids (and their parents) to experience life separately for a bit. And, of course, these camp experiences help form positive and durable Jewish identities.

On another front, our newly installed board approved the recommendations of the Kivvun Task Force. Now we begin implementing our new strategic plan, expertly led by President-Elect Jon Strauss. Jon has his hands full, as he is also leading the

development of a Mount Zion ethics policy. This is a URJ recommendation for all movement congregations, not due to any specific Mount Zion concerns. It's proactive good governance. We'll share drafts with the congregation later this year.

And we are going through some staffing changes. We are so pleased to see the energy and enthusiasm of our newcomers: Religious School Director Alisha Sawyer and Event and Engagement Coordinator Gabby Helf. Then there are the two significant departures we are anticipating in the coming months. After five years with us, first leading Congregational Engagement and most recently as Executive Director, Shai Avny will be leaving for another opportunity. And Julie Beckman, who has served invaluable in our office supporting the clergy and the whole temple, will retire after thirty-six years of service at the end of December. Their departures are hard. We will dearly miss their positive energy and remarkable expertise. We are well on our way in searching for new staff to continue the excellence that they have embodied.

At the High Holy Days—remarkably just around the corner—we will reflect on the past and future. I am optimistic about our present and our future, even at a time of change. Organizations are like people: they grow and change, as part of life. At the High Holy Days, when we return the Torah to the ark, we sing "*Chadesh yameinu, k'kedem/Renew our days as of old.*" Even as we may long for the past, or celebrate its wonders, we continually renew our days. Mount Zion is experiencing that as well, and it is good.

Amy Schwartz Moore, President

Are You Interested in Joining the Nominating Committee for the Board of Directors?

The Nominating Committee represents an opportunity to serve Mount Zion through a one-time commitment. The Nominating Committee meets once each January to prepare a slate of Officers and Directors for a congregational vote at the Annual Meeting.

Join us!

At the November Board of Directors meeting, the President presents 24 names to the Board for participation on the Nominating Committee. The Committee should represent the entire congregation, so that we can create a Board that represents everyone.

If you would like to be part of this important process, contact President Amy Schwartz Moore at asmmtzion@gmail.com or Chair Susan Robiner at susan.robiner@gmail.com.

L'Chaim Mount Zion 5784 Annual Campaign: Veshinantam Levanecha! Teaching Our Children



This year's Annual Campaign honors Mount Zion's tremendous teachers who have encouraged and educated thousands of young people over the years. We invite the congregation to show our deep gratitude to Sue Summit, for her 8 years of hard work as the head of our Religious School. Additionally, we honor all of Mount Zion's teachers across the ages who have supported our congregation's youth to deepen their connection to Judaism and make life-long friends. Stay tuned as we'll be featuring teachers from the past and present throughout the campaign.

We understand giving is a very personal decision, and we are grateful for each member's consideration. Our goal this year, like in past years, is broad participation. We will share more details about the campaign when it launches after the High Holy Days.

Thank you,
Lija Greenseid, *Chair, Giving Committee*

Preparing for the High Holy Days

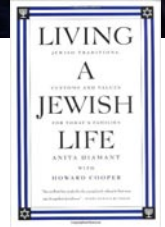
Selichot: A Night of Spiritual Reawakening

Saturday, September 9 - The evening that ushers in the High Holy Days

8:00 pm – Anita Diamant in conversation with Rabbi Spilker via Zoom with Q and A from the audience. (Watch at Mount Zion or from home.) Diamant is author of the best selling novel, *The Red Tent*, founder of Mayyim Hayyim Living Waters Mikveh in Boston, and author of *Living a Jewish Life* which will be the focus of our conversation.

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 entrancing music is something to experience!



Workshops to Make this a Meaningful High Holy Days

Sunday, September 10, 10:30 am - 12:30 pm

@Mount Zion Temple and via Zoom for Rabbi Adler and Rabbi Spilker's workshops

RSVP at mzion.org for the workshops.



10:30 Workshops – Aleph (Choose one)

- **How to celebrate High Holy Days at Home: Traditions, Meals, Rituals** – Cantor Spilker
- **Learning the Music: Participating in the Evocative Prayers** – Cantor Strauss-Klein
- **Step by Step Introduction to the High Holy Day Machzor (Prayerbook)** – Rabbi Adler
- **The Theology of the High Holy Days** – Rabbi Spilker

11:15 Workshops – Bet (Choose another one!)

12:00 Nosh (A light snack)

12:15 Shofar on the Roof!

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.

(ZaiKaner-Perwien Terrace and Livestreaming; 15 min)



High Holy Days

To see a detailed schedule with times and Zoom links, go to mzion.org.

Rosh Hashanah

September 15 and 16 - 1 Tishrei 5784

Rosh Hashanah Day, Saturday, September 16

Morning Study (10:00-10:45 am) Rabbi David Thomas teaches:

If I'm not sure what I believe about God, how can I pray?

Teachings and a conversation about God and prayer. Rabbi David Thomas served as rabbi of Congregation Beth El in Sudbury, MA, retiring in 2018 to move to Minneapolis. [Learn about his background and style of teaching.](#)



Continuing the Conversation

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.

Move into the New Year with Yoga

3:30 pm at Hidden Falls Park

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

Tashlich

4:30-5:00 pm at Hidden Falls Park [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.

Days of Awe - September 17-24

Service of Healing and Reflection

Sunday, September 17, 11:00 am



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 and punctuated by the sounding of the shofar, 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, September 24, 11:00 am at the Mount Zion Cemetery

We will gather 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.

Yom Kippur

September 24 and 25 - 10 Tishrei 5784

Yom Kippur Morning Study (Sept. 25, 10:00-10:45 am)

Poetry as Prayer – Why does it work?

Poetry fills the High Holy Day Machzor (Prayerbook) and deepens our spiritual experiences. Please join us to listen to congregants read a selection of poems and then engage in discussion about why poetry as prayer works (or doesn't), what poetry does that is different from liturgy, and how we respond to poems read aloud. Michael Kuhne, past president and former English professor at Minneapolis College, facilitates.



Yom Kippur Afternoon Study (Sept. 25, 1:45-2:45 pm)

Maimonides (in his own words) on Repentance and Repair

Rabbi Spilker will teach the five steps of Teshuvah/Repentance using Maimonides' Mishneh Torah (12th century) -- which is surprisingly relevant -- along with quotes from Rabbi Danya Ruttenberg's book on the subject.



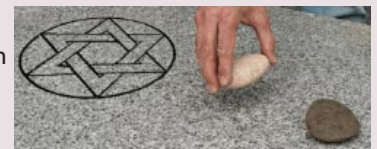
"7th Inning" Stretch Chair Yoga

1:45-2:45 pm at Mount Zion

Led by a MZ member and Cantor Spilker for chair yoga.

Yizkor Stones: Remembering our Loved Ones

With the positive feedback from last year, we will again invite participants to engage in this ritual. As you enter the sanctuary on Yom Kippur for Yizkor (3:00 pm service), we



will provide a stone for each person to hold during the service. In the middle of the service, you will be invited to bring the stone to the bima to be placed with many others. In this way, if you choose, you will have an evocative, physical way to remember. In Judaism, the stone represents Tzur Yisrael, God as "Rock of Israel", an enduring symbol of eternal life.

Congregant Testimonials

Yom Kippur Afternoon (late in the 4:00 pm service)

Each year on Yom Kippur, we create a moment to hear congregants speak personally about their Judaism. This year, four congregants will speak about the four aspirations of Mount Zion's new vision: *Shalom* (wholeness and peace), *Tzedek* (justice), *Shayachut* (belonging), and *Simcha* (joy).

Sukkah Hop

Sunday, October 1, 5:00 pm - 7:00 pm

Connect with fellow MZ members at one of four **Sukkot** Open Houses! Including drinks, light nosh, and conversation.



Choose from one locations:

- Warren and Susanne Cohen - Eagan
- Stephanie and Jeremy Fink - Minneapolis
- Rabbi Esther Adler and Rob Lebowitz - St. Paul
- Charlie Levine and Marjorie Dana-Levine - Woodbury

One of our clergy will be at each Sukkah at 6:00 pm to lead blessings and shake the lulav.

RSVP so that each host is able to ensure they have enough food and drinks. Addresses will be emailed to members a few days before the event. *Registration available in early September.*

Harvest the joy of Sukkot!

We will reap in the celebration of the festival through a cornucopia of seasonal offerings.

***Get Out!** September 30 and October 7 at 10:00 am
Shabbat/Festival services will be held in the great outdoors.

***Java in the Hut!** October 1, 9:30 am
Pick up bagels and coffee from the Brotherhood sale table and bring them to the Sukkah to chat with other MZ members.

***Pizza in the Hut!** October 4, 5:30-6:30 pm
Brief service at 6:15 pm (see p. 11)

Simchat Torah a Joyful Holy Day for All Ages!

Friday, October 6

6:30 pm Festive Shabbat and Simchat Torah services! Dancing with the Torah! Followed by **Oneg and Sundae Bar!**



Service! Dancing! Unrolling the Torah!

After the service, enjoy a special oneg, featuring a Sundae Bar and our traditional caramel apple lollipops!

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, read the end of the Torah and then the beginning with the entire scroll unrolled around Margolis Hall. Dance with the Torah scrolls to the sounds of accordionist Mark Stillman and his band of musicians! Stay for a special oneg Shabbat and ice cream sundae bar!



Saturday, October 7, 10:00 am - Tishrei 22

Shabbat and Shmini Atzeret Festival Service (including Yizkor)

Emergency Campaign for Israel

Promoting our Values; Supporting our People

The year 2023 will long be remembered as part of the Jewish people's history. The debate over democracy in the Jewish state will profoundly impact all of us.

As part of our Yom Kippur Appeal, we are inviting you to consider your largest possible investment in the people of Israel who are working for democracy, justice, and pluralism. [Our new vision statement](#) includes this support as part of our core work as a synagogue.

On the Yom Kippur Appeal, you can contribute in the "IMPJ/IRAC" space. For decades, the Israel Reform Movement (IMPJ), and its legal and advocacy arm, the Israel Religious Action Center (IRAC), have been serving on the front lines of nurturing Israel as a Jewish and democratic state – one that adheres to the vision of Israel's Declaration of Independence as a country for all its citizens; and one that Jews around the world are proud to call home.

The current government is cutting more than \$1.5 million in funding to the IMPJ and IRAC. The **Israel Movement for Progressive Judaism** will use the emergency funds to strengthen 54 congregations and establish new ones, and increase pluralistic, Jewish educational programming in over 100 Israeli public schools. The **Israel Religious Action Center** needs funds for the legal and public advocacy work in the courts and Knesset on religious pluralism, women's rights, and LGBTQ rights. Their work has literally been at the front lines in Israel which the judicial reforms are trying to undermine.

Importantly, the fight for democracy in Israel and the work of IMPJ/IRAC is intimately connected to any hope for a dignified, sustainable future for the Palestinians and Israeli Arabs, Druze, Jews, and others living together.

All who contribute will be recognized publicly as part of this campaign in alphabetical order regardless of amount. If you can join Rabbi and Cantor Spilker in contributing \$1000 or more, or if you contribute at any level that is significant for you (and if you have never given, any level, \$36, \$108, etc.), **we invite you to Spilkers' sukkah** for drinks and dessert and a conversation about Israel on **Monday, October 2, 7-9 pm**. All who contribute will be contacted by email in September.

Please Invite Your Friends and Acquaintances to

Meet Mount Zion!

An Open House for Unaffiliated Jews in Our Community

Sunday, October 1, 11:00 am - 12:15 pm

Light refreshments will be served.

Mount Zion's annual Open Houses have been extremely successful in introducing the Temple to those seeking a welcoming and vibrant spiritual home. Many new families and individuals join Mount Zion after experiencing the Temple at an Open House.

Personal invitations by Temple members are by far the #1 reason people come to the Open House. Please help make this year's Open House a success by inviting those you know who are unaffiliated so they can:

- ✧ Discover over 165 years of Mount Zion's rich history.
- ✧ Learn about Mount Zion's dedication to worship, learning, music, and social justice.
- ✧ Meet our clergy, lay leaders, and members.
- ✧ Tour our building and religious school.
- ✧ Get a taste of our organizations and activities.

RSVP at mzion.org and receive complimentary High Holy Day passes. Passes/Nametags will be available to pick up at the first service you attend.

Childcare provided.



B'ruchim HaBa'im

Welcome to our new members!

Clare and Paul Applebaum, and their children Jacob and Julian

Amy Browender

Anna Burnstein Gillette and Von Gillette,
and their child Joey

Ari and Garrett Fields, and their children Philip and Henry

Gary Goldman

Nina and Matt Graham,
and their children Arthur, Rosie, and Charlie

Jillian Gramling

Anna and Ken Hampton

Emily Isaac and Simon Babin

Adi Leviatan and Eli Muchtar,
and their children Yael, Yotam, and Tamar

Daniel Lupton and Claire Wahmanholm,
and their children Frieda and Ronja

Theo Perzichilli

Beth and Lisa Schmid, and their children Teddy and Maggie

Scott and Robyn Spicer, and their son Jonah

Liz Swabey-Keith and Corey Pisk

Lisa Von Drasek

Shelly Werner

New Member Shabbat Dinner

Friday, October 27, 5:15 pm

6:30 Shabbat for the Soul (honoring St. Paul Jewish Federation)

Join us for a Congregational Shabbat dinner as we meet and welcome our newest members (those who have joined since January 2022). We'll get to know each other, share some great food, and build our community! This congregational Shabbat dinner is free for new members. If you are not a new member, you are welcome to join us. The cost will be \$10 for adults and \$5 for children.

Please RSVP by Wednesday, October 18.

MZ New Member Informal Q & A with Rabbi Spilker

*The Unspoken Customs, Esoteric Rituals, and
Secret Rooms of Mount Zion*

Sunday, February 4, 10:30-11:45 am

For new members but open to all interested.

- Mount Zion's culture and customs – (ie, why do we do it "that" way?)
- History of Jews in St. Paul starting from when it was called "Pig's Eye."
- Includes optional tour of the building replete with brief stories.

Meet our new staff!

Alisha Sawyer

Religious School Director

asawyer@mzion.org

Alisha Sawyer began as the Religious School Director at Mount Zion in July 2023. She is committed to creating meaningful educational experiences that form the foundation for Jewish identity and values. With a background in a variety of educational settings including STEM, theater, early childhood, and Waldorf, she brings diverse experience to the role and is excited to be a part of the Mount Zion community.

Alisha grew up in Minnesota in the Jewish communities in Minneapolis and Saint Paul and was a graduate of Talmud Torah Minneapolis. She studied Directing at NYU Tisch School of the Arts with a focus in theater for young audiences. She then attended Teachers College at Columbia University where she got a Master's degree in School Leadership from the Klingenstein Center.

Alisha is married and lives with her spouse, Hunter, and dog, Muenster, in Minneapolis. In her free time, she is an avid crafter (knitting, needlepoint, quilting and more) and a new but enthusiastic Mah Jong player.



Gabby Helf

Event and Engagement Coordinator

ghelf@mzion.org

Gabby Helf began as our Event and Engagement Coordinator in August 2023 and has been a faculty member in our Religious School for the past two years. She provides administrative support to our Executive Director for events and congregational engagement and, in that role, also assists our clergy, staff, and congregational leaders.

She grew up in the Washington, DC area and graduated from Macalester College in May 2023 with a BA in English Literature and Religious Studies. In her free time, Gabby loves swimming, reading, and playing drums with her band Bakermiller Pink (@thebakermillerpink).



Brotherhood

Bagel Bar - Bagel sales resume on Sunday, October 1 and take place every Sunday there is Religious School. Please join us in the Summit Avenue lobby for hot coffee or cocoa, fresh bagels and lox, and other treats. Chair, Bruce Noyes (brucenoyes@gmail.com).

How did it all begin? An astrophysicist and a rabbi look at the mysteries of creation.

Brunch and Speaker - Sunday, October 8, 10-11:15 am
Join Emeritus Professor Lawrence Rudnick and Rabbi Adam Stock Spilker as they explore the intersections between Jewish and scientific thought on the creation of everything — us, the Earth, the Universe. Chair Bruce Matza (brucematza@innovationsinmanagement.com)
Full details on p. 19.

MEA Bike Ride - Sunday, October 22

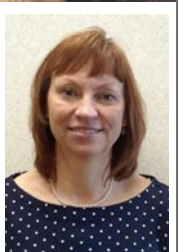
Co-Chairs Michael Kuhne (michaelckuhne@gmail.com) & Shel Finver (finvers@hotmail.com)
We wish to acknowledge Richard Newmark for his many years of leading this event!

First Friday Family Shabbat Dinners are sponsored and assisted by Brotherhood. Everyone in the Temple Family are welcomed! *Full details on p. 16.*



The Twin Cities is blessed to have a bounty of nonprofit and human service agencies and programs designed to help with nearly every conceivable human condition, but finding exactly what you need in this vast universe can sometimes be the problem. JFS offers a resource social worker, Cheryl Anderson, LSW, who connects people to internal JFS services and/or external community resources.

Cheryl is an experienced navigator of the oversized, intimidating world of services. Simply contact JFS at (651) 698-0767 and we will help you identify and access the resources you need.



An Update from the Caring Community Team

Give help. Get help. The Caring Community Team coordinates volunteers to support congregants who need meals, rides, shiva services, and personal outreach. If you are interested in helping fellow congregants, use the QR code below to let us know that you'd like to volunteer. You can sign up for specific tasks, and you can do it as many or few times as you choose.

If you need support, please contact:

Rabbi Adler (eadler@mzion.org) or Mandy Roll-Kuhne (mzcaringcommunity.mandy@gmail.com).

We're looking forward to caring with you and for you!



Religious School News

Yom Rishon - First Sunday of Lower School Sunday, October 1, 9:30 am – 12:15 pm



Yom Rishon is the first Sunday of Religious School classes for students in grades Pre-K-6

9:30-10:00 Opening Ceremony with Parents/Guardians

10:00-10:30 Classroom Open House for students and their parents/guardians in grades PreK-6

10:30-11:15 Session 1

11:00-12:15 Mount Zion Open House for New and Prospective Members

11:15-11:30 Healthy Snack- Provided by Mount Zion

11:30-12:15 Session 2

Chai School Opening Program Pizza in the Hut!

Wednesday, October 4, 5:30-7:15 p.m.

Chai School students are invited to join for pizza at 5:30 in the Sukkah. This will be followed by a short service and a special program for 7-9th grade students to celebrate Sukkot and the first day of school! 10th grade confirmation will meet from 6:15-7:15pm following our service in the Sukkah.

8th and 9th grade families please be sure to register your student now so we can plan for electives! Sign ups for electives will be coming soon!

Wednesday Lower School Note

2nd – 6th Grade families, please note that this year we are offering both a zoom and in person option for Religious School on Wednesdays!

Session 1: Zoom Only 5:00-5:45 pm

Session 2: In Person Only 6:00-7:15 pm

Religious School Calendar Highlights

Sept. 22-23	7th Grade A Day Apart Shabbaton
Sept. 24	K Parents/Guardians Consecration Workshop
Oct. 1	Yom Rishon/First Day of Lower School
Oct. 8	Consecration
Oct. 13-15	10th Grade Confirmation Retreat
Oct. 15	2nd Grade Parent/Guardian Meeting
Oct. 18-22	NO SCHOOL - MEA / 11th Grade NYC Trip
Oct. 27-28	4th Grade Shabbaton
Oct. 29	6th Grade B'nei Mitzvah Orientation
Nov. 11-12	6th Grade Family Retreat
Nov. 17-18	8th and 9th Grade Torah and Teva
Nov. 18	3rd Grade Shabbaton
Nov. 19	Bread and Torah
Nov. 22-26	NO SCHOOL – Thanksgiving Break

Consecration Workshop

Sunday, September 24, 9:30 - 11:00 am

Parents/Guardians of Kindergarten students please join us Sunday September 24 from 9:30-11:00 am in Johnson Hall at Mount Zion to decorate Torah covers for your kindergarten students! [Read the Consecration Workshop email.](#)

Consecration

Sunday October 8, 11:30 am

Join our T'filah Service during which our Kindergarten students will receive their mini-Torah scrolls as part of Consecration.

Kindergarten Students and Families

9:30 Student Group Photo and Rehearsal

10:00 Students meet in classrooms

11:20 Parents/Guardians Meet in Sanctuary

11:30 Service

12:00 Consecration Picnic

Come Sing with Us!

Shir Tzion, for 2nd through 6th graders



Shir Tzion children's choir is a Mount Zion treasure. The choir rehearses in the sanctuary on Sundays from 9:00 to 9:30 a.m. Directed by Cantor Spilker, Shir Tzion sings the first Friday of every month for the 6:30 pm Shabbat service. The choir also performs at special programs. Singing with Shir Tzion is a wonderful way for students to learn prayers, strengthen their Hebrew skills, and expand their Jewish music repertoire while serving the congregation and having fun! Contact [Cantor Spilker](mailto:rspilker@mzion.org) at rspilker@mzion.org with questions.

Shir Chants, for 7th through 12th graders



Open to all students in Grades 7-12, this ensemble is for all teens who enjoy singing or playing instruments and want to continue beyond Shir Tzion. Rehearsals are on Sunday mornings from 8:45-9:15 a.m. before Religious School. We sing for the High Holy Days, First Friday Shabbat services, and special Religious School tefillah. Contact [Cantor Strauss-Klein](mailto:jstraussklein@mzion.org) at jstraussklein@mzion.org with any questions.

Both Shir Tzion and Shir Chants will have a Choir "Boot Camp" on **Sunday, September 10, 9:00-10:30 am**. Register for either choir on the Mount Zion Portal at mzion.congregationconnect.com using the same login that you use to register for Religious School. The registration fee, which covers music, first Friday dinners, and other expenses, is \$54 per child. Regular rehearsals begin on Sunday, October 1 and continue every Sunday when there is Religious School.

Youth Engagement News

Hello Mount Zion Families! I am so excited for our upcoming year of meaningful, fun youth programming! One of the most exciting facets of our youth community is Youth Groups! Youth Groups provide opportunities for students to gather with similar-aged peers and engage in social programming. They deepen their connection with their peers, meet friends in other grades, and engage with their synagogue community. Noar Tzion is our youngest youth group for 3rd-5th grade students, JYG is for 6th-8th grade students, and SPORTY is for 9th-12th grade students. SPORTY has a youth board that plans events for their peers! Additionally, you'll see the dates for Shabbatonim and trips for Chai School students. More details will come closer to the time, but please mark your calendar for the dates relevant for your ages! Please be in touch with any questions at: agore@mzion.org.



Noar Tzion (3rd-5th grade)

- Fri, Sept 29 - Back-to-Shul Shabbat Picnic
- Sun, Dec 10 - Pizza and Painting
- Sun, Feb 4 - Macaroni and Magic
- Sun, April 14 - Chocolate Seder
- Sat, May 4 - Summer Celebration

JYG (6th-8th grade)

- Sat, Oct 7 - Spaghetti in the Sukkah
- Sun, Nov 19 - Bowling
- Sun, Jan 7 - Pizza and Painting
- Fri, March 8 - Game Night
- Sun, April 14 - Chocolate Seder

SPORTY (9th-12th grade)

- Sept 9 – SPORTY Board Retreat
- Oct 28 – SPORTY event
- Dec 3 – SPORTY event
- Feb 9-10 – SPORTY lock-In
- April 13 – SPORTY event
- May 4 – SPORTY event

Shabbatonim and Trips

- 7th Grade Day Apart Shabbaton – Sept 22-23
- 7th Grade Sacred Choices Retreat – April 19-21
- 8th/9th Grade Torah and Teva Shabbaton – Nov 17-18
- 10th Grade Confirmation Retreat – Oct 13-15
- 11th Grade NYC Trip – Oct 18-22
- 9th-12th Grade L'Taken Seminar – Jan 19-22

Young Adult Engagement

Hello Young Adults of Mount Zion! We have an exciting year ahead of engaging, meaningful 20s/30s programming! Keep an eye out for emails about upcoming events. If you would like to receive 20s/30s emails, please reach out to me at: agore@mzion.org. If you're new to the community, looking for ways to engage, or want to learn more about our young adult community, I would love to take you out for coffee! I look forward to seeing you around Mount Zion and at events and programs in the community!

Women of Mount Zion Temple

Women of Reform Judaism Fall Brunch Vital Education Training on Naloxone

Sunday, October 15, 9:30 am at Mount Zion

Learn how to reverse an overdose and save a life! This training will cover the basics of how to administer naloxone, the medication used to reverse an opioid overdose.



At this training you'll learn:

- How to recognize an opioid overdose
- What naloxone/Narcan is and how it works
- How to properly administer naloxone to someone experiencing an overdose
- About Steve's Law/MN's Good Samaritan and Naloxone Law
- ...and more!

This event is free of cost and participants can receive their own IM naloxone kit!

Donations to support SRHN's training efforts are always appreciated! Contribution can be made:

- By check/mail: Please make out to **Steve Rummeler HOPE Network** and mail to **2233 University Ave W, Suite 325, St Paul, MN, 55114**
- By card/online: <https://tinyurl.com/SRHN-training>

RSVP by October 6 to Sherifrisque@yahoo.com for the opportunity to receive a free intramuscular naloxone kit at the end of training!

Garage Sale Thank you!

Thank you to all of the donors, the buyers, and the volunteers who make this a wonderful community event. We met so many new people. It was successful in so many ways. We are grateful! Remaining materials were made available to Bridging, Listening House, Neighborhood House, Vietnam Veterans Association, a Native American group and the new Children's Center in St. Paul. All of this is possible due to you! Our sincere thanks!

Ilona Rouda, Linda Morgan, Nancy Krohn and Chris Epstein.

THANK YOU...FOR YOUR CONTRIBUTIONS

These donations were received between April 16 and July 25 Donations received after July 25 will be included in the next bulletin.

RABBIS' DISCRETIONARY FUND

In appreciation of:
Rabbi Adam Stock Spilker
 Michael, Stephanie & Ida Chauss
 Ralph M. Birnberg & Children
Rabbi Esther Adler
 Judy & Arnie Brier
 Anniversary of:
Sue & Pete Stein
 Liz Stein & Rob Larson
 In honor of the naming:
Norah Eowyn Weiss
 Sarah & James Weiss
 In memory of:
Sherman Winthrop
 Sue Winthrop, Josh &
 Brandon Crist
Gail Wyman-Krasnow, R.N.
 Ralph Birnberg & Frieda Etkin
 In yahrzeit memory of:
Ruthe Druck
 Jim Druck
Patrick Smith
 Sarah A Carpenter
 Donations:
 Brooks & Terri Edwards
 Andy Fein
 Gloria Livingston

CANTORS' DISCRETIONARY FUND

In appreciation of:
Cantor Jennifer Strauss-Klein
 Pitzele Family
Cantor Rachel Stock Spilker
 Richard & Susan Bunin
Cantor Strauss-Klein & Cantor Spilker
 Michael, Stephanie & Ida Chauss
 In memory of:
Leo Levey
 Susan & Daniel Levey
Shirley Levey
 Susan & Daniel Levey
Gary Mason
 Laurie Hadler
Robert Stock
 Margie Abrahamson
Harvey Strauss
 Margie Abrahamson
 In yahrzeit memory of:
Leonid Hurwicz
 Sarah Hurwicz Kogut

THE MAXINE APPLEBAUM ART ENHANCEMENT FUND

In yahrzeit memory of:
Winifred Goldberg
 The Beloff Family
 Donation:
 The Beloff Family

BENTSON FAMILY CAMP FUND

In memory of:
Scott Bunin
 Brooks & Terri Edwards

BLOOM LIBRARY FUND

In honor of:
Siana Goodwin - Volunteer of the Year
 Dorothy Lipschultz

BRONSTEIN PULPIT FLOWER FUND

In memory of:
David Golden
 Judi Golden & Hector Mena
 & all of children & grandchildren

BROTHERHOOD FUND

Donations:
 Daniel Rybeck

CARING COMMUNITY FUND

Birth of:
Caden and Jace Alley
 Anonymous
 In honor of:
Mount Zion Caring Community
 Bill & Gloria Levin
 In memory of:
Bernie Bachrach
 Thomas Wolfe & Sally Silk
Scott Bunin
 David & Mary Ann Wark
 In yahrzeit memory of:
David Tanran
 Lisa Taran-Maddy

IRENE FINBERG CAMP SCHOLARSHIP FUND

Anniversary of:
Sue and Pete Stein
 Mayda & Marc Raffae
 To honor:
Siana Goodwin Volunteer of the Year
 David & Mary Ann Wark
High School Graduates
 David & Mary Ann Wark
Confirmation Students
 David & Mary Ann Wark
 In memory of:
Sue Leonard
 Dee Dee Harris
Aaron Mack's Father
 Mayda & Marc Raffae

FUND FOR MOUNT ZION

In memory of:
Vic Rosenthal
 Anonymous
 Donation:
 Alex Diimig

GENERAL ENDOWMENT FUND

In appreciation of:
Shai Avny
 Michael, Stephanie & Ida Chauss
 In memory of:
Stanley "Shy" Rubin
 Wendy & Steve Rubin

HARRIS CHAPEL FUND

In memory of:
Bill and Mildred Harris
 David & Mary Ann Wark

SARA AND YALE JOHNSON MEMORIAL FUND

In memory of:
Marc Rosenberg
 Michael & Elaine Johnson
 & Family
Ron Trimble
 Michael and Todd Johnson

KULAM

Celebration of:
The graduation of Netta Hardin
 Asher de Forest
 Lisa & Paul Dorn
 Victoria Fodor
 Shane Goldstein
 Debra Krawetz & Peter Shapiro
 Nancy Mason Haauser
 Stephen Levin
 Leslie Martin
 Susan Summit
 In honor of:
Susan Summit
 Larry & Margie Solomon
 Donation:
 Mary Ann & David Wark

JULIE LAZOR CONFIRMATION AWARD

Well wishes to
Sheila Schuman
 Gloria Livingston
 In memory of:
Milton Applebaum
 Susan Levey
Barbara Ettinger
 Gloria Livingston
 Toba Lazor
Marty Livingston
 Toba Lazor
 In yahrzeit memory of:
Julie Lazor
 Toba Lazor
Isaac Schuman
 Sheila Schuman
Martin Schuman
 Sheila Schuman

L'DOR VADOR GENERAL ENDOWMENT FUND

In memory of:
Irving Strobing
 Stephanie Wolkin

ANNETTE K AND JAMES A LEVINE CHOIR FUND

In honor of:
James Levine's birthday
 Robyn Cohen, Isaac
 & Bryce Hannan

LIPSCHULTZ LOUNGE FUND

In memory of:
Suzanne Leonard
 Wendy & Steve Rubin

THE MARGOLIS CHILDREN'S EDUCATIONAL FUND

In memory of:
Sue Leonard
 Dede Wolfson
 Donation:
 Alex Diimig

MITZVAH FOODSHELF

In honor of:
Brad Hoffman's birthday
 Jan Hoffman
Ethel Smith's birthday
 Jeannie ZaiKaner & Bob Fink
Peter & Sue Stein
 Ellen and Martin Sampson
 In memory of:
Bernard Bachrach
 Barbara Penn
 Dorothy & Albert Marden
Scott Bunin
 Richard Cohen
 Phil Geller & Nancy Goldstein
 Joanne & Bob Gillman & Family
 Rita Grossman & Family
 Dede Wolfson
Sue Leonard
 Dick Goodman
 Bruce Goodman
 Gracia Kuller
 Susan Rappaport & David Suss
 Brad Rappaport
 David & Mary Ann Wark
Fred Wessel
 Sheri Yarosh
 In yahrzeit memory of:
Harold Gurstelle
 Carol Gurstelle
 Donations:
 Gloria & Bill Levin

TORAH RESTORATION, MAINTENANCE AND IMPROVEMENT FUND

In honor of:
Rose's graduation
 Larry and Margie Solomon

TZEDEK FUND - SOCIAL JUSTICE

In appreciation of:
Eric and Sue Lund
 Batya Spector
 In honor of:
Siana Goodwin Volunteer of the Year
 Elena Izaksonas
The Bat Mitzvah of Talia Gore
 Judy & Bevan Marvy
 In memory of:
Elke Izaksonas & Marc Izakson
 Elena Izaksonas & Woody Smith
Vic Rosenthal
 Janet Kampf

HARRY WARD FAMILY YOUTH AND TEEN DIRECTOR FUND

In memory of:
Thomas Dayton
 Andrea Gilats

YAHREIT FUND

In yahrzeit memory of:
Joseph Abramovitz
 Michelle P Karon
 Jaylene Karon
Irma Adler
 Stephanie Greenstein
 & Helen Adler
Ruth Bergal
 Jean & Michael Folger
Earl Keith Folger
 Jean & Michael Folger
Paul Fram
 Virginia Ruth Fram
Bruce Gaarder
 Alice Gaarder
Bernard (Bernie) Karon
 Michelle P Karon
 Jaylene Karon
Irene Rivka Chayka-Lev
 Rafail Lev & Family
Barbara Minsberg
 Rita Grossman
Beverly Rock
 Sue Grupe
Jay B. Rosen
 Pearl Rosen
Robert Rosen
 Pearl Rosen
Esther Dorothy Rutkowski
 Alice Gaarder
Beverly Sechter
 Pearl Rosen
Jack Sechter
 Pearl Rosen
Maurice Shumer
 Robert Shumer
Igor Tashlitsky
 Marina Gorina
 & Zinoviy Tashlitsky
Irving Warren
 Mitzi Kane & Bonnie Buchbinder
Rose Warren
 Mitzi Kane & Bonnie Buchbinder
Ellen Wolman
 Virginia Ruth Fram
Irving Zylber
 Adela & Joseph Peskorz
Ida Zylber
 Adela & Joseph Peskorz

Envisioning our Future – Kivvun La’Atid: Mount Zion 2040



In June our Board of Directors passed Mount Zion’s [new vision and strategic plan](#). With gratitude and joy, the vote was unanimous. Over the last year, we listened to every comment and suggestion. This process led to hundreds of changes in the document. We kept a careful eye on consistency and believe that the result is a strong statement that will guide our coming years with direction and purpose.

Jon Strauss, President-Elect, is chairing our Implementation effort. He put together a small team to assist. They met once in August and will meet again in November to begin figuring out how to sequence the four strategic directions.

- Tracy Fischman is taking point on Strategy 1: “Invest in Leaders and Strengthen Management.”
- Sarah Weinman on Strategy 2: “Deepen Jewish Living and Learning.”
- Shai Avny, soon in a lay leadership capacity on Strategy 3: “Engagement and Belonging 2.0.”
- Michael Kuhne on Strategy 4: “Repairing our World - Protect People and the Planet.”
- Robert Garfinkle, Kehillah Council Facilitator, is supporting the team.

Below we share, from the longer document, the Vision and Derech (Path). From strength to strength!

Amy Schwartz Moore, *President and Chair, Kivvun La’Atid: Mount Zion 2040*

Adam Stock Spilker, *Rabbi*

VISION

Our Jewish congregation envisions a community and a world where all people experience *Shalom* (wholeness and peace), *Tzedek* (justice), *Shayachut* (belonging), and *Simcha* (joy).

OUR 2040 DERECH (PATH)

As we live out our mission, this is the Derech (Path) we will follow toward our vision:

Jewish congregation – We will:

- Inspire Jewish experiences, stories, and practices.
- Learn from Jewish history as we continue to innovate in our *kivvunim* (directions) of *Torah* (thoughtful study), *Shabbat* (soulful rest and uplifting, musical worship), *tzedek* (action that has impact), and *Israel* (intentional engagement with the Jewish people worldwide).

Fall bulletin focus:

Shalom (Wholeness and Peace) – We will:

- Strive to be a caring, compassionate community grounded in *chesed* (loving-kindness).
- Create an environment where each of us can bring our whole selves and listen to and learn from each other with curiosity and respect.

Tzedek (Justice) – We will:

- Engage congregants with diverse experiences and perspectives to learn from Jewish texts and from each other and honor disagreements as is our tradition. This will prepare us to partner with others to take action in the work of *tikkun olam* (healing and repair of the world).
- Be guardians of the Earth, pursue equity, and counter oppression in its many forms.

Shayachut (Belonging) – We will:

- Connect in person *panim el panim* (face to face) and strengthen our online connections.
- Nurture and grow our intergenerational and inclusive community and honor our community members who are not Jewish. Deepen relationships with each other and our clergy and staff.

Simcha (Joy) – We will:

- Focus on gratitude and seek joy even in a time of great upheaval.
- Celebrate life. *L’chaim!*

To read the mission, core work, and four strategic directions go to mzion.org/about/vision.

Social Action Update

Tzedek = Justice

Justice! Justice!

Tzedek Committee continues its pursuit of justice, focusing on racial justice, climate justice and the work of welcoming refugees and asylum seekers.

The Tzedek Committee hosted a successful retreat this summer at the Hallie Q Brown Community center where we met with executive director, Jonathon Palmer, and heard about the Rondo neighborhood and connections between the African American and Jewish communities in Saint Paul. We spent time brainstorming and enjoying in-person interaction after many, many months of virtual meetings.



We greet the New Year with renewed energy. Tzedek Committee continues to support Saint Paul's reparations initiative. The Recovery Act Commission has been seated and will soon begin meeting to determine how reparations will be distributed. Their meetings will be open to the public. As we engage with reparations, we also continue to deepen our understanding of racial inequities in our nation and in our immediate communities. We will be hosting book discussions of Wendell Berry's *The Hidden Wound* as part of that effort.

Under the leadership of Siana Goodwin, [MZ's Climate Action Small Group](#) has been active, building partnerships with local organizations. Members are actively planning for the year's projects and events, including fall seed-gathering from native plants and a Climate Action Fair early in 2024!

In keeping with our commitment on immigration justice, and Mount Zion's identity as a sanctuary support congregation, Mount Zion is supporting three asylum-seeking families. Tzedek committee partnered with Gloria Dei Lutheran Church to sponsor a Peruvian asylum-seeking family. The family is working with an attorney and has filed their asylum application. We have also partnered with a consortium of faith communities in the Twin Cities — Asylum Coalition for Transition – Twin Cities (ACT-TC) to help support two families. One is a family of five from Guatemala who are being housed in a duplex close to Mount Zion and the other is a group of three siblings from Egypt whose mother was awarded residency status. Tragically, the mother passed away after a struggle with cancer and we have committed to helping the siblings for the next year, two of whom are attending college while caring for the youngest who is completing high school. For current needs, please see the Tzedek Committee's [Immigration Justice page](#) on Mount Zion's website. Volunteers are welcome. Any questions or requests to volunteer can be directed to Mark Joffe at marksjoffe@gmail.com.

Tzedek Leadership team members, Diana Dean and Mark Joffe, are also actively involved with JCA's Decriminalizing Communities Campaign—advocating for increased work release opportunities for incarcerated individuals, Post-Conviction Relief for individuals at risk

of deportation due to past convictions (many as a result of plea deals made under duress), and efforts to limit local co-operation with ICE. Advocacy opportunities will be shared throughout the coming months.

In support of democracy, here and around the world, the Tzedek Committee will co-sponsor, with World Without Genocide and Russians Against War, an evening of letter-writing in support of Russian political prisoners. The event will be held at Mount Zion on October 26, 6-8 pm. Please join us. Mount Zion is also co-sponsoring a talk and discussion at Mitchell-Hamline School of Law, on November 9 (Kristallnacht) from 7-9 p.m. The talk will focus on Germany's response to genocide. Learn more about both events on page 22.

The Tzedek Committee meets the **second Sunday of each month from 12:30-2 pm**. Meetings will remain virtual for the time being. ALL ARE WELCOME!

Diana Dean (dianamdean@msn.com) and Michael Kuhne (michaelckuhne@gmail.com), Tzedek Committee Co-chairs



October 5, 2023

5:30 – 8:30 p.m. | at the Wellstone Center

~ Online auction ~

~ Stories from Neighborhood House participants ~

~ Learn how your gifts will help the community ~

Additional event details coming soon!

neighborhoodhousemn.org/revel2023

To learn about sponsorship opportunities,
please contact Nick Contreras at 651-789-3626
or ncontreras@neighborhoodhousemn.org





First Friday Family Shabbat Dinners

On the first Fridays of the month starting November 3.

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.

New: Drop-in childcare now available!

Childcare availability is first-come first-served, based on capacity and staffing.

Members: \$25 for a household; individuals are \$10 each.

Non-members: \$36 for a household; individuals are \$12 each.

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

Antisemitism

What is it? Why now? What now?

A Series in February and March 2024

Sundays, 10:00-11:30 am

In Person at Mount Zion (1300 Summit Ave, St. Paul) and via Zoom

“Antisemitism can be defined as the marginalization and oppression of people who are Jewish or are perceived to be Jewish based on the belief in stereotypes and myths about Jewish people, Judaism, and Israel. Parallel to all systems of oppression, antisemitism manifests as the dehumanization or exploitation of, or discrimination or violence against, Jewish people based on stereotypes and disinformation.”

– Anti-Defamation League and Union for Reform Judaism joint curriculum on antisemitism (2021)

February 11: The Deep Roots of Modern Antisemitism – Rabbi Tarlan Rabizadeh

Rabbi Rabizadeh is American Jewish University's VP for Jewish Engagement. As a Persian Jew in an overwhelmingly Ashkenazi community, Rabbi Rabizadeh has made it her mission to bridge the gap between the communities, encouraging learning from other traditions and cultures. a bachelor's degree in political science from Boston University and ordained at Hebrew Union College-Jewish Institute of Religion.



February 25: Antisemitism and Racism – Invited speaker TBD

March 3: Antisemitism and Anti-Zionism

This session takes as a given that critique of Israel's government is kosher. The question is when does critique of Israel cross the line into antisemitism? There is also the question of what do we mean by Zionism and Anti-Zionism? Many people have tried to find language to define these categories. We will invite three speakers who represent three public definitions of antisemitism (IHRA, Nexus, Jerusalem) — two of which were adopted recently by the White House's National Strategy to Counter Antisemitism — to help us talk about the relationship between views about the nation-state of Israel and/or its government and antisemitism.

March 10: How to be an Upstander: Responding to Antisemitism Individually and Collectively

This morning will include two tracks, one for adults and another for teens and young adults and their parents/guardians.

March 17: Book Group Conversation: People Love Dead Jews by Dara Horn

This book has a challenging title, but it is essential reading. Dara Horn substantiates her thesis through provocative chapters, each telling a different historical story. We encourage you to read the book in advance of this Sunday. However, even if you don't get to read the book, please join us to learn insights derived from Dara Horn's research.



Also on **Friday, Shabbat March 15 (6:30 pm)**, Rabbi Spilker will deliver a sermon on **Purim Antisemitism vs Chanukah Antisemitism.**

Travel with Mount Zion!

Form and strengthen friendships at Mount Zion!

Learn from our clergy and expert local guides! Explore remarkable places!



Israel - March 25-April 3, 2024



A St. Paul Jewish Federation Trip

Led by clergy from Beth Jacob, Mount Zion, Temple of Aaron including Rabbi Adam Stock Spilker

Embark on an unforgettable journey as a community as we enjoy the richness of Israel with culinary and cultural experiences while also engage in the significant issues that Israel is facing today.

Some highlights:

- Dinner with Fischman scholars who are supported by St. Paul's Federation
- Tour the Israeli Supreme Court with expert speakers about the Judiciary and democracy
- Home hospitality in our partnership region of Tiberias (Sovev Kinneret)
- Visit to an absorption center for Ethiopians and Ukrainians who have made Aliyah
- Reunite with former St. Paul Shlichim (emissaries)
- Jeep tour to the Israel-Lebanon-Syrian border
- Tour a Paul Newman camp where Jewish and Arab children from Israel, Gaza, and beyond the Green Line who have serious illnesses experience camp together
- Eating tour of the bustling, outdoor food markets in Jerusalem and Tel Aviv
- Explore the new "Anu, Museum of the Jewish People"
- Study at Pardes (non-denominational) Yeshiva
- Meet Palestinians and Israelis (Shorashim) living beyond the Green Line and working together
- Visit an Israeli whiskey distillery

Cost: \$5,335 for a double-occupancy room; \$1,445 for single-occupancy supplement (does not include airfare).

\$1000 subsidy if you sign up by Sept 27;

\$1200 for anyone 40 yrs old and younger

Website: makorjourneys.com/journey/st-paul-jewish-federation/

Contact: Ted Flaum, St. Paul Federation, tflaum@stpaulfed.org
or Rabbi Misha Zinkow, Makor Educational Journeys North American Representative, misha@makorjourneys.com.



Poland - June 2-10, 2024

History, Heritage, and Hope

Led by Rabbi Esther Adler and Phil and Renae Goldman

For 1000 years, Poland was the heartland of European Jewish life and culture. Rabbinic Judaism, Yiddish and Hebrew literature, secular Jewish political parties, and other forms of a vital, diverse Jewish culture flourished in Poland until the Holocaust, when it became a central part of one of the most devastating moments of our history.

With experienced educator guides we will explore rich Jewish legacy, Holocaust sites, and Poland's Jewish cultural resurgence. There will be time to reflect on our experiences, meet locals, and enjoy food and music.

Highlights include:

Warsaw

- [Polin Museum](#) of the History of Polish Jewry
- [Warsaw Ghetto Path of Remembrance](#)
- [Treblinka](#)
- [Forum for Dialogue](#)
- [Nozyk Synagogue](#) - Still standing after the Shoah
- [Tykocin](#): The world of the shtetl
- [Ringelblum Archives](#) and Jewish Genealogy Center
- Free time in Warsaw "[Paris of the North](#)"

Krakow

- [Auschwitz/Birkenau](#)
- [Kazimierz Jewish Quarter](#)
- [Altshul Synagogue](#) and [Tempel Synagogue](#)
- [Ghetto Heroes Square, Empty Chairs Monument](#)
- [Oskar Schindler Museum](#)
- [Krakow Market Square](#), a UNESCO World Heritage Site
- [Galicia Museum](#) with live Klezmer music
- Shabbat Dinner with the local community.

Estimated cost: \$3,578 per person, double occupancy (does not include airfare).

Contact: [Rabbi Esther Adler](#)

Contact [Phil Goldman](#) for Genealogy resources.

Save the dates for 2025 trips!

Israel - June 16-25, 2025

For individuals, couples, and families – Meant as a first-timer trip. Led by Tour Guide Uri Feinberg with Rabbi Adam Stock Spilker and Cantor Jennifer Strauss-Klein. [Details](#)

Germany / France - October 26 - November 2, 2025

Led by Tour Guide Mike Hollander with Cantor Rachel and Rabbi Adam Stock Spilker [Details](#)

A Weekend of Light:

intergenerational worship, joy, and learning with our Musician-in-Residence

Eliana Light!

December 1-3

Friday, December 1

12:00-1:30 pm Lunch and learn

Making Services Spiritual: Crafting Communal Prayer

6:30 pm First Friday Family Shabbat featuring Eliana Light

Eliana joins with our clergy and Mount Zion choirs in a joyful, enthusiastic Shabbat service for all ages!

Saturday, December 2

10:30 am Special Tot Shabbat service!

Eliana leads a spirited song session and Shabbat celebration for our youngest kiddos and their adults!

6:00 pm “A Night of Light” Concert for adults

An interactive concert where Eliana invites the audience to be full participants, not just through singing, but through engaging with deep ideas, sacred text, and self-exploration. Using melodies old and new, we'll move from the brain to the heart, experimenting with calling out to G?d in song using different names, and singing pieces of our own liturgy that wrestle with the very concept of prayer. We'll start with drinks, desserts, and Havdalah. We can't wait to sing with you!

Sunday, December 3

11:00-11:45 am Program for parents/grandparents/guardians

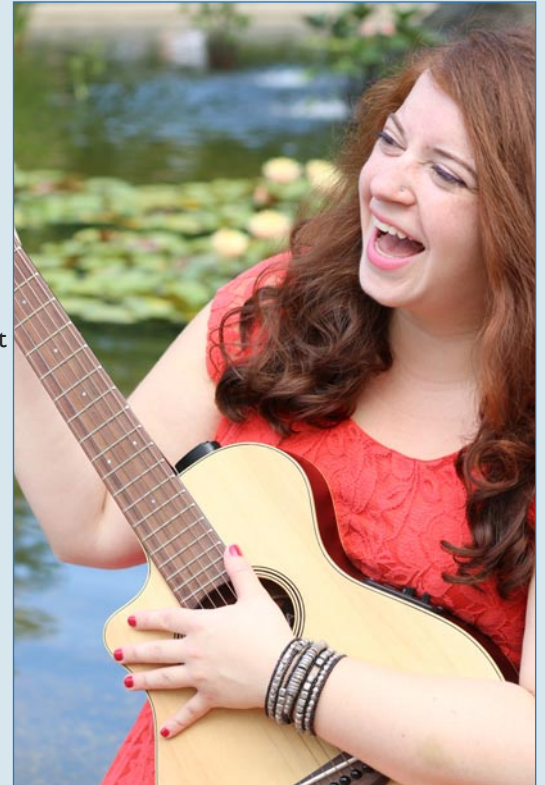
The G?d Gap: Why (not) Talking About G?d Matters

God is the central character of the Torah and the subject of our prayers, yet we don't often talk about what God is or how we relate to the Divine. Why does it matter, and where can we start? Together we'll put the “?” in G?d, expanding a limiting word and making room for our beliefs, struggles, and questions.

11:45-12:15 pm Religious School tefillah: Open to all!

Eliana joins our entire Religious School for a creative and experiential t'fillah!

Eliana Light envisions a joyful, vibrant, heart-centered Judaism that speaks to the soul and moves the spirit, reminding us that we all are One. Eliana believes in the power of t'fillah to change our lives, communities, and world, and is the founder of [the Light Lab](http://theLightLab.com), whose mission is to make Jewish liturgy and prayer practice accessible and meaningful to all seekers. Eliana has been a featured presenter and performer at the Union for Reform Judaism Biennial, Songleader Boot Camp, Hava Nashira, and Hebrew Union College, as well as 50+ federations, synagogues, camps, and communities. Her consulting work guides synagogues to discover the “why” of their prayer life, allowing them to offer deeper, more meaningful experiences to more people. She is a sought-after songwriter and performer of catchy, content-rich tunes for all ages.



To learn more about Eliana and hear samples of her music, go to: www.ElianaLight.com!

A Taste of Honey: An Introduction to Judaism

Mondays, Sept 11-Dec 18, 7-8:30 pm

(No class on Sept 25)

Member: \$36, Public: \$75

Rabbi Esther Adler - [Register online](#).

This course provides students with a basic understanding of Jewish practice and belief. Topics include Jewish history, life cycle, Shabbat, theology, home observance and more! For anyone interested in learning more about Judaism and/or thinking about conversion.



Building a Jewish Home, Creating a Jewish Family

Mondays, February 5, 12, 26, 7-8:30 pm

Rabbi Adam Stock Spilker

\$36 members/\$50 public per person

[Register online](#).



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?

Anshei Mitzvah (Adult B'nei Mitzvah) Class of 5785 (2025)

- If you never had the opportunity to stand up before your community and declare yourself...
- If you have chosen Judaism and want to strengthen your knowledge and deepen your commitment...
- If you are ready to learn to decode Hebrew and learn Trope...

Now is the time to become an Adult B'nei Mitzvah!

This is a two year process. The first year (2023-24) is individual preparation. The second year, we join together as a class, culminating in the Anshei Mitzvah service on Shabbat morning, May 31, 2025, just before Shavuot. After intensive study and preparation, you will lead the service, chant Torah, and share your wisdom with a D'var Torah or D'var Tefilah (interpretation of a Torah portion or prayer). If you are interested, please contact Rabbi Adler at eadler@mzion.org.

Learn Hebrew This Year!

Follow synagogue services, be more involved in your children's Jewish education, or simply enhance your own ties to Judaism.

Tuition (includes all materials): \$100 members/\$125 non-members (Minimum of five students).

Beginning Adult Hebrew

Taught by Siana Goodwin.

Learn the aleph-bet, the building blocks of written Hebrew. You will learn to recognize letters and begin basic reading, including parts of the Shabbat prayer book. [Register](#)

Wednesdays, 6:00 - 7:00 pm – Zoom

October 4 - December 20 (no class November 22)

Beginning Adult Hebrew, Part II

Taught by Siana Goodwin

This class is a continuation of the class above and is also appropriate for those who would like to review and strengthen their basic Hebrew. The focus is on building reading facility, primarily using our prayerbook. [Register](#).

Wednesdays, 6:00 - 7:00 pm – Zoom

January 3 - February 28 (no class February 14).

Torah at the Center...

Every week, three times to study Torah. Stop by anytime.
No experience/background necessary.

Torah Mondays

Rabbi Esther Adler

Mondays, 1:00-2:00 p.m. via Zoom

Brighten your Monday with this lively Torah discussion. We read through the text and commentaries, and respond with our own experiences, ideas, and events of the day. This Fall, we are beginning our study of the Book of Psalms. All are welcome, and no previous experience or registration is necessary. Join us from the link on our website (under "Featured Events").

Thursday: Genesis with Rashi

Rabbi Adam Stock Spilker

Thursdays, 12:00-1:00 p.m. via Zoom and monthly in person
Henson and Efron, 225 S. Sixth Street, Ste. 1600 in Mpls

Study the book of Genesis the way it has been studied for centuries, with the great commentator Rashi as our guide. Come once or regularly and enjoy the camaraderie of a chevra, the Talmudic way of learning with one's friends and colleagues.

Shabbat - Open Torah Study

Studying the weekly Torah portions with our Rabbis.

Saturdays, 9:00 - 10:00 a.m. In person and via Zoom

This weekly study group is open to regular attendees and those who are able to drop in once or periodically – people of all ages, knowledge, and background. Through reading and discussion of the weekly parashah/Torah portion, participants will learn the stories of Torah and make them come alive in their own lives.

Mussar at Mount Zion: Our Tenth Year!



Fall: Everyday Holiness Intro to Mussar

10 Sessions with Rabbi Esther Adler

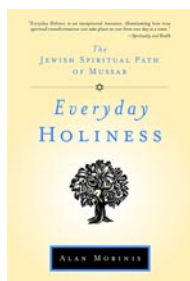
Every other Wednesday, Oct 11 - Feb. 14, 6:00 – 8:00 pm

Cost, including a book and materials: \$250. Generous scholarships are available. Please be in touch with Rabbi Adler at eadler@mzion.org for confidential assistance. [Register online.](#)

What is Mussar?

Mussar may best be described as “Jewish spiritual ethics” and has been practiced for centuries by people who sought to cultivate and strengthen the qualities of the inner mensch. This is the tenth year that Mussar has been offered at Mount Zion. Come join in small group study as we explore Jewish teachings on humility, patience, honor, and more and discover how we can improve these qualities in our own life. Conversations will be in a safe, supportive, exciting, and collaborative environment. We believe that these sessions will work for those just starting and those familiar with Mussar. There are no pre-requisites and knowledge of Hebrew is not required.

Through group discussion, text study, personal journaling, and spiritual exercises, group members will explore the traits of humility, truth, equanimity, honor, order, responsibility, patience, moderation, and trust. Real life practices/applications will be offered.



Spring: More Mussar

8 Sessions with Rabbi Esther Adler

Every other Wednesday, March 6 – May 29, 6:00 – 8:00 pm

Cost, including materials: \$225. Generous scholarships are available. Please be in touch with Rabbi Adler at eadler@mzion.org for confidential assistance.

This va'ad is for folks who have experienced at least one previous Mussar va'ad. We will use a new curriculum based on middot that arise from various Torah portions. [Register online.](#)

How did it all begin?

An astrophysicist and a rabbi look at the mysteries of creation.

October 8, 10:00 - 11:15 am

Begins with a complimentary brunch.

Sponsored by Mount Zion's Brotherhood and open to all.

Join Emeritus Professor Lawrence Rudnick and Rabbi Adam Stock Spilker as they explore the intersections between Jewish and scientific thought on the creation of everything — us, the Earth, the Universe. This interactive program will explore such questions as “how did it all begin?”, “what is our place in the Universe”, “how do we integrate scientific knowledge into our faith and spirituality?”



Professor Rudnick taught at the University of Minnesota for 42 years, and conducted research using radio, X-ray, infrared and optical telescopes on the ground and in space. He worked in many venues promoting the public understanding of science, including training K-12 teachers, appearing on public television's Newton's Apple, and helping build the Bell Museum of Natural History and Planetarium.



4th Annual Minnesota Multifaith Network (MnMN) Conference A Place of Welcome? A Multifaith Gathering on Practicing Hospitality in Minnesota

Thursday, November 9, 2-8 pm Gloria Dei Lutheran Church
700 Snelling Ave S, St Paul, MN 55116 or via Zoom

During this convening, leaders and practitioners of Minnesota's diverse religious communities, interfaith leaders, and young people will gather to discuss and celebrate how different religious and belief traditions practice hospitality. This event will culminate in a Langar meal prepared and served by the Sikh Society of Minnesota. Details and registration at mnmultifaith.org/2023-conference



Save the Date:

Mount Zion's Chanukah Shabbat Extravaganza!

Friday, December 8

5:30 pm – Food and Festivities

6:30 pm – Service

The First Night of Chanukah is Thursday, December 7 / 25 Kislev



Preparing for “Shabbat at Home”

A practical how-to with a touch of spirituality on how to host a Shabbat evening for friends and family.

Sunday, January 28, 11 am-12:15 pm - in person and parts via Zoom

Workshops (you will be able to choose two of the three):

1. The Meaning of “Kiddush” – a Text with Multiple Layers
2. Setting the Shabbat Table and Observance Options for the Shabbat Evening
3. How to Sing/Say the Blessings - *and what they mean*



World Without Genocide Events

Co-Sponsored by Mount Zion



Norway and Finland:

Standing Up with Ukraine for Democracy

Weds, October 11, 6:00-8:30 pm Norway House (913 E. Franklin Ave)
\$10 general public, \$5 students (over age 13, please) and seniors.

6:00-7:00 Exhibit, **Genocide and Justice: From Nuremberg to the International Criminal Court**, and cash bar/light Norwegian refreshments

7:00 Talk, Dr. Ellen Kennedy, **Genocide, War Crimes, and Supporting Ukraine's Democracy**

Write to Political Prisoners in Russia

Thurs, October 26, 6:00-8:00 pm at Mount Zion

The public is invited to write letters to prisoners detained in Russia. These letters maintain contact with prisoners, affirming democratic ideals and giving them hope. Prisoners who receive letters are treated better because guards know that the prisoners aren't alone. This event represents unity across borders, nationalities, civil society, faith institutions, and the arts to support prisoners of conscience and to stand up against injustice. There is no fee, materials are provided, Russian language skills are not required, and all are welcome.



Germany after the Holocaust: From Kristallnacht to Other Genocides

Thursday, November 9, 7:00-9:00 pm

Mitchell Hamline School of Law (875 Summit Avenue)

\$10 general public, \$5 students (over age 13, please) and seniors.

Speaker: Dr. Andrew Port, Author, *Never Again: Germans and Genocide After The Holocaust*

Readers' Theater Play, *Germans Who Saved Jews During the Holocaust*

Dessert reception and book-signing

The Art of Challah Braiding

January 18, 6:30 – 8:00 pm at Mount Zion

Learn the art of challah braiding and a little Torah with Rabbi Alexander Davis and Liz Rappaport from Beth El Synagogue. Bring your favorite apron and come ready to learn how to create beautiful challah braids in this hands-on workshop. Participants should plan to take home a challah that is ready to bake and enjoy!



The Cello Still Sings:

A Generational Story of the Holocaust and the Transformative Power of Music

Janet Horvath, Shabbat Pulpit Guest

Friday, April 26, 6:30 pm

Janet Horvath played Kol Nidre on cello at Mount Zion for many years. Horvath, associate principal cello of the Minnesota Orchestra (1980-2012), will speak during the Shabbat service about how she unearthed family secrets about her family's survival during the Holocaust. There will be a Q & A conversation during the oneg.



A sweeping history of three generations darkened by the long shadow of the Holocaust, **The Cello Still Sings** is a vivid, moving, and true story of personal discovery. The book contains humorous anecdotes as well as 60 historic photos including of the survivor orchestra in which Horvath's father played 200 morale boosting programs in DP camps from 1946-48, two with the legendary maestro Leonard Bernstein at the helm.

[Read more and order your copy of the book in advance!](#)

Meet EcoPeace in the Middle East

Working for peace through environmental justice.

Sunday, January 28, 10-11:30 am at Mount Zion and via Zoom
There will be a reception with light refreshments.

The Twin Cities Jewish Community has a chance to meet, via videoconference, Gidon Bromberg, co-founder and Israeli Director of EcoPeace in the Middle East. Rep. Frank Hornstein (D-Minneapolis), a longtime supporter of EcoPeace, will join in conversation with Gidon, and field questions from the audience. U.S. Rep. Dean Phillips, Ranking Member of the House Foreign Affairs Middle East, Northern Africa, and Central Asia Subcommittee, is among the invited guests.



EcoPeace in the Middle East is a non-governmental organization that was born in the optimism of the Oslo Accords in the mid-1990s, and features a one-of-a-kind organizational structure: Three Directors: an Israeli, A

Palestinian and a Jordanian, leading a 12-member board, four representatives for each people. The organization works on the basis of environmental self-interest for all of the parties, so that everyone is highly motivated.

RSVP to Joe Nathan at joe@centerforschoolchange.org or Jonathan Eisenthal at johnnyirondale@gmail.com. Please let them know if you would prefer a Zoom link.

Sponsors: Mount Zion Temple, JCRC of Minnesota and the Dakotas, and The St. Paul Jewish Federation.

SAVE THE DATE

Join us for the first
MZ Shabbaton

The weekend of
August 23-25, 2024



More information to come,
or scan the QR code to
receive updates!



27th Annual Jewish Retreat for Women Our Bodies, Our Souls: Shabbat Shira/Sabbath of Song

Friday Evening to Saturday Evening
Save the Date: **January 26-27, 2024**
at Dunrovin Retreat Center

More information to come, or scan the
QR code to receive updates!



*Our Bodies, Our Souls is made possible in part by a generous
donation from the Women of Mount Zion Temple.*

14th Annual

Men's Retreat

Save the Date: May 31 - June 2, 2024



The Center for Jewish Studies presents

Voicing Propaganda to Nazi Germany:

Annemarie Hase, a German-Jewish Refugee at the BBC

Wednesday, February 14, 7:30pm at Mount Zion

During the Second World War, the BBC employed dozens of German-speaking refugees – the vast majority of them Jews – to author, edit, compose and perform German-language propaganda broadcasts to listeners in Nazi Germany. One of these improbable psychological warriors was Annemarie Hase, a seasoned stage actor who became the unnamed voice of one of the most successful characters created for the BBC German Service in the war years – Frau Wernicke. This lecture tells the story of Hase's life as a refugee in London, focusing especially on her work at the BBC. It will explore what made Hase's propaganda broadcasts so effective and how the German public responded to her return to Germany shortly after the war had ended.



Sheer Ganor is Assistant Professor of History at the University of Minnesota, Twin Cities. A historian of German-speaking Jewry and modern Germany, her work focuses on the nexus of forced migration, memory and cultural identities. She is currently working on a book manuscript titled In Scattered Formation: German-speaking Jewry in Displacement which traces the emergence of a transnational diasporic network of Jewish refugees who escaped Nazi Germany and its annexed territories. Prior to joining the University of Minnesota, Sheer held a postdoctoral research fellowship at the German Historical Institute.

Sponsored by Mount Zion.

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

Teresa Matzek, *Iton Tziyon*, editor
 tmatzek@mzion.org
 Website: www.mzion.org

Please Invite Your Friends and Acquaintances to

Meet Mount Zion!

An Open House for Unaffiliated Jews in Our Community

Sunday, October 1, 11:00 am - 12:15 pm

See p. 9 for details.

High Holy Days

See p. 6-8

First Friday Family
 Shabbat Dinners

Beginning November 3.

See p. 16

MaZAL

Adult Learning Opportunities

See p. 17-23

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A Weekend of Light:

intergenerational worship, joy, and learning
 with our Musician-in-Residence

Eliana Light!
 December 1-3

See p. 19 for details.

