

MZ Small Groups are a part of  
**MZ Connect**

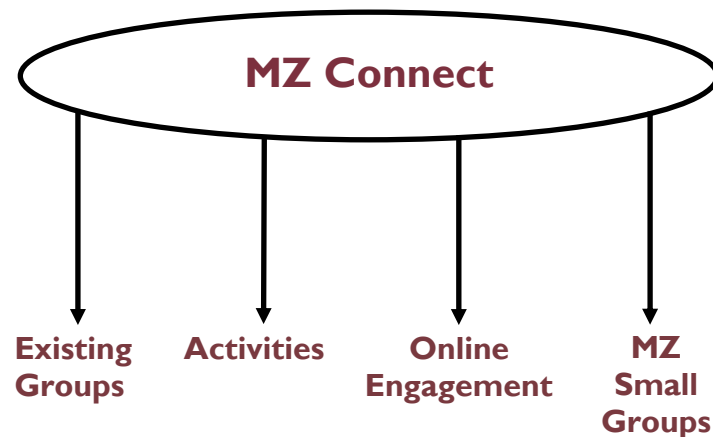
**Our New Portal for Online and  
In-Person Engagement**

**MZ Connect** is a way to connect to **existing groups** from Torah Study to Book Clubs, Worship Committee to Tzedek (Justice) Committee, Choir to Guitar Corps, Parents & Tots to Prime Timers, Women of Mount Zion Temple (Sisterhood) and Brotherhood.

**MZ Connect** is a way to connect to **existing activities** like chanting Torah, leading daily services, and volunteering for our homeless shelter – Project Home.

**MZ Connect** is a way to connect to other members **online** in conversation, sharing pictures and videos.

**MZ Connect** is also a way to join or create new gatherings through **MZ Small Groups**!



**Ask Questions or Find out More**

**Gabby Helf**

*Event and Engagement Coordinator*

ghelf@mzion.org | 651-698-3881

[mzion.org/connect/mz-small-groups](http://mzion.org/connect/mz-small-groups)



**Mount Zion Small Groups**  
is an engagement initiative of

**Mount Zion Temple**

1300 Summit Avenue, St. Paul, MN

[www.mzion.org](http://www.mzion.org)

# MZ Small Groups



**Better Together!**

## What are MZ Small Groups?

*Many of us yearn for enriching ways to spend time with others. Sometimes we desire events surrounded by our robust community. At other times, we want smaller settings.*

**MZ Small Groups** are a great way to get to know a small group of people. Formed around interests, needs, geography, life stage, or profession, they can be done in the home, in an office, or anywhere in the greater Twin Cities.

*Some groups might focus on a topic of support, learning, or a Jewish experience. Others might be about sports, making crafts, attending arts events, and more! It's up to you!*

Consisting of anywhere between 3-18 people, groups meet regularly, with the number, frequency, dates, and location of meetings determined by the group.

*Groups can include our members or friends. They are encouraged to meet at least four times a year. At the end of a year, they can either end or renew for another year. The group leader will be trained to facilitate positive group dynamics and to be sensitive to the needs of all participants.*

**These groups are designed to inspire us and transform our lives and the world around us, with deeper relationships and a greater experience of joy and meaning.**

## How Do I Join a Group?

- Go to [mzion.org/connect/mz-small-groups](http://mzion.org/connect/mz-small-groups) to browse current offerings.
- Find one that interests you and fill out the form to contact the Group Leader. Someone will get back to you within a few days.
- Didn't find the one you were looking for? Consider starting your own!
- Don't use a computer? Call Shai at 651-698-3881.

## How Do I Start a Group?

**MZ Small Groups** can be started by any Mount Zion member. **If you would like to lead a group, we are happy to offer you training, workshops, and ongoing coaching support. You'll never be alone in this process.** We will launch the first **MZ Small Groups** twice in Fall 2018, first in September and then in November. If you want to be a group leader, simply go to [mzion.org](http://mzion.org) and fill out the "Start a new group" form so that we can help you get started! Or contact Shai!



## Current MZ Small Groups

Bicycling Through the Twin Cities

Climate Action Small Groups

Conscious Aging Women's Circle (for women 55+)

Genealogy

Israel Book Club

Jews Go to the Woods

Long Live Rock!

Mixed Roots: Navigating the Interfaith Household

Mount Zion Artists' Circle

Musical Theater Group

Random Men Noshing

## What's your idea?

## Any questions?

## Want to join or start a group?

Contact our Event and Engagement Coordinator

**Gabby Helf** at 651-698-3881 / [ghelf@mzion.org](mailto:ghelf@mzion.org)

Or go to [mzion.org/connect/mz-small-groups](http://mzion.org/connect/mz-small-groups).



# Experience Community.