



How our Adult Education Program is Organized

Our adult education offerings are divided into three categories, corresponding to the three core values of Mount Zion's vision:

TORAH תורה

**Life-long Learning ♦
Sacred Texts ♦ Hebrew**

In this category, you will find courses, lectures, and discussions on Torah and other sacred Jewish literature. You will also find lessons at all levels in the Hebrew language through which we are best able to access these sacred texts.

AVODAH עבודה

Worship ♦ Liturgy ♦ Spirituality

Here you will find classes covering topics on religion and spirituality, including liturgy, life-cycles, theology, holiday rituals, and Jewish music and chanting. Through these offerings, we enrich our spirituality and the meaning of our worship services.

GEMILUT CHASADIM גמילות חסדים

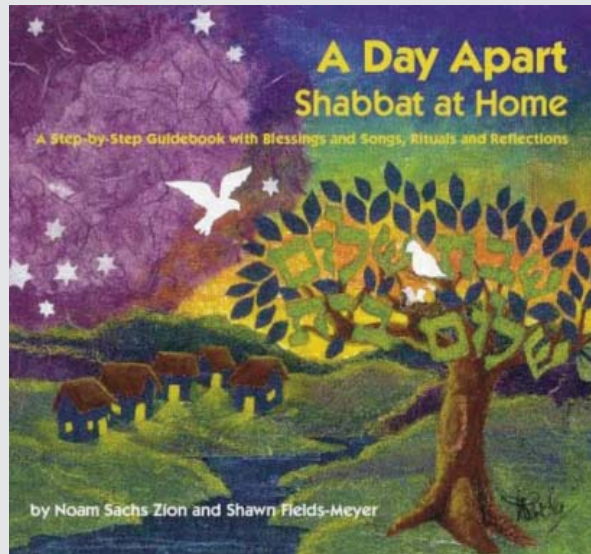
**Acts of Loving Kindness and
Justice ♦ Social Action ♦
Community Issues ♦
Culture & Israel**

In this grouping, we have gathered a variety of learning experiences from the treasure trove of Jewish culture, history, politics, and art, seeking ways to better connect to one another, to our spiritual home in Israel, and to the American society in which we live.

To register for any class, go to mzion.org or contact Julie at jbeckman@mzion.org

Inside this brochure are classes and one-time programs for all kinds of learners. Browse and find something that sparks your curiosity. More offerings are still being planned for the year.

Have you given Shabbat a Chance?



This book "A Day Apart" was given out at Rosh Hashanah. If you did not receive your copy (one per household), please let us know by contacting our office.

We will be teaching about Shabbat throughout the year. We will publish the dates of winter and spring classes in upcoming bulletins. During Shabbat services, congregants will share messages of what Shabbat means to them. In all of the teachings and outreach, we will be inviting you to create community in small groups and to ask for what you need to make Shabbat a meaningful day of rest, joy, and holiness.



On 11/11 – November 11
Don't come to Mount Zion for services!

See p. 4 for details.

Torah at the Center...

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

Torah Mondays

Rabbi Esther Adler

12:00-1:00 p.m. (ongoing)

Mount Zion Temple

Take a lunch break from your busy life and join this Torah discussion. We read through the text and commentaries, and respond with our own experiences, ideas, and events of the day to illuminate the intricate relationships that evolved among our ancestors. We are currently studying the weekly Haftarah portions.

Bring Your Lunch!

Thursday: Genesis with Rashi

Rabbi Adam Stock Spilker

12:00 - 1:00 p.m. (ongoing)

220 S. 6th St., Suite 1800 Minneapolis
 (US Bank Building)

Fill your spirit with food for the soul over lunch in a downtown conference room. 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 chevruta, the Talmudic way of learning with one's friends and colleagues.

Bring Your Lunch!

Shabbat-Open Torah Study

Studying the weekly Torah portions with our Rabbis.

9:00 - 10:00 a.m. (ongoing)

Mount Zion Temple

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.

Learn Hebrew This Year!

Follow synagogue services, be more involved in your children's Jewish education, or simply enhance your own ties to Judaism. To register for classes, go to mzion.org.

Tuition per class (includes all materials):

\$75 members/\$100 non-members (Minimum 5 students for all classes).

Beginning Adult Hebrew

Weds, October 26 - January 18, 6:00 - 7:15 p.m. (ten classes)

Taught by Kent Simon

Introduction to the aleph-bet, basic grammar and Hebrew roots. Acquire the tools to start decoding our Hebrew texts.

Beginning Adult Hebrew: Hebrew Reading Crash Course

Weds, January 4 - March 8, 4:30 - 5:45 p.m.

Taught by Siana Goodwin

Fast-track learning of the aleph-bet - basic Hebrew letters and sounds - in order to participate with the siddur and other Hebrew texts..

Hebrew Reading Practice

Sundays, January 8 - February 26, 10:00 - 11:00 a.m.

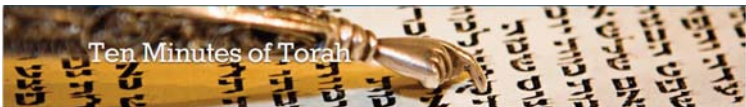
Taught by Siana Goodwin

For those familiar with the aleph-bet, we will be reading from the Tanakh, learning to recognize word roots and constructions and increasing familiarity with Hebrew words, phrases, and rhythms.

“The golden key to Jewish education is the Hebrew Language.”

– Hayyim Nahman Bialik,
Things Known by Heart, 1935.





Who? Reform Jews committed to having Judaism inform their daily lives. Congregational officers, board members, committee chairs and adult learners are encouraged to participate.

What? 10 minutes a day of personal connection to a Jewish text, issue or topic. Each day has a separate theme:

Monday - Reform Voices of Torah

Tuesday - Celebrating Jewish Arts and Culture

Wednesday - Israel Connections

Thursdays - Reform Life, Jewish Life

Friday - Weekly news updates

How? Each weekday morning (Monday-Friday) an e-mail will be delivered to your inbox for you to study at your convenience.

Study that Matches Your Lifestyle - Sign up at reformjudaism.org/sign-receive-ten-minutes-torah

TORAH ON THE WEB:

reformjudaism.org/learning/torah-study - An excellent commentary on the Torah portion.

reformjudaism.org/jewish-holidays/shabbat - The Reform Movement's weekly commentary designed to inspire discussions at your Shabbat table.

reformjudaism.org/learning/ten-minutes-torah - 10 Minutes of Torah - Receive weekly emails of Torah commentary and reflections on current events (see above).

myjewishlearning.com - Resource on everything from holidays to mysticism.

A Taste of Honey: An Introduction to Judaism

Member: \$36, Public: \$75

This class is offered every Fall.

Rabbi Esther Adler

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.



MUSSAR AT MOUNT ZION

2016-17 / 5776

DUE TO ITS GREAT SUCCESS OVER THE PAST TWO YEARS, WE ARE CONTINUING TO OFFER THIS POWERFUL JEWISH TRADITIONAL PATHWAY OF EXPLORING AND DISCOVERING THE SOUL. ARE YOU INTERESTED IN JOINING US?



NEW TO MUSSAR?

Seeking Everyday Holiness – This is the introductory class on Mussar. Through group discussion, text study, personal journaling, and spiritual practices, group members will explore the traits of *humility, truth, equanimity, honor, order, responsibility, patience, moderation, and trust*. There will also be webinars with inspiring Mussar teachers. **We are not offering this class in the Fall. If you are interested in taking “Seeking Everyday Holiness” in Spring or Fall 2017, contact Julie Beckman, jbeckman@mzion.org.** Class time will be decided based on participant schedules.

Cost? When offered, the fee per person – including a book and materials. We will offer a sliding scale. Choose the fee that feels most comfortable for you: \$54 (scholarship option) or \$118 (our true costs) or \$180 (sustainer option). Additional support is available from our clergy.

ALREADY HAVE BACKGROUND IN MUSSAR?

Adventures in Mussar – This class will meet the first and third Wednesdays, October through June. We will study the middot of *Compassion, Faith, Enthusiasm, Strength, Simplicity, Trust in God, Anger, Awe-Fear*. In the final month, participants will be guided to choose a middah unique to their individual soul curriculum.

When? Two options both facilitated by Julie Dean:

- 1. Wednesday mornings** (11-1 pm) – at Mount Zion
Oct. 5, 19; Nov. 2, 16; Dec. 7, 21; Jan. 4, 18; Feb. 1, 15; March 1, 15; April 5, 19; May 3, 17; June 7, 21. **A couple of spots are still available. Please contact Julie Dean at juldean@fastmail.fm to express your interest.**
- 2. Sundays** (4-6 pm) – in Uptown, **ALREADY FULL**
Oct. 9, 23; Nov. 6, 20; Dec. 4, 18; Jan. 15, 29; Feb. 12, 26; March 12, 26; April 9, 23; May 7, 21; June 4, 18

Cost? We are offering a sliding scale. Choose the fee that feels most comfortable for you: \$72 (scholarship option) or \$150 (our true costs) or \$218 (sustainer option). Sign up at mzion.org if you are already in these courses.



Building a Jewish Home, Creating a Jewish Family

Rabbi Adam Stock Spilker

Mondays, February 6, 13, and 20, 7:00-8:30 p.m.
\$36 members/\$50 public per person

A guided discussion for couples (same faith and interfaith) and for single heads of household exploring Jewish holidays, education, ethics and more.

What does it mean to have a “Jewish” home? This three-part class is for couples, at whatever stage of relationship -- whether same-faith or inter-faith -- who want an open and structured way to reflect. The emphasis of the class will be on each couple making the choices that are right for them 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?



Our Bodies, Our Souls

20th Annual Jewish Retreat for Women

Friday Evening to Saturday Evening
Save the Date: **January 20-21, 2017**

6th Annual
Men's Retreat

Save the Date: Friday-Sunday, **June 9 - 11, 2017**



Shabbat for the Soul (Shabbat Service)

Friday, October 28, 7:30 p.m. in Margolis Hall

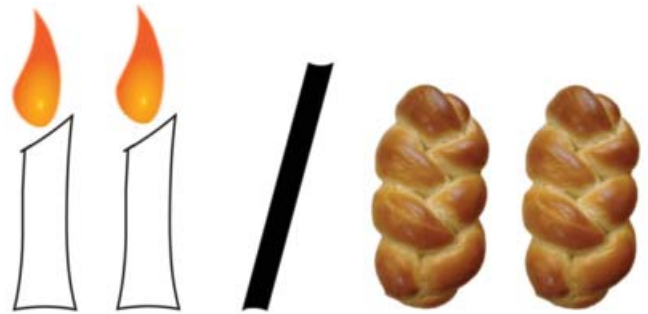
We will share Mussar teachings during our Shabbat for the Soul services through the year. These will take place in Margolis Hall; the open space allows for a more intimate and meditative service.

Future dates: Fridays: December 16, March 17, May 26
Saturday: February 25, 10 a.m.

On 11/11 – November 11

Don't come to Mount Zion for services!*

Instead, celebrate Shabbat...at Home



SHABBAT AT HOME

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. **Let us know** if you have room at your table or if you would like to be hosted. We would love to help make connections for you. We also have congregants who can help you with any meal ideas or how to lead Shabbat blessings. **If you are participating in any way, please let us know through our website www.mzion.org or by contacting Ellen Konstan ellen.konstan@gmail.com, 651-698-5754.** On the website, there are also sample recipes and music and blessings. If Shabbat evening does not work for any reason, feel free to consider some time during the rest of Shabbat. There is a traditional time called “Seudah Shlishit”, a third meal that takes place Shabbat late afternoon and concludes with Havdalah.

Shabbat at Home has been a beloved annual tradition at Mount Zion.

This year as we focus on Shabbat as a congregation, we will have Shabbat at Home twice.

The second date is February 24.

Of course, any Shabbat can be a Shabbat at home, so feel free to enjoy whenever you can.

**There will be a brief Shabbat service on Nov 11 at 5:45pm in the Harris Chapel for all interested.*



SHALOM HARTMAN INSTITUTE מכון
OF NORTH AMERICA שלום הרטמן

Engaging Israel: Jewish Values and the Israeli-Palestinian Conflict

A Hartman Institute Lecture & Study Series
Led by Rabbi Adam Stock Spilker

Through video lectures, text study, and lively group discussion, we are pleased to bring the world-renowned faculty of the Shalom Hartman Institute from Jerusalem into the Mount Zion community this year.

iEngage: Jewish Values and the Israeli-Palestinian Conflict explores one of the most divisive issues affecting the Jewish people today: the Israeli-Palestinian conflict. Through the study of Jewish narratives about Israel and the unpacking of the complex meanings of peace in Jewish tradition, participants are invited to explore the ideas and values that animate different attitudes toward the conflict and how these values shape their own political understandings. Though a shared political platform may not be attainable, this course strives to achieve a shared respect for our differences.

Together we will engage in a new values-based discourse about Israel, including topics such as: Living with Difference, the Israel We Imagine, Jewish Narratives of Peace, Attitudes Towards the Land, Justice, Self-Preservation, Compromise, and the Idea of Jewish Exceptionalism.

Each session includes text study and discussion led by Rabbi Spilker, and video lecture and interviews with leading Hartman scholars.

DATES: Mondays, 7-9 pm. Oct 24, Nov 28, Dec 12, Jan 9, Feb 27, Mar 27, Apr 24, May 22, Jun 12 - All sessions at Mount Zion.

COST: \$36/Mount Zion members; \$72/Public; *Tuition is for the entire series. Each session is a stand-alone class; please attend as many as you are able.*

REGISTER: At mzion.org under *Learning > Adult Learning* or call 651-698-3881.

February 3-5, 2017 - Mount Zion Temple
Inclusion in the Jewish Community

PAMELA SCHULLER
Inclusion Advocate and Comedian

"Inclusion is not about what we CAN'T do because people with special needs are a part of our community. Inclusion is about what we GET to do, because we build and grow with every member." - Pamela Schuller



Chant the Torah!



Chanting of Torah has always been one of the foremost ways to transmit our tradition. Participants are encouraged to chant at future Shabbat and Festival morning services. If interested, contact Cantor Strauss-Klein at jstraussklein@mzion.org.

Great Expectations: A Program for Expecting Parents

Cantor Jennifer Strauss-Klein



Great Expectations is an opportunity for expectant individuals and couples to meet in an intimate setting for a Jewish perspective on pregnancy, birth, baby namings, bris and what it means to be a new parent. It is a chance to share their concerns, questions and ideas as well as get advice about prayers to bring to the hospital, Hebrew names, and ways to connect to the synagogue and Judaism with their new families. If interested, please contact Cantor Strauss-Klein at jstraussklein@mzion.org.

*The 16th Annual Twin Cities Jewish Community Conference
 on Mental Health*

Forecast: Resilience – Weathering Life's Storms

Sunday, October 23, 9:30 a.m. - 3:30 p.m.
 at Temple Israel (2324 Emerson Ave. S., Minneapolis)
Mount Zion is a co-sponsor of this event.



Featuring KSTP-TV Meteorologist Ken Barlow
talking about living with bipolar disorder

- 21 workshops to choose from
- Free kosher box lunch with registration by October 7
- Free transportation from St. Paul JCC on request
 - ASL interpretation during keynote session

Register by October 7 at jfcsmpls.org or call 651-698-0767.

The Mental Health Education Project strives to raise awareness of mental health issues, provide support for individuals and families, offer education on topics affecting all ages, and develop training for people who work with mental health issues. Much of this work is done through an annual conference on mental health offered each fall. The conference is free and open to all. The Mental Health Education Project is a collaboration of JFCS and Jewish Family Service of St. Paul.

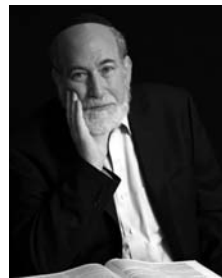


The Twin Cities Jewish Book Series presents

Rabbi Joseph Telushkin

Thursday, April 27, 7:00 p.m.

Location: St. Paul JCC, 1375 St. Paul Ave., St. Paul
 Tickets: \$18 general admission, \$12 for JCC Members and Mount Zion Members (advance purchase only).
 Tickets available at stpauljcc.org or 651 698-0751.



Joseph Telushkin is a rabbi, scholar, and the bestselling author of eighteen books, including *The Book of Jewish Values*, *Hillel*, and *Jewish Literacy*. Rabbi Telushkin serves as a Senior Associate of the National Jewish Center for Learning and Leadership, on the Board of Directors of the Jewish Book Council, and as spiritual leader of the Synagogue for the Performing Arts in Los Angeles. Join the Twin

Cities community as Rabbi Telushkin presents two new books; *Why the Jews: The Reason for Antisemitism*, *the Most Accurate Predictor of Human Evil* and *Rebbe: The Life and Teachings of Menachem M. Schneerson, The Most Influential Rabbi in Modern History*.

Israel Book Discussions

Meet in the Mount Zion Library

Join us for an engaging conversation about Israeli life through its literature. Even if you cannot read the book in advance, you are welcome. Questions? Contact Charles at CSFodor@aol.com or Jonathan at jkeisenthal@comcast.net.

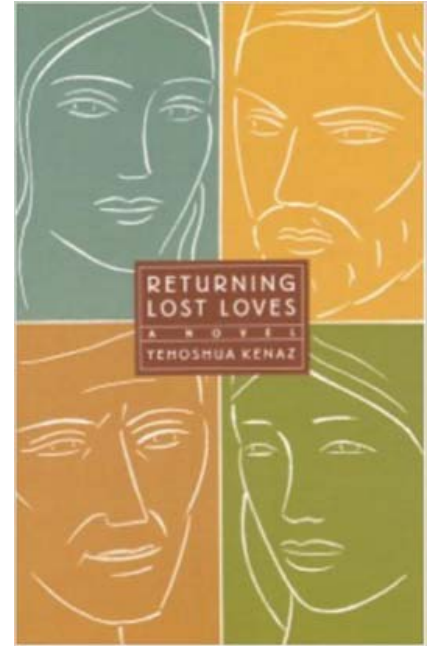
Returning Lost Loves by Yehoshua Kehaz

Monday, November 7, 7:00 p.m.

This imaginative novel transcends time and place as it depicts three generations of the inhabitants of a rural village in Israel—from the four immigrants pioneering a new life in a new land, to their grandson Baruch, who reflects on the past with nostalgia, curiosity, and ambivalence.

Schedule for the Year Meetings begin at 7 p.m.

- January 9: *Rabin: Our Life, His Legacy*, by Leah Rabin
- March 6: *Mossad: Greatest Missions of the Israeli Secret Service*, by Michael Bar-Zohar
- May 8: *Catch the Jew*, by Tuvia Tenenbom
- July 10: *Let There Be Water*, by Seth M. Siegel
- September 11: *The Missing File*, by Dror Mishani
- November 6: *The Hilltop*, by Assaf Gavron



Center for Jewish Studies Community Lecture Series Presents

Rascals, Fugitives, and Gentlemen: The Hidden History of Jews and Photojournalism

Michael Berkowitz, University College London
Tuesday, February 7, 7:30 p.m. at Mount Zion Temple

In this richly illustrated lecture, Michael Berkowitz will address a critical period for journalism when a disproportionate share of press photographers, as well as editors, art editors, and picture-agency heads were of Jewish origins from 1918 to 1951. Photojournalism, from the late 1920s onward, became an especially attractive livelihood for refugees without work permits. The presentation focuses on extraordinarily talented and colorful personalities including Erich Salomon, Stefan Lorant, Gisele Freund, Robert Capa, Gerda Taro, and Yva, who profoundly shaped the visual culture of the modern world.



Professor Berkowitz, a native of Rochester, New York, received his BA from Hobart College (Geneva, New York) and his MA and PhD from the University of Wisconsin (Madison). At Wisconsin he studied under the late George L. Mosse. Professor Berkowitz's current work is on the engagement of Jews and photography. He is preparing a book tentatively entitled 'Jews and Photography in Britain: Connections and Developments, 1850 - 2007'. Presentations based on ongoing research focus on Jewish networks in the field of radiography, the invention of Kodachrome, the history of photojournalism, and a reconsideration of the career of Helmut Gernsheim.

Co-sponsors: Department of History, Center for Holocaust & Genocide Studies (CHGS) and Mount Zion Temple.

Hineni:

A Center for Adult Jewish Learning and Contemplative Practices at the Talmud Torah of St. Paul

Hineni believes that engaging with Jewish teachings and practices challenges the mind, inspires the imagination, touches the soul, enriching individuals, communities, and the world. Hineni offers many classes, deep learning, and spiritual direction. More details at ttsp.org/hineni/our_program



Jewish Federation of Greater St. Paul presents

From the Law Books to the Battlefield

Thursday, October 20 at the St. Paul JCC (1375 St. Paul Ave.)
7 p.m. Reception in the Sukkah / **7:30 p.m.** Presentation
Featuring Gadi Ezra, named to *Forbes Israel* "30 Under 30" list of influential young leaders

Gadi Ezra will present his unique perspective as a human rights attorney and an Israeli soldier when he speaks on "From the Law Books to the Battlefield." Drawing from his personal experience as well as his background as a human rights lawyer, he will examine the complexities of applying the laws of warfare in actual combat, illustrating modern challenges using first-hand experiences. He will look at the difficult dilemmas soldiers face in modern warfare and the high standards applied in the IDF despite gaps in the law.



Registration required by Wednesday, Oct. 19. To RSVP, contact Dan Mogelson at dmogelson@stpaulfed.org.

conversation sabbath

November 11–20 | #ConvoSabbath

Birth is a beginning and death a destination. Have you had The Conversation?

Who will make decisions about your end-of-life care? Is it going to be a doctor you've never met? An EMT or an ICU nurse? Or will it be you, deciding for yourself, with the people you love?

90% of people say that talking with their loved ones about end-of-life care is important
But 27% have actually done so

80% say that if seriously ill they would want to talk with their doctor about end-of-life care
But 7% report having had an end-of-life discussion with their doctor

Mount Zion is participating in "Conversation Sabbath" on Shabbat, **November 18th** to help everyone in our community have *The Conversation* with family, friends, doctors, and clergy about how we want to live at the end of our life.

Friday, November 18:

5:45 pm **Food before the Thought**

6:15 pm **Food for Thought:** Dr. Howard Epstein will lead a practical workshop on "**How to talk with your doctor about end-of-life care.**" *Dr. Epstein, a member of Mount Zion, has 15 years' experience as a Hospice and Palliative Medicine physician and is now Chief Medical Officer of PreferredOne Administrative Services.*

7:30 pm **Shabbat Services** including Rabbi Spilker's sermon on "We say: "Choose life", why do we need The Conversation now?"

We are proud to be a part of this unifying celebration that honors life even as it acknowledges the reality of our mortality. *The Conversation Project* is a nonprofit organization, which works to ensure that everyone's wishes for end-of-life care are expressed and respected. For more information, visit www.theconversationproject.org and follow live conversations about Conversation Sabbath online on Facebook, Instagram and Twitter using hashtag #ConvoSabbath.