

# The Faces of Mussar

With a core Mussar\* teaching that touched their hearts.



Kate Cavett



*"Striving for equanimity helps me respond to my life with gratitude, kindness and compassion. Sometimes I manage it, for a while. Then something shakes me and my balance wobbles. Then I take a deep breath and seek balance again."*  
—The Velveteen Rabbi (velveteenrabbi.com)

Mandy Roll-Kuhne



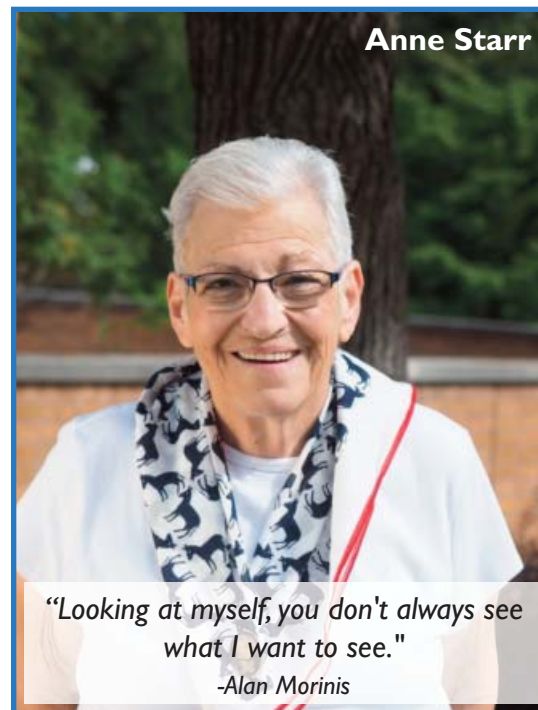
*"When we imitate God's great traits in our own life, this doesn't make us more divine, it just elevates who we already are to the highest potential."*  
— Alan Morinis

Gail Gendler

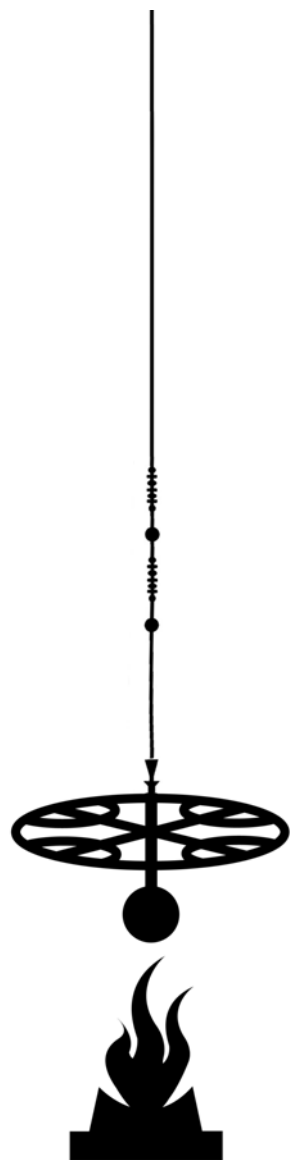


*"Giving thanks can become a flow that waters the fields of life."*  
—Alan Morinis

Anne Starr



*"Looking at myself, you don't always see what I want to see."*  
—Alan Morinis



ITON TZIYON

עֵתוֹן צִיּוֹן

*The Newsletter of  
Mount Zion Temple*

January/February 2016  
Tevet/Shevat/Adar I 5776  
Vol. 160, No. 3

\*Mussar is Hebrew for "instruction". It is a treasury of Jewish teachings and practices that have evolved over the past thousand years. Its purpose is to help us live more intentionally, both ethically and spiritually.

Photos by Phil Goldman

## Panim el Panim

Connecting Face to Face  
פְּנִים אֶל פְּנִים

# L'DOR VADOR

FROM GENERATION TO GENERATION

## MAZEL TOV TO...

Our members who will celebrate a milestone anniversary in January/February: **Matt & Jennifer Coleman, Douglas & Megan Mogelson, Ed & Sandy Abramson, David & Suanne Orenstein, Steve & Jenn Feiges, Steve and Erin Chortek** on the birth of their daughter, *Evelyn*, on October 24.

### ZICHRONAM LIVRACHA...

*May their memories be a blessing*

*We note with sorrow the passing of our members:*

#### Dorothy Brodie

*Our condolences to her family, including her husband, Al Brodie.*

#### Phyllis Major

*Our condolences to her family, including her son Lennie (Helen) Major.*

### WE EXTEND CONDOLENCES TO...

**Karol (Tony) Berliner** on the death of her mother, Bertha "Mimi" Sniderman, on November 30.

**Fred Haeusler (Leslie Martin)** on the death of his mother, *Lisesolotte "Lilo" Haeusler*, on November 20.

**Joe (Carrie) Kahn** on the death of his sister, *Sylia Spitz*, on December 15.

**Shelley (Joe) Rothstein** on the death of her father, *Dennis Reed Carlson*, on November 25.

**Cantor Rachel (Rabbi Adam) Stock Spilker** on the death of her father, *David Stock*, on November 2.

**Esther (Harvey) Winthrop** on the death of her sister, and Laura (Dan) Zelle on the death of her mother, *Mary Calof*, on November 24.

*May God grant peace to all who mourn and comfort to all who are bereaved.*

**WELCOME...B'RUCHIM HA'BAIM...  
TO OUR NEW MEMBER!**

**Stephanie Wolkin**

### An Invitation for New Members!

## New Member Havdalah

**Saturday, January 30, 4:30 – 6 p.m.**

Joe and Ellen Konstan's House



Please come to Joe and Ellen's home for a special Havdalah with clergy and staff, temple leadership, and members who joined Mount Zion in 2015/16. Together, we will celebrate the transition from Shabbat to the new week, and from strangers to friends. Child care will be provided. Parking is available in the William Mitchell Law School parking lot on the corner of Victoria and Summit. RSVP at [mzion.nirsham.com](http://mzion.nirsham.com) by Wed, Jan. 23. Questions? Contact Betsy at [elberest@gmail.com](mailto:elberest@gmail.com).

# LETTER FROM THE RABBI

## On the Journey of Sabbatical



On December 28<sup>th</sup>, with fully loaded van and U-Haul, with kids and dog in tow, we left St. Paul and drove to Waltham, Massachusetts, stopping along the way to see family and friends in Chicago, Pittsburgh and New York. The greater Boston area will be our home for the next six months of sabbatical. We will be in an apartment walking distance from Rachel's brother Jeff, his wife Hollis (both also cantors) and their two kids. Our son Liam will attend the Reform movement's Jewish Day School called "Rashi" along with his cousins and other friends from OSRUI. Our daughter Mirit will attend a school she attends each summer on Cape Cod and Eiden is enjoying his gap year abroad before starting college next fall. Molly, our labradoodle, will adjust to apartment life!

Rachel has many plans during her leave. She will begin a two year "Clergy Leadership Program" through the Institute of Jewish Spirituality including a week-long retreat in California. In Boston, she will be Scholar-in-Residence at *Mayyim Hayyim* [mayyimhayyim.org](http://mayyimhayyim.org), the flagship liberal *mikvah* (ritual bath) and spirituality center founded by Anita Diamant, author of *The Red Tent*. Some of you will see her in January at *Our Bodies, Our Souls*, our Mount Zion women's retreat, and in March as she lead's Mount Zion's mission to Cuba. (I will come along as spousal support!) Rachel plans also to take classes at Hebrew College in Newton, a center for "Jewish learning and leadership in a pluralistic world" and to continue her involvement with Sisterhood of Salaam Shalom, the Muslim and Jewish women's group she has become active in locally.

I am looking forward to my second sabbatical. I am grateful beyond words for this opportunity for restoration and renewal. I have no doubt that what I gain, you too will gain

*Cont. on p. 5*

## Mount Zion Honored as an Exemplar Congregation for Disability Inclusion



*At the Reform Movement Biennial in Orlando, FL in December, Mount Zion was recognized for our disability accessibility and inclusion efforts with an Exemplar Congregation award. All thirteen Mount Zion delegates attended the ceremony. L to R (top row): Stephanie Fink (past Mount Zion Religious School Director and current URJ staff member), Ruth Garner (Sisterhood co-President), Sheri Frisque (Sisterhood co-President), Tom Marver, Judi Marshall (Caring Community Director), Bob Mast (Past President), Gail Gendler (Past Sisterhood President), Dan Rybeck (President), Robert Garfinkle (VP), Beth Zwick (Senior Program Officer of the Ruderman Family Foundation), Rabbi Rick Jacobs (President of the URJ (Union for Reform Judaism)). L to R (bottom row): Edith Pang, Brian Serle (Brotherhood President), Steve Levin (Treasurer), Lexi Hilton (SPORTY President), Allyson Perling (Chair, Accessibility Inclusion Working Group), Rabbi Jacobs presented the award and said, "No child, no teen, no adult shall ever be left outside of the embrace of our community." See p. 17 for more on our inclusion efforts.*

# MAKE SHABBAT YOUR SANCTUARY



## Don't come to Mount Zion for Services on Friday, February 12

For this one Friday night, we don't want to see you at temple! Instead, dozens of congregants will be inviting all members of the congregation to their homes for Shabbat dinner. Want to be a host? Want to be a guest? To sign up, go to [mzion.org](http://mzion.org) or contact Ellen Konstan at 651-698-5754 or [ellen.konstan@gmail.com](mailto:ellen.konstan@gmail.com). Please sign up by Friday, February 5 to ensure we have a place for everyone.

## "Shabbat at Home"\*

Friday, February 12

\*There will be a brief service on this night at 5:45 p.m. in the Harris Chapel.

## Spend Shabbat with Friends!

### Congregational Shabbat Dinner

March 4, Dinner: 5 p.m.; Service: 6:30 p.m.

Cost (subsidized): \$10 adults; \$6 kids (13 and under)

*This Shabbat Dinner has been generously subsidized by Mount Zion's Brotherhood.\**



Register online at [www.mzion.nirsham.com/events](http://www.mzion.nirsham.com/events). For more information, contact Jennifer at [jbaddin@mzion.org](mailto:jbaddin@mzion.org) or 651-698-3881.

*\*Keeping our dinners affordable is a goal because they are opportunities for community building and celebrating Jewishly together. We are grateful for Brotherhood's support. We are also seeking individual donors for future dinners; please be in touch with Larry ([Isolomon@mzion.org](mailto:Isolomon@mzion.org)) if you'd like to help.*

## Daily Service Schedule

Daily services are held in the Harris Chapel, *Monday through Thursday at 5:45 p.m., Sundays at 9:30 a.m.*

### January

**Mondays:** Patrick Zimmerman, Janet Kampf, Rich Hefferan

**Tuesdays:** John Mast, Sheri Frisque, Elliot Krelitz

**Wednesdays:** Eric Lund, Stuart Appelbaum, Jean King Appelbaum

**Thursdays:** Rita Grossman, Mitch and Sally Rubinstein

**Sundays:** Rita Grossman, Anne and Kurt Schaeffer, Ray Sevett, Lindsay Nauen, Gloria Levin

### February

**Mondays:** Patrick Zimmerman, Batya Spector, Phil Goldman

**Tuesdays:** John Mast, Brian Serle, Victor Vital

**Wednesdays:** Eric Lund, Siana Goodwin, Margie Abrahamson

**Thursdays:** Rita Grossman, Sally Glick, Deb Bachrach

**Sundays:** Rita Grossman, Gloria Levin, Lindsay Nauen, Anne and Kurt Schaeffer, Ray Sevett

If you would like to participate in Leading or Greeting at daily services, contact Janet 651-482-9951 or Charles 651-646-6543.

## JANUARY

### FRIDAY SHABBAT EVENING SERVICES

January 1, 6:30 p.m.

Celebrate Shabbat!

January 8, 7:30 p.m.

Professional Choir

Pulpit Guest: Marilyn Salmon (see p. 6)

January 15, 7:30 p.m.

Food for Thought (see p. 6)

Pulpit Guest: Rev. Danny Givens

Birthday Blessings

Guitar Corps

January 22, 7:30 p.m.

Celebrate Shabbat!

January 29, 7:30 p.m.

Tu BiSh'vat (in Margolis Hall)

Torah Tones & Guitar Corps Participate

### SATURDAY SHABBAT MORNING SERVICES

January 2, 10:00 a.m.

*Sh'mot - Ex. 4:18-6:1\**

Celebrate Shabbat

January 9, 10:00 a.m.

*Vaera - Ex. 8:16-9:35\**

Celebrate Shabbat!

January 16, 10:00 a.m.

*Bo - Ex. 12:29-13:16\**

Lizzie Kristal, Bat Mitzvah

January 23, 10:00 a.m.

*Beshallah - Ex. 14:26-17:16\**

Shabbat Shira - Song of the Sea

January 30, 10:00 a.m.

*Yitro - Ex. 19:1-20:26\**

Celebrate Shabbat!

## FEBRUARY

### FRIDAY SHABBAT EVENING SERVICES

February 5, 6:30 p.m.

Shir Tzion Participates

Soul Food Friday, 7:15 p.m. (p. 18)

February 12

Shabbat at Home

Brief Service, 5:45 p.m.

February 19, 7:30 p.m.

Food for Thought (see p.15)

SPORTY/Teen Service

Birthday Blessings

Shir Chants & Guitar Corps Participate

February 26, 7:30 p.m.

Pulpit Guest: Joan Ostrove (see p. 17)

Torah Tones Participates

### SATURDAY SHABBAT MORNING SERVICES

February 6, 10:00 a.m.

*Mishpatim - Ex. 23:20-24:18\**

Samuel Steinhacker, Bar Mitzvah

February 13, 10:00 a.m.

*Terumah - Ex. 26:31-27:19\**

Celebrate Shabbat!

February 20, 10:00 a.m.

*Tetzaveh - Ex. 29:19-30:10\**

Abby & Ellie Long, B'not Mitzvah

February 27, 10:00 a.m.

*Ki Tisa - Ex. 33:12-34:35\**

Jacob Damro, Bar Mitzvah

## Tu BiSh'vat - Friday, January 29 7:30 p.m. Seder and Shabbat Service

Several centuries ago, mystics in Eretz Israel created the custom of holding a Tu Bishvat seder, modeled after the Passover seder, to celebrate the New Year of the Trees. We celebrate trees and nature while enjoying the food and drink we get from them - nuts, fruit, carob candy and special combinations of red and white wine. *Sponsored by Mount Zion Sisterhood.*

# May the old be renewed, and may the new become holy.

-Rav Kook



This quote may be short, but it is profound to me. The old can become new by being rediscovered, reinvented, or refashioned. The new can be holy when it is authentic and touches in some way the Divine inherent in life.

The tension between the old and the new is a familiar one in Jewish music. Everyone wants to hear the “traditional” *L’cha Dodi* or the *V’shamru* they

grew up with. These tunes feel like they are *miSinai*, from Sinai. How can we feel comfortable praying without them?

What does it mean to learn and adapt to new tunes, especially those written by living composers? It takes an openness to the new, to the potentially holy. For some of us, it means hearing and singing tunes by contemporary songwriters like Josh Nelson, Rick Recht, and Ellen Alard. For others, it takes hearing music that is more complex and maybe even challenging. Music that is accessible reflects the imminence of God; music that is sophisticated can touch the transcendent nature of God.

As most of you know, my father, David Stock, died in November. He was a passionate composer, educator, and promoter of New Music. For sure he loved the classics, but he also believed that concert music doesn’t have to be restricted to that which was written in the 18<sup>th</sup> or 19<sup>th</sup> Century. He said that going to the symphony doesn’t have to be like going to a museum — music is a living, ever-evolving art form. He also believed that new music expands beyond pop. It is possible to touch people’s souls through high level, intricate sounds. As Jewish composer Sam Adler put it – we don’t have to “dumb down” our music when many of the people who are listening to it are so highly educated.

I also believe in the power of pop music and the space for simple, accessible melodies. I was also raised to value the importance of sophisticated arrangements of straightforward tunes as well as cutting

edge compositions that feel sacred, whether sung communally or rendered chorally. Some of this new Jewish music is meant for the concert hall, not only the sanctuary.

My father wrote many concert pieces. His Jewish identity was a foundation for many of his compositions. As he said, “Somewhere along the way, I changed from being a composer who was Jewish to being a Jewish composer.” He wrote many lifecycle songs for our family, liturgical music, and concert pieces with Jewish themes and musical motifs. One of many examples is his piece *A Vanished World* - written for flute, harp, viola, and chamber ensemble - about the Jewish communities of Eastern Europe who fell to the Nazis. Throughout this piece is woven the tune of what many of us know as the “traditional” *Shalom Aleichem*. May the old be renewed, and may the new become holy.

Go to [mzion.org](http://mzion.org) (under “News” on the homepage) to hear a recording of *A Vanished World*.

There are many living or recent Jewish composers who have written settings for Jewish prayers and texts, whether for services or for symphonies and vocal or instrumental combinations. For samples of pieces, both liturgical and not, by some of those composers (and there are many, many more!) go to [mzion.org](http://mzion.org).

I hope you will have an opportunity to listen to some of the pieces linked here. As a diverse movement, it is important for us to hold onto the “traditional,” be open to the “new,” enjoy the wonderful pop-style songs being written today, and explore cutting-edge pieces by modern composers. May the old be renewed, and may the new become holy.

B’shira,

*Rachel Stock Spilker, Cantor*

## Trope Troupe

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

**Todah Rabah to our November/December Ba’alei Korei (chanting Torah):** *Lys Akerman-Frank, Todd Dreyfus, Brad Elkin, Josh Gitelson, Siana Goodwin, Elise Knopf, Laura Magel, John Mast, Amy Moore, Kent Simon, Batya Spector, Peter Zelle*

**Todah Rabah to our November/December Ba’alei Haftarah (chanting Haftarah):** *Karen Gjerstad, Sally Glick, Siana Goodwin*

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

## Our Bodies, Our Souls 2016

*19th Annual Jewish Retreat for Women  
Sponsored by Mount Zion Sisterhood*

### In the image: Jewish Women and Art

Friday Evening to Saturday Evening  
**January 22-23**

At Dunrovin Retreat Center (Marine on St. Croix)

Register at: [mzion.nirsham.com/form/obos2016](http://mzion.nirsham.com/form/obos2016)  
**Final registration deadline is January 13.**

## FROM THE PRESIDENT



Please join me in wishing Rabbi and Cantor Spilker and their family the best as they embark on their journey to the Boston area, Rabbi Spilker on sabbatical and Cantor Spilker on leave. On behalf of the entire congregation, I wish them a safe and productive time away. We are truly blessed to be able to provide our clergy this opportunity for reflection, replenishment and renewal. [Please read the Rabbi's column to learn more about their plans and for insights into what we can expect upon their return in July.]

To re-cap the plan that was outlined in the congregational letter announcing the sabbatical:

- Rabbi Adler will cover most rabbinic duties with lay leaders assisting as needed
- Life cycle events, including Bar and Bat Mitzvahs, will be officiated by Rabbi Adler and Cantor Strauss-Klein with area clergy and lay leaders assisting as needed.
- Cantor Seeger will lead Shir Tzion and cover half of B'nei Mitzvah tutoring
- Rabbi Alan Shavit-Lonstein will lead the weekly Rashi study group
- Religious school and youth engagement activities will continue per normal under Sue Summit and Liza Henry's leadership
- Mount Zion staff responsibilities will continue per normal under Larry Solomon's leadership

On a practical note, similar to when Rabbi and Cantor Spilker were on sabbatical in Israel, they will not be available via Mount Zion's phone or e-mail messaging systems. You will receive an automatic response that directs you to an alternate contact. As well, Julie Beckman, our Rabbis' and Cantors' Assistant, is always available to help you schedule time with our clergy.

However, some things will not change during the sabbatical period. We will continue to aspire to our vision of a thriving, welcoming and vibrant Jewish spiritual home for all of our congregants. A special "thank-you" to Rabbi Spilker for preparing us for the next six months so well and all the clergy, staff, and lay leaders who will be stepping up during the sabbatical.

We are confident that most of the contingencies have been addressed, but the Mount Zion community is a complex organism. If you have any questions or concerns about the sabbatical and how it may impact your experience of Temple life, please contact me at any time to discuss ([danrybeck@comcast.net](mailto:danrybeck@comcast.net)).

*Dan Rybeck, President*



### Tot Shabbat

*Tot Shabbat is the second Saturday of every month. For families with children from birth to seven years old.*

This year, we will be learning about the "middah (value) of the month." Each Tot Shabbat we will focus on a **middah** that relates to the holiday or parasha (weekly Torah portion).

**Tu BiSh'vat (Responsibility)**  
Saturday, January 9, 10:30 a.m.

**Terumah (Generosity)**  
Saturday, February 13, 10:30 a.m.

**Please bring a healthy, nut-free vegetarian dish to share.**

## Letter from the Rabbi (continued)

when I return and share my learning. I believe that I will be a better rabbi because of the generosity of Mount Zion's lay leadership who made this sabbatical possible. I want to thank in particular Betsy Rest, past President, Varda Nauen, past chair of our Human Resources committee, and Dan Rybeck, current President, for their friendship, vision, and clarity that this sabbatical is both permissible and fully supported.

I will truly miss being at Mount Zion. Unlike eight years ago when we took our first sabbatical in Israel after Mount Zion's 150<sup>th</sup> celebrations, I am not *needing* to be away in the same way. At that time, six months in Israel was a time to be completely away, for Rachel and me to be fully devoted to our kids. That was what we needed after I became senior rabbi at a relatively young age. Today Mount Zion is in an even stronger place, our relationships have deepened, and Rachel's and my kids are older. I know that Mount Zion will be stronger because of this time. Yet I feel even more poignantly the loss of not being present for the simchas that will happen in the months ahead and equally for the sorrows that will shape your lives and from which you will emerge, God willing, more resilient, caring, and wise.

I know that not only are you in excellent hands with the talent and leadership of Rabbi Adler and Cantor Strauss-Klein, but that you are connected with them through their relationships, which span many years and touch many memories. We are truly fortunate for the partnerships that we have among us as clergy, strengthened over these past years. Along with Larry Solomon, Sue Summit, Liza Henry, and our outstanding staff of many years, Julie Beckman, Janelle Norlien, Teresa Matzek, Jen Baddin, Don Novak, Elias Pastrana Navarro, Andrea Bergman, and Bob Epstein, we have a team who is ready to lead for the next six months and make it look easy! I am impressed by each person and, again grateful, for any extra burden they have on their plate in the coming months. In particular I am honored by Rabbi Adler's generosity of spirit and willingness always to be there for me and for anyone in our community when needed.

While I am in Boston, I will be taking classes at Harvard Divinity School and at Hebrew College. I will also participate in a week-long Talmud intensive program at Mechon Hadar, a yeshiva in New York. For a few weeks, I will learn with rabbinical colleagues in Israel and participate in a week-long bike ride through the Negev desert to Jerusalem raising funds for pluralism and progressive Judaism in Israel. In addition, I will participate in the organizing work around racial justice happening in our Reform Movement. Most importantly, I will try to leave space for the unexpected, for focused family time, for reading, for Irish dance lessons (who knows!) and to remember what it is like to breathe slowly and freely.

With gratitude,

*L'hitraot / Until We See Each Other Again, Be Well.*

*Adam Stock Spilker, Rabbi*

### L'Chaim 5776 Annual Campaign

Welcoming Your Participation

**MOUNT ZION**  
**L'CHAIM להיים 5776**  
**ANNUAL CAMPAIGN**  
From gratitude to gift

The Mount Zion Annual Campaign has received 197 contributions! This is thrilling news, yet we haven't quite achieved our participation goal. You can make the difference. Will you participate and show your support of the Mount Zion Annual Campaign? Donate today at: [mzion.org](http://mzion.org) and click "Donate" at top of the page.



**Monday, January 18, 7:00 - 9:30 a.m.**  
**at Mount Zion Temple and eight other area locations**

*Interfaith Action of Greater Saint Paul - Sponsored by General Mills*  
 Plan now to celebrate the 2016 Martin Luther King, Jr. holiday at one of our uplifting community breakfasts. Enjoy a tasty, hot breakfast and watch a live broadcast of the General Mills breakfast event in downtown Minneapolis. The keynote speaker will be Deval Patrick, U.S. Governor of Massachusetts. Everyone is invited to attend. Space for the breakfast however is limited, so reservations are required.

Tickets: **Adult \$5** (Ages 12 & under FREE)  
 Register: [interfaithaction.org/mlk](http://interfaithaction.org/mlk)

## Honoring the Memory and Mission of The Rev. Dr. Martin Luther King, Jr. Friday, January 15

### Food for Thought Learn and Nosh before Shabbat Services

5:45 - 6:15 p.m. Gathering and a Light Nosh  
 6:15 - 7:15 p.m. Food for Thought Discussion

### Perspectives on Racial Justice Speakers: Joe Soss & Rev. Danny Givens

Our speakers will discuss their perspectives on racial justice, one from the academic point of view, and the other from an on-the-ground and theological point of view.



**Joe Soss** is the inaugural Cowles Chair for the Study of Public Service at the University of Minnesota. He is particularly interested in the political sources and consequences of policies that govern social marginality and shape life conditions for socially marginal groups. He'll be sharing findings regarding his research into criminal justice and incarceration.



**Rev. Danny Givens** is active in the Black Lives Matter movement. He is the founder of Above Every Name Ministry and a long-time St. Paul resident. A dynamic speaker, Rev. Givens is also a former prisoner who speaks powerfully about his role in becoming incarcerated and his transformation.

**Rev. Danny Givens will also speak during 7:30 p.m. Shabbat Services**

## Serve on Mount Zion's Board of Directors!

*"Pick from each of your tribes (those) who are wise, discerning, and experienced, and I will appoint them as your heads."*

— Deuteronomy 1:13

The Nominating Committee will be meeting on Sunday, January 31 for the purpose of selecting candidates to serve as Directors for the new fiscal year beginning June 1. If you have an interest in serving on the Board or if you wish to suggest another member for the committee's consideration, please provide this information to me by Friday, January 29:

Ellen Konstan  
 828 Summit Avenue, Saint Paul, MN 55105-3354  
[ellen.konstan@gmail.com](mailto:ellen.konstan@gmail.com) or 651-698-5754

Please include the person's name and the reasons for your recommendation. Call me with any questions. Individuals are most often considered for selection to the Board on the basis of the following:

- ☞ A prior record of committee service.
- ☞ An interest and participation in congregational activities.
- ☞ Demonstrated leadership abilities.
- ☞ An ability to see beyond one's own "constituency" and work broadly for the benefit of the entire congregation.
- ☞ A commitment to attend meetings, serve on committees, and to be a constructive member of the group process, including a willingness and ability to accept Board responsibilities.
- ☞ Specific talents and abilities that may benefit the congregation.
- ☞ Good judgment, skills and experiences in business, professional, or communal life.
- ☞ Achievements in the community at large.
- ☞ A dedication to Jewish knowledge and service to the Jewish community.
- ☞ All Board members, according to our Bylaws, must be members in good standing and be Jewish.

Thank you! Ellen Konstan, *Nominating Committee Convener*

### Teaching Judaism at a Christian Seminary Pulpit Guest: Marilyn Salmon Friday, January 8, 7:30 p.m. During Shabbat Services

Marilyn Salmon taught primarily New Testament courses during her teaching career, six years at the College of St. Catherine, 25 years at United Theological Seminary of the Twin Cities. "Teaching Judaism" was never in her job description, however. But her understanding of Judaism in the first century of the Common Era informed her teaching, both explicitly and implicitly. The privilege of studying at Hebrew Union College continues its profound effect.



Marilyn earned her PhD from HUC-JIR. Recently retired, she is enjoying the time to return to things she has missed while very fully employed: her Hebrew skills, slowly regaining at weekly Torah Study; her piano, and "her lake" in Southwestern MN. She has two sons, both live in St. Paul.

## Open Auditions for Purim Play!



Directed by Peter Bloch

Once again, this year's Purim Shpiel will be a congregant directed and acted spoof on *West Side Story*.

The one-time performance will be on Purim eve,

**Wednesday, March 23 at 6:00 p.m.**

Rehearsals will be Sunday afternoons and Monday and Tuesday evenings. Schedule TBD.

### Do you want to audition for a starring or supportive role?

All ages may audition. Everyone gets a part!

**Open audition: January 31, Noon - 3 p.m.**

Please prepare a song to sing.

To sign up and for questions, contact Peter ([pbd@presenter.com](mailto:pbd@presenter.com) / 715-426-0866).



## Directory now online!

We have now updated the Mount Zion Member Directory. To offer the most accurate member information and to keep it up to date on an on-going basis, the Directory will be in an electronic format. An e-mail went out in early November with instructions of how to update your information. Everyone with an email address was initially added to the online directory. If you didn't want to be included, then you simply sign in and choose the "Opt Out" selection. Please look over your information to be sure the Temple has all the most up to date information! Bookmark the website or access it directly from the Mount Zion homepage. If you haven't received this email or are having technical issues, please contact Teresa at 651-698-3881 or [tmatzek@mzion.org](mailto:tmatzek@mzion.org).



### To access the Membership Directory online

1. Go to [mzion.org](http://mzion.org)
2. Scroll down and look for the Membership Directory box on the right side!

#### Calendar Highlights

Monday, January 4, 7:00 p.m. - Israel Book Discussion - [Learn more >](#)

Friday Evening to Saturday Evening January 22-23/12-13 Shevat - Our Bodies, Our Souls: the image: Jewish Women and Art - [Learn more >](#)

Mondays and Wednesdays throughout the year - Judaism Beyond the Basics - What Do Reform Jews Believe? - [Learn more >](#)

[See More Events](#)

#### Live Streaming

Watch our Shabbat Friday night services on your PC, laptop, tablet or cell phone. [Watch Shabbat services live](#)

#### Membership Directory

Access the most accurate member information or update your records. [Access our directory](#)

#### News & Updates

December 9 - Rabbi Spilker speaks at 50th Anniversary of

# Live from Mount Zion!

Mount Zion is now live streaming our Shabbat Friday night services right to your PC, laptop, tablet, or cell phone. It's easy! Simply go to [mzion.org/worship/live-streaming](http://mzion.org/worship/live-streaming) or go to [mzion.org](http://mzion.org) and scroll down to the right side of the page. Services are at 6:30 pm on the first Friday of the month and at 7:30 pm on Friday evenings for the remainder of the month. Upon request we can live stream your Bar/Bat Mitzvah service so family members across the world can "take part" on this special occasion.



# B'NEI MITZVAH

## Lizzie Kristal

January 16, 2016

Picture removed online

**L**izzie Kristal is the daughter of David Kristal and Cristiana Giordano. She is the granddaughter of Marjorie and Joseph Giordano, Connie and Harold Weisberg, and Cheryle and Henry Kristal. Lizzie is currently in 7th grade at St. Paul Academy. German and English are her two favorite subjects in school. Lizzie has been taking flute lessons for two years now, and plays on the volleyball and basketball teams at SPA. In her free time she likes to craft, read, and listen to music. She loves spending time with her family, cousins and grandparents, traveling to California often to visit her family there. In honor of her Bat Mitzvah, Lizzie will donate a portion of her gift money to the Minneapolis Crisis Nursery. As her Mitzvah Project, she hosted a baby shower and gave many needed baby clothes, diapers and supplies to the Minneapolis Crisis Nursery.

## Abby Long

February 20, 2016

Picture removed online

**A**bby is the daughter of Chuck and Vicki Long. She is the granddaughter of Fred and Roslyn Bryner, Barbara Long (of blessed memory), and Jim and Mary-Anne Long. She has one sister, Ellie (12). Abby is in the 7th grade at Roseville Area Middle School where her favorite subjects are science and band. She is a member of the school swim team, plays travel basketball and is looking forward to track in the spring. She also plays piano and saxophone. Abby enjoys traveling, cooking, and horseback riding. She loves animals, particularly her pet hamster, Snuffles. In honor of her Bat Mitzvah, Abby will be collecting clothes for the Jeremiah Program and donating a portion of her gift money to that organization.

## Jacob Damro

February 27, 2016

Picture removed online

**J**acob is the son of Nate and Melissa Damro. He is the grandson of Peter and Diane Stahl and David and Linda Damro. He is the great-grandson of Shirley Damro. Jacob has two younger brothers, Noah and Eli, and a younger sister Samantha. Jacob is in 7th grade and Black-Hawk Middle School. Jacob's favorite subjects in school are Math, Science and English. Jacob spends his time outside of school in Basketball, Baseball and Running. Jacob enjoys traveling and could see himself traveling more in the future. Jacob is proud to help those in needs, especially in the sports arena and would love to see all kids have the opportunity to play the sports they love. Jacob is proud to donate a portion of his gift money to the Kids Play USA Foundation.

## Samuel Steinhacker

February 6, 2016

Picture removed online

**S**am is the son of Sara Mairs and Daniel Steinhacker. He has one brother, William Steinhacker (11). He is an 8th grader at Saint Paul Academy, where his favorite classes are English, Social Studies, and Math. His hobbies are reading, downhill skiing, and playing with his dog, Nina. For his Mitzvah Project he will be volunteering for Friends of the Mississippi River, an organization dedicated to helping restore and protect the Mississippi River watershed. Sam will be donating a portion of his Bar Mitzvah earnings to La Reserva Forest Foundation, a nonprofit organization dedicated to planting trees in heavily deforested sites in Costa Rica.

## Ellie Long

February 20, 2016

Picture removed online

**E**llie is the daughter of Chuck and Vicki Long. She is the granddaughter of Fred and Roslyn Bryner, Barbara Long (of blessed memory), and Jim and Mary-Anne Long. She has one sister, Abby (12). Ellie is in the 7th grade at Roseville Area Middle School where her favorite subjects are math and U.S. History. She is a member of the school swim and basketball teams, and plays travel basketball, as well. She also plays piano and violin. Ellie enjoys traveling, reading, and water sports. She loves sports, particularly football. Her career goal is to become an NFL salary cap manager or an attorney. In honor of her Bat Mitzvah, Ellie will be volunteering for and donating a portion of her gift money to Tix for Tots.

## Maren Fossum-Wernick

February 27, 2016

Picture removed online

**M**aren Fossum-Wernick is the daughter of Adam Wernick and Thyra Fossum, and the sister of Talia Fossum-Wernick. She is the granddaughter of Richard and Beatrice Wernick, and Merle and Mavis Fossum. Maren is in 7th grade at Friends School of Minnesota. She is also on the Highland gymnastics team and she really enjoys the sport. She is going to donate a portion of her Bat Mitzvah money to Sholom, a Jewish organization that assists senior citizens.



## PRIME TIMERS

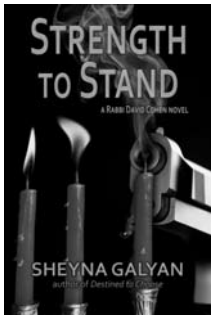
Members 55 and older

### Guest Speaker: Local author Sheyna Galyan Thursday February 18

**11:30 a.m. Potluck Lunch** Please bring a dish to share. RSVP by February 12 to Jill Spanier at 651-493-1959 or js020907@gmail.com.

#### 12:30 p.m. Local author and publisher Sheyna Galyan

Sheyna discusses her latest nail-biting thriller, *Strength to Stand*, the second novel in the Rabbi David Cohen suspense series set in Minneapolis.



*"At times playful and at times unsettling, Sheyna Galyan's Strength to Stand blends insightful humor, riveting suspense and an obvious love for Judaism. A charming, chilling book that places Rabbi David Cohen alongside Harry Kemelman's David Small and Faye Kellerman's Peter Decker in the pantheon of observant Jewish crime-stoppers. One of the most engaging books of the year."*

- Dr. Jacob M. Appel, award winning author of *Phoning Home*, *The Biology of Luck*, and the Rabbi Kappelmacher mystery series.

#### About Sheyna

Sheyna's essays and articles have appeared in *TCJewfolk*, *American Jewish World*, *St. Paul Voice*, and various other publications. With advanced degrees in psychology and education, she has worked as a counselor, consultant, lecturer, journalist, and Jewish educator. She graduated in 2013 from the St. Paul Citizen's Police Academy and now attempts to get her law enforcement fix from writing suspense novels.



## NOAZIM - 20s/30s GROUP

**Making Judaism relevant to 20- & 30-somethings at Mount Zion!**

For more information on upcoming events, to get involved, or to simply get on our mailing list, email Cantor Strauss-Klein at [jstraussklein@mzion.org](mailto:jstraussklein@mzion.org) or find our group on Facebook!

### Soul Food Friday

*Come for the food, stay and feed your soul! First Friday of every month.*

**February 5 and March 4**

**Shabbat Dinner\* @ 7:15 p.m.**

**Kabbalat Shabbat Service @ 8:15 p.m.**

Connect with new people at this friendly and inviting service! Singles, couples, partners, ALL are welcome! *\*For dinner, RSVP on NOAZIM Facebook page (\$5).*

## BROTHERHOOD

Join us for the several activities planned for this winter and into spring:

**Brotherhood Board Meetings – January 26, February 23, March 29, April 26** - Brotherhood's monthly business meeting is open to all members, and includes dinner and camaraderie. Please come and bring your ideas, and see what your Brotherhood is up to. We are also looking for board members to serve for the coming year. Meetings commence at 6:00 PM, and typically last only an hour. Please RSVP to Brian Serle [bkserle@yahoo.com](mailto:bkserle@yahoo.com)

**B'nei Mitzvah gifts** – Brotherhood and Sisterhood are giving the B'nei Mitzvah the new Mishkan HaNefesh high holiday prayer books. We hope the students and their families will get a lot of use and pleasure from this new gift.

**Bagel sales** continue each Sunday that school is in session. These sales have been very successful for us, and enable us to contribute to the many needs of our congregation. We need more helpers for bagel sales. Contact Arnie Krohn at [askrohn@comcast.net](mailto:askrohn@comcast.net)

#### Brotherhood Speaker Series & Bagel Brunch – April 3

We are looking forward to hearing Crystal Boyd present "What's the Buzz About Native Bees?" Crystal is with the Department of Natural Resources, and is an expert on pollination. Her excellent and very informative presentation will show how climate change and other factors threaten our huge agricultural economy. A bagel and lox brunch will be served at 10:00 AM, with the presentation beginning at 10:30.

#### Brotherhood Shabbat Service & Mensch Award

**Presentation – April 15** – Brotherhood members come together to conduct the Erev Shabbat Friday night service. Join us as we honor our Mensch of the Year – Charles Fodor – for his work in our community. We are looking for volunteers to do English readings, or to help lead the service as singers.

**5<sup>th</sup> Annual Men's Retreat: May 13-15** – Based on past years' experience, we expect the weekend to be fully booked. **Watch for the registration in early April.** Walking, biking, canoeing, enjoying nature and great camaraderie. **Register early!**

Please remember to send in your membership application for the Brotherhood. There is still time to join!

B'Shalom,

Brian Serle, *Brotherhood President*

([bkserle@yahoo.com](mailto:bkserle@yahoo.com), 612-251-5045)

## CARING COMMUNITY

### *Mount Zion Cares!*

The Caring Community Program is here to help Mount Zion Temple members in their moments of need. We reach out to you with a helping hand when there is injury, illness, grief or other life stressors.

**We provide meals, rides, visitors, and shiva support.**

To get help contact the program at [caringcommunity@mzion.org](mailto:caringcommunity@mzion.org) or call 651-698-3881.

# THANK YOU...FOR YOUR CONTRIBUTIONS

## RABBIS' DISCRETIONARY FUND

### In memory of:

*Herman Birnberg*  
Cynthia, Sue, Rick & Michael  
Launer  
*Mary Calof*  
Stanley Calof  
*Howard Gelb*  
Eunice Gelb  
*Phyllis Major*  
Lennie Major  
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Jenny Winkelman  
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*Sharidaun Pearson*  
Linda Spring  
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Susan Pred

### Donations:

Jonathan & Irina Brenner  
Richard & Pamela Strauss

## CANTORS' DISCRETIONARY FUND

### In memory of:

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Neil & Jessica Segal  
Wendy Shapiro  
Fern Silverman  
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Susan Winthrop  
DeDe Wolfson

### In yahrzeit memory of:

*Dorothy Smith*  
*Morris Smith*  
Wayne & Maureen Sultan  
*Robert "Reuven" Spector*  
Batya Spector  
*Jane Steinman*  
Stephen & Rita Levin

### In appreciation of:

*The Clergy*  
Honnen & Barbara Weiss

## ADULT EDUCATION (MUSSAR)

### In memory of:

*Phyllis Major*  
Lennie Major  
Mary Ann & David Wark

## ANNUAL CAMPAIGN

### In memory of:

*Mary Calof*  
Daniel & Laura Zelle

## MAXINE APPLEBAUM ART ENHANCEMENT FUND

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Judy Katz  
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### Jane Cohen

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Stuart Applebaum  
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The Beloff Family  
*Howard Applebaum*  
Stuart Applebaum  
*Maxine Applebaum*  
Jennifer & Gary Applebaum  
Stuart Applebaum  
The Beloff Family  
*Robert Applebaum*  
Judy & Peter Wolf

## BLOOM LIBRARY FUND

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*Ben A. Rubinstein*  
Sally & Mitch Rubinstein  
*Rose G. Rubinstein*  
Sally & Mitch Rubinstein

## CARING COMMUNITY FUND

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*Faye Miller*  
Neil & Jessica Segal

## CEMETERY MAINTENANCE & BEAUTIFICATION FUND

### In memory of:

*David Stock*  
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*Corra Baer*  
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### Jerome Baer

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## EDELSTEIN BIBLICAL GARDEN FUND

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*Rose Edelstein*  
Tom, Randy, Henry & Elisa  
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## IRENE FINBERG CAMP SCHOLARSHIP FUND

### In memory of:

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## Z. WILLARD FINBERG EDUCATION FUND

### In memory of:

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Mary Ann & David Wark

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## JOHNSON MEMORIAL FUND

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### In honor of the anniversary of:

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## JULIE LAZOR FUND

### In memory of:

*David Stock*  
Toba Lazor

### In yahrzeit memory of:

*Bessie Lazor*  
Toba Lazor  
*Gladys Rich*  
Toba Lazor  
*Benjamin Schuman*  
Martin & Sheila Schuman  
*Jack Stein*  
Martin & Sheila Schuman

## MELAMED LECTURESHIP FUND

### In memory of:

*Marianne Hibbard Carus*  
Barbara Melamed

## MITZVAH FOODSHELF FUND

### In honor of the birth of:

*Ziva Rose Wark*  
Robyn, Andrew, Isaac & Bryce  
Hannan

### In appreciation of:

*Jean King*  
Robert Shumer

### In honor of the birthday of:

*Richard Gillman*  
Lois & Bud Seltzer  
*Batya Spector*  
Robert Lebowitz  
Esther Adler

### In honor of the anniversary of:

*Charlie & Marjorie Levine*  
Nancy Dana

### Happy Hanukkah to:

*Elsa G. deBeer*  
Emmy Lou Jacobson  
*Jane Grubb & Kathleen Stuart*  
Emmy Lou Jacobson  
*Mr. & Mrs. Dan Levy*  
Emmy Lou Jacobson  
*Mr. & Mrs. Victor Levy*  
Emmy Lou Jacobson  
*William Levy*  
Emmy Lou Jacobson  
*Mary Ann & David Wark*  
Jemie & Bruce Thorvig

### In memory of:

*Patricia Brick*  
Janet Kampf  
*Howard Gelb*  
Barbara Winthrop  
*Siana Goodwin's Uncle "John"*  
Janet Kampf  
*Lorrain Harrison*  
Jan Hoffman  
*Jack Pred*  
William Lipschultz  
Barbara Winthrop

*Bob Raddatz*  
Janet Kampf

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Thomas Perlman

*David Stock*  
Rolla Breitman  
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### Donations:

Monday Bridge Club  
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Rose Krawetz  
Shirley Kulevsky  
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Lois Moheban  
Marilyn Silver

## MUZICA FUND

### In memory of:

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## RALINE & BILL PAPER EMERGENCY ASSISTANCE FUND

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*Bill Forman*  
Raline Paper

### In honor of the anniversary of:

*Denise & Mike Rubinstein*  
Raline Paper

## PRAYERBOOK FUND

### In yahrzeit memory of:

*Judith Lewin Chaus*  
Michael & Stephanie Chaus

## SHIR TZION FUND

### In yahrzeit memory of:

*Joel Oppenheimer*  
Alexandra Oppenheimer

# THANK YOU...FOR YOUR CONTRIBUTIONS

## SILVERMAN FAMILY COMMUNICATIONS FUND

### In memory of:

*David Stock*  
Jack & Andrea Silverman

## JANE STEINMAN MEMORIAL FUND

### In yahrzeit memory of:

*Jane Steinman*  
Barbara Bentson  
Mary Fleisher  
Holly Ross  
Ellen & Martin Sampson  
Mary Ann & David Wark

## TORAH TONES CHOIR FUND

### In memory of:

*Evelyn Hurwicz*  
Sarah Kogut  
*David Stock*  
Larry & Marjorie Solomon

### In yahrzeit memory of:

*Leonid Hurwicz*  
Sarah Kogut  
**In honor of the bar mitzvah of:**  
*Adrien David Kahn*  
Lois Moheban

## TZEDAKAH FUND

### In memory of:

*Herman Birnberg*  
Jerome & Judith Ingber

## YAHREZIT FUND

### In yahrzeit memory of:

*Ruth Andersen*  
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*Ann Wiener*  
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*Dorothy Witkin*  
Michael Witkin  
*Suzanne Wolfe*  
Sally Silk & Thomas Wolfe  
*Bob Wolfson*  
Dede Wolfson  
*Sidney Wolkin*  
Stephanie Wolkin

## Israel Book Discussions



### *The Garden of Ruth*

Eva Etzioni-Halevy  
**Monday, January 4, 7:00 p.m.**  
at Mount Zion



### *Closing the Sea*

Yehudit Katzir  
**Monday, March 7, 7:00 p.m.**  
at Mount Zion

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.

**Rabbi Spilker is participating in a bike ride from the Negev to Jerusalem in late February to raise funds for Progressive Judaism in Israel.**



To support pluralism / Reform Judaism in Israel and sponsor Rabbi Spilker, go to [mzion.org](http://mzion.org) and look under "News".

## Cemetery Plot Rates to Increase

The Cemetery Committee continues to work hard to keep the cemetery looking beautiful and well maintained, while keeping a tight control on the budget. There were many improvements to the Mount Zion Cemetery during the summer months. A few examples include, the fencing has been repaired, trees planted, the maintenance garage has been resided, and a new garage door has been installed. The Committee really appreciates John Parker and his team for their excellent work in maintaining the cemetery and its grounds. Last year the Committee announced its plans to raise the rates for purchasing plots. Effective March 1, 2016 single plots will increase from \$1,200 to \$1,400 for Mount Zion members, and from \$2,400 to \$2,600 for non-members. This is your last chance to purchase you plots at the lower cost rates.

# RELIGIOUS SCHOOL NEWS

## Calendar Highlights

### January

- Sunday, Jan. 3** Religious School Resumes
- Wednesday, Jan. 6** Chai School Resumes  
B'nai Mitzvah Sefer Seminar (Devarim)
- Sunday, Jan. 10** 6th Grade D'var Torah Workshop  
Sacred Choices Parent/Guardian Make-up Meeting
- Sunday, Jan. 17** No Religious School—MLK weekend
- Wednesday, Jan. 20** B'nei Mitzvah Sefer Seminar (Devarim)
- Sunday, Jan. 24** 2nd Grade Joy of Hebrew Program,  
Tu BiSh'vat All School T'filah
- Saturday, Jan. 30** 3rd Grade Shabbaton

### February

- Wednesday, Feb. 3** B'nai Mitzvah Sefer Seminar (Bereshit)
- Feb. 5- Feb. 7** 7th Grade Sacred Choices Shabbaton
- Sunday, Feb. 7** 6th Grade Tallit Workshop
- Sunday, Feb. 14** No Religious School— President's weekend
- Wednesday, Feb. 17** B'nai Mitzvah Sefer Seminar (Bereshit)
- Sunday, Feb. 21** 6th grade Tallit Make-up Workshop (12:15-2:30)

### March

- Friday, March 4** 2nd Gr Shabbat Dinner & Service Participation
- Sunday, March 6** 6th Grade Tzitzit Tying Workshop

## Chai School

### 7th Graders

#### **Sacred Choices Shabbaton**

Friday, February 5-Sunday, February 7—Sacred Choices is our comprehensive sex ed curriculum framed in Reform Jewish values. This Shabbaton is something that makes Mount Zion unique in the Jewish world, is one of the most important parts of the 7th grade year, and is something 7th graders will remember for their entire lives. Don't miss out!

### 11th/12th Grade

#### **Noshin' Your Noggin**

January 24, 12:30-2:30 p.m. Good {Jewish} Food on a Shoestring Budget  
Learn a few tricks of the trade for cooking delicious meals on a small budget.

#### **Sacred Choices: Your Rights and Responsibilities**

February 21, 10:30 a.m.-2:30 p.m.  
Dive deeper in your role in making Sacred Choices as a young adult.

### **SCHOOL CLOSING DUE TO INCLEMENT WEATHER**

Please tune to WCCO for Hebrew and Religious School closings (WCCO AM Radio 830, WCCO TV Channel 4, [www.WCCO.com](http://www.WCCO.com))

**Snow cancellations will also be posted on the Mount Zion home page, [www.mzion.org](http://www.mzion.org) or on the Religious School Facebook page. Cancellation decisions will be made by: 1:30 p.m. for Wednesday Session I, 4:30 p.m. for Wednesday Session II, 8:00 a.m. for Sunday Session**

## **St. Paul Jewish Community Chai School: Jan. 6-Feb. 24 at Mount Zion!**

*Created by Mount Zion & Talmud Torah for ALL St. Paul Jewish Teens*

**5:30-6 p.m.** Food & Fun for Grades 7-12!

**6-7:15 p.m.** Grade 7 & 10 Classes + Electives for Grade 8-12 Students

*Grade 7-12 students – On January 6, the students begin the trimester with an all-school Israeli cooking program. Our Shlichah (Israeli Emissary), Eden Kohali, and 3 Israeli chefs will nourish our bodies and our souls as we pre-*

*pare Israeli foods and learn about the broad spectrum of cultural influences that flavor the Israeli cuisine. Elective signup will take place during the evening! Elective classes being on January 13.*

#### **Eden Kohali: Far Away but Close to Your Heart -> Israel**

The stories behind the scenery, the people behind the inventions, the difficulties behind successes and the training before the battle.

#### **Bonnie Resnick: Mussar Yoga and Meditation for Teens**

Through yoga poses, Jewish meditation practices, Torah passages and mantras, we will explore our relationship with traits of the heart, including: humility, patience, gratitude, compassion, enthusiasm, silence and truth.

#### **Earl Schwartz: Jewish Thought – Things Forbidden: Sounds We Don't Say, Places We Don't Go**

We will explore the rabbinic legal category of "forbidden/*asoor*" to better understand why the production of certain sounds and entry into certain places would be deemed forbidden, and in the process, to reflect on the role of "forbidden" in our own lives.

#### **Eva Rose Cohen: Jewish Art and Identity**

We will look at work by significant artists—from Marc Chagall to Art Spiegelman to Deborah Kass to Kehinde Wiley—and make our own creative work, considering how modern and contemporary art frame Jewish people and Jewish stories.

#### **Rabbi Yosi Gordon: 2 Pathways to Spirituality**

We will learn about two Jewish traditions, Kohelet, which says that life is tough and here is how to make the best of a miserable reality, and Kabbala Zohar, which says that reality isn't real and here is the way to find what is truly, mystically real.

#### **Arie Z'mora: Genocide/Holocaust Studies; Learning from our Past and Looking to the Future**

We will hear stories from survivors, educators and scholars. Each session will present a new approach with different presenters.

# YOUTH ENGAGEMENT NEWS

## Youth Groups

Contact Sam Peterson-Perlman at [pete6632@d.umn.edu](mailto:pete6632@d.umn.edu) with any questions about youth groups. Sign ups for all events will be available at [mzion.nirsham.com](http://mzion.nirsham.com) a few weeks prior to each event.

**Noar Tzion** (4th-6th grade youth group)

### Tu BiSh'vat Program

**Sunday, January 24, 12:30 p.m.**

Come join the celebration of trees! We'll be eating delicious fruits and nuts and learning about how important trees are to everyone. Cost: \$10

**Save the date for the next event: Sunday, February 21** *More info soon!*

**JYG** (7th-8th grade youth group)

### Ice Skating Party

**Saturday, January 23, 5:00-8:00 p.m.**

As the weather turns colder, we become n(ice)r. Join your friends by skating on the outdoor rink in downtown St. Paul! Cost: \$15

### JYG Kallah

**Friday, February 26-Sunday, February 28 at OSRUI**

Enjoy a weekend filled with new friends from MN, WI, and Northern IL! More information, including how to register, will be coming soon.

**SPORTY** (9-12th grade youth group)

**January 23** Twin Cities Jewish Youth go to Dave and Busters! Spend the evening with Jewish teens from all over the Twin Cities at the best arcade in Minnesota!

**February 19** Teen Service "Around the World" Be a part of the Mount Zion teen service! Play an instrument, lead a prayer, bring us your own idea or simply join us for a spirited service with inspiration from our global Jewish community.

**February 19-20** SPORTY Lock In! Join SPORTY for a bit of learning and a whole lot of fun overnight at Mount Zion!

URJ OLIN-SANG-RUBY UNION INSTITUTE

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[WWW.OSRUI.ORG](http://WWW.OSRUI.ORG)

## Jewish Summer Camp Scholarship Funds

Mount Zion is fortunate to have significant funds to make Jewish summer camp affordable. Go to [mzion.org/learning/summer-camp](http://mzion.org/learning/summer-camp) (or look for link on the home page on the left side with the OSRUI video). **Deadline for our summer camp scholarships is Monday, February 29.** Our priorities for giving are first for OSRUI, then for other Jewish overnight camps, then for Jewish day camps. Other scholarship opportunities are listed on the link above.

## Attention Knitters and Crocheters!

**Suns, Jan 3, 10, 24, 31, Feb. 7, 21, 28, 9:45 a.m.**

*You do not need to attend all sessions!*

**What:** Making Healing Shawls for our Caring Community Program and warm hats for Project Home.

**Who?** Knitters and crocheters of all abilities who want to participate in these fun, social, and rewarding projects. If you are a beginner, we can get you started. We hope you can join us.



**What should I bring?** We will supply yarn. If you have needles, please bring them. Healing Shawls: Size 13, 24" circular knitting needles or Size N (9mm) crochet hook. Hats: Size 5 or 7 16" circular knitting needles as well as size 5 or 7 double pointed knitting needles.

**Questions?** Betsy Rest (651) 578- 1587 or [elberest@gmail.com](mailto:elberest@gmail.com).



## SISTERHOOD

### Save the Dates!

**Get Out of the Cold with Sisterhood**

### Mid Winter Picnic at Como Conservatory

Saturday, January 9. Lunch at 12:30 p.m. and tour at 1:30p.m.

Contact [SheriFrisque@yahoo.com](mailto:SheriFrisque@yahoo.com) for more info!

### Hamantaschen Baking

Feb 7, 28, Mar 6, 13. More information coming soon! Contact Sally Glick at [sallyoglick@gmail.com](mailto:sallyoglick@gmail.com) with questions or to sign up.

### Women's Networking

#### Women and Money

Monday, January 25, 7:00 p.m. at Mount Zion (Free)

Speaker: Nancy Schwartz

Through easy to understand examples and strategies, Nancy will walk you through the truth about achieving financial balance in our unpredictable world. Come with your questions, as she will allow ample time for Q&A.

*Nancy has a Bachelor's degree from Tufts University and a Master's degree from Bethel University. She is a smart and diligent financial advisor who works with women to help them achieve their goals and prepare for life's opportunities and unexpected events.*

#### Overcoming Conflict: Strategies for Life's Tough Conversations

February 29, 7:00 p.m. at Mount Zion (Free)

Speaker: Michelle Morris

*Michelle Morris, LICSW, CEAP is currently Manager of 3M's Employee Assistance Program for the U.S. As a Licensed Independent Clinical Social Worker and a Certified Employee Assistance Professional, she has more than 30 years combined of professional experience in employee assistance with major corporations, as well as clinical settings with individuals and families.*

### Wine and Painting

Tuesday, February 23

Wine & Wisdom will be a very fun painting class! \$10 charge. Scholarships available through Sisterhood. RSVP REQUIRED! Contact Sheri at [sherifrisque@yahoo.com](mailto:sherifrisque@yahoo.com).

## Rashi with Scholar-in-Residence Michael Carasik



## A fabulous weekend with Artist-in-Residence Ellen Allard!



## "Getting Ready for Holidays" cooking class with Chef-in-Residence Tina Wasserman!



## Rabbi Spilker offering a toast in memory of Bill Kampf at the weekly Rashi study group.



## IN THE COMMUNITY

### Are you a Teen Jewish Writer and Photographer? Do you Know One?

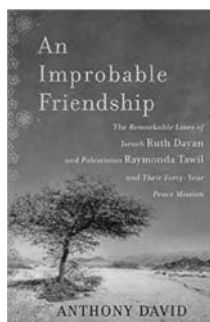
Rimon: The Minnesota Jewish Arts Council invites 7th-12th graders to submit original poetry, creative prose, and photographs for the annual Keren Or (Ray of Light) awards. **The deadline for submissions is Friday, February 12, 5 p.m.** All submissions must be submitted using the online forms provided at [kerenorcontest.org](http://kerenorcontest.org).

Prizes in each category are \$100 for first place and \$50 for second and third places. Winning entries will be published on the Keren Or website and in "The American Jewish World." They will also be displayed at the Sabes JCC in the spring of 2016. An awards ceremony honoring all the participants will take place on Sunday, May 1, 2 p.m.

As a special bonus for every applicant in the Keren Or contest, all participants will have access to free interactive workshops on photography, poetry, and creative prose led by the contest's judges. The workshops will give the teens a chance to talk one-on-one with professional writers and photographers about how to sharpen their creative edge and gain new techniques. For additional information and contest rules, visit [kerenorcontest.org](http://kerenorcontest.org) or call 952-381-3449.

### Twin Cities Jewish Book Series Presents Anthony David

Thursday, February 11, 7:00 - 9:00 p.m. at the St. Paul JCC  
Cost: \$10 (\$7 for JCC members)



*An Improbable Friendship* is the dual biography of Israeli Ruth Dayan, now ninety-eight, who was Moshe Dayan's wife for 37 years, and Palestinian journalist Raymonda Tawil, Yasser Arafat's mother-in-law, now 74. It reveals for the first time the two women's surprising and secret 40-year friendship and delivers the story of their extraordinary and turbulent lives growing up in a war-torn country. An award-winning biographer and historian, Anthony David brings us the story of unexpected friendship while he discovers the true pasts of two outstanding women. Their story gives voice to Israelis and Palestinians caught in the Middle East conflict and holds a persistent faith in a future of peace. More details at [stpauljcc.org](http://stpauljcc.org).

## Reform

### Judaism Beyond the Basics – What Do Jews Believe? From Torah and Talmud to Today

#### *Dying, Death, and Mourning: A Practicum Before You Need It*

Mon, Feb 29, 7-8:30 pm Rabbi Adler

How do I know if I'm doing the right thing?

Jewish Views on Death and Dying and Mourning



### Library News



#### DVD Title Wish List for the Library

We are still looking for DVD donations to the Library to expand our DVD collection. If you own and are willing to donate any of the following titles (or others), it would be greatly appreciated:

*Aliyah; An American Tail; The Apprenticeship of Duddy Kravitz; Ashes + Diamonds; The Attack; The Band's Visit (Bikur ha-Tizmoret); The Big Fix; The Book Thief; Brighton Beach Memoirs; Bye-bye, Braverman; Chariots of Fire; The Chosen; Cupcakes; Daniel Deronda; David Golder; The Devil's Arithmetic; Diary of Anne Frank; Enemies, a Love Story; Europa, Europa; Everything is Illuminated; The Farewell Party; Fiddler on the Roof; Footnote (He'arat Shulayim); The Frisco Kid; Funny Girl; Funny Lady; Gentleman's Agreement; Go for Zucker; Goodbye Columbus; The Holocaust (Television mini-series with Meryl Streep); Homicide; Les Hommes Libre; The Human Resources Manager; In Darkness; The Infidel; Inglorious Basterds; Into the Arms of Strangers; The Jazz Singer; Julia; The Last Metro; Last of the Unjust; Life is Beautiful; Lost Islands (Yim Avudim); The Man Who Captured Eichmann; Memory of Water; The Merchant of Venice; Monsieur Ibrahim; No Place on Earth; Off White Lies; Once We Were Slaves; Operation Grandma; Operation Thunderbolt; The Other Son; Paris-Manhattan; The Pawnbroker; The Pianist; Plus Tard: One Day You'll Understand; A Price Above Rubies; Protektor; La Rafle; The Revolt of Job; Room 514; Sarah's Key; Schindler's List; Seven Minutes in Heaven; Shoah; Simon and the Oaks; Sophie's Choice; A Stranger Among Us; Strangers/Zarim; Sukkah City: an Ancient Structure Gets a Modern Makeover; A Summer in La Goulette; Le Tango des Rashevski; Tevye; This is Where I Leave You; The Time That Remains; Train of Life; The Two of Us: The Old Man and the Boy; Vasermil; Waltz With Bashir; We Are Going to America; The Yankles; Yentl; Zero Motivation.*

Bob Epstein, Librarian (librarian@mzion.org)

Charles Fodor, Library Committee Chair (csfodor@aol.com)

#### February is Jewish Disability Awareness Inclusion Month

Please check out our display of books in the Library, which include the new titles *Following Ezra*, by Tom Fields-Meyer; *Uniquely Human*, by Barry Prizant; and *The Mitten String*, by Jennifer Rosen.

See p. 17 for more details.

## Food for Thought

Learn and Nosh before Shabbat Services

5:45 - 6:15 p.m. Gathering and a Light Nosh

6:15 - 7:15 p.m. Food for Thought Discussions

*Discussion over wine, juice, and light appetizers.*

*Child care available.*

### Friday, February 19

#### The Mitzvah of Fitness

Speakers: Max and Jill Lipset

Keeping our bodies strong and healthy allows us to more powerfully serve God, our communities, families, and workplaces. Mount Zion members Max & Jill Lipset, owners of The Power House at Highland & Side Door CrossFit, as we discuss the importance of fitness across the lifespan. Their talk will introduce the basics of fitness, the importance of proper nutrition, rest, and recovery, the concepts behind CrossFit, and how strength training can benefit everyone, regardless of age, fitness level, or goals.

*Max and Jill Lipset grew up in St. Paul, and met as high schoolers at St. Paul Academy. Max began his career as a Strength & Conditioning coach while he played college and professional soccer in California, Washington state, and South America where he discovered a passion for helping people reach their athletic potential and become their healthiest selves. Jill comes from a background in youth development and health coaching, and loves creating a vibrant community within their business. In 2013, they opened The Power House & Side Door*



*CrossFit in the Highland Park neighborhood of St. Paul. They train adults, kids, teens, college students, and sports teams and offer many services including CrossFit, Yoga, Pilates, Private Training, Team Training, 65+ Classes per week, and more. In addition to training athletes to reach their athletic goals, Max and Jill's team at The Power House at Highland strives to create a community of people who enjoy the process of getting healthier and more fit together.*

# Historic Resolution from the URJ on the Rights of Transgender and Gender Non-Conforming People

*At the 73rd Biennial Convention of the Union for Reform Judaism in November, an historic resolution was passed regarding civil rights in our communities and calling for changes in our government for transgender and gender non-conforming people. Here at Mount Zion, Liza Henry is spearheading efforts with the Religious School Committee on this issue. Below are excerpts from the URJ Resolution. The complete text can be found at [urj.org](http://urj.org) and search “transgender”.*

## Excerpts from the URJ Resolution, November, 2015

“Transgender” is a term for people whose gender identity, expression or behavior is different from those typically associated with their assigned sex at birth. Gender non-conforming is a term for individuals whose gender expression is different from societal expectations related to gender...Biblical tradition teaches us that all human beings are created *b'tselem Elohim*—in the Divine image.... From this bedrock principle stems our commitment to defend any individual from the discrimination that arises from ignorance, fear, insensitivity, or hatred. Knowing that members of the transgender and gender non-conforming communities are often singled out for discrimination and even violence, we are reminded of the Torah’s injunction, “do not stand idly while your neighbor bleeds” (Leviticus 19:16).

### **THEREFORE, BE IT RESOLVED THAT** the Union for Reform Judaism:

1. Affirms its commitment to the full equality, inclusion and acceptance of people of all gender identities and gender expressions;
2. Affirms the right of transgender and gender non-conforming individuals to be referred to by their name, gender, and pronoun of preference...
3. Encourages Reform congregations, congregants, clergy, camps, institutions and affiliates, including NFTY, to continue to advocate for the rights of people of all gender identities and gender expressions;
4. Urges the adoption and implementation of legislation and policies that prevent discrimination based on gender identity and expression...
5. Calls on government to review and revise all laws and policies to ensure full equality and protections for people of all gender identities and expressions;

6. Urges Reform Movement institutions to work to create inclusive and welcoming communities for people of all gender identities and expressions and to spread awareness...
7. Urges Reform Movement institutions to review their use of language ...[and their physical plants] in an effort to ensure people of all gender identities and gender expressions are welcomed, included, accepted, respected [and safe]...

### **Reactions from Mount Zion Delegates Who Were Present When the Resolution Unanimously Passed at the Biennial Convention:**

“I felt that I was part of something very historic - a decision which would affect many people’s lives, and have an important effect on our society. I felt it was a civil rights issue that was a long time coming, just like marriage equality in the past year.”—Brian Serle

“I was so excited and honored to be able to vote for the resolution. Even more powerful was that complete silence in the room when they asked for all those opposed. What a thrill to be among several thousand people who cared so much about Transgender Inclusion.”—Judi Levin Marshall

“This was a momentous declaration, and the URJ delegates in the hall knew it—there was an excitement, a buzz in the room that I was thrilled and honored to be a part of.”—Robert Garfinkle

“I, once again, felt proud to be part of a forward thinking movement that would make this type of declaration to the world. I also thought of all the individuals that this would directly impact.”—Bob Mast

For more information, go to [urj.org](http://urj.org) and search “transgender”.

You can also find more details at [mzion.org](http://mzion.org) under “What’s at Mount Zion for me?” and then “LGBT members.”





# ACCESSIBILITY AND INCLUSION

## February is Jewish Disability Awareness & Inclusion Month (JDAIM)

**Jewish Disability Awareness and Inclusion Month (JDAIM)\*** is a unified effort among Jewish organizations worldwide to raise awareness and foster inclusion of people with disabilities and those who love them. Established in 2009 by the Jewish Special Education International Consortium, JDAIM is observed each February.

*\*Important Name Change*

*Jewish Disability Awareness and Inclusion Month (JDAIM) has replaced Jewish Disability Awareness Month (JDAM). It is time to focus on Inclusion and what it means to belong.*

Jewish  
Disability  
Awareness &  
Inclusion  
Month

February 2016



## Cultivating Patience, Re-framing Disability: A Jewish Perspective on Access and Inclusion

**Pulpit Guest: Joan Ostrove**

**Friday, February 26, 7:30 p.m. During Services**

Joan Ostrove has been a member of Mount Zion since 1999 and currently serves on Mount Zion's inclusion and accessibility committee. She is Professor and Chair of Psychology at Macalester College, where her teaching and research focus on connections between individual psychology and social structure. Her current research program concerns how people build alliances across differences of identity in the context of social oppression (where she has focused primarily on relations between people with disabilities and non-disabled people, Deaf and hearing people, and people of color and white people). She has authored more than 35 peer-reviewed articles and book chapters and co-edited special issues of the Journal of Social Issues and Disability Studies Quarterly. She served on the Board of the Society for Disability Studies from 2009-2014. Joan received her BA in psychology from Williams College and her PhD in psychology and a certificate in women's studies from the University of Michigan. In 2012, she completed a certificate program in American Sign Language-English interpreting at Ohlone College in Fremont, CA.



## Accessibility and Inclusion at Mount Zion

### *Did you know that we have:*

- An accessible single use bathroom?
- Three disability parking spots?
- Ramps at the alley and Summit Avenue entrances?
- A loop system in the main sanctuary?
- Multiple font sizes on the Temple website?
- Hand held magnifiers and fidget toys for use at services?
- Vegan, pescatarian, gluten and dairy free options for Mount Zion sponsored dinners?
- Elevator to bimah and ark?
- ASL interpreters upon request?
- Live streaming of Shabbat Friday night services?

### **And that we are nationally recognized as a URJ Exemplar Congregation for Disability Inclusion?**

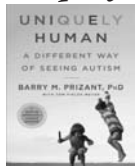
See details on p. 2.

### **Want to know more?**

Go to [mzion.org](http://mzion.org) and click on "Accessibility and Inclusion" under the What's at Mount Zion for me? section. Contact Allyson Perling at 651-335-2452 or Larry Solomon at 651-698-3881 with questions.

## JDAIM Reads! 2016

### *Uniquely Human: A Different Way of Seeing Autism*



By Barry M. Prizant, PhD with Tom Fields-Meyer  
Dr. Prizant casts a spotlight on behavior and how it can be a way of communicating feelings or needs.

### *Following Ezra: What One Father Learned About Gumby, Otters, Autism, and Love From His Extraordinary Son*



By Tom Fields-Meyer  
This book will have you laughing and crying as author Tom Fields-Meyer engages you with his compelling memoir.

## JDAIM Reads for Children! 2016

*JDAIM is proud to partner with PJ Library again this Year!*

### *The Mitten String*



By Jennifer Rosen & Illustrated by Kristina Swarner  
Ruthie loves to knit--and to help people. When her family gives shelter to a deaf woman and her baby, Ruthie realizes there's a way for her to do both at once!

**All 3 JDAIM reads books are available in the Mount Zion library!**

# SOCIAL ACTION UPDATE

Tzedek = Justice

## Social Justice Book Discussion Featuring *Just Mercy*

Through an anonymous donation, Rabbi Spilker has copies of Bryan Stevenson's book *Just Mercy* to give to interested congregants. This is the book he spoke about at Rosh Hashanah: A true story about a wrongly condemned man in Alabama that offers insight into the problems in our criminal justice system around the issues of race. To receive a copy, we ask that you attend one of three book discussions in January (dates below). Please send a brief email to Julie Beckman expressing interest, [jbeckman@mzion.org](mailto:jbeckman@mzion.org).



Jewish Community Action and the Mount Zion Tzedek Committee are working with Jewish groups around the Twin Cities to educate people about the gaps in our criminal justice system and to work toward incarceration reform and support for individuals after they leave prison. These conversations are an excellent way to learn and to meet others who want to work for positive change.

### Book Discussion Dates

**Sun., Jan. 24, 1 - 3 p.m. at Fresh Grounds** (1362 7th St., St. Paul)  
Facilitator: Deb Moses

**Sunday, January 31, 9:30 - 11:30 a.m. at Mount Zion**  
Facilitator: Vic Rosenthal

**Thursday, February 11, 7 - 9 p.m. at Kuhne/Roll-Kuhne home**  
(993 Cobb Rd, Shoreview) Facilitator: Michael Kuhne

No RSVP necessary. For more info, contact:

Rachel at 651-632-2184 or [rachel@jewishcommunityaction.org](mailto:rachel@jewishcommunityaction.org) or  
Deb at [deborah.moses@comcast.net](mailto:deborah.moses@comcast.net) 612-730-3092.

**Jewish Women's Morning at the Capitol 2.0:  
A Pre-Session Conversation with Legislators**  
**Sunday, February 28, 1:00 - 4:00 p.m. - OPEN TO ALL**  
Sabes JCC (4330 South Cedar Lake Rd, Minneapolis)

Join us for a session with legislators prior to the 2016 legislative session. Co-sponsored by the National Council of Jewish Women and Jewish Community Action, this event brings legislators and citizens together for meaningful discussions about the most pressing political issues of the day. This year's event focuses on criminal justice, reproductive rights, and voting rights. Although the event is free and open, we ask that you register in advance. Details at [www.ncjwmpis.org](http://www.ncjwmpis.org)

## Volunteer at Neighborhood House

Your help is needed this winter at Neighborhood House, a social services agency in St. Paul with a deep connection to Mount Zion (3 Mount Zion members are currently board members at Neighborhood House: Robert Richman, Stephanie Wolkin, and P.J. Pofahl). Please consider the following volunteer opportunities and contact Anders at [ARMayland@neighb.org](mailto:ARMayland@neighb.org) for more information.



### Deliver Food For Hungry Families

Neighborhood House food shelves receive donations of bread, produce, and other vital food items from the Penfield Lunds, Highland Lunds, and Oakdale Target. Help ensure that these generous donations make their way to participants by delivering them to Neighborhood House!  
**Volunteers needed Monday-Friday 9:30-11am.**

### Multicultural Preschool Assistant

Are you an enthusiastic supporter of early childhood education? Help create a bright future for children in Neighborhood House's preschool program by leading games, songs, and exciting early learning opportunities. Volunteers needed Monday-Friday, 11:30am - 1:30pm.

### Criminal Justice Reform: A Legislative Perspective

Sunday, February 7, 10:00 a.m. - 12:00 p.m. at Mount Zion

### Criminal Justice Reform: Community Solutions

Sunday, March 6, 1:00 - 3:00 p.m. at Mount Zion

Save these dates for more interesting discussion and action on the JCA-led criminal justice reform effort. More details will follow in upcoming Shabbat cards and at [mzion.org](http://mzion.org). Questions can be directed to Michael Kuhne ([michael.kuhne@minneapolis.edu](mailto:michael.kuhne@minneapolis.edu)).



## Co-Sponsor an Oneg Shabbat

Sponsoring an Oneg Shabbat after Friday evening services is a lovely way to honor or remember a loved one or to celebrate an upcoming simcha. When you sponsor an Oneg Shabbat you help our community connect in the way that is part of our Mount Zion culture. For more details contact Larry Solomon at [lsolomon@mzion.org](mailto:lsolomon@mzion.org) or 651-698-3881.



Keep up to Date with  
Mount Zion's **Online Calendar!**

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

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**CIVIL & RIGHT**  
 ARE YOU LIVING THE DREAM?  
 26TH ANNUAL MLK HOLIDAY BREAKFAST

**Monday, January 18**  
**7:00 - 9:30 a.m.**  
 at Mount Zion and eight other area locations

*See page 6 for more details.*


**Food for Thought**  
 Friday, February 19, 5:45-7:15 p.m.




**The Mitzvah of Fitness**  
 Speakers: Max and Jill Lipset

*See page 15 for more details.*

**Pulpit Guest: Joan Ostrove**  
**Cultivating Patience, Re-framing Disability: A Jewish Perspective on Access and Inclusion**



Friday, February 26  
 During Shabbat evening service.



*See page 16 & 17 for more details about this event and more topics related to inclusion.*

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**Tu BiSh'vat**  
 Friday, January 29  
 7:30 p.m. Seder and Shabbat Service



*See page 3 for more details.*

**Open Auditions for Purim Play!**



Open audition: **Sunday, January 31, Noon-3 p.m.**  
 The one-time performance will be on Purim eve,  
**Wednesday, March 23 at 6:00 p.m.**  
*See p. 7 for details.*

**SHABBAT**



**Shabbat at Home**  
**Friday, February 12**  
 Dozens of congregants will be inviting all members of the congregation to their homes for Shabbat dinner. Want to be a host? Want to be a guest?

*For more details, see page 3.*