

Panim el Panim

Connecting Face to Face

פְּנִים אֶל פְּנִים



ITON TZIYON

עֵתוֹן צִיּוֹן

*The Newsletter of
Mount Zion Temple*

June/July 2014

Sivan 5774

Vol. 158, No. 7

L'DOR VADOR

FROM GENERATION TO GENERATION

MAZEL TOV TO...

Our members who will celebrate a milestone anniversary in June/July: **Robert & Jeni Alcakovic, Michael & Valerie Cassano, John & Hannah Riederer, Warren & Susanne Cohen, Chris Brunelle & Serena Zabin, Rick Epstein & Melissa Weisman, Ben Somberg & Nina Bohrod, Michael & Bobbie Elle, Charles & Jeanne Herzog, Howard & Mariam Lowinger, Jules & Janice Goldstein, Arnold & Judith Brier, Orrin & Beverly Sechter, Dick & DeeDee Harris, Howie & Emily Paper, Al & Jill Levin, Harriet Guthertz & Laura Mathews, Larry & Cathy Bogolub, Michael & Sylvia Lotz, Howard & Paula Roston, Michael Stiffman & Pita Adam, Michael & Jennifer Wall, Daniel & Laura Zelle, Honnen & Barbara Weiss, Eric & Sue Lund, Bob & Mary Mersky, Philip & Nancy Margolis.**

Kristin Beckmann on being appointed deputy mayor of St. Paul.

Samuel LaRoque and **Christy Hagan** on the birth of their son, *Benjamin Walker LaRoque*, born on May 6.

Our teens elected to NFTY-NO Regional Board (serving Minnesota, Wisconsin, the Dakotas, and central Canada): **Noah Robiner** – *Programming Vice President* and **Eiden Spilker** – *Religious and Cultural Vice President*.

ZICHRONAM LIVRACHA

May their memories be a blessing

WE EXTEND CONDOLENCES TO...

Renée (Marc) Frisch on the death of her mother, *Alice Notaris*, on April 23.

Bonnie Resnick (Alan Milavetz) on the death of her step-father, *Elliott Karasov*, on April 21.

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

Clergy Visits



Our clergy would like to visit or call you if you are ill or homebound. To be sure we visit all of our members in need, please call us at 651-698-3881 and let us know the name of the person who needs a visit and all available information such as location (home or specific hospital or nursing home) and phone.

Thanks for helping us make connections!

FROM THE RABBI

Annual Report – Rabbi Adam Stock Spilker

Delivered at Mount Zion's 158th Annual Meeting, May 18, 2014 / Lag B'Omer 5774



Seven years ago, we celebrated our sesquicentennial with a huge outdoor picnic and a panoramic photo of our members that hangs in our hallway. That day was Lag B'Omer, the 33rd day between Passover and Shavuot, a minor but fun Jewish holiday. Seven years later, today is again Lag B'Omer. It seems also to be the first day of spring! The cycles of life.

In a blink of an eye time passes; much is the same, much has changed. As this is like a *State of the Congregation* moment, let me say clearly that the state of Mount Zion is strong and, for many: inspiring, grounding, holy. We aspire each day to be a vibrant and welcoming Jewish spiritual home.

In this past year, we have had important conversations, some through book groups, some through events, some through hallway *panim el panim* moments. We talked about Alzheimer's disease; about Jewish views on cremation and tattoos; about race in America by reading *How Jews Became White Folks*; about what we believe as Reform Jews; about whether one can speak of both Israel's triumphs and its tragedies with Ari Shavit's powerful book and presentation; about the historical Jesus in his Jewish context with House of Hope Church and Amy-Jill Levine's weekend talks; about job networking with Sisterhood's women's networking group; about our values in education with our Religious School mission centered on knowledge, community, and identity; about gratitude; about Torah as we plan our next *kivvun*, focus on life-long learning next year; and, with our strategic planning, about what it means to be a synagogue in our time and in the years to come.

This was also the year of memorable holidays: Thanksgiving, early Festival morning services, and Purim's *Frozen: Let Him Know* with Rabbi Adler's clever lyrics and Cantor Strauss-Klein's beautiful voice. And powerful weekends – so many teen and family Shabbatonim, the 17th women's Our Bodies, Our Souls, and the 3rd men's retreat "Our Bodies". In all seriousness, it too could be called, "Our Bodies, Our Souls". And powerful reunions, this past Shabbat with over 300 households being invited – and many of those attending — to celebrate their over 18 years of being members. Thank you **LARRY SOLOMON** for your spirit and behind-the-scenes work to make that and so much more happen at Mount Zion.

Continued on p.5

Mazel Tov to our High School Seniors!



Friday, May 9 was a special evening and Shabbat service where we honored our Chai School graduates and all of our Mount Zion graduating high school seniors. Those who were able to attend are in the picture to the left, and you can see the names of all of our graduates and their plans for next year on page 13.

Mount Zion Picnic

Friday, July 11

following Shabbat services (approximately 7 p.m.)

Come rain or shine!

We'll supply the hot dogs (including veggie), buns, and fixings. You bring a non-dairy side dish to share. Let's enjoy a beautiful summer evening together!



Picnic

MAKE SHABBAT YOUR SANCTUARY

Iton Tziyon Cover: I am Mount Zion

Rebecca Elkin, a member of *Shir Tzion*, our children's choir, loves to sing and learn new songs. **Phoebe Ellis**, a member of *Shir Chants*, our teen choir, likes to sing and says that working with Cantor Strauss-Klein is awesome and the friends she makes are wonderful! Phoebe thinks the environment is so inviting and the Jewish skills she's accumulated are super cool. **Eric Lund**, a member of *Torah Tones*, our adult choir, says that he is in the choir because it offers a religious community experience second to none. At our best, all of our voices come together in space and time to create something spiritually beautiful. *Hinei ma tov*/How good it is to be together!



Gus Gutman (z"l) was scheduled to be on this bulletin cover. This is what he said about why he liked being in the choir:

"I like being in the choir because it brings me together with fellow members who enjoy singing. It gives me a chance to contribute and enhance the service at Mount Zion."

We will miss Gus. May his memory be for a blessing

Cover photo by Jennifer Baddin. Above photo by Sue Lund Photography.

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.*

June

Mondays: Rita Grossman, Lindsay Nauen, Jane Trosdahl
Tuesdays: John Mast, Stuart Appelbaum, Jean King Appelbaum
Wednesdays: Eric Lund, Phil Margolis, Margie Abrahamson
Thursdays: Janet Kampf, Siana Goodwin, Raline Paper
Sundays: Charles Fodor, John Mast, Rita Grossman

July

Mondays: Rita Grossman, Jules Goldstein, Janice Goldstein
Tuesdays: John Mast, Deb Bachrach, Ray Sevet
Wednesdays: Eric Lund, Sue Lund
Thursdays: Charles Fodor, Raline Paper, Ira Kipp
Sundays: John Mast, Rita Grossman, Charles Fodor, Janet Kampf

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



Tot Shabbat will resume in the Fall.

No Tot Shabbat in June, July, or August.



Gabriel Lerew brought Shabbatasaurus to sleep with him last month!

"Shabbatosaurus", a stuffed dinosaur, is a mascot for Tot Shabbat. For many years, this Shabbatasaurus has gone home with one lucky Tot Shabbat attendee each month.

Summer Shabbat Eve Service Times

Every Friday night **June 6 - August 29 at 6:00 p.m.**

5:30 p.m. Kabbalat Panim – Greeting Time.
6:00 p.m. Hour-long Shabbat Service.
7:00-7:30 p.m. Oneg Shabbat.



Mount Zion Picnic (rain or shine!) - After services on **Friday, July 11** (approx. 7 p.m.). See page 2 for details.

JUNE

FRIDAY SHABBAT EVENING SERVICES

June 6, 6:00 p.m.

Shir Tzion and
 Intergenerational Choirs Participate
 Camp Send-off
 Honoring Lisa Dorn
 Soul Food Friday, 7:30 p.m. (see p.5)

June 13, 6:00 p.m.

Celebrate Shabbat!

June 20, 6:00 p.m.

Birthday Blessings

June 27, 6:00 p.m.

Celebrate Shabbat!

SATURDAY SHABBAT MORNING SERVICES

June 7, 10:00 a.m.

*B'haalotkha - Num. 8:1-9:14**
 Rachel Turin, Bat Mitzvah

June 14, 10:00 a.m.

*Shlach Lcha - Num. 13:1-14:7**
 Corey Steinhauser, Bar Mitzvah

June 21, 10:00 a.m.

*Korach - Num. 16:1-17:15**
 Celebrate Shabbat!

June 27, 10:00 a.m.

*Chukat - Num. 19:1-20:13**
 Celebrate Shabbat!

JULY

FRIDAY SHABBAT EVENING SERVICES

July 4, 6:00 p.m.

Celebrate Shabbat!

Soul Food Friday, 7:30 p.m. (see p.5)

July 11, 6:00 p.m.

Celebrate Shabbat!

Congregational Picnic (see back page)

July 18, 6:00 p.m.

Birthday Blessings

July 25, 6:00 p.m.

Celebrate Shabbat!

SATURDAY SHABBAT MORNING SERVICES

July 5, 10:00 a.m.

*Balak - Num. 22:2-38**
 Celebrate Shabbat!

July 12, 10:00 a.m.

*Pinchas - Num. 25:10-26:51**
 Celebrate Shabbat!

July 19, 10:00 a.m.

*Mattot - Num. 30:2-31:54**
 Celebrate Shabbat!

July 26, 10:00 a.m.

*Ma'ei - Num. 33:1-49**
 Celebrate Shabbat!

Schedule Every Shabbat Day

9:00 a.m. *Open Torah Study* - Drop in any time to study the week's Torah portion (listed above). *Using a triennial [3 year] cycle, we are reading the first third of each *parashah* this year. (*Torah study will be in Sisterhood Lounge in June*).

10:00 a.m. *Shabbat Morning Service*



A lot changes in a year!

A little over a year ago, on May 14, 2013, Governor Mark Dayton signed a bill into law that legalized same-sex marriage in Minnesota. The state of Minnesota began recognizing the validity of same-sex marriages from other jurisdictions on July 1st, and began issuing its own certificates on August 1st. Minnesota was the second state in the Midwest, after Iowa, to legalize marriage between same-sex couples, and was the first state in the Midwest to do so via the legislative process. At that time, we were “number 12”—the twelfth state in the country to institute marriage equality. A little over a year later, six more states now have marriage equality in place, with more legal victories taking place every day.

It’s easy, as a result, to get complacent and feel as though “the tide has turned” and we need to do nothing more. In my bulletin article of June 2011 I wrote about the song “Waiting on the World to Change” in reference to LGBTQ rights. Times have certainly changed since then—in Minnesota and several other states—but certainly not everywhere. The first same-sex marriage I had the honor of co-officiating in Minnesota was that of a college friend of mine from Wisconsin, who made the trek over here after DOMA (the Defense of Marriage Act, the law barring the federal government from recognizing same-sex marriages legalized by the states) was declared unconstitutional. Her Minnesota marriage is recognized by the federal government, but not by her home state—and the tides of Wisconsin don’t look like they’re going to turn anytime soon. Whenever I feel complacent, I am mindful of her and of all those in same-sex relationships who still lack access to the rights and responsibilities of full marriage equality, not to mention those living in states without laws prohibiting discrimination based on sexual orientation and gender identity.

But, as they say, there’s an app for that! This year Mount Zion marks our tenth year marching in the Twin Cities Pride Parade with J-Pride, which is led and supported by LGBTQ Jews and straight allies working to cultivate the spirit and practice of inclusion in all parts of the Jewish community. The Twin Cities Pride Festival 2014 will take place in on Sunday, June 29th. This will mark my fifth year marching with Mount Zion and J-Pride, and it is an inspiring, fun, and eye-opening event. A celebration, yes, but also a call to action that reminds us that we Minnesotans are ahead of the curve, and we’ve got to do everything we can to bring full equality to the 32 states that lack it.

Please see page 8 for more information about marching and volunteering!

Jennifer Strauss-Klein, Cantor


Trope Troupe

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

Todah Rabah to our May Ba’alei Korei (chanting Torah): Hannah Davis, Brad Elkin, Noah Gerber, Glenn Hardin, Shelley Robbins, Brian Serle

Todah Rabah to our May Ba’alei Haftarah (chanting Haftarah): Noah Gerber


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



A dinner of celebration and thanks in honor of

Lisa Dorn

*Mount Zion’s music teacher and
Shir Tzion accompanist for 17 years*



Friday, June 6

Immediately following the 6:00 Shabbat service

Cost before May 27: \$5 children, \$10 adults
Cost after May 27: \$8 children, \$15 adults

Asian fusion Shabbat fare

Details at www.mzion.org.

Torah Yoga

with Diane Bloomfield

Wednesday, August 6, 7:00-9:00 p.m.

With tea, cookies and conversation to follow our practice



Join St. Paul native (now Jerusalem resident) Diane Bloomfield, the founder of Torah Yoga, as we go deeply into yoga poses and Jewish text. Diane teaches Iyengar style (alignment based) yoga. Please bring a yoga mat if you have one, but we will have a few extras on hand. This class will have a \$20 fee payable to Diane Bloomfield, our guest instructor.

FROM THE PRESIDENT



We celebrate the beginning of summer with warmer weather and our move to 6 pm Friday evening Shabbat services. Summer is glorious in Minnesota—enjoy! In May, you received an email communication regarding our Strategic Plan. Perhaps you heard more about the Plan at our annual meeting. The Plan, *Strengthening Connections*, has four major areas of concentra-

tion: Relationships, Participation, Digital Communications, and Giving. All areas have action teams that made recommendations which will be evaluated by the Board this summer.

We have Giving as an area of focus because we cannot support all that we do with our current sources of revenue including yearly commitments (dues). Synagogues are exploring new methods of supporting their work, as are we. Most other congregations have an Annual Campaign, a separate annual fund raising effort that supplements their usual sources of revenue. Our Giving Action team has recommended and our Board of Directors has approved that we start an Annual Campaign to begin this summer and fall. The Annual Campaign will be a significant chance to support our Mount Zion Community. I hope that you will give from your heart to support Mount Zion. This is our spiritual home. This is where we “practice” our Judaism, educate our children and ourselves, celebrate simchas, mourn losses, and meet and connect with friends. Together, we all weave our beautiful Mount Zion tapestry.

You will hear more about this effort later in summer or in fall. When you are asked to contribute, please strongly consider giving to our first Annual Campaign. Your participation will make it a success.

Betsy Rest, President



At Mount Zion’s Annual Meeting held on Sunday, May 18th, Board members whose terms are ending were recognized and honored by President Betsy Rest and Rabbi Spilker. Thanked for their service and contributions to the Board were Liz Krelitz (pictured), Hannah Stander-Riederer, Noah Robiner (accepting for Noah was Bill Robiner) and Kirsten Welge.

Installed as new Board Members for two year terms were Aimee Gonzales, Janet Kampf and Rachel Stover Haney.

LETTER FROM THE RABBI (CONT.)

I am grateful each and every day for the partnership I have with my colleagues at Mount Zion who never cease to go the extra mile and the additional late night, with talent and creativity. Whether in boiler room or in the copier room, in the classroom or in the sanctuary, we are blessed with a strong, committed staff team together with our volunteer leadership. Thank you to **JENNIFER BADDIN**, **JULIE BECKMAN**, **TERESA MATZEK**, **JANELLE NORLIEN**, **DON NOVAK**, **ELIAS PASTRANA NAVARRO**, and **SHEILA SCHUMAN**. In particular, a special thank you to **DANA PROTAS**, who has fashioned our Lower and Hebrew Schools in her image, full of joy, deep learning, and compassion. After five years of serving our community in this leadership role and many more as a teacher, we thank you and wish you well serving the Minneapolis Jewish community leading *Yachad*, a new community, Jewish high school program. And we are grateful for **ANA APTER** who will capably assume the interim Religious School Director position with her typical entrepreneurial, quick, and thoughtful way as we plan for the future of our Religious School.

Among all lay leaders, one note about the extraordinary dedication and leadership of **BETSY REST**. She has found ways to prioritize Mount Zion, lead effective and meaningful meetings, and care deeply about each person in our community, no matter what she was facing outside of our community. We thank Betsy.

This was also a year of another conversation. What does it mean to go through personal struggle in the midst of community? This is not a time for a full answer, but one brief reflection: This week, we begin reading the book of Numbers, in Hebrew called, *Bamidbar*, in the Wilderness. We know the Israelites’ journey ended up taking forty years, but this large number simply suggests that our journeys are often uncharted without a clear map. And they take time.

In July, **CANTOR SPILKER**, Rachel, will transition to a much-reduced position, the exact contours of which we are still working out. **CANTOR STRAUSS-KLEIN** will increase her time to .85 time, nearly full time. Rachel and I are both so appreciative of Jen’s grace, support, and willingness to navigate this path forward with us. We as a congregation are so fortunate to have Cantor Strauss-Klein, now celebrating five years with Mount Zion, and equally for **RABBI ADLER**’s steady and thoughtful and caring partnership. I know that Rachel cherishes the notes, emails, and calls of support that so many of you have shared, from staff, leadership, and congregants. Over these years, through joy and challenge, you have become our family.

In the *The Torah: Women’s Torah Commentary* for this week’s *parashah*, Bemidbar, into the wilderness, are these words written by Cantor Spilker:

“You know, sometimes it is the artist’s task to find out how much music you can still make with what you have left.” Perhaps this is true for all of us, not only artists. Losses can lead to inner strengths and life changes that we did not dream were possible. We are more than the sum of our parts.

We are all more than the sum of our parts; we are a holy and caring community. May we go from strength to strength.

Adam Stock Spilker, Rabbi

Library News



by Bob Epstein, Librarian & Charles Fodor

D'var Torah Resources

While the internet is a convenient place to access commentaries for the weekly parsha, your library provides many titles offering a wide variety of interpretations for b'nei mitzvot and their parents. Among them are Rabbi Harvey Fields' *A Torah Commentary for our Times*; both the original and revised editions of Rabbi W. Gunther Plaut's *The Torah: A Modern Commentary*; Rabbi Jeffrey Salkin's *Text Messages: A Torah Commentary for Teens*; *The Women's Torah Commentary* edited by Rabbi Elyse Goldstein; *The Modern Men's Torah Commentary*, edited by Rabbi Jeffrey Salkin; *Pentateuch with Rashi's commentary*; Nehama Leibowitz's *Studies in the Book of Genesis* (and Exodus, Leviticus, Numbers, and Deuteronomy); and multi-volume *The Torah Anthology (Yalkut Me'am Lo'ez)*, compiled by Rabbi Yaakov Culi, and translated by Rabbi Aryeh Kaplan, providing centuries of commentary on all the weekly readings. In addition, there are approximately two dozen additional titles with commentary by various rabbis on the weekly portions. So - if you're having difficulty finding useful and appropriate material for your child's d'var Torah - or for yourself - please stop by the library, and I'll be happy to assist you in finding the resources you need - Wednesdays only during the summer months, Sunday mornings and Wednesdays during the school year.

Another school year is coming to an end, and there are many overdue items checked out to members or their children. Please check to see if you have materials checked out of the library and return them as soon as possible. Charles Fodor will be making calls to remind borrowers of unreturned materials. Please make an effort to return any borrowed materials as soon as possible. Thank you!

Charles Fodor Chairs the recently re-activated Library Committee. This Committee will assist Bob Epstein in his role as our Librarian, in book selection and purchase, library sorting and shelving and in deciding which materials/books will be removed from our collection. Please contact the Temple Office at 651-698-3881 if you are interested in being involved on this Committee.

While the internet is a convenient place to access commentaries for the weekly parsha, your library provides many titles offering a wide variety of interpretations for b'nei mitzvot and their parents.

Yom Kippur

Swab a Cheek, Inscribed for Life

A quick cheek swab could save a life! Mount Zion is joining dozens of other Reform congregations across the country in hosting a bone marrow donor recruitment drive on Yom Kippur.

If you are between the ages of 18 and 60, you can join the Gift of Life's bone marrow and blood stem cell registry and be a potential match for a person with a life-threatening blood disease like leukemia. You'll just need to fill out a health history evaluation form and a swab your cheek at our drive on **October 4, Yom Kippur Day**.

In addition, we'll need some volunteers to help get everyone registered in an efficient way. Contact Sally Glick at sallyoglick@gmail.com or Hannah Riederer at hstander@gmail.com to volunteer for a 2 hour shift at the registration table. Thank you!

For more information about Gift of Life, go to www.giftoflife.org or rac.org/giftoflife



CarFit Event:

Be the Safest One on the Road!

Monday, July 21, 9:00 a.m. - Noon

Mount Zion/Kowalski's Parking Lot

All car, truck, van drivers are welcome!

Sorry, no motorcycles or bicycles.

We care about our members.



Whether you are a new or an experienced driver, Mount Zion wants your car to be the safest one on the road! That's why we're sponsoring a CarFit event.

CarFit is a short, free, drive-through check where trained personnel provide information and adjustments to improve the fit of the settings for your car's safety devices to be the most comfortable and effective. From air bags to mirrors and seats to tires – let us help get your car adjusted exactly for you.

Please reserve your 20 minute spot by contacting Sheila in the Mount Zion office at sschuman@mzion.org or 651-698-3881. If you have questions – please call Erica Stern at 612-626-2799 (University of Minnesota).



Shavuot



©LPi



Tuesday, June 3 / 6 Sivan

7:30 p.m. - Midnight

7:30 p.m. Shavuot/Confirmation Service

10:30 p.m. Tikkun Leil Shavuot

Join us for Torah Study on the Festival of Shavuot

Wednesday, June 4 / 6 Sivan

Shavuot Festival Service (Yizkor)

8:00 a.m. - Bagels and Coffee

8:30 a.m. - Service

Whither Thou Goest

"Whither thou goest, I will go, and where thou lodgest, I will lodge; thy people shall be my people, and thy God my God." -Ruth 1:16



The words are well known. They are quoted in wedding ceremonies and conversions, on inspirational greeting cards and posters.

Who is the woman who spoke these words? Why was she so attached to the woman to whom they are addressed? Why do we read this on Shavuot? Explore these questions and more with your rabbis at our Tikkun Leil Shavuot on Tuesday night, June 3. It is a unique opportunity to study with both Rabbi Spilker and Rabbi Adler at one time.

B'ruchim Ha Ba'im Welcoming the First Fruit

All babies born since May 2013

Part of Shavuot morning services

Join us as we welcome the youngest members of our Mount Zion community. Families with babies born since last Shavuot (May 2013) will be honored with a special ceremony and gift during Shavuot services on *Wednesday, June 4 at 8:30 a.m.* Help us celebrate these new guarantors of Torah!

**Join us for
Coffee & Bagels**



*before our Shavuot morning service...
and before the rest of your day....*



Wednesday, June 4 - 6 Sivan

8:00 a.m. - Coffee and Bagels

followed by

Shavuot Festival Service (Yizkor), 8:30 a.m.

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 Aimee Gonzalez at agc0610@gmail.com or find our group on Facebook!



Soul Food Friday

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

June 6

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 to noazim.mz@gmail.com (\$5).

There will be no Soul Food Friday in July due to the holiday.

Check out our Facebook page for information on any upcoming events. We also welcome ideas from the group on things to do together

Before Tikkun at Mount Zion, join with

Noazim Shavuot at Cafe Latte

Tuesday, June 3, 7:15 p.m.

Come celebrate the receiving of Torah with delicious dairy and study! Noazim will be meeting at Café Latte at 7:15 PM to dig into text and cheesecake. Text printouts will be provided, but bring a Tanakh if you like. No additional cost beyond your dessert.

Cafe Latte Address: 850 Grand Ave., St. Paul, MN

RSVP: kirsten.welge@gmail.com



On May 17th, Rabbi Spilker led an intrepid group on the last Parashah Pedal Pub of the season in downtown St. Paul, blasting Israeli music and Torah to the crowds on a busy Saturday night.

Hey Mount Zion! Are you feeling PROUD?

We've traveled so far together, and it means so much for so many.

Sunday, June 29 is our 10th year parading with JPride at Pride!

Join us! Everyone welcome!



Haven't missed a year? That's Fabulous! Never been to Pride before? This is your year! Wear a JPride shirt, a Jewish youth group shirt, or a JPride Sticker and walk, dance the 'Hora on Hennepin,' and celebrate together!
As always, EVERYONE is welcome!

Friends, Partners, Parents, Spouses, Teens, All Ages of Adults, Kids with an Adult! Sunday June 29!

Contact Cantor Strauss-Klein at
jstraussklein@mzion.org or 651-698-3881
to join Mount Zion!

We are saving a spot for you!

CARING COMMUNITY

Pikuach Nefesh Saving a Life!

Still Seeking a Kidney Donor

My Story



My name is Margo Friedman. I have been a member of Mount Zion for 53 years. I attended OSRUI as teen and it was “my home away from home”! I have been involved at temple in Religious School teaching, Torah Tones, Sisterhood, Blood Drives, Daily Services, and the Caring Community. I was in the Adult B’nei Mitzvah Class of 1981. I taught children with learning disabilities for 36 years in Saint Paul.

When I retired, I volunteered at Galtier Community School in the library, but I can no longer do that due to the severity of my kidney disease.

Looking for a Donor: You’ve got what it takes!

I have been an insulin dependent diabetes for 26 years. My kidneys are almost nonfunctional (Stage 4 kidney failure) and I am in need of a kidney transplant. I am looking for a live kidney donor. Living donor kidney transplants offer better outcomes for kidney patients. There is less chance of rejection and a greater chance of long-term success. You must be healthy to donate. Although B or O blood type is preferred, your blood type does not need to match mine. My insurance will cover all of your examination and transplant costs. You would be evaluated by the University of Minnesota Kidney Transplant Team.

Two months ago at my doctor’s recommendation I started on kidney dialysis (a blood filtering process that takes 3-4 hours three times a week). Dialysis keeps me alive but is not as efficient as a donor kidney. A transplant from a live donor is much more desirable, and will ensure me a higher quality of life than dialysis. The estimated wait time for a kidney from a deceased donor is 5 to 6 years. There are 70,000 people in the United States that need kidney transplants. Now you know one! Having been on dialysis I am even more anxious to find a kidney donor.

Can you help? Have questions?

If you have any questions about donation or are interested in becoming a donor, please contact the UM transplant office at 612-672-7270 ext. 1 or 1-800-328-5465. Give them my name. You may also call or e-mail me at 651-455-2934 or margo.friedman@gmail.com.

Thank you very much for any help you can give by considering donation or passing this request along to friends, family and co-workers.

Margo Friedman

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 or call 651-698-3881.

More Handicapped Parking Spots in the Kitchen Parking Lot



We have two dedicated permanent handicapped parking spaces in our kitchen parking lot. However, our members with physical challenges have told us that when there are services, events or activities in the building, we do not have sufficient easy access parking. To address this concern we recently acquired two “convertible” handicapped parking signs that we can use when we need them—such as Friday evenings, Wednesday evenings, and Sunday mornings. These signs are turned toward the spaces when in use, designating the spaces as reserved during that time. If you see that a space is reserved as a handicapped space, please park there only if you have the appropriate license plate or hang tag. Please do not turn the signs around and park there, as it is meant for our members and guests that need these spaces. Thank you in advance for your cooperation and consideration.

PRIME TIMERS

For members 55 and older.

Prime Timers’ Lunch with Rabbi Spilker **Topic TBD**

Wednesday, August 27 at Mount Zion

12:00 p.m. – Potluck Dairy Lunch

1:00 p.m. – Presentation and Discussion

All are welcome.

More details in the August bulletin.

Tentative 2014 Programs!

All 55 and older are welcome to attend!

June — discussion by prominent author

July — picnic and attend musical at Como Park Pavilion

August — see above event with Rabbi Spilker

September — picnic and wine tasting in Afton, MN

October — St. Croix river cruise with Brotherhood/Sisterhood

November — Bunko party with prizes

December — Chanukah luncheon gift exchange

Watch *This Week at Mount Zion* for exact dates and details. For more info. call Ed Pickett (651-698-3855) or Ray Sevett (651-554-9894).

IN OUR COMMUNITY

THE MINNEAPOLIS JEWISH FEDERATION AND THE
JEWISH FEDERATION OF GREATER ST. PAUL INVITE YOU TO THE
TWIN CITIES MAIMONIDES SOCIETY'S

EAT * PLAY * LOVE



Obesity Is a Family Matter

A CONFERENCE ON HEALTHY LIVING FOR FAMILIES AND PROFESSIONALS

Sunday, June 29, 1:00-5:00 p.m.

Sabes JCC, 4330 Cedar Lake Road, Minneapolis
\$10 to attend

**Keynote Address By Robert Lustig, M.D.
Darwin, Diet, Disease, Dollars**



The "anti-processed food guy," Dr. Lustig is a renowned pediatric endocrinologist at the University of California, San Francisco where he is a professor of Clinical Pediatrics. He has written several books including the popular *Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity and Disease*.

In addition, attendees can choose from nine breakout sessions on topics including healthy eating, staying fit as a family, positive body image and healthy behaviors, and more. For more details, go to www.jewishminnesota.org/healthyliving.aspx or contact Temma Shankman at tshankman@mplsfed.org or 952-417-2359.

The Twin Cities Maimonides Society is a division of the Minneapolis Jewish 3636/Federation and the Jewish Federation of Greater St. Paul.



Thursday, June 19

Food for Your Soul, now in its fourth year, is a unique fundraising event where multiple dinner parties are hosted on the same night in homes throughout the Twin Cities. Each party, which benefits the work of Sholom, features a special guest and delicious fare. One special guest is Minneapolis' own Rabbi-turned-inventor, as seen on *Shark Tank*, Rabbi Moshe Weiss. We hope you will join us! For more information and to purchase tickets, go to:

www.foodforyoursoul.org

BAR MITZVAH

Corey Steinhauser

June 14, 2014

Corey Steinhauser is the son of Meryl and Paul Steinhauser and he is the younger brother of Benjamin Steinhauser. He is a grandson of Joan and Fred Steinhauser, and Anne and Bernard Codner (both of blessed memory). Corey is a 7th Grade and attends Mahtomedi Middle School. He is interested in science and technology. Out of school, he likes soccer, tennis, biking, swimming, and being with friends. For his Mitzvah Project, he volunteered at Feed My Starving Children. He plans to donate a portion of his gift money to Neighborhood House. He also plans on growing vegetables for the local food shelf.

ISRAEL MATTERS



On April 9th, Mount Zion members met with Marlene Dodinval, ARZA Central District Director, and held a Torah en route to Women at the Wall in Israel and a small, new Reform Jewish community in the Negev.

An Israel Book Discussion

A Woman in Jerusalem

By A.B. Yehoshua

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

in the Mount Zion Library



Join Charles Fodor and Jonathan Eisenthal as well as members of Mount Zion's Israel book club for an engaging conversation about Israeli life through its literature.

Contact Charles at CSFodor@aol.com or Jonathan at jkeisenthal@comcast.net.

Need a Fresh Start, a Summer Tune-Up or a Professional Do-Over?

Women's Networking Event

Sunday, June 22, 1-4 p.m., Margolis Hall

Do you need help to get yourself ready for a job transition? Are you looking for help in preparing for an interview? Do you have questions about how to appear professional? Do you need business advice? Looking for a creative way to solve a business problem?

Registration is limited, RSVP right away to Sandra Brick at sandra.brick@gmail.com! \$10.00 each participant with donation going to the non-profit, Dress for Success.

Join experts from different fields who will be giving 10-minute personal consultations:

- **What is in YOUR Way?**
Irene M. Kelly, Leadership & Academic Coach - PrismaLLC.com
- **Business Card Review**
Sue Filbin, Smiling Dog Design - www.linkedin.com/in/suefilbin
- **Resume Check-up**
Heather Rothbauer-Wanish - feather-communications.com/
- **Business Facebook Page Review**
Rebecca Metz - www.fanpageshatsell.com
- **“FRESHIONISTA” Your Style**
Marny Fyfe, Style Coach –urban-sass.com
- **Inspired Style: Hair & Make-up**
Kira McCaty - onsitemuse.com
- **An Organized Office**
Maureen Heinen - sendinmaureen.com
- **Reclaim Your Essential “Coolness.”**
Kelly Pratt, Martha Beck certified coach - kellypratt.com
- **Time Management or Giving Yourself the Gift of Time**
Mary Pokluda - bumblebeepa.com
- **ABCs and 123s of Dealing with Difficult People**
Jeannette Grace, MA – expressivetraining.com
- **Linked In Profile Review**
Sandra Zeiszler - moxzclicks.com
- **Impactful Elevator Speeches**
Emily Schroeder Orvik, Chief Strategist & Idea Generator
emboldenbiz.wordpress.com
- **Take a Break, Move and Sharpen Your Mind**
Pola Rest – agelessgrace.com

Bring your written materials and have them reviewed at the stations that will be set up around Margolis Hall. Ask questions and get the help you need to grow professionally and personally! Scholarships available.

Questions? Contact Gail Gendler, gailgendler@edinarealty.com or Sandra Brick, sandra.brick@gmail.com.



MIRIAM'S WELL

Sisterhood's Judaica Shop News

Come see us for your Confirmation, Graduation and Wedding Gifts
Summer Hours: 5:30 p.m., 30 minutes before services start on Fridays.

To volunteer or questions, contact Ruth Garner at ruthsg1966@com-cast.net or Sheri Frisque at sherifrisque@yahoo.com.

It's That Time Again!

Garage Sale 2014



Donation Dates:

- July 13, 10:00 - 5:00 p.m.
- July 14-17, 10:00 - 8:00 p.m.
- July 18, 10:00 - 4:00 p.m.
- July 20, 10:00-5:00 p.m.
- July 21-22, 10:00-8:00 p.m.

Furniture pickups will be scheduled during these hours. To schedule furniture pickup, please call Penny Druker (612-750-4797) or Jan Leach (651-698-3855) at the start of the donation period.

Sale Dates:

- July 23, 6:00-9:00 p.m. - Opening night \$5 charge
- July 24, 4:00-8:00 p.m.
- July 25, 12:00-4:30 p.m.
- July 27, 12:00-5:00 p.m.
- July 31, 4:00 - 8:00 p.m.
- August 1, 12:00 - 4:30 p.m. - 1/2 price day
- August 3, 12:00-5:00 p.m. - Bag Day

Items We Cannot Accept:

Large appliances, televisions, CD, DVD, or VHS players computers, computer monitors, printers, or typewriters, mattresses, grills, carpet, large exercise equipment (treadmills, exercise bikes etc.) bike helmets, used lawn mowers and any other kind of tool that requires oil or gasoline to operate. Tires, magazines, encyclopedias, textbooks, strollers, cribs or car seats.

TAKE HOLD OF TORAH

The Greatest Gift: The Gift of Judaism

A Parents' D'var Torah inspired by Chai School Graduation

May 10, 2014 / 10 Iyar 5774 / 26th day of the Omer

On this shabbat of the Chai school graduation of my son's senior class, I feel eternally grateful for the greatest gift of all: the Gift of Judaism. For being Jew-ish. For embracing the ideals of Judaism-for living these values here in our home, in my heart and within our community and for passing these ideals onto my children.

For the Love of Judaism – for both the religious and cultural aspects. For the love of its' rituals and traditions. For creating the vision of our Jewish Spiritual Home – where we celebrate, comfort and create meaning in our lives while we seek justice in our world. Truly living this vision in our hearts, in our home and with the help of our community. Together. As one.

As it states in the V'avavta: When we stay home and when we are away, when we lie down and when we arise. Impress the Love of G-d upon your children.

As we are all created in the image of G-d: What does it mean to love G-d?

To love one another as you love yourself.

To act selflessly. To perform acts of loving kindness: gemilut chasidim.

To Do. To Act. To Love. An endless, enduring, compassionate and caring love. For the stranger, as well as the friend. For the widow and the neighbor. For the downtrodden. To act as if everything depended on you (to pray as if everything depended on G-d); with no boastful presence or expectation of return; humility is the gold standard- just action- when needed.

To celebrate shabbat- every week- our eternal holiday. G-d gives us a holiday EVERY week to enjoy! How lucky are we?! To Count the Omer; Prepare for Passover;

Sing on Shabbat; Plant trees on Tu B'Shevat; Build a Sukkah and Rejoice!; Dance with the Torah on Simchat Torah; Spread light every Chanukah; Celebrate new babies on Shavuot and the Birthday of the World on Rosh Hashanah; Repent and Return; Start Anew.

Take these instructions which I charge you this day.
Impress them upon your children.

Torah. It is a tree of life to those who hold fast to it. Hold it. Embrace it. Love it. And Carry it on!

L'dor V'dor!

From Generation to Generation!

As we all go from Strength to Strength- Together as One
Community... Shabbat Shalom!

Sue Lund (Mom of Jeremy and Sarah)
Shoshana bat Mordechai v'Chanah Leah

5775 WILL BE THE YEAR OF TORAH



At Mount Zion, we have had a year focused on Israel (5771/2010-11) and a year on Tzedek/Justice (5773/2012-13). This Fall, we begin our year focus on Torah. Stay tuned for how learning, in its many forms, can become a more meaningful part of your life.

This was [Hillel's] motto:

“...[D]on't say, 'When I have leisure, I will study.' Perhaps you never will have that leisure!”

– Pirke Avot (Ethics of our Ancestors) 2:4

TEEN AND YOUTH ACTIVITIES

Chai School Graduation & Senior Send-Off 5774



Mazel tov to our High School seniors!

Here are their plans for next year:

- Sarah Adler-Rephan:** UW-Madison
Kaela Bader: UW-Madison
Bessie Bulman: Case Western Reserve University
Sarah Coleman: Macalester College
Hannah Davis: University of MN-Twin Cities
Jake Dubinsky: University of North Dakota
Anna Ehrlich: Wellesley College
Amelia Forman: Pacific Northwest College of Art (PNCA)
Sophie Heyman: Boston University
Kati Hilton: Case Western Reserve University
Josh Hunt: UW-River Falls
Hannah Johnson: Northwestern University
Helen Klass-Warch: Wesleyan University
Natalie Kramer: Lawrence University
Elena Levin: St. Catherine's University
Jeremy Lund: University of MN-Twin Cities
Zoe Milavetz: UW-Madison
Talia Milavetz: NYU
Jackie Orner: UW-Madison
Charlie Rich: Reed College
Josh Roston: University of Maryland, College Park
Sam Rybeck: Finishing Associate's at MCTC
Sydney Shapiro: University of Kansas
Tahlia Simon: University of Rochester
Eliza Skoler: gap year abroad and then Carleton College
Jonathan Sogin: UW-Madison
Alex Stiffman: Rochester Institute of Technology

Mazel tov also to

Jackson Buelow, Hannah Landy, Micah Schiff,
Brandon Trefethren, Aidan Weingarten

We did not receive information about their next steps in time for publication.

NFTY Summer Kallah

Save the Date: **August 13-17 at OSRUI**

Watch your e-mail for more info during the summer!

Camp Send-Off Shabbat Service
For OSRUI and all Jewish Overnight Camps



**Friday, June 6,
6:00 p.m.**

Mazel Tov to our 5775 SPORTY Board!

President

Sophie Elwood

Programming Vice-President

Lexi Hilton

Social Action Vice-President

Sophia Weber

Religious & Cultural Vice-President

Victoria Garner

Membership Vice-President

Noah Gerber

Communication Chair

David Guthertz

Co-Financial Chairs

Eamon Kuhne and Ben Miller

RELIGIOUS SCHOOL NEWS



Honoring Mary Ann Wark for 25 years in the Religious School.



Honoring Paula Roston for 18 years for leading our KULAM/Inclusion program.



Top Left: 6th graders blessing the 2nd graders.

Below Right: 2nd graders singing to the 6th graders



6th Grade Tallit Ceremony



Celebrating at the end of the year picnic!



...for an amazing year of learning!

You and your family are what make Mount Zion such a special place to be!

Have a wonderful summer!

See you in the fall!

Make Plans for your Child's Jewish Education
Religious School Registration
Grades PreK-12th

Now Open & Online!

To register online, go to mzion.nirsham.com



If you did not receive the registration email, please contact Jen Baddin, Education Assistant at jbaddin@mzion.org.

Honoring of Dana Prottas



The Board of Directors and the Religious School Committee presented gifts to Dana Prottas, Lower and Hebrew School Director, for her years of service to Mount Zion's youth, and for her leadership and vision in guiding our religious school.

Mount Zion's Online Calendar!

www.mzion.org



The Mount Zion electronic calendar shows worship services, school dates, programs and events through next year! This calendar is updated daily!

BROTHERHOOD

Baseball, anyone? Brotherhood and friends will be heading to Midway Field on **August 26 at 7:10 p.m.** to see the Saints defeat the Winnepeg Goldeyes. For more information, please contact baseball maven Dan Levey (651-756-8801 / danlevey2@gmail.com).

Bicycling: Our summer bike ride will begin **Sunday, June 15, 10 a.m.** at Black Bear Crossing, Lake Como. The 25-mile ride will follow the Dinkytown Greenway and Cedar Lake trails, with lunch at Lake Calhoun. Contact Richard (651-340-3487; ranewmark@gmail.com) to join us.

Today Rabah! Thanks to **Shel Finver** and **Jack Silverman** for coordinating the many dedicated volunteers who made our May efforts – the *Yom Ha'aym*/Mother's Day Brunch and Memorial Day flag placement – run so smoothly. Thanks to **Arnie Krohn** and many volunteers for providing our bagel and coffee sales during Sunday school, and to Shel Finver for coordinating this year's B'nei Mitzvah and Confirmation book gifts.

2014-2015 Leadership Team: We are pleased to welcome: **Brian Serle** and **Richard Newmark**, *co-Presidents*; **Shel Finver** and **Charlie Levine**, *Co-Secretaries*; **Daniel Sogin**, *Treasurer*; **Andrew Koven**, *Membership VP*; **David Epstein**, *Publicity VP*, and **Charles Stander**, *VP*. We wish them strength and success as they strive to build our kehillah. Thanks to **Dan Levey** and **Mark Miazga** for their years of service to the Brotherhood Board. All Mount Zion men are invited to the monthly Board meetings; check your e-mails or *This Week at Mount Zion* for dates, and join us for a light supper & discussion.

Brotherhood Membership forms will be mailed to all men in the Temple in June. Please sign-up and send your annual dues to the Temple to continue the work we do, from providing books for B'nei Mitzvah and confirmation celebrations, to supporting the Purim Carnival, Shabbat family dinner and Mother's Day brunch.

3rd Annual Mount Zion Brotherhood Retreat a Great Success! Cedar Valley Lodge in Whalan – a small town in the beautiful bluff country of southeastern Minnesota – was the setting again for our annual retreat. A record-breaking 30 Mount Zion men shared a memorable three-day June weekend filled with spirituality, camaraderie and the enjoyment of nature. The food was terrific – kudos to Daniel Sogin and Andrew Koven for the grocery shopping, meal planning and execution, to Eric Lund and Arnie Krohn and many others. Steve Silverman and Brian Serle brought the group to a higher spiritual level for Erev Shabbat and Shabbat morning services. Phil Goldman led a fascinating discussion of Rashi's commentary on the Torah.

Many of us biked on the scenic Root River trail, which runs for 27 miles between Rushford and Fountain; others took a walking tour of quaint and historic Lanesboro. Rick Linsk and Morley Friedman prepared a very meaningful program, moderated by Rabbi Spilker and focused on the role of Jewish men in our society. We were especially pleased that a number of younger men came to the retreat. We have tentatively reserved Cedar Valley Lodge for our 4th annual retreat on **May 29-31, 2015**.

L'chitraot, and have a great summer!

Richard Newmark, Brian Serle, Brotherhood Co-Presidents



Congratulations to our OSRUI Harris Award Winners!

Students apply for this award (\$500 for new campers and \$250 for returning campers) given in memory of Jean B. and Robert W. Harris by writing essays or creating visual advertisements for OSRUI.

Returning campers

Harrison Ash	Adrienne Kanihan
Morah Elkin	Abby Long
Rebecca Elkin	Ellie Long
Daniel Ellis	Hannah Segal
Lilith Greene-Friedman	Berit Serle

New Campers

Maddie Swenson
Greta Shore

Mount Zion Youth Headed to OSRUI this Summer!

They will be joined by faculty/staff from Mount Zion:
Ana Apter (Faculty), Claire Krelitz, Eiden Spilker, Josh Weisenberg (Avodah), and Danny Lebowitz (Music Specialist).

Bernardo Akerman-Knopf	Kallah Atid
Harrison Ash	Kallah Bet
Hannah Banwell	Tiferet Aleph
Anna Dreyfus	Tzofim Bet
Moriah Elkin	Tiferet Aleph
Rebecca Elkin	Tzofim Bet
Daniel Ellis	Moshavah Bet
Louis Feiges	Kallah Bet
Lilith Greene-Friedman	Kallah Gimmel
Adrienne Kanihan	Tzofim Aleph
Asher Krelitz	Tzofim Gimmel
Miriam Lebowitz	Tiferet Bet
Abigail Long	Tzofim Bet
Eleanor Long	Tzofim Bet
Wyatt Mogelson	Tzofim Aleph
Erica Paley	Tzofim Aleph
Max Schibel	Tzofim Aleph
Julia Schiff	Chalutzim
Hannah Segal	Gesher
Berit Serle	Kallah Gimmel
Greta Shore	Tzofim Aleph
Riley Spieler	Kallah Atid
Liam Spilker	Tzofim Aleph & Tzofim Bet
Henry Strauss-Klein	Kallah Atid
Madeline Swenson	Tzofim Aleph
Maximillian Wall	Kallah Bet
Sadie Wall	Tzofim Bet
Avery Wallen	Kallah Bet
Dylan Zimmerman	Kallah Aleph
Sydney Zimmerman	Kallah Atid

Making Camp Possible!

Mount Zion awarded \$11,240 in need-based scholarships to our youth for Jewish camp experiences this summer!

www.osrui.com

Essay Selections from Returning Harris Award Winners

My favorite part of OSRUI is Shabbat. I love everything about Shabbat at OSRUI - the dinner, the singing, and just having fun with friends. Food at OSRUI is already amazing but on Friday nights, when the whole camp is together enjoying Shabbat, it's even better. Shabbat Shirah is such a great time. I love how when everyone is clapping, it sounds like firecrackers because so many people are in such a small space. I love OSRUI and I love Shabbat, so put both of them together and you can't do anything that will take a smile off my face.

-Hannah Segal

Last summer was my third year at OSRUI. Each year has been different. I've made new friends and tried new activities every year. My counselors were great and maybe they'll be back this summer. I love camp!

-Daniel Ellis

One of the best summer days in my life was going to OSRUI. I was really scared that some people would be mean or bullies. But when I got there, everything was awesome and nobody was mean. I made lots of new friends, and to be honest with you, I forgot about my parents for one day because I was having so much fun. I LOVE OSRUI and I am very glad to go to OSRUI this year.

-Lilith Green-Friedman

Camp Send-Off Shabbat Service
For OSRUI and all Jewish Overnight Camps
Friday, June 6, 6:00 p.m.

SOCIAL ACTION UPDATE

Neighborhood House Needs Your Help!



Please consider donating your time to this multi-cultural social service agency by contacting Anders at ARMayland@neighb.org about one of these great opportunities:

Volunteer in the Food Shelves

Help participants shop for culturally appropriate food items, stock food, and sort donations so there is the widest variety of food available. Shifts available Monday-Friday 9 am-12 pm and 1-4 pm. Minimum: 1 shift/week for 4 weeks. Must be 14+

ELL, GED, and Citizenship Co-Teaching

Students need your help to learn English and prepare for their GED exams. Volunteers are provided with training, class observation, and materials for lesson planning in a supportive environment. Minimum commitment of 2.75 hrs/week for 1 quarter. Opportunities available Monday through Friday from 9-11 a.m., 11:30 a.m.-1:30 p.m., and 6-8:30 p.m. Must be 18+.

Support Mount Zion's Partner: Project Home



There's never been a better time to give! **Project Home, the family shelter program we host in June, has just received a wonderful match grant from the Mardag Foundation.** New or increased contributions, up to \$15,000, will be matched. While our generous gift of space and volunteer support helps keep costs low, Project Home still needs funds to provide vital infrastructure for the year-round shelter program - including insurance, daily and emergency transportation, overnight on call staff support, laundry, and healthy snack and breakfast items.

Project Home works with dozens of area faith communities, Project Home provides 40 beds of emergency shelter for children and their parents in Ramsey County each night. Project Home relies heavily on the support of individuals and groups who share their time and talents, as well as bless us with financial gifts and in-kind donations. Your support enables us to continue helping families in need.

Checks can be made out to SPACC and simply write "Match Me!" in the memo line of your gift. Mail your donation to Project Home, Saint Paul Area Council of Churches, 1671 Summit Ave., St. Paul, 55105.

INTERFAITH CONNECTIONS

Mount Zion welcomes everyone in our community. If a Mount Zion member is Jewish and others in her or his household are not Jewish, all of them are welcome to be involved in our congregation.

Mount Zion has many households with mixed religious backgrounds. This fact alone suggests what many personally attest to: interfaith families feel comfortable being part of the Mount Zion community.

Our doors are open. We invite you to make Mount Zion your spiritual home. We look forward to meeting and getting to know you.

I am here to hear your ideas for programming or concerns you may have as an interfaith family member.

Maureen Davidson, *Interfaith Coordinator*
reendavidson@yahoo.com 651-645-9244



InterfaithFamily.com is the premiere resource supporting interfaith couples exploring Jewish life and inclusive Jewish communities. We offer educational content; connections to

welcoming organizations, professionals and programs; resources and trainings for organizations, clergy and other program providers; and our new InterfaithFamily/Your Community initiative providing coordinated comprehensive offerings in local communities.

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 or 651-698-3881.

www.mzion.org

Follow us on

twitter



"like" us on

facebook

Have you been following Mount Zion on Twitter? Have you liked us on Facebook? To follow us on Twitter go to **@mountziontemple** or go to **twitter.com/#!/mountziontemple**. To like the Mount Zion Facebook group, just search for Mount Zion Temple. We will post links to stories, events, and updating the congregation on the latest news and events.

Mount Zion Temple
 1300 Summit Avenue
 Saint Paul, MN 55105

Address Service Requested

PRESORTED STANDARD
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 Cantor Rachel Stock Spilker
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 Ana Apter, Teen and Chai School Director
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The Sixteenth Annual Communal
 Observance of
Tisha B'Av
 Monday, August 4 / 9 Av
 at Beth Jacob
8:30 p.m. Teaching,
9:00 p.m. Service by Candlelight, including the
 chanting of *Eicha*/Lamentations

Sponsored by
 St. Paul Board of Rabbis and Beth Jacob, Mount Zion, & Temple of Aaron

THE MINNEAPOLIS JEWISH FEDERATION AND THE JEWISH FEDERATION OF GREATER ST. PAUL
 INVITE YOU TO THE TWIN CITIES MAIMONIDES SOCIETY'S

EAT * PLAY * LOVE



Obesity Is a Family Matter

A conference on healthy living for families and professionals

SUNDAY, JUNE 29, 2014 • 1-5 PM
 Sabes J.C.C. 4330 Cedar Lake Road, S. Minneapolis

Go to www.jewishminnesota.org/healthyliving.aspx for tickets and details!

9 breakout sessions with local experts
KEYNOTE SPEAKER:
 Dr. Robert Lustig, author of *Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease*



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Summer Shabbat Eve Service Times
 Every Friday night in **June, July, and August** at **6 p.m.**


5:30 p.m. Kabbalat Panim – Greeting Time.
6:00 p.m. Hour-long Shabbat Service.
7:00-7:30 p.m. Oneg Shabbat.



Mount Zion Picnic
Fridays, July 11 following Shabbat services (approximately 7 p.m.)
Come rain or shine!

We'll supply the hot dogs (including veggie), buns, and fixings. You bring a non-dairy side dish to share. Let's enjoy a beautiful summer evening together!

A dinner of celebration and thanks in honor of



Lisa Dorn
Friday, June 6
Immediately following the 6:00 p.m. Shabbat service
For details, see page 4.

