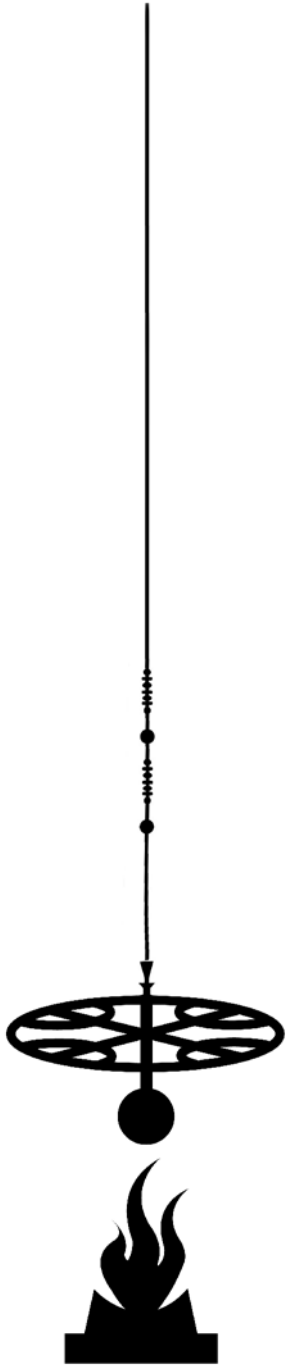


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ITON TZIYON עתון ציון

*The Newsletter of
Mount Zion Temple*

October/November 2017
Tishrei/Cheshvan/Kislev
5778

Vol. 162, No. 1

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 October & November: **Orrin & Janie Kirschbaum, Jonathan & Irina Brenner, Steve & Gail Brand, Howard Simon & Kim Austrian, Aaron & Carol Mack, Bob Weisenfeld & Michele Rusinko, Kent Simon & Karen Gjerstad, Scott & Joan Wilensky, Richard & Beth Keyworth, Patrick & Sue Parks, Roger Bjork & Gail Gendler, Daniel & Lauren Froelich**

Mark MacGregor on his marriage to *Michelle Beedle* on September 12.

ZICHRONAM LIVRACHA... May their memories be a blessing

WE EXTEND CONDOLENCES TO...

Steve (Erin) Chortek on the death of his mother, *Sharon Chortek*, on September 7.

Diane Lazarus (Paul Berger) on the death of her father, *Arthur Lazarus, Jr.*, on July 22.

Betsy Rest and Pola Rest on the death of their brother, *Sam Rest*, on August 30.

Ellen (Martin) Sampson on the death of her mother, *Lillian Okun Grundfest*, on August 25.

Patricia ZaiKaner on the death of her daughter; **Jean ZaiKaner and Phyllis ZaiKaner Miller (Scott Miller)** on the death of their sister, *Amy ZaiKaner Levey*, on August 7.

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

LETTER FROM THE RABBI



We have begun a new year together. We gathered in the synagogue on Rosh Hashanah and Yom Kippur, at the River for Tashlich, at the cemetery on Sunday, and I hope to see you at my home for Sukkot. We gather "Panim el Panim," face to face, and I hope that whenever we gather that you find friendly familiar faces, and also offer a friendly smile to new faces as well.

This year we are in the *Panim el Panim* period of our 7 year cycle of congregational themes, *when we focus on building community by nurturing deep connections with one another.* This bulletin is full of opportunities to do this, whether you connect via Shabbat and Holy days, Religious School, youth programming, music, Tzedek, Mazal, Prime Timers, Women of Mount Zion, Brotherhood, Israel, or....

You can see that we have a very rich schedule of programming. I hope that you will take advantage of it to also connect, *Panim el Panim* with one another. I deeply believe that this is how we get the most meaning out of life in general, and Mount Zion in particular.

Finally, I'd like to offer a little New Year's gift from Rabbi Yael Levy (www.awayin.org)

This year in the Jewish Calendar is 5778. In Gematria, (the system of connecting the Hebrew alphabet to numerical values) 78 is written with the Hebrew letters **א** (Ayin) and **ח** (Chet). **א** *Ayin* in Hebrew means "Eye" and **ח** *Chet* is the first letter of Chayyim—Life.

This New Year, 5778. calls out to us: *Eyes on Life.*

Eyes on Life: Lift your eyes and acknowledge the life you have been given. See the gifts and the challenges, the blessings and the disappointments.

Eyes on Life: Be willing to see what you love and value and what creates fear and difficulty.

Eyes on Life: Pay attention; be awake. See the good; see possibilities.

Eyes on Life: See the life force that is everywhere and unites us as one.

Eyes on Life: 5778 calls to us to lift our eyes to life so that we will be able to see clearly and act.

May we all have a good year together,

Esther Adler, Rabbi

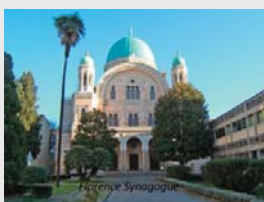
Shabbat for the Soul - Participation by Women of Mount Zion Temple

Pulpit Guest: Rabbi Leigh Lerner

Friday, November 17

7:30 p.m. Shabbat Services in Margolis Hall (see p. 3 for description); Women of Mount Zion Temple Participate

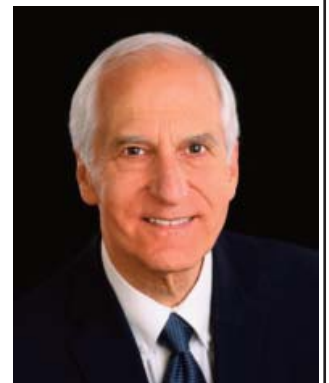
8:30 p.m. (Approx; following services) **The Jews of Italy: A Guided Tour**



More than two millennia old with its own unique Jewish rite and unusual, elegant synagogues, the Italian Jewish community numbers a mere 30,000 souls yet took an active role in the unification of the country and has contributed two prime ministers! Today Italy counts four and a half Reform congregations. Rabbi Leigh Lerner is planning his

sixth winter in Italy, contributing his help as a visiting rabbi to our Reform congregations in Florence, Rome, and Milan. He travels extensively, meeting Italian Jews and hearing their remarkable stories, even as he teaches classes and leads services in Italian. He'll share with us his experiences and the story of Jewish Italy in a fully illustrated talk. **See p. 17 for Rabbi Lerner's Sunday talk on Israel's Ultra-Orthodox and Us.**

Rabbi Lerner was Mount Zion's Rabbi from 1971-89.



MAKE SHABBAT YOUR SANCTUARY

Shabbat for the Soul

Shabbat is always for the soul, but there is a particularly soulful atmosphere at our “Shabbat for the Soul” services. These services offer a more contemplative worship style, with the congregation sitting in the round, instrumental accompaniment including guitar, violin, keyboard and percussion, and a slower pace enabling us to focus on the meditative effect of the music, the deeper significance of our prayers... and each other. Here are some of our congregants’ impressions of Shabbat for the Soul last year:



“Worshipping in the round made me feel like the prayers were coming from us, rather than being performed for us”

“I usually don’t feel comfortable singing enthusiastically at services but something about looking across the circle to the congregation compelled me to join in with my full voice; I felt swept up.”

“Worshipping without the prayer book made me realize I already knew most of the liturgy by heart and allowed me to draw my focus inward to the meaning of my prayers.”

“I felt more connected to my fellow congregants throughout the service; the physical arrangement and the creative liturgy made it seem more like we were worshipping as a community, not just as individuals.”

“The sermon felt like a conversation around a large table or campfire! It was intimate and engaging.”

Please join us on **FRIDAYS, OCTOBER 27, NOVEMBER 17, AND MARCH 16** for Shabbat for the Soul.

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.*

October

Mondays: Patrick Zimmerman, Arnie Krohn, Dorothy Lipschultz

Tuesdays: John Mast, Adam Garen, Karen Suzukamo

Wednesdays: Eric Lund, Mitch and Sally Rubinstein

Thursdays: Rita Grossman, Deb Bachrach, Toba Lazor

Sundays: Rita Grossman, Deb Bachrach, Lindsay Nauen, Gloria Levin, Anne and Kurt Schaeffer

November

Mondays: Patrick Zimmerman, Batya Spector, Marilyn Salmon

Tuesdays: John Mast, Brian Serle, Sarah Schaleger

Wednesdays: Eric Lund, Phil Goldman, Elliot Krelitz

Thursdays: Rita Grossman, Steve Levin, Lee Litman

Sundays: Rita Grossman, Lindsay Nauen, Anne and Kurt Schaeffer, Gloria Levin, Deb Bachrach

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

OCTOBER

FRIDAY SHABBAT EVENING SERVICES

October 6, 6:30 p.m.

Shir Tzion Participates

October 13, 7:30 p.m.

Professional Quartet

October 20, 7:30 p.m.

Birthday Blessings

Food for Thought (p. 14)

October 27, 7:30 p.m.

New Member Dinner, 6:00 p.m.
Shabbat for the Soul

SATURDAY SHABBAT MORNING SERVICES

October 7, 10:00 a.m.

*Chol Hamoed Sukkot - Ex. 33:12-34:26**
Elizabeth Rothstein, Bat Mitzvah

October 14, 10:00 a.m.

*Bereishit - Gen. 2:4-4:26**
Milo Zelle, Bar Mitzvah

October 21, 10:00 a.m.

*Noah - Gen. 8:15-10:32**
Celebrate Shabbat!

October 28, 10:00 a.m.

*Lech Lecha - Gen. 14:1-15:21**
Wyatt Mogelson, Bar Mitzvah

NOVEMBER

FRIDAY SHABBAT EVENING SERVICES

November 3, 6:30 p.m.

Shir Tzion Participates

November 10, 7:30 p.m.

Food for Thought, 5:45 p.m. (p. 14)
Kol Tzion and Professional Quartet
Anniversary of Kristallnacht
Guest Speaker: Fred Amram (p. 14)
Honoring our Veterans

November 17, 7:30 p.m.

Shabbat for the Soul
Women of Mount Zion Temple Participate
Rabbi Leigh Lerner (p. 14)

November 24, 7:30 p.m.

Celebrate Shabbat!

SATURDAY SHABBAT MORNING SERVICES

November 4, 10:00 a.m.

*Vayera - Gen. 19:1-20:18**
Lilith Greene-Fiedman, Bat Mitzvah

November 11, 10:00 a.m.

*Chaye Sarah - Gen. 24:10-24:52**
Celebrate Shabbat!

November 18, 10:00 a.m.

*Tol'dot - Gen. 26:23-27:27**
Brooke Spieler, Bat Mitzvah

November 25, 10:00 a.m.

*Vayetze - Gen. 30:14-31:16**
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 second third of each *parashah* this year.

10:00 a.m. Shabbat Morning Service

SHABBAT (CONT.)

If you joined Mount Zion since January 2016, join us for a

New Member and Congregational Shabbat Dinner Friday, October 27, 6:00 p.m.

This congregational Shabbat dinner is free for new members.

Cost before October 13: \$20 Adults; \$15 Children
Cost after October 13: \$23 Adults; \$18 Children

We're glad you have become part of the Mount Zion family. Please join our clergy and congregational leaders for Shabbat dinner. We'll get to know each other, share some great food, and build our community! Please RSVP at mzion.nirsham.com by Friday, October 20.



Questions? Contact Ellen Konstan ellen.konstan@gmail.com.

SUKKOT & SIMCHAT TORAH

Eat. Drink. Shake.

CONNECT WITH OTHER MOUNT ZION MEMBERS!

Shabbat Afternoon

Saturday, October 7, 3:00 - 5:00 p.m.

Open Sukkah at the home of

Rabbi Esther Adler and Rob Lebowitz

(The address will be emailed to all congregants)



Kristallnacht: Looking Back and Looking Forward

Pulpit Guest: Fred Amram

Friday, November 10, during the 7:30 pm Shabbat Service

The service will feature music of composers Louis Lewandowski, Salomon Sulzer, and Heinrich Schalit, sung by our professional quartet and Kol Tzion, Mount Zion's new adult volunteer choir.

Looking back, Fred remembers Kristallnacht in 1938 Hannover, Germany. He asks, "What does the past teach us about the future?"



Fred M.B. Amram and his wife Sandra Brick are long-time members of Mount Zion. Fred is the Morse Alumni Distinguished Professor Emeritus of Creativity and Communication at the University of Minnesota and the author of a memoir: "We're in America Now: A Survivor's Stories." He is the father of our Religious School Director Susan Summit.

Calling All Veterans

In honor of Veterans Day, and in appreciation for your service, please join us at this service when you will be recognized and invited to the Bima for Kiddush. We will be joined by Peter Nickitas, Jewish War Veterans Commander of the Department of Minnesota. We hope to see you!



- Erev Sukkot -

Wednesday, October 4 - Tishrei 15

Family Friendly Service 6:00 p.m.

Thursday, October 5 - Tishrei 15

Festival Service 10:00 a.m.
at Sholom East (740 Kay Ave., St. Paul)

- Shmini Atzeret/Simchat Torah-

Wednesday, October 11 - Tishrei 22

Simchat Torah Service (see below) 6:00 p.m.
(Consecration Service is on Oct. 15)

Thursday, October 12 - Tishrei 22

Festival Service (including Yizkor) 10:00 a.m.

Celebrate Simchat Torah

Shmini Atzeret/Simchat Torah
Wednesday, October 11



5:15 p.m. Torah Study - Featuring non-alcoholic and hard ciders from as we delve into *Panashat V'zot HaBracha*, the last Torah portion of the Bible.

6:00 p.m. Simchat Torah Service - Join us as we renew our Torah cycle, reading the end of the Torah and then the beginning with the entire scroll unrolled around Margolis Hall. Dance with the Torah scrolls to the infectious rhythm of Mark Stillman and his Klezmer band!



Probably a dozen times a day I walk by a framed panel in the hallway by the board room: a piece of parchment bearing the names of those Mount Zion members who wrote a letter in the Chet scroll, the Sefer Torah that was written in honor of Mount Zion's Sesquicentennial. The dedication took place in May of 2007, two years before I came to Mount Zion, so I hadn't internalized what those people likely had: that this was done in fulfillment of the 613th commandment in the Torah. I knew that it was a mitzvah to write a Torah scroll—or at least part of one—but I didn't know that it was the very last commandment! Intrigued, I decided to do some research on it, and in doing so, I came across a wonderful article by Rabbi Jonathan Sacks.

The verse containing the mitzvah itself is Deuteronomy 31:19, which reads: "Therefore write down this poem [shirah] and teach it to the people of Israel; put it in their mouths, in order that this poem [shirah] may be My witness against the people of Israel." While our Plaut Torah commentary translates the Hebrew word shirah as "poem," it also means "song." And it is a significant word in this passage, appearing three more times in subsequent verses. So, what are we to make of this allusion to poetry and song? Rabbi Sacks cites two 19th-century scholars, Netziv (R. Naftali Zvi Yehudah Berlin) and R. Yechiel Michal Epstein. Netziv interprets it to mean that the whole Torah should be read as poetry: that, like poetry, Torah is allusive and not explicit, and hints at "deeper reservoirs of meaning." Epstein writes that the Torah is called a "song" because "a song becomes more beautiful when scored for many voices interwoven in complex harmonies."

Rabbi Sacks then goes on to suggest another interpretation. The 613th commandment, he declares, is not merely about the Torah scroll, but about our duty to make it new in each generation: "to make the Torah live anew, it is not enough to hand it on cognitively...it must speak to us affectively, emotionally." Judaism is spectacularly positioned to make this happen, as text and music are intimately connected. The liturgy is sung, the Torah is chanted, there is even *lernsteiger*, a mode of chanting when one is studying Talmud. There are dozens of musical settings of each prayer, and the time of year, week, and day help determine the melodies used for our sacred texts.

Rabbi Sacks writes that making the Torah new in every generation "means treating Torah not just as words read, but also a melody sung. The Torah is God's libretto, and we the Jewish people are God's choir, the performers of God's choral symphony....The Torah is God's song, and we collectively are its singers." As we enter 5778 and begin anew the Torah reading cycle with Simchat Torah, I invite you to reflect on your own relationship with Torah. What would it take for you to become one of Torah's singers? And how can you add your voice to God's choral symphony?

Shanah Tova!

Jennifer Strauss-Klein, Cantor

Kol Tzion (Voice of/All of Zion)

Mount Zion's NEW adult choir

(formerly known as Torah Tones)

Directed by Cantor Strauss-Klein



- Connect to the sacred through song!
- Experience a small-group singing community!
- Continue to develop musical skills!
- Learn more about the liturgy!
- Participate in 6-7 Shabbat services throughout the year!

Regular rehearsals are on Wednesdays and begin Oct. 25, 7:30 p.m.

This year, January rehearsal time is reserved for a **special J-Term opportunity open to those who read music**: a series of four rehearsals in January will lead up to a sermon-in-song program for Shabbat Shira on Friday, January 26. More information to follow!

Please contact Cantor Strauss-Klein at jstraussklein@mzion.org with any questions!



Tot Shabbat

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

Bereishit: In the Beginning
Saturday, October 14, 10:30 a.m.

Hakarot HaTov: Giving Thanks!
Saturday, November 11, 10:30 a.m.

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

Trope Troupe

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

Todah Rabah to our August/September Ba'alei Korei (chanting Torah): Paul Bagdade, Noah Baum, Zipporah Cohen, Matt Cooper, Marjorie Dana-Levine, Adam Dorn, Sam Dorn, Ben Dubinsky, Joshua Dorn, Samantha Elwood, Andy Fein, Siana Goodwin, Harriet Gutherz, Abbey Kanzer, Melissa Krasnow, David Knapp, Melissa Krasnow, Ruth Mellin, Abe Mogelson, Yasmine Moideen, Liam Spilker, Dan Steinhacker, Will Steinhacker, Tobi Tanzer, Michael Wall, Sadie Wall, Jonathan Zimmerman

Todah Rabah to our August/September Haftarah Chanters: David Knapp, Eric Lund, Alex Moore, Emma Salita, Adam Wernick, Peter Zelle

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

FROM THE PRESIDENT



This President's Column contains an edited version of my Erev Rosh Hashanah Remarks:

L'Shanah tovah, I am so happy you are all here.

In a few minutes I am going to talk about strengthening our sense of connectedness, of belonging. Before I do, it is worth pausing to recognize what a strong, enduring culture we have and two people who have done more to enrich that culture than any others.

This year we celebrate 20 years of service by Rabbi Adam and Cantor Rachel Stock Spilker - our longest serving Rabbi, and our first invested cantor.

Culture is created by those who stay. And to our great good fortune, these two stayed.

Our annual campaign honors their tenure and its brochure lists many high-impact, lasting contributions. Read it.

But also focus inward. Reflect on their spiritual companionship in your life; their patient and open-minded guidance of your children; their words and songs of healing at just the right time; their gift of an insight, a laugh, a kind word, over and over again. Such intimate, inspiring, life-affirming, and kind acts are what bind us to one another, and create stable and sustaining community. 20 years is a precious gift. We are profoundly blessed and grateful.

I promised I would speak about connectedness. I will start with a question:

What do we all have in common tonight? Are we all Jewish? No. Are we all members of Mount Zion? No. Are we all searching for a holy experience? Actually, no. Are we all honoring the traditions of parents and grandparents? No.

We have in common that this house of worship called to us.

Maybe with the sweet whisper of the divine
Maybe with the stern voice of duty
Maybe with the tired voice of habit
Maybe with the accented voice of ancestors
Maybe with the small voice of children
Maybe with the questioning voice of curiosity

We all responded to the call by crossing the threshold. Whatever the reason, it was a good one. Embrace it.

Instead, study it, roll it around in your palm. I am here. What does this mean? What can it mean? And then ask yourself – could I add another reason?

The answer may be – I am content with exactly where I am and where

I fit in this community. Wonderful. But the answer may be – yes, I think I would welcome another reason, and if it is, then consider taking just one step further into this beautiful place. What have you got to lose?

Here is a glimpse of what can be found here. Arching over our entire experience are these words from our vision statement: “. . . we seek to celebrate, comfort, and create meaning in our lives.”

We took up the challenge of these words when we launched a strategic plan in 2014 that had at its core “strengthening connections.” Indeed, our strategic plan is entitled “Strengthening Connections”, emphasizing that at the heart of all our strategic work would be strengthening the ties that bind us to each other and to Mount Zion.

We started with a strong foundation. Mount Zion has a long tradition of engaging its members across every spectrum. We have many adult learning opportunities, avenues to explore spirituality, opportunities for group travel, support groups, performance ensembles. We have much to offer already.

Now, we want to reach out even more to all of our members.

We have been working on new initiatives led by our Director of Congregational Engagement Steve Greenberg. The most significant will be an online and written platform “Mount Zion Connect” making it easy for congregants to start affinity groups within our larger community. These small groups will be lay-created and lay-led and organized around shared interests such as learning, celebrating Jewish moments, attending cultural events in the Twin Cities, or just having fun. These new pathways have the potential to give all of us more reasons to be here and to connect and to grow as Mount Zion members, as Jews, as friends, as persons.

Philosopher and Poet David Whyte writes about belonging and these words spoke to me as a Jew. The “we,” the “our” in his words I hear as “we Jews”, and “our Jewish experience” and I invite you to do the same as you listen.

To feel as if you belong is one of the great triumphs of human existence — and especially to sustain a life of belonging and to invite others into that... But it's interesting to think that ... our sense of slight woundedness around not belonging is actually one of our core competencies; . . . we are one part of creation that knows what it's like to live in exile, and knows that the ability to turn your face towards home is one of the great human endeavors and the great human stories.

In Whyte's words, “There is no house like the house of belonging.” Make Mount Zion your Beit Knesset, your house of belonging.

Susan Robiner, President

Nominating Committee for The Board of Directors

The Nominating Committee meets in late January to prepare a slate of Officers and Directors for a congregational vote at the Annual Meeting. At the November Board of Directors meeting, the President will present 12 names to the Board for participation on the Committee. (12 more come from the previous year's committee for a total of 24 participants). The Committee should be representative of the entire congregation, so that we can put together a Board that represents everyone. If you would like to be part of this important process, contact President Susan Robiner at susan.robiner@gmail.com or Chair Ellen Konstan at ellen.konstan@gmail.com.



B'NEI MITZVAH



Elizabeth Rothstein

October 7, 2017

Elizabeth is the daughter of Shelley and Joseph Rothstein, and sister to Elijah and Nathaniel Rothstein. She is the grand daughter to of Olivia Rothstein, Morry Rothstein, and Caroline and the Late Dennis, Carlson. Elizabeth is in 7th grade at Parnassus Preparatory School. Her favorite subjects include, science, logic and Latin. In her free time, she enjoys doing gymnastics, figure skating, playing the violin, baking, and playing with her two dogs, Asher and Fuji. She is active in Girl Scouts, earning both her Bronze and Slive awards. When she grows up, Elizabeth would like to be an attorney or an engineer. For her Bat Mitzvah project, Elizabeth created and ran an after school Latin tutoring program. Elizabeth will be donating a portion of her Bat Mitzvah funds to the Alzheimer's Association.



Milo Zelle

October 14, 2017

Milo is the son of Natalie Hopfield and Peter Zelle and the step-son of Jessica Leiman. He is the younger brother of Max (15) and the grandson of Honey & Larry Zelle and Cornelia Fuller. He is an 8th grader at St Paul Academy. Milo loves science, reading, and animals, especially his family's two cats and three guinea pigs. His hobbies include playing Magic the Gathering and Dungeons & Dragons. He plans to donate a portion of any gift money to the World Wildlife Fund.



Wyatt Mogelson

October 28, 2017

Wyatt Jack Mogelson is the son of Laura and Tony Mogelson. He is the grandson of Judy Radel, the late Jack Mogelson, and Martha and Larry Kvols. Wyatt has a younger brother named Ezra. Wyatt is in 8th grade at Friendly Hills Middle School. Wyatt's favorite subject in school is Language Arts. Wyatt enjoys playing soccer and summer camp at OSRUI and Camp Butwin. Wyatt likes video games, reading, camping, and his dog Linus. In the future, Wyatt would like to travel. In honor of his Bar Mitzvah, Wyatt packed meals for people in need of food. He will be donating a portion of his gift money to Wags and Whiskers Animal Rescue.



Lilith Greene-Friedman

November 4, 2017

Lilith is the daughter of Deidre Greene and Morley Friedman. She is the Granddaughter of Dr. Jerry Greene, and Waltra Greene (of blessed memory) of Albany NY; and Max and Ruth Friedman (of blessed memory.) Lilith has an older sister, Medora Greene-Rheault. Lilith is in 7th grade at St. Paul Academy. Lilith has studied violin for nine years with Northern Lights Suzuki, and she has played with Minnesota Youth Symphonies for four years, and she's in the advanced orchestra at St. Paul Academy. This summer she experimented with fiddle music and theatre. Lilith loves dance and soccer, and her favorite school subjects are English and science. She loves to travel and enjoys her time with friends. She alternates wanting to be an interior designer or a pediatric surgeon.



Brooke Spieler

November 18, 2017

Brooke (Bayla) is the daughter of Eric and Vicki Spieler and the sister of Riley. She is the granddaughter of Milt Spieler and Margaret Parks and Wayne and Carol Vissers. Brooke is currently a 7th grader at Twin Oaks Middle School in Prior Lake. Her favorite classes in school are FACs, Art and Spanish. Brooke participates in cheerleading and she enjoys performing in musicals and plays. She loves downhill skiing in the winter and jet skiing in the summer. She has a pet rabbit named Fiona and plans to donate a portion of her gift money to the Animal Humane Society.

ISRAEL COMMITTEE

“Speaking of Israel” with Tal Dror

And our first planning meeting of 5778

Monday, October 30, 5:30 - 7 p.m. – Dinner Served

Come and meet our new *shlichah* (Israel representative) Tal Dror. A native of Israel's northern region, Tal will work on Israel programming with the St. Paul Jewish Federation and local congregations in the coming year. It is her role to support us as we put on programs about Israel. We look forward to her ideas and input. We also want to hear your ideas about Israel programs.

Those of you who have been to Israel know what a miraculous country it is, and how Israel shares its know-how with the rest of the world. We also know the challenges and need to figure out how to help our congregation think through their wrestling with their relationship with Israel.

A light dinner of pizza and salad will be served. Please RSVP to Jen at jbaddin@mzion.org if you are able to attend.

RELIGIOUS SCHOOL NEWS

Consecration

**Sunday, October 15,
11:30 a.m. Service**

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



"IM EIN KEMACH, EIN TORAH;
IM EIN TORAH, EIN KEMACH." (PIRKEI AVOT)

Bread and Torah

November 19



**Without sustenance, there can be no Torah;
Without Torah there can be no sustenance.**

As we prepare to celebrate Thanksgiving, religious school students will learn about the interrelationship between bread and Torah. They will spend school time preparing bags of food and household goods for single mothers and their children living at Jeremiah Program, one of Mount Zion's Tzedek partner organizations. Parent/Guardian volunteers are needed! To participate in the mitzvah that feeds families in need, contact Liza Henry at lhenry@mzion.org.

Hebrew School (Grades 2-6): Fall Goal Setting Conference

Sunday, November 19



Parents/guardians will have the opportunity to set learning goals with their child's Hebrew teacher. Don't miss out on this unique opportunity! This is the only Hebrew conference day for the 2017-18 school year.

Coffee at School!

For families with children in the Religious School.

Drop by the Sisterhood Lounge any time between 10am and 12:15pm when there is Religious School to join fellow families to kibbitz during the first weeks of Sunday school at Mount Zion.



New families... come and meet each other and returning families and learn the secrets of school at Mount Zion.

Returning families... come catch up and share summer stories.

Please contact Jason Kaufman (Religious School Committee) with any questions at jkpsych@gmail.com.

Religious School Calendar Highlights

- Oct. 1** NO SCHOOL - Yom Kippur Weekend
- Oct. 4** **Erev Sukkot – Family Sukkot Celebration**
Lower School:
5:00 p.m. Pizza in the Hut
6:00 p.m. Family-Friendly Service
NO REGULAR CLASSES
Chai School:
6:00 p.m. Family-Friendly Service
Followed by regular classes
- Oct. 6-8** Confirmation Retreat
- Oct. 8** 9:45 a.m. 2nd grade Parent/Guardian Mtg.
- Oct. 11** Simchat Torah Service – NO REGULAR CLASSES
- Oct. 15** **Consecration**
11:00 a.m. Consecration Photo
11:30 a.m. Consecration/School T'filah
12:00 p.m. Consecration Lunch
- Oct. 15** 12:15 p.m. Geshet JYG - Rockin' Jump
- Oct. 18 & 22** NO SCHOOL - MEA Weekend
- Oct. 18-22** 11th Grade NYC Trip
- Oct. 25** 7:30 p.m. 11th & 12th Grade Sicha
- Oct. 29** 9:45 a.m. 6th grade Parent/Guardian B'nei Mitzvah Orientation
12:15 p.m. Noar Tzion - Grand Slam
- Nov. 3** Teen Shabbat Service
- Nov. 3 -5** NFTY-NO Fall Kallah at Mount Zion
- Nov.5** Change Clocks Back 1 Hour
12:15 p.m. Student Led Event
- Nov. 8** 7th Grade in Action
7th Grade Sacred Choices Parent/Guardian Meeting
7:30 p.m. 11th & 12th Grade Sicha
- Nov. 11-12** 6th Grade Family Retreat
- Nov. 17-19** 8th/9th Grade Torah & Teva Shabbaton
- Nov. 19** Bread and Torah Family Mitzvah Day
Hebrew School Conferences (Grades 2-6)
12:15 p.m. Noar Tzion - Sky Zone
- Nov. 22 & 26** NO SCHOOL - Thanksgiving Weekend
- Nov. 29** 7:30 p.m. 11th & 12th Grade Sicha



Religious School Director Sue Summit addresses packed sanctuary with students, parents, guardians, and faculty.

YOUTH ENGAGEMENT NEWS

Shabbatonim

Torah and Teva: 8th/9th Grade Shabbaton!

Friday, November 17– Sunday, November 19 - Join your best Mount Zion friends for a weekend in the woods! We will spend the weekend at Audobon Center of the North Woods exploring the outdoors, celebrating Shabbat, and challenging ourselves while supporting each other! More info coming soon!

Third Grade Shabbaton

Saturday, December 2 - The Third Grade class will join together for a Shabbat of learning, bonding, and fun at Mount Zion. Shabbatonim offer students a unique and unforgettable way to create community within their class through a Shabbat experience. The Shabbaton will begin and end with family pieces, while the afternoon will be reserved for third grade class bonding, fun, and learning!

Teen Summer Recap: Mira Zelle, 12th Grade, URJ Mitzvah Corps Pacific Northwest

This summer I spent two weeks in Seattle on a URJ Mitzvah Corps program. We worked with the International Rescue committee to provide a summer camp for refugee children living in the area. The kids came from all over the world, but most were from the Democratic Republic of Congo, Somalia, Afghanistan, Burma, and Bhutan. We learned about issues affecting those countries and why they have large refugee populations. We also took part in Trauma Informed Practices training so the kids we worked with could enjoy themselves without feeling in danger.

Doing this work through Mitzvah Corps and specifically a Jewish program made the experience more meaningful than it would have been otherwise. We devoted programming time to studying Torah and finding the message of “welcoming the stranger” throughout. We talked about our own personal privilege and what privilege Jews have historically had or not had. Seeing this trip through the lens of Tikkun Olam, repairing the world, made it that much more personal. I connected with Jewish teens from all over the country and now I feel like I have found my place in the Jewish community as well as the broader world of service and social action.

Youth Groups

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

Grand Slam!

Sunday, October 29, 12:20 p.m.

Laser tag, bumper cars, arcade games, mini golf, pizza!? What more could you ask for on a Sunday afternoon?

SkyZone

Sunday, November 19, 12:20 p.m.

Come bounce around with Noar Tzion! On November 19th we will have lunch at temple and head over to SkyZone for some jump time.

Chanukah

Sunday, December 17, 12:20 p.m.

Don't miss our Chanukah party! Details to come.

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

Rockin' Jump!

Sunday, October 15, 12:20 p.m.

So much more than a trampoline park! Ninja obstacle course, slack line, climbing wall, basketball, dodge ball, stunt bag, and of course jumping! There's something fun for everyone when JYG goes to Rockin' Jump!

Peer-Led Event

Sunday, November 5, 12:20 p.m.

Just like a SPORTY event, this event is planned and run by your peers! We can't wait to see what the JYG advisory committee comes up with!

SPORTY (9-12th grade youth group)

ValleyScare

Saturday, October 14

Join SPORTY for Havdallah and a spooky night of rides and fun.

SPORTY Hosts NFTY-No Fall Kallah!

November 3-5



**FALL
KALLAH
AT MOUNT ZION**
CONNECT LEARN PRAY ACT



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Questions? Contact
Liza Henry or Rabbi Spilker

See Something, Say Something

By Ellie Long, Mount Zion 9th Grader

In May 2017, this essay won second place (out of over 120) in the City of Roseville's annual Human Rights Essay Contest.

Did you know that in 2014, more than 35 percent of the world's nations locked up their citizens for simply exercising their basic human rights? Prejudice and stereotypes contribute to a significant amount of that 35 percent. Prejudice is when people create opinions that are not based on any reasoning or personal experience. A stereotype is an idea based on something being of a particular type. The Universal Declaration of Human Rights is a list of human rights that was adopted by the United Nations in 1948, after World War II. This declaration includes the universal rights that no human should ever be denied for any reason. Prejudice and stereotypes impact human rights and it is about time we all step up.

Prejudice and stereotyping are not recent inventions. It is our job to see them and to put an end to them. In 1939, a little nine-year-old Jewish boy living in southern Germany, was given all of his family's money and told to run and never stop. Now why would any loving family tell their only son that? It was because the Nazis were coming. The Nazi ideology adopted Darwin's theory of "survival of the fittest" and stereotyped the Jews as living in an unfit way. The Nazis thought of the Jews as a race, not a religion, and characterized them using negative stereotypes. One of them was that Jews were genetically inferior and therefore, harmful to national health. Now what became of that nine-year-old boy? After being in hiding for six years and finding his only surviving relative, he eventually immigrated to The United States when he was 24. He served in the Army, found a career, got married and raised a family. He ended up with five grandchildren; one of them being me.

Although the Holocaust was more than 70 years ago, anti-Semitism has not gone away; it has evolved. In July of 2015, a man named Alain Benhamou entered his apartment near Paris and saw the words "Dirty Jew" etched into his wall. It was the second time Benhamou had been discriminated against in his own home. Three months before, the 71-year-old no longer felt safe when he was harassed for being Jewish. He knew he had to leave his home, his community, and his country to Villemomble, France in hopes of being able to live in peace. These anti-Semites made judgements about Alain based on the sole fact that he is a Jew. That is prejudice.

Prejudice and stereotyping don't only happen to Jews, they can happen to anyone. Stereotypes and prejudice damage human rights because they diminish people's self-worth. Stereotypes damage Article II, of the

Declaration of Human Rights: freedom from discrimination. For example, one time I was at a fancy store and a black male walked in. The sales clerk immediately turned her attention on him and stereotyped him as someone that would steal. She kept a very close eye on him the rest of the time. She did not even look at me and my friends, who were only 13. That man was discriminated against because of one thing: he had more pigment in his skin than I did. Article III, of the Declaration of Human Rights; right to life, is also damaged because of prejudice. On June 17, 2015 a 22-year-old white male, Dylan Roof killed nine African-Americans. He killed them because he made an opinion, "Blacks were taking over the world." He based his actions on the same thing the sales clerk based her discrimination on; color of skin. Nine people lost their right to life that day only because they were African American.

Prejudice and stereotyping don't only happen to Jews, they can happen to anyone. Stereotypes and prejudice damage human rights because they diminish people's self-worth.

Prejudice is never going to just go away. We must make it go away. One way to stop prejudice is to simply speak up. If you see prejudice or stereotyping taking place, it is your responsibility to speak up. Rabbi Hillel, who was a very famous Jewish leader, once said "If I am not for myself, then who will be for me? And if I am only for myself, then what am I? And if not now, when?". If we do not say something now, then when will anyone say anything? Another way to stop prejudice and stereotyping is to learn about other cultures. Maybe if we knew more about our people's cultures then we could begin to realize that we are all very similar. If the German citizens had just learned a little bit about the Jewish theology, then they would have realized that Christianity and Judaism are probably the most

similar of the major world religions. Who knows, if more citizens would have spoken up maybe, just maybe, six million people would have been able to exercise their right to live, which is Article III of the Declaration of Human Rights. They would have had that right because someone would have spoke up and said something.

Stereotyping and prejudice are never going to disappear on their own. They will only disappear if we all come together as a whole and stand up as one. We are so much more powerful if we come together and support each other. It is your responsibility to our nation to stand up when you see stereotyping and prejudice taking place. One hundred people, one thousand people, one million people are a lot more powerful than just one.

ACCESSIBILITY & INCLUSION

New Mental Health Task Force

The Accessibility and Inclusion Working Group is proud to announce that a new Mental Health Task Force has formed. It is co-chaired by Al Levin and Anna Fox and joining them are: Jasper Hardin, Liza Henry, Steve Levin, Leslie Martin, Sarah McVicar, Bill Robiner, and Laura Schauben.

The task force will assess what Mount Zion is already doing to be a supportive community for those with mental illness and will create a 3-year plan to expand our community's efforts.

Our overarching goal is to work to decrease the stigma around mental illness within our community. During the mi sheberach, the prayer for healing, we pray for a "r'fuah shlemah, r'fu-at hanefesh u-r'fu-at hagoof" - a complete healing, healing of mind, and healing of body." Judaism recognizes a distinction between mental and physical health and addresses them with equal importance. However mental health carries a stigma that physical health does not. We hope as a community to decrease that stigma so that all who have a mental or physical illness are able to identify and access the help they need when they need it.

If you have ideas, concerns or questions please contact any of us on the task force. We are excited about this effort and welcome your input. Look forward to updates of our progress and community events!

Event Recap: On August 25th, 2017, Sheri Frisque, Teacher of the Blind/Visually Impaired, met with Prime Timers to discuss and present information on accessibility. Sheri explained common reasons why people start to experience decreased vision with age, and shared local community agencies that can help Prime Timers find various resources for vision accessibility. Sheri was also very helpful in explaining some new technology and applications Mount Zion is now implementing for our own accessibility efforts. Overall this was a fun and very informative event! If you have any questions on vision accessibility, or are interested in the handouts given at this event, please email sherifrisque@yahoo.com.

Hope for Recovery

November 5, 9:00 am – 3:00 pm at Mount Zion Temple

Spend a Sunday with a trained instructor who will offer information, hope, and practical strategies for dealing with the complexities of mental illnesses.

Participants will gain knowledge about various illnesses, coping and communication strategies, navigating the mental health system, local resources, and recovery.

To register, go to tinyurl.com/hopeforrecovery. For more information contact: workshopreg@namimn.org



Sponsored by NAMI Minnesota (National Alliance on Mental Illness), a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families.

NAMI Minnesota offers education, support and advocacy.

BROTHERHOOD

We hope you had a terrific summer. Brotherhood has a busy year planned. Come have fun with us!

2017 Retreat results - A record 37 men attended our 6th annual retreat at the Audubon Center of the Northwoods. Next year's retreat is slated for June 8-10. Rabbi Adam Spilker will join us for the retreat. Bruce Matza will chair the retreat committee.

Other great summer events – the Singalong, the Mount Zion Picnic, and Habitat for Humanity were well-attended.

Bagel Sales resume on September 17, which is also the first day of religious school. Arnie Krohn, chairman of bagel sales, needs your help selling bagels. Contact him at askrohn@comcast.net

Wednesday, October 4, 5-6 p.m. Sukkah decorating at Mount Zion

Sunday, October 22, 9:45 a.m. MEA Weekend bike ride - All Temple members are invited to the next Brotherhood bike ride. Meet at Sholom East, 740 Kay Ave., St. Paul MN at 9:45 a.m. This 25-mile loop ride along mostly bike trails hugs both sides of the Mississippi River. We will ride past many historical sites including caves, Native American sites, Jewish sites, working and abandoned railroad lines, and two roads mentioned in Bob Dylan songs. Lunch stop on the West Side for Mexican food. Don't miss this great ride! RSVP to Andy Rapoport (andrew.rapoport@aonbenfield.com or 612-308-2586).

Sunday, October 29, 10:30 a.m. - 12:00 p.m. Bagel Brunch and Special Speakers. Join us for Brunch – Bruce and Roger Matza will share their volunteer involvement with Children's Grief Connection, an organization that provides grief camp weekends for children and families who have lost loved ones.

Thursday, November 9 Volunteering at Feed My Starving Children. Dinner at Panera's at 6:30 p.m. (optional), event at 8 p.m. Contact Shel Finver finvers@hotmail.com

Upcoming Events - Save the Dates!

Saturday, January 27, 7-9 p.m. Dessert & Game Night. Over 75 people attended this fun family event last winter. Be there! Jeff Summit chairs this event. Questions? Contact Jeff at jeffsummit@yahoo.com.

February 2: Brotherhood-sponsored congregational Shabbat dinner

February 4: Super Bowl Sunday gala at Mount Zion

March 4: Purim Carnival

March 18: Bagel Brunch and Speaker

April 22: Israel @70 Fair and Celebration

April 27: Brotherhood Shabbat

May 25: Flag Placement at Cemetery prior to Memorial Day

June 3: Grand Old Days parking event

June 8-10: 7th Annual Brotherhood Retreat

We wish you all a Prosperous and Healthy New Year! *Shanah Tovah!*
Brian Serle, *Brotherhood President*
bkslerle@yahoo.com / 612-251-5045

THANK YOU...FOR YOUR CONTRIBUTIONS

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L'Chaim 5778 Campaign

We are excited to launch the Mount Zion L'Chaim 5778 Annual Campaign this fall. Thank you to all who have helped to grow this annual campaign effort, now it its fourth year. We are thrilled with the response and grateful for your support.

In this year's campaign, we are celebrating and honoring the 20 years that Rabbi and Cantor Spilker have served Mount Zion. Together they have helped to build a dynamic and caring community at Mount Zion.

Special announcement: in honor of this anniversary, anonymous donors have provided a \$20,000 match for new and increased donations to the annual campaign. We have optimistically set a goal of raising \$160,000 through the participation of 270 households across our congregation. Would you help us reach our goal?

We understand giving is a very personal decision, and we are grateful for each member's consideration. I invite you to make a contribution at literally any level. Broad participation is our goal.

You will hear more about the campaign when it launches in October.

Thank you,
Charlie Nauen, Annual Campaign Chair

If you have questions, please contact Jana Nelson, Annual Campaign Coordinator, 651-269-4381 / jnelson@mzion.org.



Mount Zion Wishlist

- Dedicate our new prayer books for Selichot - \$1000
- Door security camera - \$500
- New Microphone - \$250
- LCD Projector - \$450



If you would like information about other endowments or other giving opportunities, including bequests, annuities, etc, please contact Larry Solomon at 651-698-3881. All donations receive special recognition in *Iton Tziyon*, our bulletin.

More details and registration for all classes: mzion.org

Learn Hebrew This Year!

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



Beginning Adult Hebrew

Introduction to the aleph-bet, basic grammar and Hebrew roots. Acquire the tools to participate with the siddur and our sacred Hebrew texts. **Tuition:** \$75 members/\$100 non-members

Weds, October 25 - January 17, 4:30 - 5:45 p.m. (ten classes)
Taught by Siana Goodwin

Sun, October 29 - January 28, 10:00 - 11:15 a.m. (ten classes)
Taught by Kent Simon

Hebrew Marathon!

Learn the Aleph - Bet in a Day

Sunday, October 15, 9:45 a.m. - 3:30 p.m.
Cost: \$36, *Taught by Siana Goodwin*

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

A Taste of Honey: An Introduction to Judaism

Rabbi Esther Adler

Mondays, Oct 2 - Dec 11, 7-8:30 p.m. at Mount Zion
Member: \$36, Public: \$75

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



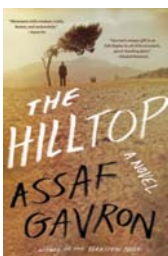
Israel Book Discussions

The Hilltop

by Assaf Gavron

Monday, November 6, 7:00 p.m.

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.



Anshei Mitzvah: Adult Bar/Bat Mitzvah

Fall Class: Sundays, 10:00 a.m. - 12:15 p.m. (includes Troupe class)
Oct 8, Nov 5 & 19, Dec 3 & 10

Spring Class: Mondays, 7-8:30 p.m.

Jan 29, Feb 12 & 26, March 12 & 26, April 9 & 23, May 7 & 14
Cost: \$118 (Scholarships available)

This year's class will become Anshei Mitzvah on **Shabbat morning, May 19, 2018**, just before Shavuot. Participants will study together throughout the year, then lead the service, chant Torah, and share their wisdom with a D'var Torah or D'var Tifilah (interpretation of a Torah portion or prayer). If you are interested, please contact Rabbi Adler at eadler@mzion.org.



Anti-Semitism in the Modern Era:

A class about hate, bigotry, and prejudice in the West and in Muslim Lands

Instructor: Dr. Arie Zmora

Weds, Oct. 25 - Dec. 13, 7:30 - 9:00 p.m.
Cost: \$54; financial assistance is available.
Details and registration at mzion.org.



Class Format: We will have short lectures followed by discussions. Short readings, handed out in class, will include classical literary sources and historical documents that we will discuss in class.

Our first session will be dedicated to a short reading from Shakespeare's *The Merchant of Venice* - what has been defined as the Shylock Syndrome. Here we will read the monologue of Shylock in which he is looking to obtain the pound of flesh that he supposedly earned 'in a devil's bargain'. The class will discuss the gruesome legacy of the blood libel and the overall impact the Shylock character had on the conscience of theatre-going spectators, the public at large, and the Jewish public then and today. Just to entice your curiosity on controversial aspects of the play: *The Merchant of Venice* was put on stage continuously by the Nazi Regime all over the Third Reich. In 1953, the actor that played the Shylock character in Vienna during the Nazi Era was put on trial as a war criminal. Charges were dropped after George Bernard Shaw came to the actor's defense in the name of freedom of expression.

Food for Thought

Learn and Nosh before Shabbat Services

5:45 - 6:15 p.m. Food before the Thought

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

Discussion over wine, juice, and light appetizers. Child care available.

Friday, October 20

A presentation on J-HAP

(Jewish Housing and Programming)

Speaker: Jeffrey Sherman, Executive Director



J-HAP fosters independence, choice, and autonomy, and offers support-enriched services for individuals with developmental disabilities.

Jeff comes to J-HAP with extensive experience in non-profit management, development and residential housing. Jeff earned a Bachelor of Science degree in Education from Ohio State University, and a Master of Arts degree in Behavioral Sciences – Gerontology from the California State University. Jeff grew up in the Midwest and returned to his roots after several years living on the West Coast. He serves as a committee chair and Board member of the Adath Jeshurun.



November 10

Lest We Forget

Speaker: Sandra Brick



Our congregant Sandra Brick will present “Lest We Forget,” a collection of artwork she created that depicts the stories in *We’re in America Now: A Survivor’s Stories* by her husband and author, Fred Amram. Brick’s art pieces follow Amram’s life growing up in Europe, escaping the Holocaust, and settling and flourishing in America.

Chant the Torah!

Cantor Jennifer Strauss-Klein

Sundays, Oct 8, Nov 5 & 19, Dec 3 & 10

11:15 am - 12:15 pm

\$36 materials fee

Chanting of Torah has always been one of the foremost ways to transmit our tradition. Participants are encouraged to chant at future Shabbat and Festival morning services.



BOOKS & BREWS

November 16, 7 p.m. at Bad Weather Brewery

\$30 or \$20 JCC Member Value Price, \$15 for the 30-45 year old crowd!
Visit stpauljcc.org to register.

Imagine drinking a nice cold brew while engaging in intimate conversations with some of the best local authors in the Twin Cities. Our venue, Bad Weather Brewery, offers fun, unique brews in a private space right off the tap room. Whether you love your books, love your beers – or both, this is an event you won’t want to miss!

Featuring:

Harley Drezner, *Mischegas*

Miriam Karmel, *Subtle Variations and other stories*

Susan Sigfried, *Dream Dancer and Lingua Galactica*

Susan Weinberg, *We Spoke Jewish*



Library News



New Titles

Due to a number of donations (thank you donors!) and carefully selected purchases, the library has several new adult summer and Fall 2017 titles available. Among them are: Rabbi Jeffrey Salkin’s *JPS B’nai Mitzvah Torah Commentary*; Richard Elliott Friedman’s *The Exodus*; Simon Schama’s *The Story of the Jews, Vol. 2: Belonging: 1492-1900*; Laura Zelle’s and Joni Sussman’s *Witnesses to the Holocaust, 25th Anniversary Edition* which features interviews with several Mt. Zion Temple members; Daniel Silva’s *House of Spies*; Nathan Englander’s *Dinner at the Center of the Earth*; Mark Helprin’s *Paris in the Present Tense*; Emanuel Bergmann’s *The Trick*; Alexandra Silber’s *After Anatevka*; Rachel Seiffert’s *A Boy in Winter*; Astrid Dehe and Achim Engstler’s *Eichmann’s Executioner*; and others.

This Fall, the librarian hopes to launch automatic notification reminders and overdue notices with the help of intern Mitch Rolling.

The Library is still welcoming donations of *Hadassah Magazine* (thank you to all of our members who have generously donated many years of issues), as well as any Jewish-themed or Judaica DVD titles you may wish to find a welcoming home.

Also – thank you to our members who have returned overdue materials and others who have returned borrowed materials in a timely manner. This makes our materials available to others in our congregation wishing to read or view them.

Bob Epstein, *Librarian* (librarian@mzion.org)

Charles Fodor, *Library Committee Chair*

A University of Minnesota Center for Jewish Studies Lecture

Caroline Light presents:

Jewish Benevolence in the Jim Crow South Thursday, November 30, 7:30 pm at Mount Zion

This talk addresses the complex intersection of benevolence and self-preservation that produced Jewish orphan homes in the Jim Crow South. Whether native or foreign-born, rich or poor, Jewish southerners could not ignore the rigidly defined color line, or the regime of racial terror that reinforced it. Those with the means to do so invested substantial time, energy, and money in an effort to “take care of their own” while transforming the poorest Jewish orphans into exemplars of southern citizenship. *Co-Sponsored by Department of History, University of Minnesota.*



How did Self-Defense turn into Stand Your Ground?

Friday, December 1, following Shabbat services (approximately 7:30 pm) – Human Rights Shabbat
Co-sponsored by Protect Minnesota

This lecture and discussion will be based on Dr. Light’s recent book, *Stand Your Ground: A History of America’s Love Affair with Lethal Self-Defense* (Beacon Press, 2017). This book provides a critical genealogy of armed citizenship. Beginning with the centuries-old adage “a man’s home is his castle,” she tracks the history of our nation’s relationship to lethal self-defense, from the duty to retreat to the “shoot first, ask questions later” ethos that prevails in many jurisdictions today. Her work reveals how contemporary appeals to “stand your ground” mask an exclusionary commitment to security for the few, at the expense of the many.

Caroline Light is the Director of Undergraduate Studies in Harvard’s Women, Gender, and Sexuality Studies Program. She has a doctorate in history, and her work explores the ways in which race, gender, and region shape collective (mis)memory and archival silence.

Also on Friday:

‘Trapped in History’: Collective Memory and Social Justice

Friday, December 1, 12-1pm - CJS Campus talk at 135 Nicholson Hall U of M Campus, Minneapolis

Starting with James Baldwin’s famous assertion, “people are trapped in history and history is trapped in them,” this informal discussion addresses intersections of historiography and justice. I will discuss the complex ways in which contemporary politics frame collective memory while obfuscating the (re)production of power in the stories that take shape as historical “truth.”

Help New Year’s Resolutions Stick!

We all stood together last month during the High Holy Days, asking for forgiveness and seeking in earnest to make positive changes in our lives this year. How do we put these changes into action? Is there a Jewish way to support these sincere desires to become a better person?



Rabbi Simcha Zissel Ziv, the Alter of Kelm and a founder of the Mussar movement, said the following about creating personal change: It is the work of a lifetime! And that’s why you have been given a lifetime in which to do it.

Don’t do it alone! Join a positive, supportive community of people seeking to make themselves and the world a better place using the Jewish practices and teachings of Mussar. Together, we will explore core characteristics (middot) that each of us has to differing degrees and use our strengths to help us make the changes we are seeking.

There are FOUR Mussar groups forming at Mount Zion for you to choose from:

Seeking Everyday Holiness with Rabbi Heidi Waldmann
Tuesday evenings (7-9 pm) at the Roseville Library (2180 Hamline Ave)
Nov 7, 21; Dec 5, 19; Jan 9, 23; Feb 6, 20; Mar 6, 20; Apr 3

Leadership Development Mussar with Rabbi Spilker
Monday evenings (7-9 pm) at Mount Zion
Oct 9, 23; Nov 6, 20; Dec 4, 18; Jan 8, 22; Feb 12, 26

Cost for either class: The fee per person – including a book, materials, and webinars for the year is based on The Mussar Institute’s charge for use of their program materials. We are offering a sliding scale. Choose the fee that feels most comfortable for you: \$72 (scholarship option) or \$150 (our true costs) or \$218 (sustainer option). Additional support is available from our clergy.

Adventures in Mussar ongoing middot study with Julie Dean
Two options both facilitated by Julie Dean:

- 1. Sunday afternoons (4-6 pm)** – in Uptown, Minneapolis
ALREADY FULL: Oct 22, Nov 5, 19, Dec 3, 17, Jan 14, 28, Feb 11, 25, Mar 11, 25, Apr 8, 22, May 6, 20, June 3
- 2. Wednesday mornings (11am-1 pm)** – held at Mount Zion,
6 openings Oct 25; Nov 8, 22; Dec 6, 20; Jan 10, 24; Feb 7, 21; Mar 7, 21; Apr 4, 18; May 2, 16, 30

Cost? We are offering a sliding scale. Choose the fee that feels most comfortable for you: \$109 (scholarship option) or \$218 (our true costs) or \$324 (sustainer option). Additional support is available from our clergy.

Groups have limited spaces and are starting soon. Please register today at mzion.org.

Inquiries may be directed to juldean@fastmail.fm.

Israel's Ultra-Orthodox and Us What Today's American Jews Need to Know Sunday, November 19, 10:00 a.m.

Join Rabbi Leigh Lerner for his illustrated introduction to Israeli ultra-Orthodoxy. How did the ultra-Orthodoxy arise as a power in Israel? What are its goals? Who leads its groups? Why is ultra-Orthodoxy a threat to the Israel we know and love?



In explaining ultra-Orthodoxy to our congregation, Rabbi Lerner will also share why he wrote *The Mossad Messiah* and briefly give us insight into his novel. Rabbi Lerner made extensive research into Israel's ultra-Orthodox community and what their growing presence means for Israel and for all Jews. In addition, he spent his 2012 sabbatical in Jerusalem helping our Israel Religious Action Center's program of "Freedom Rides," to integrate Jerusalem buses, assuring women's right to sit in the front of the bus.

Rabbi Lerner is Rabbi Emeritus of Temple Emanu-El-Beth Sholom, Montreal. From the early '70s to the late '80s he was Mount Zion's Senior Rabbi. Currently he is also visiting rabbi at Shir Hadash Firenze and teacher of conversion classes at Beth Hillel Roma.



Rabbi Lerner will also speak following Shabbat Services on Friday, November 17, on **The Jews of Italy, A Guided Tour.** (See p. 2)

The Fieldwork Scroll

Art Exhibit at Mount Zion

Scroll on display in our lobby September-October.

Artist's Talk: "The Fieldwork Scroll; its Creation and Intent"

Wednesday, October 25, 6:15 p.m. *Wine and cheese served.*



The Fieldwork Scroll, an official entry at Art Prize 2017, is a 25-foot long scroll printed on duralar plastic painted by Owen Brown, on the Fieldwork Poem of Emily Wolahan. The scroll's subject can be taken as a response to today's refugee crisis; an attempt by two artists to bring their, and others' hearts to compassion at the plight of the 66 million people who today suffer a modern exodus without end.

Owen Brown exhibits nationally. His paintings are in collections both in this country and in Asia. He currently lives in Minneapolis. Emily Wolahan is the author of Hinge. Her poetry has appeared in Volt, Tinderbox Journal, Fourteen Hills, Gulf Coast, Boston Review and other journals.

Rock Painting: The Art of Connection and Kindness
Tuesday, October 3, 11:30 a.m. - 1:00 p.m. with a potluck lunch.
Presented by Lois Moheban and Jill Spanier.

Loving-Kindness is how we live our lives on a daily basis. Our kindness and caring extend to those we meet along the path of life. Painting a rock is a nice way to say we care about each other and spread some happiness to their day. A rock can be a gift or a way to bring an unexpected smile to someone in need. We will paint rocks with a Jewish vibe. For example, a rock can say Shalom on one side and peace on the other side. We have prepared some sample rocks for you. We will have all the materials that you will need to decorate your rock. All you will need is a spark of imagination and friends to spread the happiness!



Challah Making

Wednesday, November 1 with a potluck lunch beginning at 11:00 am
Rabbi Esther Adler will lead us in learning about the history, traditions, and braiding techniques of Challah.

Annual Chanukah Party with a Gift Exchange

Tuesday, December 12, 11:30am - 1:00 pm. Brian Serle will lead us in Chanukah songs.

Ageless Grace with Pola Rest on **Mondays, October 16, November 13, December 11, 1:30-2:30 p.m.**

WORD meets on **Mondays October 9, 23, November 6, 20, December 4, 18 at 1:30 pm -2:30 pm.** Coffee and tea are available.

For additional information on the Prime Timers, please contact Jill Spanier at 651-493-1959 or js020907@gmail.com. We welcome all new ideas for future programming.

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 us at caringcommunity@mzion.org
or call 651-698-3881.

SOCIAL ACTION UPDATE

Tzedek = Justice



Revel for a Cause

An annual benefit for Neighborhood House

Thursday, October 5, 5:30 – 8:30 p.m.

It's fun, inspirational and a way to celebrate our shared heritage. For more information or to purchase tickets contact Karla Healey at khealey@neighb.org. More details at neighb.org/revel2017

Neighborhood House Volunteers Needed

Looking for a volunteer opportunity, either a "one shot deal" or a longer commitment? There's a spot for you at Neighborhood House!

Pizza with Professionals gives teens a chance to meet with working adults to talk about selecting a career path. These discussions occur in small groups on **October 12 and December 7, 4:30 – 6 p.m.**, both at Neighborhood House.

Career Conversations helps adults learn more about career paths, expand their networking and interact with a variety of professionals. The next session is **November 8, 7-8 p.m.**

For more or longer term volunteer opportunities, contact Vanessa Edwards at vedwards@neighb.org and identify yourself as a Mount Zion member.

Women of Mount Zion founded Neighborhood House and 120 years later the Women of Mount Zion (formerly Sisterhood) continue that connection through support of the two food shelves operated by Neighborhood House. The cash contributions and food our congregants donate go directly to Neighborhood House for support of programs that assist refugees, immigrants and low-income families. Last year alone, Mount Zion members donated more than \$12,000 and 3,700 pounds of food. THANK YOU! Please watch for additional opportunities to donate.

Have questions? Want more information? Contact Stephanie Wolkin at 651-653-1664 or infosteph@aol.com.



WOMEN OF MOUNT ZION TEMPLE

(Formerly Sisterhood)

Sunday, October 8, 12:30-2:30pm - Pot luck in the Sukkah! Please join us for a wonderful celebration of food and fun!

Friday, November 17 Women of Mount Zion Temple Participate in Shabbat services. Shabbat services lead by and honoring women and WMZT members.

Volunteer Leadership Opportunity: We are currently seeking a MITZVAH FOOD SHELF COORDINATOR! The main event to plan would be our March Food Drive. If you or someone you know would be great at the service of collecting donations and food items for the local neighborhood food shelf, please contact mzsisterhood@gmail.com soon. We truly appreciate all the help we can receive.

IN THE COMMUNITY

The 17th Annual Twin Cities Jewish Community Conference on Mental Health

From Hurting to Healing: Journeys of Courage and Hope

Sunday, Oct. 22, 10 a.m. to 4 p.m.
Temple Israel (2323 Fremont Ave. S., Minneapolis)



The event, which is free and open to people of all faiths and spiritualities, will feature a keynote address from Melody Moezzi, Iranian-American activist, award-winning writer and attorney, and author of *Haldol and Hyacinths: A Bipolar Life*.

In addition to the keynote address, the conference will offer two breakout sessions of workshops with 22 topics to choose from, covering mental health issues affecting youth to people in the later stages of life. Workshop topics include dementia, addiction, eating disorders, anxiety and depression, mental health advocacy, yoga psychotherapy, and many more. The event will also include a resource fair with free educational materials, local resources, and books on mental health and addiction available for purchase.

Registration for the conference can be completed online or by mail. To register online, go to www.jfcsmpls.org. To register by mail, call JFS at 651-698-0767 to request a conference brochure and registration form. Everyone who registers by Oct. 6 will receive a box lunch at no charge.

MEA Weekend Bike Ride

A Mount Zion Brotherhood Event - Open to All!

Sunday, October 22

Meet at the Sholom East (740 Kay Ave., St. Paul) at 9:45.

All Temple members are invited to the next Brotherhood bike ride on This 25 mile loop ride along mostly bike trails hugs both sides of the Mississippi River. We will ride past many historical sites including caves, Native American sites, Jewish sites, working and abandoned railroad lines, and two roads mentioned in Bob Dylan songs. Lunch stop on the West Side for Mexican food. Don't miss this great ride! RSVP to Andy Rapoport (andrew.raपोпорт@aonbenfield.com or cell (612-308-2586).



Mount Zion Temple
1300 Summit Avenue
Saint Paul, MN 55105

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Michael Kuhne, President-Elect

Teresa Matzek, *Iton Tziyon*, editor
tmatzek@mzion.org
Phone: 651-698-3881
Website: www.mzion.org

Eat. Drink. Shake.

Open Sukkah at the home of Rabbi
Esther Adler and Rob Lebowitz.

Saturday, October 7, 3:00 - 5:00 p.m.



See p. 4 for more details.

Simchat Torah

Wednesday, October 11

5:15 p.m. Torah Study

6:00 p.m. Simchat Torah Service



See p. 4 for more details.

New Member Congregational Shabbat Dinner

Friday, October 27, 6:00 p.m.

See p. 4 for more details.

A Shabbat for the Soul

See p. 3 for more details.



MaZAL: Adult Learning Opportunities

See pages 14-17.

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Shabbat for the Soul

Participation by Women of Mount Zion Temple

Pulpit Guest: Rabbi Leigh Lerner



Friday, November 17

7:30 p.m. Shabbat Services in Margolis Hall;
Women of Mount Zion Temple Participate

8:30 p.m. (Approx; following services) **The Jews of Italy: A Guided Tour**

See p. 2 for details.