



ITON TZIYON עיתון ציון

Mount Zion Temple Bulletin

September/October 2019 | Elul/Tishrei/Cheshvan 5779-5780

Vol. 164, No. 1

A sampling from our many

MZ Small Groups



Bicycling through the Twin Cities



Experienced Students of Mussar



Parents' Social Group



Random Men Noshing

Panim el Panim

Connecting Face to Face
פנים אל פנים

L'Dor VaDor

From Generation to Generation

Mazel Tov To...

Our members who will celebrate a milestone anniversary in September or October: **Robert & Susan Mantell, Randy & Barb Trefethren, Daniel Sogin & Emily Duke, Gabe & Florie Ellwein, Doug & Alyssa Berg, Brad & Sarah Elkin, Robby & Andrea Bershow, Leo & Ann Rosenstein, Rich & Mitzi Gramling, Curt Sward & Lanie Paymar, Brad & Jill Johnson, Axel & Rebecca Chevaillier, Brent & Jessica Griffith, Paul & Erin Miller, Joe & JoAnn Nathan, Jonas & Joice Mendelsohn, Ben & Kiki Gillman, John & Amy Sulciner, Sanders & Doreen Gwin, Todd & Melissa Wickard, Michael Skoler & Maria Kirsch, Loren & Shelly Frisch, Matthew & Kimberly Parker.**

Max Bielenberg and Livy Traczy, on the birth of their son, *Ezekiel*, on July 31.

Adele and Curt Brown on the birth of their grandson, *Riley*, on June 6.

David & Carol Epstein, on the marriage of their daughter, *Emily*, to *Mark Trudeau* on August 30.

Michael and Cynthia Garr, on the marriage of their daughter, *Alyssa*, to *Shawn Abelson* on August 18.

Phil and Renae Goldman, on the marriage of their daughter, *Natalie*, to *Ben Peterson*, on May 26.

Cole and Savannah Hanson on the birth of their daughter, *Penelope "Penny" Hanson*, on June 14.

Laurie and Jeff Hunt, on the marriage of their daughter, *Rachel*, to *Nate Braselton* on July 20.

Gary Kravitz and Anna Schorer, on the marriage of their son, *Alexander*, to *Marci Winer* on June 22.

Jacob and Kimberly Kraus-Preminger on their marriage on June 23.

Charlie Nauen on receiving the Hubert H. Humphrey Award from Rep. Nancy Pelosi.

Leo and Ann Rosenstein, on the marriage of their son, *Ben*, to *Elizabeth Mishler* on June 23.

Leigh Rosenthal who was selected to represent the USA as part of the Open Women's Soccer Team for the 14th Pan American Maccabi Games.

Lisa Taran-Maddy and Joseph Maddy on the birth of their first grandson, *Arlo Joseph Maddy*, on July 26.

Patrick Zimmerman and Liza Allen on their marriage on June 30.

Letter from the Rabbi



A congregant once came to me and asked: "Is there any way to get ready for Rosh Hashanah? I know we are supposed to forgive and forget but it's hard to just suddenly do that." She had good timing, for the next day was the beginning of Elul, the last month of the Jewish calendar. Elul, which this year coincides exactly with September, is a month of special sanctity and opportunity: a time to prepare so that our soul work during the High Holy Days will be truly effective. Rabbi Yehoshua Diskin, one of the great Mussar masters taught: "Each day during Elul let everyone sit and look into their souls and search their deeds."

On the first Shabbat of Elul, the Torah portion *Shoftim* begins: "You shall appoint judges and officers for yourselves in all your gates (Deut. 16:18)." Our sages interpreted the gates symbolically as referring to a person's eyes, ears, nose and mouth, advising that during Elul we are to be especially mindful of how we use these gateways to the soul. We are to use our eyes to see the best in others and the faults in ourselves, our ears to listen carefully and deeply to one another, our touch to be gentle and affectionate with one another and our environment, and our mouths to express gratitude for all our blessings.

Day by Day: Mussar Reflections for Elul. As part of MZ Connect, our engagement initiative, beginning September 1/Elul 1, we will offer a daily reflection on the "Mount Zion Conversations" Facebook page. Each day you will find a Mussar teaching on a soul-trait, questions to consider, and the ability to engage with others doing the same. See page 7 for details.

May the coming month be one of meaningful preparation and growth, that we may be inscribed and sealed for blessing in the Book of Life.

Esther Adler, Rabbi

"May the coming month [of Elul] be one of meaningful preparation and growth, that we may be inscribed and sealed for blessing in the Book of Life."



URJ BIENNIAL 2019
DECEMBER 11 - 15 • CHICAGO, IL
URJ.org/Biennial #URJBiennial



Zichronam Livracha... May their memories be a blessing

We note with sorrow the passing of our members:

Bernard "Bernie" Karon

Our condolences to his family, including his wife *Jaylene Karon* and daughter *Jacqueline Karon*.

Peryl Krawetz

Our condolences to her family.

Frances Salper

Our condolences to her family.

Joan Strouse

Our condolences to her family.

We Extend Condolences to...

Jeffrey Burton (Varda Nauen) on the loss of his brother and sister-in-law, *Thomas Burton & Peggy O'Neill*, on July 19.

Emily Duke (Daniel Sogin) on the death of her father, *Charles Duke*, on June 28.

Suzy Frisch (Steve Swenson) on the death of her father, *Charles Frisch*, on August 5.

Seth (Mia Nosanow) Levin on the death of his brother, *Paul Levin*, on June 15.

Ellen (Martin) Sampson on the death of her sister, *Karen Grundfest Mandelbaum*, on July 10.

Rene (Rebecca) Schwengber on the death of his father, *Rene Schwengber*, on June 16.

Jill (Glenn Davis) Weiss on the death of her father, *John Plantikow*, on May 28.

Make Shabbat Your Sanctuary

Monthly Services in Margolis Hall

Once a month from September to May, Shabbat services are moved from the formality of the sanctuary to our social hall to create a more intimate service. Our singing is accompanied by violin, guitar, keyboard, and percussion. **The striking music opens our hearts and awakens our spirits.** This year we will alternate our two styles of services, "Shabbat for the Soul" and "Visual T'filah."

Shabbat for the Soul



Shabbat is always for the soul, but there is a particularly soulful atmosphere at "Shabbat for the Soul" services. It is a more contemplative worship style with the congregation sitting in the round. We use a single page handout for the prayers. A slower pace enables us to focus on the meditative effect of the music, the potential for deeper awareness and prayer, and the feeling of community.

October 25
December 20
February 21
April 17

Visual T'filah

In these services we forego the black and white of the prayer book and focus instead on projected images of beautiful artwork or scenes from nature as backdrop for our words. We take time with the prayers and the music, engaging our senses more fully than usual. We sit in rounded rows to more fully appreciate the community around us.



September 20
November 15
January 17
March 20
May 22

September

Friday Shabbat Evening Services

September 6, 6:30 pm
Celebrate Shabbat!

September 13, 7:30 pm
Professional Quartet

September 20, 7:30 pm
Food for Thought (p. 16)
Birthday Blessings
Visual T'filah

September 27, 7:30 pm
Celebrate Shabbat!

Saturday Shabbat Morning Services

September 7, 10:00 am
Shof'tim – Deut. 19:14-21:9
Celebrate Shabbat!

September 14, 10:00 am
Ki Teitzei – Deut. 24:14-25:19*
Celebrate Shabbat!

September 21, 10:00 am
Ki Tavo – Deut. 27:11-29:8
Celebrate Shabbat!

September 28, 10:00 am
Nitzavim – Deut. 29:9-30:20*
Celebrate Shabbat!

Torah Study on Shabbat Morning

9:00 am Drop in any Shabbat to study the week's Torah portion.

*Using a triennial [3 year] cycle, we are reading the last third this year.

Daily Services **All welcome!**

Going strong after 64 years!

Monday-Thursday, 5:45-6:00 pm; Sunday, 9:30-9:45 am.

Led by members of our congregation in the Harris Chapel.

October

Friday Shabbat Evening Services

October 4, 6:30 p.m.
Shabbat Shuvah
Shir Tzion Participates

October 11, 7:30 pm
Food for Thought (p. 16)
Professional Quartet

October 18, 7:30 pm
Pulpit Guests: Humanitarian
Dr. Dulick & Rabbi Amy Ariel
Birthday Blessings

October 25, 7:30 pm
New Member and
Congregational Dinner, 6 pm (p. 5)
Shabbat for the Soul

Saturday Shabbat Morning Services

October 5, 10:00 am
Vayeilech – Deut. 31:1-30*
Shabbat Shuvah
Celebrate Shabbat!

October 12, 10:00 am
Ha'azinu – Deut. 32:1-52*
Celebrate Shabbat!

October 19, 10:00 am
Shabbat Chol HaMoed Sukkot –
Ex. 33:12-34:26*
Celebrate Shabbat!

October 26, 10:00 am
Bereishit – Gen. 1:1-2:3*
(1st Shlish Begins)
Celebrate Shabbat!

Tot Shabbat

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

Prepare for the High Holy Days!

Saturday, September 14, 10:30 a.m.

Celebrate in the Sukkah!

Saturday, October 12, 10:30 a.m.



Three anecdotes, in no particular order:

One: While watching the ASL interpreter at services some weeks ago, I noticed that while Cantor Spilker read a quote in Hebrew, the interpreter signed “Jewish, Jewish, Jewish” throughout the quote, resuming signing when the words returned to English. Two:

Our family has recently become enamored with the musical *Hadestown*, a folk opera retelling the Greek myth of Orpheus and Eurydice. After I explained the plot to our six year old, Zelda, she offered to run upstairs and grab her Jewish Bible story book, where she assumed it could be found. Three: Our three year old, Eve, announced that she was “leading services,” which apparently meant to her that she gathered up kids (siblings who were happy to indulge, and a few at the playground of varying levels of willingness to participate) and sang songs at them, every so often telling her “congregation” to stand up or sit down.

I was initially bemused by each of these incidents, but, since they happened in such quick succession, it got me to thinking. What if, when other people heard Hebrew, they just heard “Hebrew, Hebrew, Hebrew” instead of actual words with actual meaning, like I (mostly) do? What if, when people considered the stories of the Hebrew Bible, they had the same cultural or moral significance to their lives as those of the Greek myths? And finally, when people attend services, could it be possible that they just see people singing at them and telling them to stand up and sit down?

One could certainly laugh at these stories and make the argument that they’re amusing anecdotes and nothing more, but I disagree. I distinctly remember my transition to greater understanding and appreciation of Judaism and it did not happen passively or overnight. It is magical thinking—or at least extremely optimistic—to assume that having a religious experience just “happens.” A rabbi of mine once told me that no one would expect to get better at tennis—or much of anything else—without practice, but people regularly expect to have consistent religiously significant experiences with virtually no effort on our parts. I invite you, this High Holy Day season, to resolve to broaden and deepen your Jewish knowledge and experience. Commit to taking a Hebrew class. Learn more about the liturgy. Come to Torah study and delve into our rich cultural, linguistic, and moral heritage. I promise you—if you reach out, you will find a hand reaching out to grab yours. The resources are here—right here at Mount Zion—we just need you!

Jennifer Strauss-Klein, Cantor



Meet our new Organist!

We are thrilled to announce that we have recently hired Kraig Windschitl as our new organist and pianist for services at Mount Zion! Kraig is a native of New Ulm, MN, where his love of music was instilled at an early age. He continues to serve as the principal organist at Wayzata Community Church, and was the principal organist at Mount Olivet Church, the largest Lutheran church in North America, for ten years. He performs with Singers in Accord, the Apollo Club, and the Oratorio Society of Minnesota. Kraig is a graduate of the Perpich School for Arts, Saint John’s University, and Indiana University. He lived in Jerusalem for the summer of 2015 and was the first American to record the organs from the Basilica of the Holy Sepulchre. Kraig is very excited to be with us at Mount Zion—please say “hi” and give him a warm welcome when you see him!

Choirs at Mount Zion

Shir Tzion, for 3rd - 6th graders

Led by Cantor Spilker

- ♪ Meets on Sunday when there is Religious School, 9-9:30 a.m.
- ♪ Participates in services the first Friday of every month
- ♪ Choir Camp - Sunday, September 15 - lunch at 12:15 p.m. followed by extended rehearsal/repertoire learning until 2:15 p.m.

Shir Chants, for 7th-12th graders

Led by Cantor Strauss-Klein

- ♪ Meets on Sunday when there is Religious School, 8:45-9:15 a.m.
- ♪ Participates in services regularly throughout the year
- ♪ Choir Camp - Sunday, September 15 - lunch at 12:15 p.m. followed by extended rehearsal/repertoire learning until 2:15 p.m.

Kol Tzion, for adults

Led by Cantor Strauss-Klein

- ♪ Meets on select Wednesdays, 7:30-8:30 pm
- ♪ Participates in a variety of events throughout the year

Contact Cantor Strauss-Klein jstraussklein@mzion.org or Cantor Spilker rspilker@mzion.org.

Trope Troupe

Todah Rabah to our June, July, & August:

Ba’alei Korei (chanting Torah): Jessalyn Akerman-Frank, Lys Akerman-Frank, Jennifer Bagdade, Madeline Bagdade, Paul Bagdade, Julian Brunelle, Warren Cohen, Loren Frisch, Siana Goodwin, Jessica Griffith, Harriet Guthertz, Elena Isaksonas, David Knapp, Michael Kuhne, Tony Mogelson, Shelley Robbins, Marilyn Salmon, Laura Waxman

Haftarah Chanters: Sue Benfield, Siana Goodwin, Netta Hardin, Alex Klass, Yasmine Moideen

Ruth Chanters: Siana Goodwin, Shelley Robbins

Eicha Chanters: Siana Goodwin, Bonnie Resnick

To sign up e-mail Cantor Strauss-Klein jstraussklein@mzion.org.



Our Bodies, Our Souls

23rd Annual Jewish Retreat for Women

Riding the Waves:

The Ebb and Flow of Our Lives through Jewish Ritual

Friday Evening to Saturday Evening

Save the Date: January 24-25, 2020

From the President



Remember what it is like to find a forgotten five-dollar bill in your pocket? In my first months as president, I have found some hidden gems in the pockets of Mount Zion.

1. My favorite part of Shavuot is standing before the ark as midnight approaches, passing a Torah scroll from one person to the next, and contemplating the meaning of standing at Sinai and receiving Torah. By that time, there are about forty people remaining from the earlier service and study sessions, but for those forty, this is such a wonderful time. It is a little bit like staying to the end of an extra inning baseball game. People may leave for a variety of reasons—work the next day, a babysitter on the clock, a child that needs to get home—but for those who stay, something special might unfold. If you have not participated in Shavuot, or it's been a while since you have, do so next year and look for that something special.
2. For seventeen years, Mount Zion has hosted Project Home for one month each year. When I first started to volunteer for Project Home, I was reluctant. What would I say or do? However, my spouse convinced me that volunteering with our children would be a good thing—and it was. For many of us, homelessness is all too easy to ignore or avoid. However, sitting with a young father or mother, many of whom are coming to Mount Zion after a long day of work, and watching them play with their children or talk about what they want to do with their lives is humbling. I was the lead for three nights in June, and I had a behind-the-scenes view of both Mount Zion volunteers and Inter-Faith Action workers. They are inspiring! Maybe you were at services on Friday, 23 August, to hear Minnesota's Housing Commissioner Jennifer Ho and to honor our volunteers. Maybe you were inspired to take action to

eliminate homelessness. May it be so, but until it is eliminated, please consider volunteering in the future for a Project Home shift. The experience will open your eyes and heart.

3. It is Mount Zion's custom for most congregants to attend Friday night services. This is especially true when the Saturday morning service is not a bar or bat mitzvah. However, those Saturday morning services are a spiritual treat. One spends time in community with a small group, praying in an intimate setting and having discussions prompted by the rabbi or lay leader. Granted, I attend these smaller Saturday morning services primarily when I am chanting, so I am slightly distracted and vaguely nauseous until I have finished! Nevertheless, it is a lovely experience. Consider participating in a small Saturday morning service, and you'll appreciate the liturgy and prayer in a new way.
4. In April, our Board made a security decision. Beginning this past June, an off-duty police officer would not be a regular feature of services and religious school. In addition to all of the other security measures that are already in place thanks to the outstanding work of our Safety Committee, we are creating the Greeter Corps, led by Dan Schibel. As the Greeter Corps takes shape, I have been performing that role on many Friday evenings and Saturday mornings. What's been gratifying is to see so many of you, exchange greetings, and often hear your thanks for me simply being there. The Greeter Corps will grow. Please take the time to exchange greetings – and perhaps even join the effort!

As summer turns to autumn and we journey through the High Holy Days, may we be blessed, may our holidays be meaningful, and may we all find some spare change in our pockets.

Michael Kuhne, President

WELCOME TO OUR NEW MEMBERS!

Ariel Kagan
Scott Kipp

Sandra Lyksett
Bruce Noyes

If you joined Mount Zion since January 2018, join us for a

New Member Shabbat Dinner

Friday, October 25, 6:00 p.m.

This congregational Shabbat dinner is free for new members. If you are not a new member, you are welcome to join us. The cost will be only \$5. Kids are free!



Join us for a Congregational Shabbat dinner as we meet and welcome our newest members. This dinner will be made by members of Mount Zion. We'll get to know each other, share some great food, and build our community! Please RSVP at mzion.nirsham.com by Wednesday, October 23.

Questions? Contact Shai Avny at savny@mzion.org or Ellen Konstan at ellen.konstan@gmail.com.

L'Chaim 5780 Annual Campaign

We are excited to launch the Mount Zion L'Chaim 5780 Annual Campaign this fall. Thank you to all who have helped to grow this annual campaign effort, still going strong. We are thrilled with the response and grateful for your support.



L'Chaim 5780 will celebrate Cantor Strauss-Klein's 10 years of serving Mount Zion. Her beautiful voice and spirit have strengthened our community in many ways. In particular, she has a unique ability to elevate any moment—from High Holy Day services to singing the Havdalah blessings—to help us feel connected to God.



Gifts to this year's Annual Campaign honor her tenure at Mount Zion. We understand giving is a very personal decision, and we are grateful for each member's consideration.

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

Thank you,
Harold Katz, Giving Committee Chair

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

High Holy Days

High Holy Days Service Schedule

- Selichot -

Saturday, September 21 - Elul 22

Havdalah and Program	8:30 p.m.
Reception	9:45 p.m.
Selichot Service	10:15 p.m.

- Erev Rosh Hashanah -

Sunday, September 29 - Tishrei 1

Service	7:30 p.m.
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- Rosh Hashanah -

Monday, September 30 - Tishrei 1

NEW SCHEDULE!

Family Service New this year! (see p. 7)	8:30 a.m.
Teen Service (Grades 7-12)	8:30 a.m.
Tot Program & Service (Birth-Grade 1)	9:45 a.m.
Shacharit Service	11:00 a.m.
Teen Program (Hidden Falls Park)	3:30 p.m.
Yoga for the New Year (Hidden Falls Park)	3:30 p.m.
Tashlich (Hidden Falls Park)	4:30 p.m.
Picnic Dinner	(approx) 5:15 p.m.

- Shabbat Shuvah -

Friday-Saturday, October 4-5 - Tishrei 6

Shabbat Service	6:30 p.m.
Shabbat Morning Service	10:00 a.m.
MZ Small Groups Gathering (Followed by Havdalah)	4:00 p.m.

Sunday, October 6 - Tishrei 7

Memorial Service at Cemetery (rain or shine)	11:00 a.m.
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- Erev Yom Kippur - Kol Nidre -

Tuesday, October 8 - Tishrei 10

Early Service	6:00 p.m.
Late Service	8:30 p.m.

- Yom Kippur -

Wednesday, October 9 - Tishrei 10

Early Service (Gr. 2-6 Program during Sermon)	8:30 a.m.
Tot Program & Service (Birth-Grade 1)	10:30 a.m.
Late Service	11:45 a.m.
Teen Service (Grades 7-12)	11:45 a.m.
Poetry Session	11:45 a.m.
Chair Yoga	12:45 p.m.
Chant Circle	1:30 p.m.
Rabbi's Study Session	2:30 p.m.
Healing Service	2:30 p.m.
Yizkor	3:15 p.m.
Kids' Program (Grades 2-6; from 3:15 to end of Ne'ilah)	3:15 p.m.
Afternoon Service (approx)	4:15 p.m.
Teen Program (Grades 7-12)	4:15 p.m.
Ne'ilah Service	(approx) 6:15 p.m.
Break-the-Fast (Following Havdalah)	(approx) 7:15 p.m.

Sanctuary services will be live streamed.

See right for details.

Yoga for the New Year (Rosh Hashanah Day)

Monday, September 30, 3:30 p.m. at Hidden Falls

Led by Chris Gordon of Big River Yoga and Cantor Spilker



Chair Yoga (Yom Kippur Day)

Wednesday, October 9, 12:45-1:20 p.m. at Mount Zion

Join Mount Zion member and yoga teacher, Anna Schorer, and Cantor Spilker for a "7th Inning Stretch." All movements will be done in a chair, will be accessible, and can be done in dress clothes.

High Holy Days at Sholom



Services co-led by Cantor Spilker

Do you have loved ones living at Sholom East? Cantor Spilker will be co-leading some of the High Holy Day services there and hopes to see Mount Zion residents, as well as friends and family of Mount Zion members at the following services:

Selichot

Saturday, September 21, 7:00 p.m.

Rosh Hashanah Morning

Monday, September 30, 10:00 a.m.

Kol Nidre

Tuesday, October 8, 7:00 p.m.

Yom Kippur Morning and Yizkor

Wednesday, October 9, 10:00 a.m.

First Day of Sukkot

Monday, October 14, 10:00 a.m.

This will be a combined Mount Zion/Sholom Home service.

Simchat Torah

Monday, October 21, 10:00 a.m.

Tuesday, October 22, 7:00 p.m.*

**The Conservative and Orthodox movements celebrate Simchat Torah the night after Reform and Israeli communities.*

Tashlich Picnic Dinner - NEW THIS YEAR!

September 30 (approx. 5:15) Hidden Falls Regional Park

Please bring your own dinner and a picnic blanket. Mount Zion will provide drinks and compostable paper goods.

High Holy Day Services Live Streamed

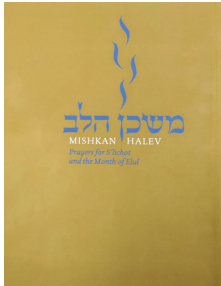
Mount Zion has the technology to live stream services anywhere with Internet access. This year we will again live stream High Holy Day services instead of televising them. You can view services directly on a computer or by connecting your computer to a television. If you have family or friends who usually watch the services on television you may want to help them by making a computer available for their viewing. Live stream services can be viewed at mzion.org/pray/live-streaming. Contact the office at 651-698-3881 if you have any questions.



Elul: Preparing for the High Holy Days

This year the Hebrew month of Elul begins on September 1.

With our calendars aligned, you have all of September to prepare spiritually for our Days of Awe.



Every* Shabbat Evening Service in Elul features *Mishkan haLev: Prayers for S'lichot and the Month of Elul*

Messages and music from the Rabbis and Cantors during September/Elul will focus on preparing for the High Holy Days.

*All Friday nights in September, except September 20 for Visual T'filah (see p. 3).

Call of the Shofar during Elul



An added opportunity to prepare for the High Holy Days is being offered this year at Mount Zion by the sounding of the shofar at the end of all Daily Services during the month of Elul. Daily Services during Elul are on Sunday mornings at 9:30am and Monday through Thursdays at 5:45pm. The participating *ba'alei tekiyah* (shofar blowers) are all Mount Zion Temple members.

Day by Day:

Mussar Reflections for Elul

A personal preparation for the approaching the High Holy Days.

Elul, the last month of the Jewish year, is a time of special sanctity as we prepare for the coming Holy Days. This year, Elul coincides exactly with September, and we are offering an opportunity for reflection as part of MZ Connect.

Each day of the Hebrew month of Elul (starting on September 1st), we will post a reflection on the "Mount Zion Conversations" Facebook page and our website. Each day you will find a new Mussar Middah (Soul Trait), a text to study, and questions for reflection. Whether you choose to respond on the Facebook page, work in Chevruta (partner with another person), keep a private journal, or simply think about the Middah, we feel confident that the experience will add deeper meaning to your Holy Days.



Selichot*

The Evening that Ushers in Genuine Reflection to Prepare for the Days of Awe

Saturday, September 21

8:30 pm - Havdalah and Program

9:45 pm - Reception

10:15 pm - Selichot Service

*Selichot literally means "Forgiveness". We start the Days of Awe where we hope to end, with mercy and compassion towards ourselves and all people in our lives.

High Holy Days

Cemetery Memorial Service

Sunday, October 6, 11:00 a.m. *Come rain or shine!*

As a people, we are eternally linked to those who came before us. As individuals, we are especially mindful of family and friends who have died in the past year. In the spirit of remembrance, we annually conduct a special service at our cemetery. Please join us for a meaningful and reflective service. The cemetery is located at the intersection of Payne and Larpenteur Avenues.

Minnesota Jewish Theater Company presents:

The Book of Jonah

Yom Kippur Afternoon Service, October 9



Instead of chanting the Book of Jonah in Hebrew, we will again hear a dramatic reading in English by actors from the Minnesota Jewish Theater Company. This intriguing, short story has so many layers and important messages as we near the end of our Days of Awe. The reading will be during the Torah service toward the end of our afternoon service which begins at 4:15 and ends around 6:15 pm.

Minnesota Jewish
Theatre Company

- Sukkot -

Sunday, October 13 - Tishrei 15

Sukkot around the Cities (see p. 9) 5:00 p.m.

Monday, October 14 - Tishrei 15

Festival Service 10:00 a.m.

at Shalom East (740 Kay Ave., St. Paul)

- Shmini Atzeret/Simchat Torah-

Sunday, October 20 - Tishrei 22

Simchat Torah Service 6:00 p.m.

Monday, October 21 - Tishrei 22

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

The Poetry of the Prayer Book

Michael Kuhne, Ph.D.

Yom Kippur Morning, 11:45 am - 12:30 pm



Michael has assembled a cast of Mount Zion congregants who will lead an inspiring exploration of the poetry and prose in the new prayer book, *Mishkan HaNefesh*.

Michael Kuhne, President of Mount Zion, is a Professor of English at the Minneapolis Community and Technical College.

Simchat Torah

is a Joyful Holy Day for All Ages!

Sunday, October 20

- 5-5:45 pm **Pizza in the Hut** – complimentary dinner in the Sukkah for the last hours of Sukkot!
- 6-6:30 **Brief Festival Service** in the sanctuary
- 6:30-7:15 **Dancing with the Torahs** with live Klezmer band and unrolling the ENTIRE Torah in Margolis Hall!
- 7:15-7:45 **Israeli Dance** (and instruction) led by Rabbi Esther Adler



Spend the last hours of Sukkot and the first hours of Simchat Torah with your congregational family! Join us between 5-6 pm for a complimentary pizza dinner in the Mount Zion sukkah, and stay for our festive Simchat Torah services at 6 pm. Everyone is welcome! This service is a congregational favorite, for kids and adults, so invite your friends and family to 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 into the night with the Torah scrolls to the infectious rhythm of Mark Stillman and his Klezmer band!

Sukkot Across the Cities

CONNECT with fellow MZ members at one of four **Sukkot** Open Houses!

Sunday, October 13, 5:00 - 7:00 pm

Including drinks, light nosh, and conversation.

One of our rabbis and cantors will visit each Sukkah to lead blessings and shake the lulav.



More information will be distributed at the High Holy Days and by e-mail.
If you have other question, contact Shai Avny at savny@mzion.org / 651-698-3881.

NEW THIS YEAR!

Rosh Hashanah Family Service

Designed for 2nd-6th graders and their families

Monday, September 30, 8:30 am

We heard you! This Rosh Hashanah, Mount Zion has created an experimental family service, especially designed for the needs of households with kids from 2nd-6th grade. This service is accessible and uses the familiar format of our Religious School siddur, incorporating the sounds and inspiring themes of the High Holy Days. Led by our clergy, this service provides a meaningful Rosh Hashanah experience in a condensed family-friendly format. (The Yom Kippur early service will continue the same format as previous years.)

The Rosh Hashanah Family service offers:

- a new *machzor*, the beautifully illustrated *Mishkan HaNefesh for Youth*, generously donated by our 5779 Confirmation class
- an age-appropriate story instead of sermon
- the sounding of the shofar
- an abbreviated Torah service



A Note to Adults Accustomed to the Early Service

We encourage you to attend the congregational Rosh Hashanah service at 11 am. This is a new time for what used to be the "Late Service." For Yom Kippur, feel free to enjoy the traditional 8:30 am Early Service led by our 8th graders as usual. And please know that this is an experiment only for Rosh Hashanah in response to desire for a shorter, kid-centered, family service. Please share your feedback with Sally Glick, chair of our Worship Committee, at sallyoglick@gmail.com or with any of our rabbis or cantors.

Religious School News

Yom Rishon - First Sunday of Religious School Sunday, September 15, 9:30 a.m. – 12:15 p.m.



Yom Rishon is the first day of Sunday Religious School classes for students in grades PreK-6.

- 8:45-9:15** Shir Chants Rehearsal (7th-12th Graders)
- 9:00-9:25** Shir Tzion Choir Rehearsal (3rd-6th Graders)
- 9:30-10:00** Opening Ceremony with Parents/Guardians
- 10:00-10:30** Classroom Open House for Students & their Parents/Guardians in grades PreK-6
- 10:30-12:15** Mount Zion Open House for New Families
- 10:30-11:15** Session 1
- 11:15-11:30** Healthy Snack – Provided by Mount Zion
- 11:30-12:15** Session 2
- 12:15-2:15** Shir Chants & Shir Tzion Extended Choir Rehearsal

Religious School Calendar Highlights

Sept. 13-15	Confirmation Retreat
Sept. 15	Opening Day of Lower School (see above)
Sept. 18	Opening Night of Chai School (see right)
Sept. 20-21	7th Grade A Day Apart Shabbaton
Sept. 22	9:45 a.m. Kindergarten Consecration Workshop 11:00 a.m. 11th Grade NYC Trip Meeting 12:15 p.m. Noar Tzion & JYG Opening Events
Sept. 29	NO SCHOOL – Erev Rosh HaShanah
Oct. 6	9:45 a.m. 2nd Grade Parent/Guardian Meeting
Oct. 9	NO SCHOOL – Yom Kippur
Oct. 11-13	NFTY-NO Fall Kallah
Oct. 13	Sukkah Decorating During School 11:30 a.m. Consecration/School T'filah 12:15 p.m. Noar Tzion Sukkot Event
Oct. 16 & 20	NO SCHOOL - MEA Weekend
Oct. 16-20	11th Grade NYC Trip
Oct. 20	6:00 p.m. Simchat Torah Service
Oct. 27	9:45 a.m. 6th Grade Parent/Guardian B'nei Mitzvah Orientation
Nov. 1-2	4th Grade Shabbaton
Nov. 1-3	8th/9th Grade Torah & Teva Shabbaton
Nov. 3	Daylight Savings Ends - 9:45 7th Grade Sacred Choices Parent/Guardian Meeting

Consecration Sunday, October 13

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.



Chai School Opening Program

Wednesday, September 18

6:00-7:15 p.m. – Grades 7-10

We will kick off the school year at 6:00 p.m. with Schmoozing and S'mores on the patio, and then we will jump right into the first trimester.

8th and 9th grade students, be sure to register for school AND sign up for your first elective class of the year. School registration and class sign up are both available on our website, mzion.org.



8th & 9th Grade Chai School Electives

Biblical Roots of Jewish Comedy, Seth Berlin – AKA: Must we cross the Red Sea? Oy. The humidity. This year's class will include a special focus on European Jewish history and emigration to the US.

Ins & Outs of Becoming a Jewish Leader, Anna Fox – We will explore ways to become empowering and inspiring Jewish leaders within the Jewish community and beyond. Based on core Jewish values, students will develop skills required to connect to one another to become change agents in repairing the world (as Madrichim, Geshet Mentors, SPORTY Board members, or collectively mobilizing and motivating peers to address issues confronting society today).

Sounds of Israel, Keshet Edry, Shlichia - From the Hora to modern day Israeli hip hop, we will get to know the history and the culture of Israel in a funky way. We will explore the meaning of many Israeli songs, discuss important musical events (such as Eurovision), and learn to sing Hebrew songs.

11th & 12th Grade Tzedek Class

Machloket Matters: How to Disagree Constructively – The Beit Midrash Way, Jacob Kraus

Many of us have heard the saying -- two Jews, three opinions. Disagreement and argument are as old as Judaism itself. The early rabbis even spoke of a machloket l'shem shamayim -- argument for the sake of heaven. Today, it may seem that many of the arguments we are having are far from the constructive debates envisioned by our ancestors. And yet, one of the reasons why we feel compelled to debate and disagree is because we feel strongly about our values and our views. How do we have conversations with one another that are rooted in our deeply held values without descending into shouting matches so loud that we can no longer hear one another?

Classes meet 10:30-11:30 on the following Sundays: Nov. 3, 17, 24, Dec. 15, Jan. 12, Feb. 2, 9, 23, March 15, 22, April 5, 19, 26, May 3.

Youth Engagement

Madrichim Orientation & Training

Sunday, September 8, 12:00-5:00 pm

This orientation is very important and will give madrichim a chance to learn about their roles, build skills, and work with their faculty to get ready for an amazing year of teaching and learning together! RSVP to Janice at office@mzion.org.

Teen High Holy Day Programming!



NEW TIME!

September 30	8:30 am	Rosh Hashanah Teen Service
September 30	3:30 pm	Teen Program at Hidden Falls followed by Tashlich
October 9	11:45 am	Yom Kippur Teen Service
	4:15 pm	Teen Program

Youth Groups

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

This is going to be a great year for Noar Tzion, Mount Zion's youth group for 4th, 5th, and 6th graders! Meeting once per month after Sunday school for fun, engaging programs, this group provides students with an opportunity to deepen relationships with their peers and meet other students outside of their class. We hope to see you children at Noar Tzion's many events this year.

Opening Activity for Noar Tzion and JYG!

Sunday, September 22, 12:15 p.m.

Noar Tzion (4th-6th grade) and JYG (7th-8th grade) will come together on September 22 for a fun-filled afternoon to kick off an exciting year of youth programming! We will enjoy a picnic lunch, meet new friends and catch up with old ones, play games and engage in lively team-building activities. It promises to be an amazing time that you won't want to miss! You can direct any general questions or about the opening event to Abby Gore (abbygoremz@gmail.com) or Maya Goldbaum (youth@mzion.org).

SPORTY (9-12th grade youth group)

Help SPORTY's High Holy Day Food Drive!

Pick up a bag from SPORTYites on Rosh Hashanah and bring it back on Yom Kippur full of food for the Neighborhood House Food Shelf! Together we can make a huge impact! Monetary donations also accepted.

NFTY-NO Fall Kallah at OSRUI!

October 11-13

Register at northern.nfty.org by September 26.



Meet our Teen Youth Advisor Maya Goldbaum



Maya Goldbaum has been working at Mount Zion since 2017 as the music teacher/song leader and is looking forward to beginning this new position of JYG and SPORTY advisor. She is currently a Junior at the University of Minnesota, studying Elementary Education and Spanish. In the summers, she works as a camp counselor at OSRUI and during the year she loves both planning and attending events at the Minnesota Hillel on campus. NFTY taught her so much about life, leadership, and friendship when she was in high school and she is so excited to help others learn and grow through this amazing youth group. One interesting fact about her that she spent the past four months living, working and studying in Ecuador! She can't wait to begin this new role at Mount Zion!

Shabbatonim

A Day Apart: 7th Grade Shabbaton

Friday, September 20 – Saturday, September 21

Spend Shabbat bonding with your class at Mount Zion. During this Shabbaton we will truly take a day to enjoy Shabbat separate from the rest of the week while we get ready for an amazing year in 7th Grade!

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

Friday, November 1 – Sunday, November 3 - 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!

Confirmation Retreat

Friday, September 13-Sunday, September 15

Led by Rabbi Spilker, this retreat is held at OSRUI.

New York 11th Grade Trip

Wednesday, October 16-Sunday, October 20

Led by Rabbi Spilker and Shai Avny

This annual trip explores Jewish identity in the modern world and in our immigrant past.

THANK YOU...FOR YOUR CONTRIBUTIONS

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Jaylene Karon
Peryl Krawetz
 The Family of Peryl Krawetz
John Plantikow
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 Congratulations on your new home:
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Phyllis Miller

A Mount Zion Journey to Santa Fe, New Mexico

Join Cantor Spilker for a travel adventure to learn about **New Mexico's Conversos and Crypto-Jews**
Sunday-Friday, June 14-19, 2020

For adults and serious learners of all ages!

in partnership with **ROAD SCHOLAR**

Informational meeting:

Sunday, October 27, 12:30-1:30 p.m.

Experience the best of the Southwest through in-depth presentations with local experts about New Mexico's Conversos and Crypto-Jews and about Santa Fe history and culture. Enjoy field trips to an array of significant historical and cultural sites. Learn about Georgia O'Keeffe, explore world-renowned Museum Hill, and observe a traditional Native American ceremonial dance.

To see pricing, program highlights, and more go to mzion.org.

For questions, please contact Cantor Spilker at rspilker@mzion.org or 651-698-3881.



Accessibility & Inclusion

Happy new year from the Accessibility and Inclusion committee. The High Holidays are an excellent time to keep access and inclusion at the forefront of our minds at Mount Zion, as we welcome large numbers of people into the building, share deeply meaningful time together, and think about the changes we want to make for the coming year. Please be attentive to those around you during the High Holidays (and always) - reach out to someone near you if you need assistance, ask those around you if they'd like assistance, respect people's need for quiet during chaotic times in the Mount Zion lobby, and be patient with yourself and everyone around you.

During this time of change we are undergoing some leadership changes on the A&I committee. Joan Ostrove will be stepping down as chair (but will remain on the committee) and Sarah McVicar will be assuming the chair role. Thank you, Sarah! We wanted to take this opportunity to tell you a bit more about Sarah.

Sarah Malka McVicar joined Mount Zion Temple shortly after moving to the area in 2014, and this vibrant and welcoming Jewish community quickly became a central part of her life in Minnesota. In addition to her involvement in young adult activities at Mount Zion, Sarah has been honored to serve on the pioneering Mental Health Task Force and Accessibility and Inclusion Committee, as well as the Twin Cities-wide Jewish Accessibility and Inclusion Collaborative and the Addiction and Recovery Task Force at Jewish Family and Children's Services. Sarah is currently pursuing a master's degree in mental health and substance use disorder counseling at Metropolitan State University. She is excited to take on the role of A & I Chair to continue the deeply important work of making Mount Zion and our wider Jewish community inclusive, accepting and accessible to all, and she strongly encourages community members with ideas or requests in this area to reach out to her (mcvicasm@gmail.com), Cantor Spilker, or other members of the committee - or consider joining!



Thursday, October 3

The Paul & Sheila Wellstone Center (179 Robie St., St. Paul)

Reception – 5:30 p.m.

Live Program and Dessert – 7:00 p.m.

For more details or to purchase tickets:

neighb.org/revel2019

Caring Community

We'll be here for you...

Caring Community supports Mount Zion congregants in times of challenge and joy. We can provide meals, rides, visits, shiva support, or work with you in other ways. While it can be very difficult to ask for help, it is a mitzvah and a gift to others to give them the opportunity, and strengthens our community. Please reach out to us: our Congregational Engagement Director Shai Avny (savny@mzion.org), clergy, or staff.

Women of Mount Zion Temple

Fall Kick-off Event

Sunday, September 22, 10 am - 12 pm - includes brunch.

We will be doing a "Books, Bears & Blanket" project for children at the Overflow Shelter in December. We will have bags to fill with items including bears and homemade blankets. Suggested \$18 donation for the sturdy bags. If possible, bring in two 2-yard pieces of flannel to make the blankets. This will be a fun, crafty event!

Thank you!



The Women of Mount Zion Temple would like to thank Penny Druker, Ilona Rouda, Linda Morgan, Chris Epstein and all of the 2019 Garage Sale volunteers for their time. It was a wonderful sale!

Begegenen!

For Active Adults

Formerly Prime Timers

An Evening with Rabbi Adler We Are What We Eat



How our Jewish Identity is reflected in food

Monday September 16, 6pm at Mount Zion

This will be a potluck dinner. Please bring a dish to share. Questions? Contact Anne Starr at (651) 341-6670 or astarr322@comcast.net.

Save the Dates!

Just a Dog

Presentation by Kate Dietrick, *Archivist, Upper Midwest Jewish Archives*

Friday December 6, noon

First Fridays event, University of Minnesota, Andersen Library
In the 1920s local Jewish businessman J.L. Sinykin became the first person in the United States to train guide dogs for the blind. Lux of La Salle, a German Shepherd, was trained by Sinykin for Senator Thomas D. Schall. Learn more about Sinykin's pioneering work and how Lux and other guide dogs turned out to be more than just a dog. Contact Phil Goldman for at 651-491-0864 or pgold1926@gmail.com for carpooling and details.

The Band's Visit - Tony Award Winning Best Musical

Thursday, December 12, 7:30 pm at the Orpheum

"Israel Comes to Life on Broadway" - *The Jerusalem Post*

\$50 group rate. **Payment due Oct. 4** For more info call or e-mail Toba at 952-953-0228, tmlazor@charter.net, or Phil at 651-491-0864, pgold1926@gmail.com

Multifaith Mindset:

A Dialogue about Mixed-Faith Families with Mount Zion Members

Sunday, October 13, 9:45 am at Mount Zion

Our community is a religious and spiritual home for many families that honor multiple faith traditions. How do we provide a welcoming, inclusive environment and retain our Jewish core?

Join Interfaith/Mixed Roots Coordinator Jessica Griffith for a panel discussion and open forum about the experiences of multifaith and mixed roots families.



Mount Zion is Going Green



So you've got something to throw away while at Mount Zion... how do you know where it goes? There are so many choices! **Recycling, Compost, Trash?**

Here's a quick guide to help "sort" this out:

Recycling (blue container): bottles, cans, paper, plastic containers...anything with the recycling triangle imprinted on it. That includes hot and cold drink cups unless they are designated compostable (usually has a green stripe). No straws or plastic cutlery from outside Mount Zion, please!

Composting - Organics (green container): all food waste, including meat, dairy, eggshells. All of the products that Mount Zion is providing: cups, napkins, plates, cutlery. All bathroom paper towels and tissues.

Trash (gray container): There really won't be much! Plastic straws and plastic cutlery from outside of Mount Zion go here, as well as plastic bags or plastic wrap.

We're well on our way to being "zero-waste" at Mount Zion. Thank you for doing something wonderful for the planet and teaching our children to be stewards of our resources.

The Mount Zion Yarak Committee

Reform Movement Honors Mount Zion with an
**Audacious Hospitality
Award Honorable Mention**
For "MZ Connect: Our New Portal for Online
and In-Person Engagement"



The Union of Reform Judaism recently awarded Mount Zion a Belin Award Honorable Mention. According to the URJ website, the Belin Awards "offer an opportunity to highlight and reward some of the most innovative and inspiring initiatives in our congregations." This year's award focused on one of the URJ's pillars, Audacious Hospitality. The URJ will recognize this achievement at the URJ Biennial, 11-15 December 2019, in Chicago.

Since it launched in late 2018, MZ Connect (mzion.org/connect/mz-connect/) is our new portal for engagement at Mount Zion featuring on-line and in-person opportunities. The key initiative this past year has been MZ Small Groups which has helped congregants develop and connect to over twenty different small groups ranging from mussar to bicycling to food to music. Over 160 people are participating in these groups. To see the list of existing groups, follow this link: mzion.org/connect/mz-small-groups. You can also form a new group. Not sure of where you might fit? A conversation with our Congregational Engagement Director Shai Avny would be helpful: savny@mzion.org or 651-698-3881.

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

Friday, September 20

For Seekers, Skeptics, and Cynics:

A Spectrum of Jewishly Authentic Ways of Thinking about God

Rabbi David Thomas, Rabbi Emeritus, Congregation Beth El, Sudbury, MA



From an argument about the nature of God hidden in a Mishnah about a seemingly banal ritual to a song by renown Israeli hip hop artist – Mookie. The goal is to help people embrace a wide spectrum of Jewishly authentic ways of thinking about God, instead of deciding that because they don't believe in the God as described in the Bible (or what they were taught as kids) that the only option for them is atheism.

Friday, October 11

Still Kickin

Jennifer Wall, Mount Zion Member



Still Kickin (SK) is a Minneapolis-based non-profit started by author and podcast host Nora McInerney after the death of her husband Aaron from brain cancer. SK supports "awesome people going through awful things." This past spring, by setting up an MZ Small Group, Mount Zion became the home of the first affiliated SK group: Healing and Cancer. Jennifer Wall is the co-lead for this small group. At this Food for Thought, she will talk about her own journey and lead a discussion on how we can support healing at all stages, whether it's our own or that of a loved one.

A Taste of Honey: An Introduction to Judaism

Member: \$36, Public: \$75

Mondays, October 28 - January 13, 7-8:30 p.m.

Rabbi Esther Adler

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



A Class in 20th Century Philosophy

Martin Buber: *The Way of Man* According to the Teachings of Hasidism

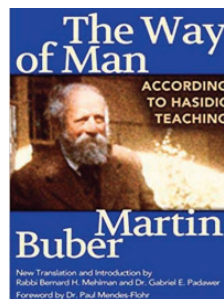
Instructor: Rabbi David Thomas, Rabbi Emeritus, Congregation Beth El, Sudbury, MA

Wednesdays, October 23, 30, November 6, 13, 7:30-8:30 pm

at Mount Zion Temple, Co-Sponsored by Hineini

Cost: \$36, Members or Hineini Supporter; \$54 Public.

Register at ttsp.org.



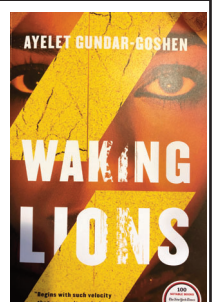
In this short (38 page) book, Buber employs brief Hasidic folktales to get at his understanding of what life is all about. We will study this text in a very interactive, seminar style setting. We will unpack the stories together and discuss the implications.

No pre-reading or knowledge of Judaism or Hasidism is required.

Israel Book Club

Monday, September 9, 7:00 pm

We will discuss the psychological thriller *Waking Lions* by Ayelet Gundar-Goshen-Goshen. Sam Sacks of the Wall Street Journal calls it "Riveting...Propulsive...*Waking Lions* yokes a crime story to thorny ethical issues in ways reminiscent of Donna Tartt and Richard Price."



Monday, November 4, 7:00 pm

We will be discussing *A Simple Story*, by Israel's Nobel laureate in literature, S.Y. Agnon.

Set in the Jewish Eastern European life now vanished, *A Simple Story* is a story of love unrequited, marriage, melancholy and madness. Through these travails, the protagonists of the tale achieve a greater awakening.



Questions? Jonathan Eisenthal: johnnyirondale@gmail.com or Charlie Levine: cdlevine@comcast.net.

MZ Small Groups Havdalah

Saturday, October 5

All MZ Small Groups are invited to hold a meeting for their group between 4-5 pm. After the meeting, we will have Havdalah at 5 pm with all the participants from MZ Small Groups. You don't want to miss this event! It going to be very special.

MaZAL

LIFE LONG LEARNING ■ ONE STEP AT A TIME

Taste of Melton

Monday, September 9, 7:00-8:30 pm

Adath Jeshurun, 10500 Hillside Ln W, Minnetonka

Come for a "taste" of the Florence Melton School of Adult Jewish Learning. Meet the teachers, sample a lesson, and experience Melton's text-based, discussion-oriented approach to Jewish learning. This course is ideal for those looking to deepen their understanding of the basics of Judaism and Jewish living, regardless of prior knowledge.

This program is free. To learn more or to RSVP, go to ttsp.org/hineni/courses/taste-of-melton.

Learn Hebrew This Year!

To register for classes, go to mzion.org.

Tuition (includes all materials): \$75 members/\$100 non-members (Minimum of five students).

Beginning Adult Hebrew

Taught by Siana Goodwin

Weds, Oct 23 - Jan 15, 6:00 - 7:15 p.m. (ten classes)

Introduction to the aleph-bet, with some introduction to basic grammar. The primary goal is familiarity with written Hebrew and reading fluency, to acquire the skills to participate with the siddur and sacred texts.



Library Happenings

Spies Fictional and Real

In Daniel Silva's *The New Girl*, his 18th outing for Mossad's head of office, Gabriel Allon, the daughter of Saudi Arabia's Prince-ruler is kidnapped in France. So the Prince turns to Allon to try to find and rescue his daughter. One of Silva's more fanciful plots, but still a good read.

For those who prefer the real to the imaginary, there is Matti Friedman's *Spies of No Country: Secret Lives at the Birth of Israel*. This history follows the exploits by four of the twelve agents in Israel's Arab Section, known as The Dawn. There is an electricity and tension in the missions of these pre-Mossad spies who faced constant exposure and certain death that is palpable. Highly recommended.

Bob Epstein, Librarian

MEA Weekend Bike Ride

Sunday, October 20, 9:45 am

Meet at the St. Paul JCC (1375 St. Paul Ave, in the east Parking lot)

All Temple members are invited to the next Bicycling through the Twin Cities MZ Small Group ride. This 25 mile loop ride will take us to post-1950 Jewish sites of St. Paul, including 3 synagogues, 2 Jewish schools, the Mikvah, the UJF offices and the MN Jewish Theatre. We'll also ride by Fort Snelling, Camp Coldwater (first European settlement in Minnesota), and Minnehaha Falls. There will be a break for lunch at Cecil's on the route. The ride will be on city streets and bike paths through St. Paul, Mendota Heights, and Minneapolis.

Don't miss this great ride! RSVP to Andy Rapoport (andrew.rapoport@aon.com or cell (612-308-2586)

Brotherhood

Brotherhood Roundup

Bagel sales take place every Sunday when there is religious school. Bagel sales resume on Sunday, September 15. Please join us in the Summit Avenue lobby for hot coffee or cocoa, fresh bagels and lox, and other treats. Thanks to your donations, Brotherhood has been able to support many programs at Mount Zion. Thank you especially to **Bruce Noyes**, Vice President of Bagel Sales, who has managed this enterprise into a very successful and profitable program for Mount Zion.

Brotherhood Officers have been elected for 2019-2020:

President – Bruce R Matza

Treasurer – Richard Newmark

Secretary – Charlie Levine

VP, Membership - Shel Finver

VP, Bagel Bar - Bruce Noyes

VP, B'nei Mitzvah Recognition – Daniel Sogin

VP, "At large" – Ira Kipp, David Epstein, Gary Sankary, Jeff Summit

Immediate Past President – Brian Serle

Upcoming Brotherhood Events:

Monthly Brotherhood Meetings

We meet the last Tuesday of each month at Mount Zion from 6:30-7:30 pm. Join us as we plan our programs and enjoy a **complimentary dinner** of pizza and salad. Next meeting dates are September 24 and October 29.

MEA Weekend Bike Ride – Sunday, October 20 (see above)

Bagel Brunch and Speaker Series

Sunday, October 27, 10:30 am

Mount Zion member Mitchell Wittenberg will share the Secrets of Fly Fishing. Fishing is a passion for Mitch, and he will bring his expertise for a demonstration and some videos. Join us from 10:30 to 12:00 pm for an interesting presentation, along with bagel, lox, cream cheese, and coffee.

Warm personal regards,

Bruce R Matza, Brotherhood President

Social Action Update

Tzedek = Justice

Mount Zion's Board of Directors signed this Brit Olam on behalf of the congregation in June 2017. It was reaffirmed by the Board in June 2019. We are one of over 200 congregations that have signed it as a way to ground our community work outside our walls in our Jewish values.

ברית עולם BRIT OLAM

**"STUDY ALONE IS NOT ENOUGH;
OUR TRADITION DEMANDS ACTION."**

—Shimon, son of Rabban Gamliel, Pirkei Avot 1:17

The Brit Olam is our enduring covenant with the world. When our ancestors received the Torah at Sinai, they responded in unison: *Na'aseh v'Nishma*: All this we will do and we will hear. According to Midrash, this show of our faith merits the salvation of the entire world. Today, the Reform Jewish Movement fulfills our covenant by confronting injustice at its root. We act through our communities and congregations, with partners from across lines of difference, to bring about a world in which all people experience wholeness, justice, and compassion.

On behalf of ___ Mount Zion Temple in St. Paul, MN ___ we, the clergy and lay leaders, commit to form a team to lead our community in our social justice work, including:

- Fostering a culture of sacred and civil dialogue in our community where all opinions are heard
- Acting in solidarity with vulnerable communities
- Building relationships across lines of difference in our local community
- Acting at the local, state/provincial, and/or federal levels to address the root causes of injustice and advocate for systemic change
- Mobilizing around issues that resonate with our community

The Religious Action Center, in turn, commits to providing your Reform community with:

- Training and resources for your leaders to cultivate and deepen the skills necessary to move your community into effective action
- Access to resources and materials and a network of leaders from diverse communities
- Ongoing communication with RAC staff to support your community's social justice work

In keeping with eternal Jewish tradition, we, the undersigned clergy and lay leaders, commit to lead our community in advancing Jewish values in the public sphere.

Michael Kuhne, President Adam Stock Spilker, Rabbi
Vic Rosenthal and Diana Dean, Chair and Vice-Chair, Tzedek Committee
Elijah Rothstein, Vice President for Social Justice, NFTY-NO



Mount Zion joins Interfaith Action's monthly "Community Power-Ups"

***A relatively new effort in our neighborhood –
Selby/Dale in St. Paul – to provide legal
education, food, and entertainment.***

When: First Thursday of Every Month; 5:30 dinner, 6:30 program.
Next date, September 5.

Where: Walker West Music Academy, 760 Selby Ave., St. Paul

Food, music, and education are the focal points of Community Power-Ups, a monthly series of free workshops hosted by Interfaith Action of Greater St. Paul held at Walker West on Selby Avenue in St. Paul.

Mount Zion Temple is partnering with the St. Paul Black Interdenominational Ministerial Alliance, St. Anthony Park United Church of Christ, and St. Matthew's Episcopal Church to support these *Community Power-Ups*. Each month, on a Thursday evening, Walker West opens its doors to local residents in need of legal education. While there they receive a hot meal, entertainment from the Twin Cities Mobile Jazz Project, and childcare. Each congregation covers the food and child care for the month they sponsor. Mount Zion's Tzedek Committee is sponsoring August and September and will sponsor additional months in the future.

The **August 8 Power-Up** focused on Criminal and Eviction Expungements: "An arrest, charge, conviction or eviction can hurt your chance at getting a job or housing. Learn how to ask the court to seal or "expunge" your court record so it doesn't show up when an employer or landlord runs a background search. Not all records can be erased, but many can." An attorney with Southern Minnesota Regional Legal Services explained one's rights and the process and how to access free legal help.

The **September 5 Power-Up** will be about Tenant Rights in the relationship between tenants and landlords.

Anyone who is interested in volunteering or donating towards the food provided should contact Mount Zion Tzedek Committee Chair, Vic Rosenthal at vic.rosenthal@gmail.com.

For more information: interfaithaction.org.

Mount Zion Temple
1300 Summit Avenue
Saint Paul, MN 55105

PRESORTED STANDARD
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TWIN CITIES, MN

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Rabbi Esther Adler
Cantor Jennifer Strauss-Klein
Cantor Rachel Stock Spilker
Larry Solomon, Executive Director
Susan Amram Summit, Religious School Director
Shai Avny, Congregational Engagement Director
Michael Kuhne, President
Michael Wall, President-Elect

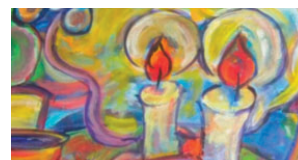
Teresa Matzek, *Iton Tziyon*, editor
tmatzek@mzion.org
Phone: 651-698-3881
Website: www.mzion.org

High Holy Days
Information
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Shabbat for the Soul & Visual T'filah

Monthly Services in Margolis Hall

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Please Invite Your Friends and Acquaintances to

Meet Mount Zion!

An Open House and Brunch for Unaffiliated Jews in Our Community

Sunday, September 15, 10:30 a.m. - 12:15 p.m.

Mount Zion's annual Open House has been extremely successful in introducing our Temple to those seeking a welcoming and vibrant Jewish spiritual home. Please invite those you know who are unaffiliated so they can:

- ✧ Discover 160+ years of Mount Zion's rich history.
- ✧ Learn about different opportunities for young adults and young families
- ✧ Learn about Mount Zion's dedication to worship, learning, & social justice.

- ✧ Meet our clergy, lay leaders, and members.
- ✧ Tour our building and religious school.
- ✧ Get a taste of our various organizations and activities.

Attendees can RSVP at mzion.org or contact Shai Avny with questions at savny@mzion.org or 651-698-3881.

Complimentary High Holy Days nametags (passes) will be given to Open House guests.
Childcare Provided.