

### How our Adult Education Program is Organized

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

#### TORAH תורה

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

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

#### AVODAH עבודה

##### Worship ♦ Liturgy ♦ Spirituality

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

#### GEMILUT CHASADIM גמילות חסדים

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

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

To register for any class, go to [mzion.org](http://mzion.org) or contact Julie at [jbeckman@mzion.org](mailto:jbeckman@mzion.org)

Inside this brochure are classes and one-time programs for all kinds of learners.

*Browse and find something that sparks your curiosity.*

#### Learn Hebrew!

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#### Intro to Judaism

PAGE 3



#### Mussar

PAGE 4



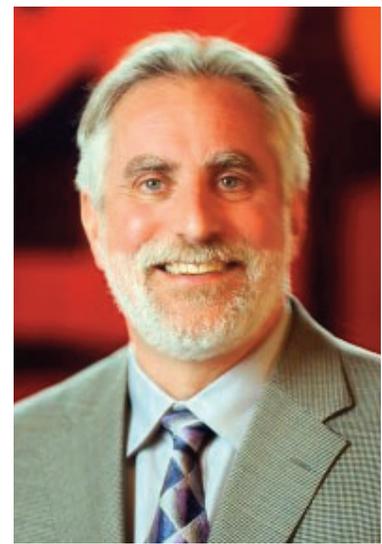
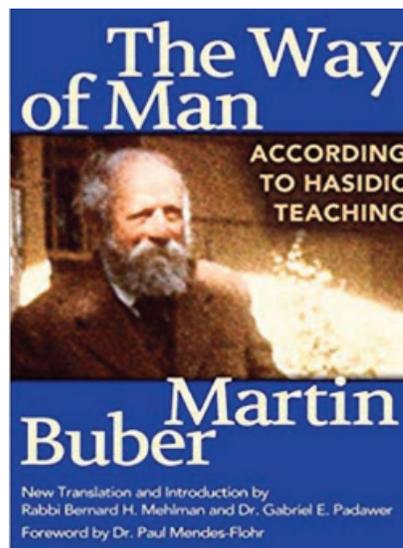
#### A Class in 20th Century Philosophy

### 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



SEE PAGE 5



# A Taste of Honey: An Introduction to Judaism

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

Member: \$36, Public: \$75

*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.



## Shabbat Morning Learners' Services

Saturdays, January 11, February 8, March 14, April 4 at 10 am

All are welcome!

As part of our B'nei Mitzvah Sefer Seminar program, we will have 4 Shabbat morning services with a focus on learning the meaning behind the order of the service (the Hebrew word for prayer book – Siddur – means “order”) and deepening our understanding of the prayers. The service, led by Rabbi Adler, is informal and interactive, and will enhance your experience of Shabbat Services in general. The service is followed by a potluck kiddush lunch.



## Building a Jewish Home, Creating a Jewish Family

**Mondays, January 27 - February 10, 7:00-8:30 p.m.**

*Rabbi Adam Stock Spilker*

\$36 members/\$50 public per person

**Ready to take a positive step in your life?**

- Explore ways to bring Jewish traditions into your home in a judgement-free class.
- Hear from others about their decisions or practices.
- Make practical (small) decisions about holidays, values, and even artwork to hang on your walls.
- This open, guided class is for interfaith, same-faith, mixed roots, or single households.

What does it mean to have a “Jewish” home? This three-part class is for couples or single heads of households, who want an open and structured way to reflect. The emphasis of the class will be on making choices that are right for you after study and discussion on key questions of Jewish life. Examples: What Jewish values will we emphasize? What books and periodicals and art will be in our home? What rituals will we incorporate? What will Shabbat look like in our home?



With our partner, Hineni: Adult Jewish Learning and Contemplative Practices



## The Melton Program: Authentic, In-Depth Jewish Learning

If you are looking to study in a community of adults seeking to deepen their understanding of Judaism and Jewish living, then this 2-year, text-based, discussion-oriented, pluralistic course is for you.

**Year One** meets on Monday evenings (7:00-9:15) at Adath Jeshurun

**Year Two** meets on Wednesday evenings (6:30-8:45) at Talmud Torah of St. Paul

Choose your location and start in either year!

Register for the course at [www.events.org/MeltonTwinCities](http://www.events.org/MeltonTwinCities)



[www.meltonschool.org](http://www.meltonschool.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**

9th Annual

## Men's Retreat

Save the Date: Friday-Sunday, June 12-14, 2020



# MUSSAR AT MOUNT ZION

2019-20 / 5780



## The World of Mussar is opening before you ... and you are invited to enter.

Mussar may best be described as “Jewish spiritual ethics” and has been practiced for centuries by people who sought to cultivate and strengthen the qualities of the inner mensch. There are no pre-requisites nor is Hebrew required.

Come join in small group study as we explore Jewish teachings on humility, gratitude, equanimity, patience, order, and honor among others – and discover how we can improve these qualities in our own life. Conversations will be in a safe, supportive, exciting, and collaborative environment.

## Mussar for Parents/Guardians/Grandparents

Cantor Jennifer Strauss-Klein

Using the *American Mussar* curriculum and the book *The Spiritual Practice of Good Actions: Finding Balance Through the Soul Traits of Mussar* by Greg Marcus, **Cantor Strauss-Klein will lead interested parents and grandparents in a journey of connecting Jewish wisdom to parenting.** Together, we will study six core *middot* (soul traits), engage in group discussion, and share our personal practices. We will discuss how these soul traits impact ourselves, show up in our relationships to our kid(s) and partner/spouse, and in our parenting styles. Come be a part of this meaningful learning circle!

**When?** Sunday mornings (9:45-11:00 am) at Mount Zion

Jan 12 (Humility)

Jan 26 (Patience)

Feb 9 (Gratitude)

Feb 23 (Compassion)

Mar 1 (Order)

Mar 15 (Equanimity)

**Cost for either class:** The fee per person – including a book, materials, and webinars for the year is based on *American Mussar's* charge for use of their program materials. We are offering a sliding scale. Choose the fee that feels most comfortable for you: \$54 (scholarship option) or \$108 (our true costs) or \$180 (sustainer option). Additional support is available from our clergy.

**Mussar Va'ad (Community of Practice) with Sara Lynn Newberger** — Study and train in patience, humility, loving-kindness, and other soul traits to become your best self. This va'ad (practice group) will accommodate both those with and without prior experience with Mussar practice.

**When?** Mondays, November 4 - May 18, 7:00-9:00 pm at Beth Jacob

*Sara Lynn Newberger is director of Hineni-Adult Jewish Learning and Contemplative Practices: Talmud Torah of St. Paul*

**Cost:** Tuition for either of the classes is \$360 or \$280 for Hineni Supporters and Beth Jacob, Mount Zion or JCC members. Register at [ttsp.org](http://ttsp.org). Financial support is available from *Hineini* and from our clergy.

**MZ Small Group: Advanced Students of Mussar** This MZ Small Group is for anyone who has taken at least one (or more) Mussar classes and are interested in enhancing your study and/or practice, bi-weekly va'ad gathering. The group will be self-lead by participants and meets every other Wednesday, 10:00 - 11:30 am. Details at [mzion.org/groups/experienced-students-of-mussar](http://mzion.org/groups/experienced-students-of-mussar).

**Adventures in Mussar - A continuing va'ad with Julie Dean.** Uptown Sundays 4-6pm. **Cost:** \$250.

Sign up at [mzion.org](http://mzion.org).

## 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.

## The Secrets of Fly Fishing

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.

A Class in 20th Century Philosophy

### Martin Buber: *The Way of Man*

According to the Teachings of Hasidism

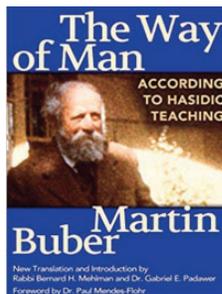
Instructor: Rabbi David Thomas, Rabbi Emeritus, Congregation Beth El, Sudbury, MA

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](http://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, November 4, 7:00 pm

*A Simple Story*, by 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.

### Schedule for the Year

Meetings begin at 7pm

January 6 *Thou Shalt Innovate*, by Avi Jorisch

March 2: *Beauty Queen of Jerusalem*, by Sarit Yishai-Levi

May 4: *The Teacher*, by Michael Ben-Naftali

July 6: *Sadness of a White Bird*, by Moriel Rothman-Zecher

September 14: *Lioness, Golda Meir and the Nation of Israel*, by Francine Klgasbrun

November 2: *Someday*, by Shemi Zarhin

Questions? Jonathan Eisenhal: [johnnyirondale@gmail.com](mailto:johnnyirondale@gmail.com) or Charlie Levine: [cdlevine@comcast.net](mailto:cdlevine@comcast.net).



Center for Jewish Studies Presents

### Why did the PLO collect a Jewish Studies library?

Monday, December 2, 7:30 pm at Mount Zion

In this lecture, Professor Jonathan Gribetz will speak about his current book project called *Reading Herzl in Beirut* that tells the fascinating story of the PLO, a home of a think tank run by PhDs from Georgetown and Cambridge dedicated to studying Judaism, Jewish history, Zionism, and Israel.



Jonathan Marc Gribetz is an assistant professor in the Department of Near Eastern Studies and in the Program in Judaic Studies at Princeton University.

# 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.



# The Climate Crisis: The Facts and What We Can Do

Roxane Gudeman, *Professor Emerita in Psychology, Macalester College*  
Wednesday, **November 20, 7:30 pm** – Mount Zion Temple

*In this 75-minute presentation and discussion, Prof. Gudeman will use resources provided by The Climate Reality Project to give an overview of the massive environmental changes occurring and steps we can take to stop or reverse them. This presentation will be a part of The Climate Reality Project's **24 Hours of Reality: Truth in Action**. On November 20-21 thousands of presentations will be given around the world. Additional resources come from her research about artists collaborating with scientists to communicate about the climate.*



Roxane Gudeman taught in the psychology department at Macalester from 1985 –2005. Currently she is teaching a class titled *Artists Engaging Climate Change* for the U of MN's Osher Lifelong Learning Institute (OLLI). She participated in a three-day "Climate Reality" training at the Minneapolis Convention Center led by VP Al Gore in August 2019.

## About the Climate Reality Project

"Founded by Nobel Laureate and former US Vice President Al Gore, The Climate Reality Project is working to catalyze a global solution to the climate crisis by making urgent action a necessity across every level of society. With a global movement more than 5 million strong and a grassroots network of trained Climate Reality Leader activists, we are spreading the truth about the climate crisis and building popular support for clean energy solutions. For more information, visit [www.climate realityproject.org](http://www.climate realityproject.org) or follow us on Twitter at @ClimateReality."

# President of Israel Movement for Progressive Judaism Visits Mount Zion Dec 2019 and Mar 2020

## Friday, December 6

Following Shabbat Services (approx. 7:45 pm)

### What is Israel's Human Rights Record?

In connection with world human rights day on December 10.



## Friday, March 6

Following Shabbat Services (approx. 7:45 pm)

### Why Your Vote in the WZC Election is Critical to Progressive Judaism in Israel.

You can vote if you are 18 years or older, self-identify as Jewish, agree to the Jerusalem Program, the official platform of the WZO and the Zionist Movement, and pay a minimal processing fee.



David Bernstein is a founding member of Kibbutz Yahel the first Reform Movement Kibbutz in Israel where he made Aliyah in 1979. For 20 years he worked with the Jewish Agency as Director of the Partnership and Overseas Relations Department, and was a founder and Director of the Partnership 2000 project, which partnered 45 Israeli cities and regional councils with Jewish Communities throughout the world. Since 2014, David has been part of the senior professional team of the Israel Movement for Progressive Judaism.

# 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](http://mzion.org).

For questions, please contact Cantor Spilker at [rspilker@mzion.org](mailto:rspilker@mzion.org) or 651-698-3881.

# Reform Judaism: A Life of Meaning

A Scholar-in-Residence with **Rabbi Dana Evan Kaplan, Ph.D.**

**Thursday-Sunday, January 30-February 2, 2020**

*Reflections of the past as we prepare for the future of Reform Judaism in 21st c. America.*

Thursday, January 30 (12-1:00 pm)

**Rashi Study on Genesis**, Downtown Minneapolis

Shabbat, January 31 (Friday 7:30 pm)

**Reform Judaism: A Life of Meaning**

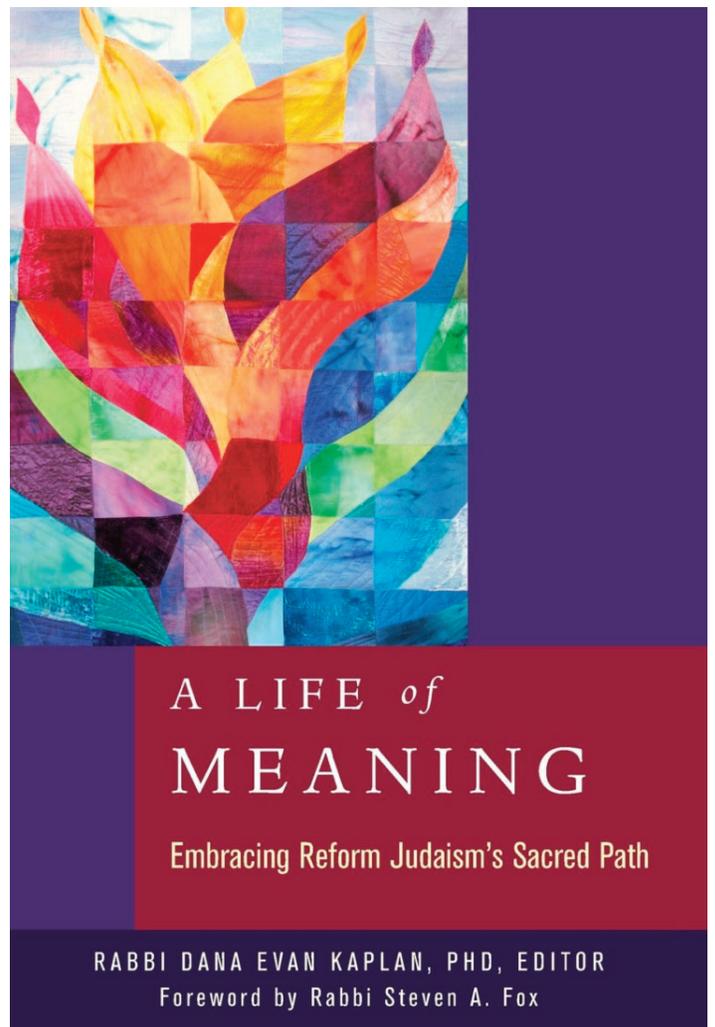
Shabbat, February 1 (Saturday Noon)

**American Religion in the New Millennium**

Sunday, February 2 (10-11:30 am)

**What Makes Reform Judaism 'Reform'  
and not 'Conservative'?**

*And how do we make informed, Jewish decisions?*



*Rabbi Dana Evan Kaplan was the rabbi of the Springhill Avenue Temple in Mobile, Alabama, the rabbi of the United Congregation of Israelites in Kingston, Jamaica, and, led Temple B'nai Israel in Albany, Georgia. Rabbi Kaplan has been and continues to be active in various programs, think tanks, and conferences to understand the history and theology of Reform Judaism and to discuss ways to make Reform Judaism a vibrant religious form of spirituality for the twenty-first century. In his spare time, Rabbi Kaplan enjoys scuba diving with whale sharks, hiking up to Blue Mountain Peak, and biking (at a leisurely pace) in Kerala.*



## *L'Dor V'Dor* — **From Generation to Generation**

Learning Series for Adult Children  
Partnering with Their Aging Parents

**A**s your parents age there is a wealth of information that can help you be a better partner with them as they continue through elderhood. These eight sessions can help you make sense of the information that's available. They include two sessions where your parents can join you and you can learn together.

Each session in the series will be presented twice during 2019 and 2020, with locations alternating between Minneapolis and St Paul. Pre-registration is required for A Date with Your Parent sessions, and is limited to 40 attendees. All other sessions do not require registration.



For information, contact  
Christine Kellogg  
952.939.1578  
CKellogg@sholom.com



## Have You Had the Money Conversation?

- How to start the conversation and what to discuss
- Checklist your parent can use to inventory their financial information
- Money management assistance—the full spectrum from 'do-it-yourself' to conservatorship, including information on decision making capacity
- Potential financial drains and tools to assist your parent and protect their assets

### Minneapolis

**August 18, 2019**

10:00–11:30 am

*The Yoga Center Retreat  
4212 Park Glen Rd.  
St. Louis Park, MN 55416*

### St. Paul

**May 17, 2020**

10:00–11:30 am

*Location TBD*



## Have You Had the Driving Conversation?

- How to approach the driving conversation and what to discuss
- Helping your parent create a plan for transitioning from full driving to no driving
- Signs your parent should be cutting back or no longer driving
- Resources for driving assessment
- Information on transportation alternatives when a parent can't drive

### St. Paul

**September 15, 2019**

10:00–11:30 am

*St. Paul JCC  
1375 St. Paul Ave.  
St. Paul, MN 55116*

### Minneapolis

**June 21, 2020**

10:00–11:30 am

*Location TBD*



## A Date with Your Parent\* — Sharing Your Values as You Age

- Adult children and aging parents learn together about aging from various perspectives while sharing personal values
- Generational legacy transfer—what do you hope to pass on, what do you hope to receive
- The sandwich years—how midlife and elderhood perspectives differ
- Healthy aging through the decades of elderhood
- How the aging journey reflects personal values
- The benefits of creating a dynamic 'Family Plan' for elderhood and legacy transfer
- Guidance on managing family dynamics

### Minneapolis

**October 27, 2019**

9:30 am–2:30 pm  
(includes lunch)

*Sabes Jewish Comm. Ctr.  
4330 S. Cedar Lake Rd.  
Minneapolis, MN 55416*



### St. Paul

**July 19, 2020**

9:30 am–2:30 pm  
(includes lunch)

*Location TBD*

*\*Pre-registration required for A Date with Your Parent sessions. Limited to 40 attendees. Sholom is pleased to partner with the Sabes JCC to bring you "A Date with Your Parent."*



## Do My Parents Need to Move?

- What 'aging in place' really means for your parent, what resources they need for success and why they should have a contingency plan
- Introduction to the full spectrum of other senior living choices, including 55+ independent co-ops and various assisted living and memory care options
- A look at potential financial assistance for housing
- Information on downsizing, including resources

### St. Paul

**November 17, 2019**

10:00–11:30 am

*Mt. Zion Temple  
1300 Summit Ave.  
St. Paul, MN 55105*

### Minneapolis

**August 16, 2020**

10:00–11:30 am

*Location TBD*



## Are You Taking Care of Yourself?

- How creating a personalized Caregiving Plan for your parent is a form of self-care
- What taking care of yourself really means
- Learn where to turn for help – there are a wide variety of support programs and groups
- Information on the full spectrum of respite options
- Self-help information on grief and other caregiver concerns

### Minneapolis

**December 15, 2019**

10:00–11:30 am

*ModernWell*

2909 S. Wayzata Blvd.  
Minneapolis, MN 55405

### St. Paul

**September 13, 2020**

10:00–11:30 am

*Location TBD*



## Did You Know There Is Someone Who Can Help You Navigate All This?

- Learn about the experts who can explain the confusing world of aging resources and guide you appropriately
- Hear from professional navigators, including what happens at a care planning conference
- Hear from other adult children about their experiences navigating on behalf of their parents
- Information on managing sibling and other family dynamics

### St. Paul

**January 26, 2020**

10:00–11:30 am

*Jewish Family Service  
of St Paul*  
1633 West 7th St.  
St. Paul, MN 55102

### Minneapolis

**October 25, 2020**

10:00–11:30 am

*Location TBD*



## Are You Prepared for Your Parent's Passing?

- What are hospice and palliative care and how can they benefit your entire family?
- Learn what the final months and days of a terminal illness look like
- A look at what's involved in advance funeral planning
- Understand your options when a parent dies – what you must/can do next
- Where to turn for help when you are grieving

### Minneapolis

**March 22, 2020**

10:00–11:30 am

*NCJW MN*

5909 Golden Valley Rd.  
Golden Valley, MN 55422



### St. Paul

**November 15, 2020**

10:00–11:30 am

*Location TBD*



## A Date with Your Parent\* — You've Read *Being Mortal*, Now What?

- Why it is important to have a person centered End of Life Care Plan
- How an End-of-Life Care Plan differs from legal documents such as Living Wills
- How to think about end of life care as an extension of living well that reflects your life-long values
- What details should be in an End-of-Life Care Plan
- Tips for managing family dynamics when discussing end of life care and other difficult or awkward conversations

### Minneapolis

**April 26, 2020**

10:00 am–12:00 pm

*Sabes Jewish Comm. Ctr.*  
4330 S. Cedar Lake Rd.  
Minneapolis, MN 55416



### St. Paul

**December 6, 2020**

10:00 am–12:00 pm

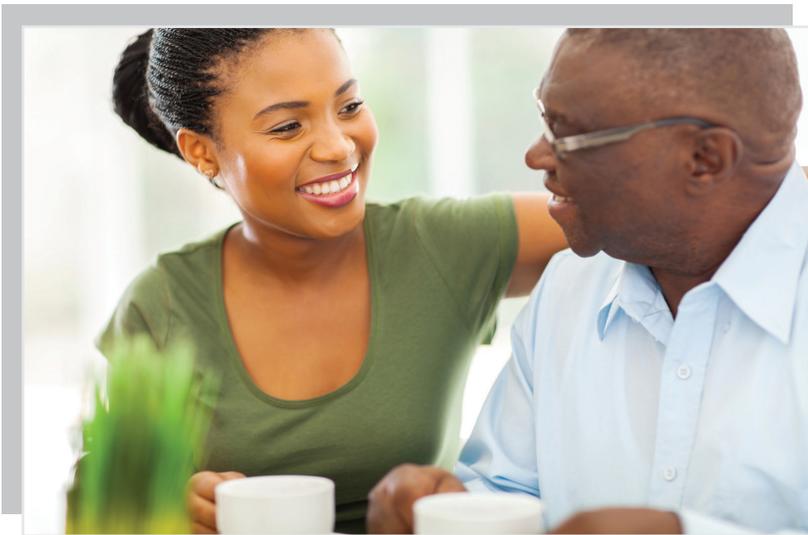
*Location TBD*

*\*Pre-registration required for A Date with Your Parent sessions. Limited to 40 attendees. Sholom is pleased to partner with the Sabes JCC to bring you "A Date with Your Parent."*



## Free and open to the public!

Pre-registration is required for *A Date with Your Parent* sessions, and is limited to 40 attendees. All other sessions do not require registration.



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