



ITON TZIYON

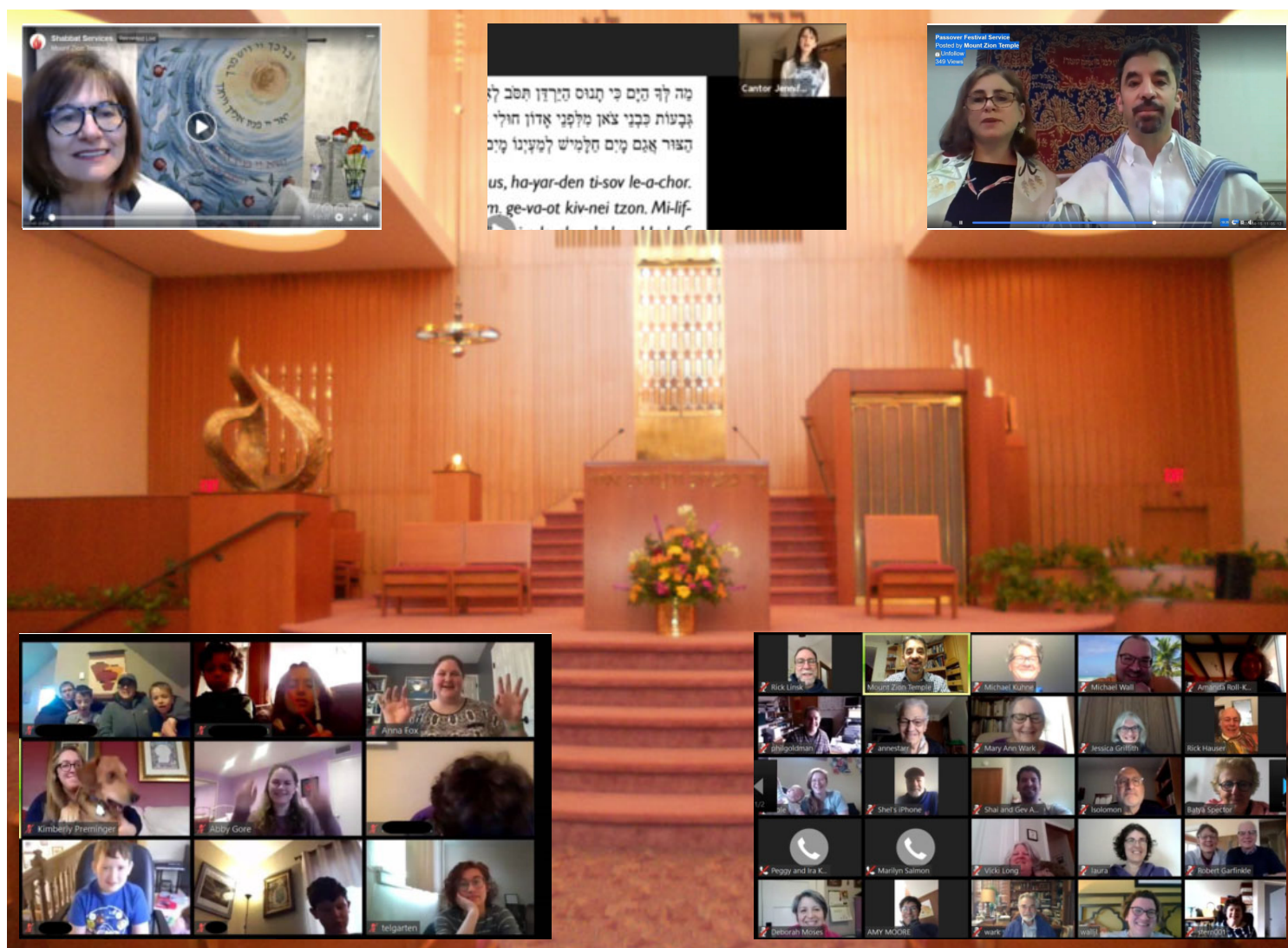
עיתון ציון

Mount Zion Temple Bulletin

May 2020 | Iyar/Sivan 5780

Vol. 164, No. 5

While Mount Zion's building is closed, we can still connect.



Panim el Panim

Connecting Face to Face
פנים אל פנים

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*And welcoming the "First Fruits,"
babies born in 5780*

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*You are
invited*

MZ Gratitude Extravaganza

Featuring MPR's Cube Critics

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Shavuot, Confirmation, and Tikkun Leil Shavuot

Thursday, May 28

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What are you doing to take care of yourself...?

Our Clergy and Leadership Team weigh in.

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RABBIS

Adam Stock Spilker
Esther J. Adler

CANTORS

Jennifer Strauss-Klein
Rachel Stock Spilker

EXECUTIVE DIRECTOR

Larry Solomon

RELIGIOUS SCHOOL DIRECTOR

Susan Amram Summit

CONGREGATIONAL ENGAGEMENT DIRECTOR

Shai Avny

PRESIDENT

Michael Kuhne

PRESIDENT-ELECT

Michael Wall

Teresa Matzek,
Iton Tziyon, editor

L'Dor VaDor

From Generation to Generation

Mazel Tov To...

Our members who will celebrate a milestone anniversary in May: **Ben and Natalie Peterson**, **Thaddeus and Annette Lerew-Zimanski**, **Scott Johansen and Laura Schauben**, **Bennett Clark and Ariel Williams**, **Jason Ross and Julie Duckstad**, **Andre and Melanie LaMere**, **Norman and Marcey Mastbaum**, **Harold and Kathy Katz**, **Mike Atherton and Judy Sagen**.

Jon and Susan Bernhardt on the birth of their granddaughter, *Talya Ayelet Bernhardt*, born on April 8.

Robin and Jim Lackner on the birth of their granddaughter, *Willia*, on March 11.

Natalie and Ben Peterson on the birth of their son, and **Phil and Renae Goldman** on the birth of their grandson, *Edwin "Eddie"*, on March 18.

Lori and Gary Rosenthal on the birth of their grandson, *Henry*, son of *Hannah Rosenthal* and *Bryce Danielson*, born on April 17.

Kate Searls and Dan Rybeck on the birth of their granddaughter, *Mina Louise Searls*, daughter of *Eliot and Dolly Searls*, born on March 20.

ZICHRONAM LIVRACHA...

May their memories be a blessing

We Extend Condolences to...

Warren (Suzanne) Cohen on the death of his mother, *Arlene Cohen*, on March 3.

Randy (Tom) Edelstein, on the death of her mother, *Evelyn Esrig*, on March 31.

Bob (Wendy) Epstein on the death of his mother, *Carol Epstein*, on April 24.

Ruth (Jon) Garner on the death of her father, *Gerald Goldberg*, on April 4.

Karen Gjerstad (Kent Simon) on the death of her mother, *Mary Ella Gjerstad*, on March 8.

Phil (Renae) Goldman, on the death of his mother, *Sally Goldman*, on April 6.

Heidi Goldstein (Richard Sheinfeld) on the death of her father, *Edward Goldstein*, on March 5.

Nancy (Louis) Melamed on the death of her sister, *Susan Crounce*, on February 24.

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

Letter from the Rabbi

From the last stanza of *Adon Olam*, sung at the end of services.

When I sleep, and I awake

בַּעַת אִישׁוֹן וְאִישׁוֹן

And with my spirit, my body

וְעִם רוּחִי גּוֹנֵתִי

Adonai is with me, I will not fear.

אֲדַנִּי לִי וְלֹא אֶיָּרֵךְ



We can never fully prepare for trying times. We do our best to have a spiritual practice to ground us, from services to yoga to walks and exercise to meditation. Some have discovered new ones over these past weeks. I pray you are finding some solace in this storm and feeling the assurance of the last stanza of *Adon Olam* to help us not be afraid.

At Mount Zion, we have transitioned quickly to the new reality. You will see here an entire bulletin filled with ways to connect via computer and phone in the weeks still ahead. We will gird ourselves for the next year as we navigate new ways to gather and be a community. We will find the strength to offer caring help as well. We will especially focus on supporting all who are facing health and economic hardships.

There is one spiritual practice that more people at Mount Zion have adopted this year than ever before – counting the Omer. Each day from Passover to Shavuot, seven full weeks, there is a tradition to count each day. This comes for us at the perfect time when it is so hard to distinguish day from day. Members from Julie Dean's MussarVaad – a group that has met for over five years to put character growth into practice in their lives through conversation, introspection, and song – are offering video reflections on each day of the Omer. See page 19 for details. As we count each day, may you be able to count your blessings, acknowledge your losses, and find your opportunities.

Four years ago, Rachel and I were on sabbatical with our family in Boston. It was a time I was having trouble holding onto hope. I actually stated that I went away to find hope. What I found was a quotation that resonated and gave me solace. It reminded me that what is "probable" isn't always what happens. Hope is knowing that what is "possible" is also plausible and worthy of our intentions and our actions.

Professor Marshall Ganz quotes Maimonides ... "To be a realist is to know that in the world, there is also possibility, not just probability. It is always probable that Goliath will win, but sometimes David does. Hope is belief in the plausibility of the possible instead of the necessity of the probable."

May we hold onto hope each day, one day at a time.

L'shalom,

Adam Stock Spilker, Rabbi



WELCOME...B'RUCHIM HA'BAIM... TO OUR NEW MEMBERS!

Francisca Reines and Peter Hanks, and their children Abraham, Mary Jane, and Theodore

Make Shabbat Your Sanctuary

Shabbat Services during the Building Closure

While the [building is closed](#), Shabbat Services will be live on [Zoom](#). To connect to services on a computer, phone, or tablet via the app, click the link next to the service. To connect by calling in for audio only, dial 929-205-6099 or 312-626-6799. Then, when prompted, put in the meeting ID listed for any service or event below, then press #. When asked for a participant number, just press #. (Pressing *6 during the call will mute and unmute you).

We will share that broadcast both on our [Livestream website](#) and on our [Facebook page](#). You do not need a Facebook account to watch it there.

Shabbat Service Times

Friday Night: 6pm – Join live on [Zoom](#) or call and enter Meeting ID: 147 120 944

Saturday Morning: 10:00am – Join live on [Zoom](#) or call and enter Meeting ID: 905 418 669

Confirmation, Tikkun Leil Shavuot, and Counting the Omer

See page 19 for details.



Shavuot Festival Service with Yizkor Prayers

Friday, May 29, 10:00 am via [Zoom](#)

Or call and enter Meeting ID: 96407088709

Mount Zion Helps Make Mother's Day Meaningful!

Yom Ha'aym

Mother's Day Service

And welcoming the "First Fruits," babies born in 5780
Sunday, May 10, 12:00 - 12:30 pm

Mount Zion has a long tradition of celebrating Mothers' Day together, and honoring dads too! We will continue that tradition this year, although we will miss the tuxedoed Brotherhood serving up the bagels. This is a joyous service celebrating family in all its various constellations. We will also have a special welcome and blessing for the new babies who joined our congregational family since last year.



Join us: [Zoom](#), [Live Streaming on mzion.org](#), and [Facebook](#).

May

Friday Shabbat Evening Services

May 1, 6:00 pm
Celebrate Shabbat!

May 8, 6:00 pm
Celebrate Shabbat!

May 15, 6:00 pm
Birthday Blessings

May 22, 6:00 pm
Chai School Graduation
Gemilut Chasadim presentations

May 29, 6:00 pm
Celebrate Shabbat!

Saturday Shabbat Morning Services

May 2, 10:00 am
*Acharei Mot/Kedoshim - Lev. 16:1-17:7**
Celebrate Shabbat!

May 9, 10:00 am
*Emor - Lev. 21:1-22:16**
Celebrate Shabbat!

May 16, 10:00 am
*B'har/B'chukotai - Lev. 25:1-25:38**
Celebrate Shabbat!

May 23, 10:00 am
*B'midbar, 1st Shlish - Num. 1:1-1:54**
Celebrate Shabbat!

May 30, 10:00 am
*B'midbar, 2nd Shlish - Num. 2:1-3:13**
Celebrate Shabbat!

Virtual 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 first third this year.*

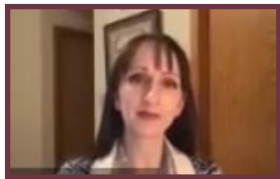
[Join via Zoom online](#) or call 929-205-6099 and then enter the meeting ID 949 308 718 followed by the pound sign (#), then another pound sign (#) for participant ID. (Dial 312-626-6799 if the first number is busy.)

Daily Services All welcome!

Monday through Thursday at 5:45 pm. Sunday at 9:30 a.m.

Monday through Thursday: [Join via Zoom online](#) or call 929-205-6099 and then enter the meeting ID 727 277 057 followed by the pound sign (#), then another pound sign (#) for participant ID. (Dial 312-626-6799 if the first number is busy.)

Sundays: [Join via Zoom online](#) or call the same number above but use meeting ID 545 289 167.



As I write this, it's been 45 days since March 13, the first day my family and I started self-isolating. With the exception of my trips to Mount Zion for a few live-streamed Friday night services in an empty sanctuary, and grocery shopping at

Costco every two weeks, our family of six has been at home. Thank God, we are doing well, and like many, we feel "stressed and blessed," although the longer this has gone on, the easier it has become to focus on the latter. We find ourselves counting the blessings of a whole new set of family routines: sit-down dinners every night, exercising and enjoying the outdoors together almost every day, and working and playing together in new ways and combinations.

I also know that our family is experiencing challenges we've never gone through before, and as a result, I am leaning harder than ever on my experience with Mussar. The website My Jewish Learning defines Mussar as "a Jewish spiritual practice that gives concrete instructions on how to live a meaningful and ethical life...based on the idea that by cultivating inner virtues, we improve ourselves." Those virtues, called *middot*, consist of such character traits as humility, patience, gratitude, and equanimity. There is certainly chaos inherent in six people being in each other's presence 24/7, and it is easy to get overwhelmed. But the beauty of Mussar is that it's made for real life, and almost every minute provides an opportunity to practice it. This is true no matter what your situation, because our minds are always working, particularly given all the anxiety in today's world. As meaningful as I have found my practice in the past, I am relying on it now in a way I never had to before. Those four *middot* I mentioned above? They are the ones I find myself calling upon nearly constantly throughout the day!

Now, if you're curious but have never practiced Mussar, I would invite you to start by focusing on gratitude. Gratitude practices are practically trendy these days, and for good reason. But not only did Judaism get there first by a few millennia, the Jewish understanding provides a profound insight on the conventional take. "Gratus," the Latin origin word, means "pleasing" or "thankful." While we may be thankful for a lot right now, it takes a little more work for the things that aren't immediately "pleasing." The Hebrew phrase for gratitude, *hakarat hatov*, literally means "recognizing the good," and in challenging times, the good in our lives may not be so obvious. We may have to search for it before we can recognize it.

Luckily, Mussar is exceedingly practical, and relies on daily exercises to help us focus our efforts. These often consist of a phrase, almost like a mantra, and an action you take upon yourself, called a *kabbalah*. The phrase and the *kabbalah* work in tandem to help increase awareness of the *middah* in your life, ensuring that thought leads to action, and action leads to real change in your life. Alan Morinis, the director of the Mussar Institute, in his excellent and accessible book, *Every Day, Holy Day: 365 Days of Teachings and Practices from the Jewish Tradition of Mussar*, suggests using "awaken to the good and give thanks" as the focus phrase for gratitude, and for the *kabbalah*, to "find something that is good in every situation, and acknowledge it as good." He writes: "Myriad benefits come to us every day, but most of us find it easy to overlook them and instead focus on what we lack. This trait is an invitation to sensitize yourself to the good and to the gifts that are certain to be present in your life at every moment, even if at that same moment there happen to be difficulties."

Although we are all going through this difficult time together, and in many ways our experiences are shared, each of us is going through this on our own timelines and our hardships are our own. But, as Morinis writes: "an inner attitude or stance of thankfulness provides us with resources that help us face whatever we encounter in our lives. A grateful heart is a solid platform from which to reach out to take care of others as well as ourselves because this orients us toward the resources we have, not what we lack. An attitude of optimism and joy ensues, and it is to foster that outlook that we practice gratitude throughout our day. The intention is that the seeds we plant in practice will sprout, and then we will find ourselves experiencing flashes of gratitude as we go about the ordinary activities of our life."

My hope for all of us these days is that we can find those moments, and begin the process of transforming ourselves so we can exist in this difficult time with a renewed perspective on all life has to offer.

Kein y'hi ratzon—may this be God's will.

Jennifer Strauss-Klein, Cantor

Tot Shabbat

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

Saturday, May 9, 10:30 a.m.

via Zoom

The Zoom information will be emailed out to our Tot Shabbat e-mail list. If you are not receiving these emails and would like to attend Tot Shabbat, please email office@mzion.org.

Trope Troupe

Todah Rabah to our March & April:

Ba'alei Korei (chanting Torah): Sue Benfield, Siana Goodwin, Kim Kraus-Preminger, Alex Klass, David Knapp, Orrin Mann, Shelley Robbins

Megillat Esther: Siana Goodwin

Shir HaShirim: Siana Goodwin

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

From the President



Mandy and I took a short vacation in March to Florida to join our friends Catherine and Donal from St. Helens, England, to watch some spring training baseball. On our way home, she and I flew to Chicago to see our son Eamon. That Thursday night, 12 March 2020, in a nondescript Holiday Inn room, I led an emergency Board

meeting via Zoom (who knew that Zoom would become a primary way for people to communicate?), during which we decided to close the synagogue to face-to-face meetings for the foreseeable future.

Since then, so much has changed.

Mount Zion has changed. Our clergy have worked many hours to move our services online through the [Mount Zion Temple Facebook](#) page, and all of their clergy duties have moved online as well. Sue Summit and our teachers have worked diligently to continue providing a meaningful Jewish education experience. Our professional staff have worked above and beyond to bring you accurate information via digital communication. They are, in many ways, not unlike the Wizard of Oz, operating anonymously behind a curtain to make things happen (by the way, in case you are wondering, *The Wizard of Oz* is available on Amazon Prime . . .). I want to pull the curtain aside and thank them publicly: Larry Solomon, Janelle Norlien, Teresa Matzek, Kelly Kelzenberg, and Julie Beckman. Shai Avny is coordinating many connective activities, fun, and our caring community. Thank you.

Three years ago, when Facebook was being castigated for its lack of a vigorous data protection plan, I stopped using Facebook. For the first ten months of my presidency, I would periodically comment to Rabbi Spilker, “I really ought to get back onto Facebook.” So much wonderful information is transmitted in both the Mount Zion Temple Facebook and the [Mount Zion Conversations Facebook](#) group, but despite my best intentions, I didn’t – until the pandemic. Now, I am checking both Facebook pages regularly. I am even contributing occasionally to the Counting of the Omer, as well as twice-a-week poetry sessions (Mondays and Fridays at 9:00 am) that are done as Livestream, which only adds to the hilarity of upside-down camera shots and the occasional incoming telephone call, mid-session. As a younger generation is fond of saying: it’s all good.

Amongst the changes, though, much has remained as it was. We still want and need human connection. We still seek meaning in life, in ritual, in friendships. Family and friendship matter. Our communities matter. All of this, and so much more, remains constant in our lives.

Mixed with the grief and loss that is part of this pandemic, I nurture a quiet hope for our future. I look forward to that time when we can gather as one community, *panim el panim*, when hugging will no longer be a public health threat, when we can pray, cook, eat, study, and visit side by side. As Pablo Neruda has written, “It would be an exotic moment / without rush, without engines; / we would all be together / in a sudden strangeness.”

May that day come soon.

Stay safe, Mount Zion, and be well. Stay in touch, with Mount Zion and with each other. We will get through this.

Michael Kuhne, President

Walking Together The Mount Zion Community Endowment Campaign to Make Firm Our Steps

As you may know, Mount Zion’s Board of Directors approved a \$5 million endowment campaign entitled Make Firm Our Steps about a year ago. We had planned to launch the Campaign’s community phase in March and end the Campaign on June 30, but the coronavirus crisis intervened. Given the uncertainty we all face, our Campaign Organizing Committee decided to put the entire campaign on hold for the time being. We will wait until it feels right to restart the campaign. In the meanwhile, the many ways that Mount Zion is working to support members at this difficult time is a reminder of why it is important to sustain our temple into the future.



You are cordially invited to
**MOUNT ZION'S
164TH ANNUAL MEETING**
Sunday, May 17, 9:00 - 9:45 am
For the first time in 164 years via Zoom!

[Join Zoom Meeting](#)

Or you can call in

Dial 312-626-6799 or 929-205-6099

Enter Meeting ID: 991 4992 0784

In this time of physical distancing, we rescheduled the meeting from Friday, May 8 to Sunday morning. This will be an important meeting.

- 1. A congregational vote on important By-Law changes related to the role of people who are not Jewish at Mount Zion in membership and governance. (More details on the right).**
- 2. Presentation of the FY 21 Budget and Mount Zion's financial picture.**
- 3. Honoring outgoing and incoming Board members.**
- 4. A "state of the congregation" by President Michael Kuhne and Rabbi Spilker.**

**Welcome New Board Members
Todah to outgoing Board Members**

Nominating Committee Report 2020

The following people have been nominated in accordance with Article XV, section 4 of the bylaws to serve as Directors for a first two-year term from June 2020 – May 2022. They are eligible to run for a second two-year term in 2022.

Andrea Berg	Sarah Carpenter
Warren Cohen	Ira Kipp
Dan Schibel	Laura Waxman
Chad Weinstein	

The following people have been nominated in accordance with Article XV, section 4 of the bylaws to serve as Directors for a second term of two years from June 2020 – May 2022. They are ineligible for additional consecutive terms as Directors.

David Dubinsky	Adam Garen
Anna Fox	

The above people have been contacted and have agreed to accept their respective nominations.

Respectfully submitted by
Ellen Konstan, Chair and Phil Goldman, Vice Chair

Updating our Bylaws

on the Role of Members, who are not Jewish, in Membership and Governance

For a congregational vote at the Annual Meeting on May 17
Please attend and vote.

Our interfaith and mixed roots families help create our welcoming and vibrant Jewish spiritual home. The Board of Directors is proposing a few changes in the bylaws that would allow non-Jewish members to participate more fully in temple governance. The last time this portion of the bylaws were updated was over twenty years ago.

At a well-attended Town Hall meeting in March via Zoom, there was a robust and respectful discussion with varying opinions raised. Because of the differences of opinion and the challenges of having this conversation at this time of physical distancing, the Board decided to table some of the decisions, namely opening the Board to people who are not Jewish and changing voting by household at Annual Meetings. The other changes seemed to have more consensus at the Town Hall meeting and are therefore being brought forward to the Annual Meeting.

Membership definition: (Article II; Section 1)

1. Clarify that should the Jewish household member die, the surviving non-Jewish member shall remain eligible to be a Member.
2. Clarify that should a Jewish / non-Jewish couple divorce or a domestic partnership dissolved, the non-Jewish member of the couple shall remain eligible to be a Member.
3. State that the non-Jewish parent or guardian of Jewish children shall be eligible to be a Member.
4. State that individuals on the journey to becoming Jewish and who are working with a Mount Zion rabbi shall be eligible to be a Member.

Governance: (Article II; Section 2)

1. Make the following change: that Members who are not Jewish may serve as chair of committees with the exception of Worship, Religious School, MaZAL, Pulpit Search, Nominating, and any future standing committee if so determined by the Board of Directors.
2. Make the following change: Members who are not Jewish may serve as committee members of the Religious School, Worship committees, and Nominating Committee.

The [full report of the bylaws changes can be found here](#) with the actual language of the bylaws changes on page 3.

MZ Gratitude Extravaganza!



**Featuring MPR's Cube Critics speaking on the
Top 10 Jewish Films of all Time!**

Sunday, May 17 – 11:30 am-12:15 pm - [Zoom Link](#)

(Or call 301-715-8592 and enter ID: 946 1512 3987#) [RSVP by May 11 here.](#)

Gratitude – *Hakarat hatov* - הכרת הטוב

Gratitude to Cantor Strauss-Klein for her 10 years serving Mount Zion

Gratitude to our Volunteer of the Year, Sally Glick

Gratitude to David Knapp and Dan Schibel for exemplary efforts on our security and safety

Gratitude to Richard Newmark, Brotherhood's Mensch of the Year

Gratitude to all who have contributed to the Annual Campaign

Thank you! Todah! Thank you! Todah! Thank you! Todah! Thank you! Todah! Thank you!

And for the “Extravaganza” ...

- If you register by Monday, May 11, Shai Avny will deliver a movie tub of popcorn to your door! [Register here.](#)
- When you RSVP, nominate your top Jewish film of all time!
- Our members Stephanie Curtis and Euan Kerr are the original MPR Cube Critics who have provided entertaining and witty insight into the cinematic scene. They will turn their magical banter to Jewish films. We will have polls during the 20 minute “segment” so you can voice your opinion too!

MZ Gratitude Extravaganza

Honoring our Volunteer of the Year

Sally Glick

by Michael Kuhne, President



It is a wonderful honor to announce Sally Glick as Mount Zion's Volunteer of the Year. Sally has been a member of Mount Zion since 2003. Prior to that, her family lived in Maplewood and were Bet Shalom members. Once Rachel (now 24) and Daniel (22) started religious school, that meant a 25-mile one-way trip during which they would drive past two Reform synagogues before arriving at Bet Shalom in Minnetonka. For the planet's benefit and the family's sanity, they switched membership to Mount Zion, which has definitely been to our benefit.

Two weeks after joining Mount Zion, [Sheila Schuman](#) asked Sally if she would like to be involved with what is now the [Women of Mount Zion Temple](#) (WMZT). Involved is one thing; to become the corresponding secretary is quite another thing, but that is the role Sally adopted. Through her time in WMZT, Sally says she "got to know everybody."

Sally has been active behind the scenes in a number of ways. She is a regular leader and worker for the hamentashen kitchen efforts, where, in her words, "I feel [...] everyone's working hard and really enjoying themselves, building community and connections." She has chaired the Worship Committee for many years. She organizes the High Holy Day's Tashlich services (one of my personal favorites of the High Holy Days, and I am so impressed that Sally is able to organize the fabulous weather that accompanies this meaningful ritual). Perhaps her most public role is leading Saturday morning services. These quiet, intimate gatherings are always lovely, and when they are led by our lay leaders like Sally, they take on another dimension of community. Sally says she loves leading the service, that she feels "so lucky," that leading is a "gift," because she can see the smiling faces, the knowing glances, the web of connectivity.

Please join me in congratulating Sally Glick, our 2020 Mount Zion Volunteer of the Year.

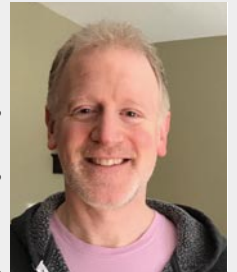
Special Recognition

David Knapp and Dan Schibel

by Michael Kuhne, President

It is my honor to offer special recognition to two people who have done important, behind-the-scene work to ensure Mount Zion's safety and security.

David Knapp has been the chair of the Safety Committee for many years. He has led the committee with intelligence, respect, and compassion. Beyond leading the committee, David has served as an important liaison and critical partner with professional staff, clergy, and lay leadership. For example, he and our executive director Larry Solomon collaborated on a FEMA security grant, which we were awarded late in 2019. This grant will pay for additional security measures to protect our community. This is just one reason I wish to honor David's contributions to our beloved community.



Dan Schibel leads Mount Zion's *shomrim* effort, a group of volunteer watch guards who have been out front during Religious School sessions, as well as Friday night and Saturday morning services. This group, which numbers over twenty people (and I speak for Dan when I say he is always looking for more volunteers!) give of their time to provide an additional layer of security for our community. More recently, the *shomrim* have volunteered to canvas the building's many points of entry on a daily basis to ensure that the property remains secured. Dan's leadership has been invaluable in this effort.



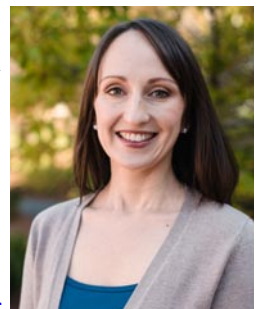
Please join me in thanking David Knapp and Dan Schibel for their contributions to our community.

Honoring Cantor Jennifer Strauss-Klein – 10 Years Serving Mount Zion!

L'Chaim 5780 Annual Campaign has celebrated Cantor Jennifer 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.

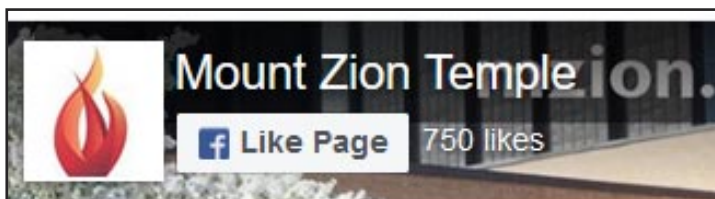
We are grateful for her ability to nurture the musical voice of our congregation. As a prayer leader, she inspires adults and children alike to find joy and meaning in our worship services. Her passion for Jewish music blends modern with an appreciation of traditional for our congregation that values the totality of the Jewish musical experience.

Contributions to this year's Annual Campaign honor her tenure at Mount Zion. [We still welcome contributions of any amount.](#) We will thank all contributors at the MZ Gratitude Extravaganza.



We plan to prepare a short video that highlights Cantor Strauss-Klein's 10 years of service. Will you help? If you have a thank you message, a photo, and/or a brief memory that reflects your relationship with Cantor Strauss-Klein, please take a moment to send them to Jana Nelson at jnelson@mzion.org by Thursday, May 14.

MZConnect



[Like our Facebook page!](#)

Mount Zion Temple has its own Facebook page. This is a public page and you do not need to be on Facebook to view our videos and posts. But if you are on Facebook, please like our page to help you stay connected. This is where we are posting Shabbat Services, Havdalah, cooking videos, messages from clergy and staff, and so much more!

Group by Mount Zion Temple

[Join Group](#)

Mount Zion Conversations

Private group · 619 members

[Join our Facebook Group!](#)

Mount Zion Conversations is our Private Group. You must have a Facebook profile in order to join the group. This is a place where congregants can post and ask questions, chat with each other, and share their videos. For privacy reasons, some Temple videos are also shared in this group.



Weekly E-mails

We are sending out an e-mail **every Monday** with all the latest **news and activities** for the week.

We are sending out an e-mail **every Friday** with all the **Shabbat Services and weekend activities**.

During this rapidly change time, new events are constantly being added. You can always [check our calendar](#) for new events.

[Sign up](#)

Not on Facebook but want to connect to MZ?

A Q and A Session with Rabbi Spilker

Wed, May 6, 12:30-1:15 pm [via Zoom](#)

To Call in Dial 312-626-6799 or 929-205-6099

Enter Meeting ID: 985 9866 0705

- Open discussion for your comments and questions
- You will be guided through our website to see options for connections
- You will learn how to “see Facebook” even if not signed up for Facebook
- If you wish, you will learn how to sign up for Facebook with minimal information to see the private “[MZ Conversations Group](#)”

Weekly Online Gatherings

Poetry Reading

Join Mount Zion President, Michael Kuhne, every Monday and Friday at 9 am in our Facebook group for a poetry reading.

Afternoon Tea with MZ

Every Thursday at 4:30 pm via Zoom. Informal check-ins led by different clergy and staff members. Brew yourself some tea or other beverage and join us. Details sent via email (see left)

Havdalah

Every Saturday Evening (approximately 7:30 or 8 pm). Clergy or staff lead havdalah each Saturday night on Facebook page or group. Details sent via email (see above).

Religious School News

Join us for Yom Acharon

The Last Day of School!

Sunday, May 17, 2020

(No Classes Prior to the Ceremony)

10:00-10:45 a.m. Religious School Celebrations

(Parents/Guardians and Congregants invited)

Second Grade Mechina Hagigah (Celebration)

Celebrate the culmination of the first year of Hebrew studies with our second grade Mechina class.



Sixth Grade Dalet Siyyum / Completion Ceremony

Sixth graders will show off their beautiful handmade tallitot and mark the culmination of five years of Hebrew Study.



Teacher/Staff Appreciation

Please come to show your support and appreciation for the faculty and staff who create a vibrant Jewish learning environment at Mount Zion. We will honor staff reaching special milestones and celebrate and thank our graduating Madrichim! Please watch your e-mail for more information about this amazing event!

Though our celebration will look different this year, we are all working together to make this a special occasion for our students, their families, our faculty, staff, madrichim, and volunteers.

May Calendar

May 1

5:30 p.m. PreK/K/I Shabbat Family Gathering

6:00 p.m. PreK/K/I Participation in Shabbat Service

May 3

PreK/K - 9:30 a.m. Class

1st Grade - 10:00 a.m. Class

2nd Grade - 10:30 a.m. Class

3rd Grade - 11:00 a.m. Class

4th Grade - 11:15 a.m. Class

5th Grade - 10:00 a.m. Social

6th Grade - 11:00 a.m. Social, 2:30 p.m. 7th Grade Info Meeting

3rd - 6th Grade - 1:15 p.m. Noar Tzion Game Day

PreK- 6th Grade - 12:00 p.m. T'filah

6th-11th Grade - 6:00 p.m. Madrichim Interest Meeting

May 6

5th Grade - 4:30 p.m. Class

6th Grade - 5:00 p.m. Class

7th Grade - 6:00 p.m. Class

9th Grade Parent/Guardian Meeting - 5:15 p.m.

10th Grade Confirmation - 6:00 p.m.

8th/9th Grade Jewish Storytelling - 6:00 p.m.

8th/9th Grade Sacred Choices Bet - 6:30 p.m.

8th/9th Grade Contemporary Jewish Culture - 6:45 p.m.

May 10 - Last Sunday Classes

PreK/K - 9:30 a.m. Class

1st Grade - 10:00 a.m. Class

2nd Grade - 10:30 a.m. Class

3rd Grade - 11:00 a.m. Class

4th Grade - 11:15 a.m. Class

5th Grade - 10:00 a.m. Social

6th Grade - 11:00 a.m. Social

All Classes - 12:00 p.m. [Mother's Day Service](#)

May 13 - Last Wednesday Classes

5th Grade - 4:30 p.m. Class

6th Grade Class - 5:00 p.m. Class

7th Grade - 6:00 p.m. Class

10th Grade Confirmation - 6:00 p.m.

8th/9th Grade Jewish Storytelling - 6:00 p.m.

8th/9th Grade Sacred Choices Bet - 6:30 p.m.

8th/9th Grade Contemporary Jewish Culture - 6:45 p.m.

May 17 Yom Acharon - Last Day of Religious School

(See left)

May 22

6:00 p.m. Chai School Graduation & Senior Send-Off Service

NOTE: NEW DATE!

2020-2021

Religious School Registration

Registration information will be sent via email

This year we promise a much more streamlined registration process! An email with the registration link will be sent as soon as it is available.

THANK YOU...FOR YOUR CONTRIBUTIONS

RABBIS' DISCRETIONARY FUND

In appreciation of:
Rabbi Adam Stock Spilker
Rabbi David & Marcy Thomas
 In honor a special birthday:
Rita Grossman
Bill & Gloria Levin
 In memory of:
Benjamin Elwood
Susie Steinbach
Evelyn Esrig
Randy & Tom Edelstein
Sally Goldman
Bill & Gloria Levin
Edward Goldstein
Heidi Goldstein
Michael Pilko
Joy Leibman
Jill Silverman
Jack Silverman
Rita Schenk
Ken Schenk
Gary Webb & The Schenk Family
 In yearzeit memory of:
Edward Stein
Liz Stein & Rob Larson
Joseph Mast
John Mast
Harry Johnson
John Mast
Efrem Ostrowsky
Julie Ostrowsky & Stuart Block
 Donation:
Rita Grossman

CANTORS' DISCRETIONARY FUND

In memory of:
Jill Silverman
Jack Silverman
 In yearzeit memory of:
Hessel Abramson
Molly Abramson Marker
Edward Abramson
 Donation:
David & Anna Lipman

ANNUAL CAMPAIGN FUND

In appreciation of:
Nancy Hauser
Janet Cass
Beth Honetschlager
Janet Cass

MAXINE APPLEBAUM ART ENHANCEMENT FUND

In yearzeit memory of:
Jerry Ann Applebaum
Stuart Applebaum
David Beloff
Jimmy & Sally Beloff
Ginger Beloff
Stuart Applebaum
Rose Beloff
The Beloff Family
Carolyn Lieberman
Jimmy & Sally Beloff
Greta Volk
Jimmy & Sally Beloff
 Donation:
Michael & Suellen Buelow

BLOOM LIBRARY FUND

In memory of:
Richard Eber
Louis & Nancy Melamed
Richard & Bette Ann Bloom
 In yearzeit memory of:
Kenneth Robbins
Shelley Robbins & John Plano
Pearl Robbins
Shelley Robbins & John Plano

CARING COMMUNITY FUND

In memory of:
Edward Goldstein
Paul & Lisa Dorn
 In yearzeit memory of:
Richard Chortens
Ray & Rosemary Sevett
Alex Glass
Rozanne Glass
Sidney Weisberg
Sanford & Carol Weisberg
 Donations:
Howard & Barbara Cutts
Glenn & Sandra Stevermer

CEMETERY MAINTENANCE FUND

In yearzeit memory of:
Kathleen Baer
Marsha Baer-Dennis & Family
Richard Baer
Marsha Baer-Dennis & Family
Connie Fox
Bill Fox Family
Bertha Goldberg
Marsha Baer-Dennis & Family
Perry Goldberg
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Esther Krause Titow
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Celia Mastbaum
Dr. Leonard & Cookie Mastbaum
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Benjamin Tilsner
Ralph Burstein
Esther Krause Titow
Arlene Spilker
Ethel Trosdahl
Jane Trosdahl

EDELSTEIN FAMILY BIBLICAL GARDEN FUND

In memory of:
Evelyn Esrig
Paul & Lisa Dorn
Judy Goldberg
Louis & Nancy Melamed

IRENE FINBERG CAMP SCHOLARSHIP FUND

In yearzeit memory of:
Rhoda & Seymour Kantor
Marc & Mayda Raffé

HARRIS CHAPEL FUND

In honor of:
Larry Solomon
John Mast

JEAN & ROBERT HARRIS SUMMER CAMP FUND

In honor of a special birthday:
Roger Harris
Devorah Harris & Larry Abrams
 In memory of:
Beverly Bunin
Devorah Harris
Jill Silverman
Devorah Harris

SARA & YALE JOHNSON MEMORIAL FUND

In appreciation of:
Michael Johnson
John Mast
Randi Johnson
John Mast
Shelley Johnson
John Mast
Todd Johnson
John Mast
 Wishing a speedy recovery to:
Pam Brin
Gloria Johnson
 In memory of:
Family of Ginger Bell
Gloria Johnson
Austin W. Ficek
Michael & Todd Johnson & Johnson Brothers Family
Mary Grindstaff
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Dean Hovern
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Ashlyn Taylor Lee
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Madison Johnson
Veronica Johnson
Mr. & Mrs. Peter Myers & Family
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Yale Johnson
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Nathan Johnson
Maggie Johnson
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Madison Johnson
Veronica Johnson
John Nugent
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Brother and Nephew of Pam Panther
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Nathan Johnson
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Brad & Jill Johnson
Madison Johnson
Veronica Johnson

Richard VanHorne
Michael & Elaine Johnson & Family

LIPSCHULTZ FUND

In honor a special birthday:
Bill Lipschultz
Tammy Birnberg
Louis & Nancy Melamed
Elaine Steinman

MELAMED FAMILY LECTURESHIP IN LIBERAL RELIGION FUND

In memory of:
Susan Kay Crouce
Nancy Melamed

JULIE LAZOR FUND

In yearzeit memory of:
Joseph Gang
Toba Lazor
Seymour Lazor
Toba Lazor

MITZVAH FOODSHELF FUND

In appreciation of:
Clergy and Staff of Mount Zion
Rick & Nancy Hauser
Rita Grossman
Sue Lund
 In honor of a special birthday:
Dorothy Lipschultz
Carl & Tammy Birnberg
David Orenstein
Jan Hoffman
 In honor of:
Penny Drucker
Women of Mount Zion Temple
Sheri Frisque
Women of Mount Zion Temple
Ruth Garner
Women of Mount Zion Temple
Karen Gjerstad
Women of Mount Zion Temple
Sally Glick
Women of Mount Zion Temple
Ilona Rouda
Women of Mount Zion Temple
 In honor of the birth of:
Eddie Peterson
Janet Kampf
 In memory of:
Bob Cohen
Karen Yarmo
Benjamin Elwood
Janet Kampf
Ronald Freeman
Jan Hoffman
Gerald Goldberg
Margie Abrahamson
Sally Goldman
Rhonda & Don Mains

Leland Grandberg
Judyth Katz
Sally Goldman
Robert Lebowitz
 In yearzeit memory of:
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Steve & Gail Brand
Charles Bierman
Judyth Katz
Irene Bierman
Judyth Katz
Joanie Breitman
Rolla Breitman
Harry Breitman
Rolla Breitman
Linda Druck
Jan Hoffman
Donald Greenberg
Donna Koren & Bob Milton
Freda Hoffman
Jan Hoffman
Joseph Jacobson
Rolla Breitman
Robert Katz
Judyth Katz
Richard Katz
Judyth Katz
James Kuhne
Amanda Roll-Kuhne
Marlene Kuhne
Amanda Roll-Kuhne
Harry Mintz
Steve & Gail Brand
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Phillip Benjamin Litman
Lee Litman
Frances Sains
Steve & Gail Brand
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Michael & Jean Folger
Norman Smith
ZaiKaner Family
Seng Yang
Judyth Katz
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Janet & Susan Burbul
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Henry & Amy Fink
Sheldon Finver
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Siana Goodwin
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Steve & LoRene Leikind
Yvonne Lerew
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Michelle Morris
Gary & Edith Pang
Parker Family
Andrew Rapoport
Kathleen Riley
Neil & Jessica Segal
Ellen Seesel
DeDe Wolfson

THANK YOU...FOR YOUR CONTRIBUTIONS

FUND FOR MOUNT ZION

In yahrzeit memory of:
Shirley Mantell
 Robert & Susan Mantell
 Donation:
 Dan Schibel

OUR BODIES OUR SOULS

In memory of:
Mary Ella Gjerstad
 Margie Abrahamson

RALINE AND BILL PAPER EMERGENCY ASSISTANCE FUND

In yahrzeit memory of:
Molly Silver
 Marilyn Silver

JANE STEINMAN MUSIC FUND

In memory of:
Sally Goldman
 Harvey & Judy Arbit
 In honor of the birth of:
Eddie Peterson
 Harvey & Judy Arbit

SILVERMAN FAMILY COMMUNICATIONS FUND

In memory of:
Jill Silverman
 Louis & Nancy Melamed

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In memory of:
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 Carol Gurstelle
Nathan Schneider
 Carol Gurstelle

Yahrzeit Fund

In memory of:
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 Bill Fox
 In yahrzeit memory of:
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 Brian & Judith Krasnow
Alvin Abrahamson
 Family of Alvin Abrahamson
Vladimir Abramovich
 Simon & Maya Abramovich
Leo Albert
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Rachelle Wagner
 Rosemary Sevett
Marianne Heimann Wark
 Her Loving Family
Stuart Weitzman
 Mary Weitzman & Family

Begegenen!

For Active Adults

Formerly Prime Timers

For more information about the group or questions about any events, contact Begegenen Chair Phil Goldman at pgold1926@gmail.com or 651-491-0864.



In April, Begegenen offered its first, of what will hopefully be ongoing opportunities to buy freshly frozen, farm raised lamb from local providers. After posting the offer on Mount Zion Conversations, halves of the first two lambs were happily scooped up by four families. This effort permits us to do a mitzvah, support our local providers (in their particular time of need), and eat well. [Contact Phil Goldman](#) if you might be interested in taking part as more lambs become available.

The Begegenen Hour

A biweekly series of interesting and engaging topics by, with, and/or about Mount Zion members – 7-8pm Tuesdays via Zoom.



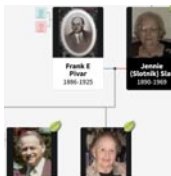
Tuesday, May 12, 7 pm

Author Jay Weiner, author of "Professor Berman: The Last Lecture of Minnesota's Greatest Public Historian", moderated by member Joe Nathan. [Zoom link.](#)



Tuesday, May 26, 7 pm

Serena Zabin, Professor, Mount Zion member, and author of "Boston Massacre: A Family History." [Read the Humans of Mount Zion article](#) describing Serena's work. [Zoom link.](#)



Tuesday, June 2, 7 pm

"Finding Your Yichus (family tree)" (or, *Henry Louis Gates Jr. has nothing on us*) – take a live, interactive look at genealogy on line, watching your own family unfold before your eyes. [Zoom link.](#)

[Contact Phil](#) if you have topics you might be able to present or would like to see done.

Sing-a-long with Dan Chouinard



In collaboration with our "active adult" friends at Gloria Dei, a joint sing-a-long between Mount Zion and several other congregations had been scheduled for this May, but has now been postponed. A new date, time and location will be announced when available. [Let us know](#) if you see other opportunities for our congregations to connect and collaborate, or if you would like to take part in those discussions.

Women of Mount Zion Temple

Closing Meeting and Installation

Tuesday, May 5, 6:30 - 8:00 pm

We will conduct a little business, install our new board members and then stay to chat with old friends and new in breakout sessions [on Zoom!](#)

You can also call in at 312-626-6799 and enter Meeting ID: 511 081 078 Password: 985169.



Brotherhood

Brotherhood Roundup

Monthly Brotherhood Meetings - We are now conducting monthly Zoom meetings. Join us the last Tuesday of each month from 6:30-7:30. Next meeting dates are May 26 and June 30.

The Bagel Bar every Sunday - Our Bagel Bar suspended until Religious School reopens.

Honoring Brotherhood at Shabbat - We were unable to conduct the Brotherhood Shabbat but will reschedule it at a future date. We will honor Richard Newmark for his long-standing service to Brotherhood and MZ Temple as our "**Mensch of the Year**."

Mother's Day Brunch - Because of the current stay-at-home order, we are cancelling the Mother's Day Brunch this year. We hope all the Mount Zion Mothers will join us again in 2021. [The Mother's Day service](#) will still take place on Sunday, May 10, 12 pm via Zoom.

Flags on Veteran's Graves - Though this year [we will not be putting the flags](#) on veteran's graves as group, flags will be left next to the maintenance garage towards the back of the cemetery for those who wish to place a flag on grave.

Men's Retreat, June 12-14 - POSTPONED - This year's has been postponed. We are planning to have a [Moment of Connection for Men](#) on Shabbat, June 6, 11:30 am.

Grand Old Days Parking - Grand Old Days has been cancelled by the City of St. Paul.

Warm personal regards,
Bruce R Matza, Brotherhood President
BruceMatza@InnovationsInManagement.com

MEMORIAL DAY VETERANS' KADDISH LIST

Mount Zion Temple, along with the State of Minnesota, is committed to protecting the health, safety, and well-being of Minnesotans and of our members, friends and guests during the COVID-19 pandemic. We have taken decisive actions to curb the spread of COVID-19, including closing our building and having all Clergy and staff work remotely. In an abundance of caution, and concern for health and safety, **we have decided to cancel the Memorial Day Service which was scheduled for Monday, May 25** at the Mount Zion Cemetery. We are also taking a one-time hiatus from the long standing tradition of Mount Zion Brotherhood and Cemetery Committee members placing flags on all Veteran graves. However flags will be left next to the maintenance garage towards the back of the cemetery; if you visit the cemetery to honor a family member or friend that was a Veteran, please feel free to place a flag next to their monument or footstone.

Sidney Abramson	Dale Cowle	Lionel Greenberg	Morton Lazor	Gerald Perelstein	Harry L. Shepard
Ted Abrahamson	Raymond E. Dana	Jerome Halper	Morris Leibovitz	Delores R. Perlman	Birch Shilkroun
Ted Abramson	Stanley Donsker	Howard Harris	Leo Legan	Raymond Perlman	Dr. Jacob Short
Jerome Adler	Bernard Druck	Joseph Harris	Mark Levenson	Ed Pickett	Sam Singer
Robert Adler	Gerald "Buddy" Druck	Michael Harris	Leo Levey	Benjamin H. Plechner	Howard Silver
Milton Altman	Leonard Druker	Robert W. Harris	Abraham I. Levin	Jack Pred	Charles M. Silverman
Harry Applebaum	Henry Edelstein	William B. Harris	George L. Levin	William B. Randall	Irving M. Silverman
Samuel Asher	Jack Edelstein	Alvin Henle	Irving Levine	Leonard Rapoport	Jerome Silverman
Edwin B. Baer	Dr. Jesse E. Edwards	Edward Henly	Sheldon Levine	Harold Ravits	Louis Silverstein
Ira B. Baer	Karl Elsinger	Elkan Henly	Louis Levitt	Eugene Rinkey	Sam Singer
Jerome B. Baer	Hyman Epstein	Harold J. Henly	Clarence W. Levy	Irvin L. Robins	Jacob Sklar
Jerome L. Baer	Irwin Epstein	Harold Hoffman	James Levy	Morwin Rockowitz	Edward A. Sloane
Richard Baer	Seymour Epstein	Max H. Hoffman	Leonard Levy	William Roof	Samuel Sloane
Sidney Barrows	Herb Fantle	Donald G. Horowitz	Victor Levy	Irv Rose	Alvin C. Slonim
James H C Bentson	Bert Fein	James N. Jacobs	E. D. Libbey	Dr. Milton Rose	Alvin Z. Slonim
Larry Bentson	Charles Feit	Lynn Johnson	Leonard Lieberman	Norm Rose	James Jackson Smith
Jack Berc	Victor E. Feit	Seymour Joseph	Irvin Liener	Daniel Rosen	Joseph H. Smith
Sydney Berde	Lawrence Felsenberg	Arthur Kahn	Albin Lindahl	Isadore Rosen	Dr. Charles Steinberg
Ben Berkyl	Alex Fine	Leon L. Kahn	Albert Linsk	Sam Rosenbaum	Harry Stern
J. P. Bieber	Gerald Finn	Morris L. Kahn	Hyman S. Lippman	Nat Tony Rossman	Dr. Edward Strem
Charles F. Bierman	Allan Firestone	Norman Kahn	Bay Lipschultz	Jesse Rosten	Lester Strouse Sr.
Ben Binstock	Charles Fodor	Stanley Kane	Samuel Lipschultz	Harold Rothschild	Lester Strouse Jr.
Joseph M. Birger	Leo Fox	David Kanny	Tim Lipschultz	Ann Rubinstein	Arthur B. Summerfield
Abraham Birnberg	Sol Fox	Arthur Katz	Murray Litton	Harry Rubinstein	Harold C. Summerfield
William Blaine	Paul Fram	Maurice Katz	Robert Lovich	Sidney Rubinstein	Lewis B. Summerfield
Sylvia Blitz	Philip Freeman	Morris Katz	Robert Lowenstein	Mandy Ruder	Samuel Swartz
Joseph Bloom	Richard Freeman	Robert Katz	William Lyon	Burt Rudolph	Bert Tintner
Edwin Braman	Abraham Fremland	Milton Kaufman	Samuel Margolis	Harold Ruttenberg	Neal Tilsner
Edward Bronstien, Jr.	Allen L. Friedland	Sidney Kaufman	Donald Mark	Jack Ruvelson	Harry Ward
Samuel Bronstien	Sidney Froman	Bernard Kegan	Jesse Marks	Joseph Salper	Jack Ward
Moses (Morrey) Brown	Howard Gelb	Max Kipp	Hillard M. Marver	Richard Salper	William Weiller
William H. Bunin	Jerry Gillman	Sidney Kline	Jacob Marx	Max Schlesinger	Harry Weinstein
Harold Cantor	Julius Gittleman	Ivan Koppe	Lewis Miller	Phil Schlesinger	Sidney Weislow
Hart N. Cardozo	Maurice Golom	Sol Krawetz	Harold N. Nathanson	Max Schnitzer	Honnen Weiss
Ralph N. Cardozo	Harry Goldbarg	Marvin Kreidberg	Robert Newman	Frank Schwartz	Max M. Whitefield
Ephraim Cohen	Isadore Goldbarg	Mason Krelitz	Sidney Novak	Walter Schwarz	Leonard Winterfield
Jacob Cohen	Joseph Goldbarg	Hyman Krinsky	Joseph Okinow	Howard J. Seesel Sr.	Hyman Wolkoff
Milton Cohen	Robert Goldman	Imy Kay Krinsky	Samuel E. Okinow	Howard J. Seesel Jr.	William Wolkoff
Sydney Cohen	Howard Goldstein	Stanley Krinsky	Edward Orenstein	Isadore Segal	Nat Wolpert
Jay B. Cohler	Norman Goldstein	Burt Kyle	Fred Orenstein	Avron "Bud" Seltzer	Arvin Zaikaner
Michael J. Cohler	Lawrence Goodman	Sidney Laskin	William Paper	Samuel Selzer	
Sidney Cohler	Fred Gordon	Robert Launer	Joseph Pase	Nathan Shapira	
Samuel Corwin	Allen Gray	Jack Robert Lawrence	Louis I. Peilen	Milton Shapiro	

We honor the memory of your loved one(s) or friends and thank them for their military service!

Shomrim - Still “Watching”

For the last few months Mount Zion’s Shomrim (Watchers) have been welcoming and greeting congregants, visitors and guests at our front doors. These trained volunteers also provide a level of security by watching for potential threats or “out of the ordinary” situations. Now that the building is closed due to COVID 19, our Shomrim are still working for our safety and security. Shomer or Shomerit are circling the outside of the building to make sure that all doors are locked, no vandalism has occurred and that everything looks “right”. We thank them for their continued service and dedication to keeping our community secure.

Please direct any questions or concerns to David Knapp, Safety Committee Chair on knappdm2@gmail.com.

Accessibility & Inclusion

Dear Community,

During Jewish Disability Awareness, Acceptance, and Inclusion Month in February (what perhaps seems like a lifetime ago!) we spoke about [disability and inclusion as issues of Jewish justice](#) and how those of us who may struggle with physical, mental, and/or emotional health are not some “other” people but vibrant and vital members of our Jewish community. Now, as so many are feeling the effects of anxiety, isolation, and loss, we want to reiterate that Mount Zion Temple and the [Accessibility and Inclusion Committee](#) are committed to ensuring *all* members of our community are supported. In the coming months, we strongly encourage you to reach out and let us know what we can be doing to better meet your needs.

We’d also like to take a moment to bring your attention to an organization at the critical intersection of disability and Jewish justice: the Jewish Organizing Institute & Network or [JOIN for Justice](#), an organization that trains Jewish young adult leaders and empowers them to make lasting positive social change in their communities and around the world. JOIN for Justice recently hosted a forum on community organizing based in disability justice and you can check out the video on the [JOIN for Justice home page](#).

As always, we would love your help in being part of Mount Zion’s own effort to further positive change and continue building an inclusive community for all – our committee is always excited to welcome new members and perspectives! To join, learn more, or to contact us, please visit Mount Zion’s [Accessibility & Inclusion page](#).

For additional resources on supporting your mental, physical, and emotional wellness during this time you can also visit:

[Jewish Family Service of St. Paul](#),
[Jewish Family and Children’s Service of Minneapolis](#),
[NAMI Minnesota](#),
[National Institute of Mental Health](#),
[CDC \(Centers for Disease Control and Prevention\)](#)
[SAMHSA \(Substance Abuse and Mental Health Services Administration\)](#).

May you take care, be well, and stay connected!

In the Community

JFS Receives Emergency Funding

Jewish Family Service of St. Paul (JFS) has received a \$15,000 emergency grant



from the Otto Bremer Trust through the Community Benefit Financial Company Emergency Fund to be used to respond to the COVID-19 pandemic.

JFS will distribute the funds through its Emergency Financial Assistance program, normally funded through individual donations. This program helps with expenses related to housing, utilities, transportation and some health expenses. Qualifications include being a current JFS client and/or being a member of the St. Paul Jewish community. Assistance must be able to stabilize a situation.

Typically, the program provides a maximum of \$500 in assistance. However, the maximum has been increased to \$1,000 during this extraordinary time. Requests for assistance in this program have increased nearly 250 percent over the same period in 2019.

To apply for Emergency Financial Assistance, contact program case manager Nancy Cohen at (651) 329-1092, or by email at ncohen@jfssp.org.

To donate to JFS, visit jfssp.org/donate.

Order Spirit of Asia Meals

Pick-up or Delivery

Spirit of Asia Catering is now back at work in the Mount Zion kitchen and is offering full dinner meals for pick-up/delivery.



Contact Spirit of Asia for menu and pick-up/delivery information.

Phone: 612-724-4056

Chef's Phone: 612-408-7240

Email: spiritofasia@comcast.net

A Message from our Caring Community

Our Caring Community of many volunteers has been supporting our congregation with meals, rides, visitors, and shiva support for years. During this challenging new time, the MZ Caring Community Team is expanding what we do and partnering with the clergy and staff to support you. While we need to be physically distant, we want to remain socially and spiritually connected.

Here are some things we can do:

Connect by phone: We can pair you up with someone to chat.

Connect you with technology: We can set up Facebook, video conferencing (Zoom, etc.), online grocery shopping (Instacart, Shipt, etc.), etc.

Coordinate grocery shopping: We want to shop for anyone who is in an at-risk category so you can stay safely at home. This may involve using a delivery service. For everyone, here is [a guide for food and grocery delivery services](#).

If you are able to volunteer for calling congregants and/or delivering groceries and medicines, please fill out [this form](#).

If you would like to receive support from the Caring Community, please fill out [this form](#).

As job loss and financial challenges begin to affect more and more of us, we will be working on this important help as well. For now, please contact the clergy if you need support.

Wishing you safety, health, and well-being,

Thank you,

Your MZ Caring Community Team

Ellen, Emily, Karen, Mandy, Robert, Sara, Steve, and Shai

Ellen Konstan

Emily Herr

Karen Suzukamo *(not pictured)*

Mandy Roll-Kuhne

Robert Garfinkle

Sara Rice

Steve Cohen

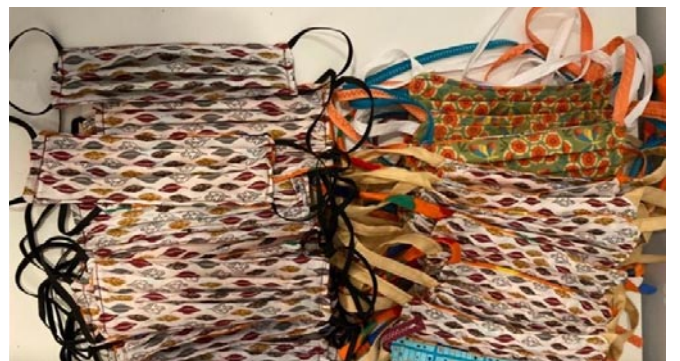
Shai Avny, *Congregation Engagement Director*



Picture is not recent!

Do you need a Mask?

Rabbi Adler has made masks and is offering them to our congregants. You can pick it up from her home or she will mail it to you. If you would like one, [please email Rabbi Adler](#) and let her know how many and whether you will pick it up or would like it mailed.



Israel Book Club - Virtual Meeting Monday, July 6, 7:00 pm

Sadness of a White Bird

by Moriel Rothman Zecher

A 2019 Dayton Literary Peace Prize Finalist

A 2018 National Jewish Book Award Finalist for Debut Fiction

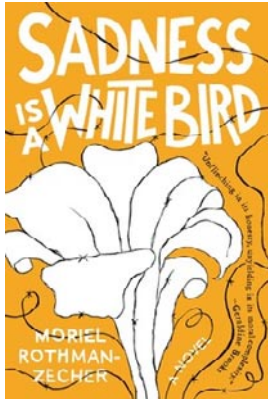
In this “nuanced, sharp, and beautifully written” (Michael Chabon) debut novel, a young man prepares to serve in the Israeli army while also trying to reconcile his close relationship to two Palestinian siblings with his deeply ingrained loyalties to family and country.

Moving back to Israel after several years in Pennsylvania, Jonathan is ready to fight to preserve and defend the Jewish state. But he is also conflicted about the possibility of having to monitor the occupied Palestinian territories, a concern that grows deeper and more urgent when he meets Nimreen and Laith—the twin daughter and son of his mother’s friend.

The three become inseparable: wandering the streets on weekends, piling onto buses toward new discoveries, laughing uncontrollably. Jonathan wrestles with the question of what it means to be proud of your heritage, while also feeling love for those outside of your own family.

“Unflinching in its honesty, unyielding in its moral complexity” (Geraldine Brooks, Pulitzer Prize-winning author), *Sadness Is a White Bird* explores one man’s attempts to find a place for himself, discovering in the process a beautiful, against-the-odds love that flickers like a candle in the darkness of a never-ending conflict.

Copies available via Amazon and other online services. Zoom details will be available closer to the meeting date. Questions, email Jonathan Eisenthal at johnnyirondale@gmail.com.



Library Happenings

Girl in the Blue Coat, by Monica Hesse

In Amsterdam, in January 1943, eighteen year old Hanneke Bakker is a black market courier. Clever, smart, and able to think quickly on her feet, she is unprepared when one of her elderly clients, Mrs. Janssen, asks her to find a Jewish teen girl she had been hiding who has disappeared. In the course of three days Hanneke's life is turned upside down. While surreptitiously searching for the girl, Hanneke is recruited into a resistance cell with their own priorities, led by the older brother of the boy she loved who was killed during the Nazi invasion three years earlier. Secrecy, betrayal, guilt, mistrust, and misdirection all play parts as Hanneke races to save the girl she has been searching for in this readable Young Adult wartime novel. Ms. Hesse put a lot of time and effort into creating an accurate portrayal of Amsterdam and its fledgling resistance in 1943, and it shows. Highly recommended.



Given the current situation, there are no overdue since it is not possible to return borrowed materials. So please stay safe! I hope to see you all in the Fall.

-Bob Epstein, Librarian

Hineni Events

Details about all events are on the [Hineni website](https://www.hineni.org/).



Learning Talmud Alone Together - SVARA-Style

Tuesdays, May 12, 19 and 26, 7:30-9:00 pm via Zoom

Cost: Set your own fee \$0-\$18 per session

Teacher: Sara Lynn Newberger

What could be more exciting than digging into a chunk of Talmud to connect in a deep and rich way?! Join others to learn, discuss and come to own a piece of Talmud! All you need in order to participate is the ability to read the Hebrew alphabet.

Jewish Medical Ethics: End of Life Decision Making

Thursdays, May 14 and 21, 7:00-8:30 pm via Zoom

Cost: Set your own fee from \$0-\$36

Teachers: Rabbi Lynn Liberman and a panel of doctors

Our tradition has grappled with issues of end of life decisions for centuries. During the first session, we will explore a rich array of Jewish texts on the topic. In the second session, we will have the opportunity to engage with a panel of doctors about real and present issues in our lives today. This is co-sponsored by Jewish Family Service of St. Paul.

Half-Day Retreat: Jewish Mindfulness for Resilience

Friday, May 15, 9:00 am - 12:30 pm via Zoom

Cost: Set your own fee from \$0-\$36

Leaders: Julie Dean and Sara Lynn Newberger

Please join us for a morning of Jewish contemplative practices that will energize your resilience and give you tools for facing each day. No previous experience is necessary.

"I THOUGHT I KNEW THAT
STORY UNTIL I TALKED
WITH A 7 YEAR OLD..."

**AN ONLINE SEMINAR ON THE MORAL
DILEMMAS OF ELEMENTARY AGED STUDENTS**

TAUGHT BY EARL SCHWARTZ, LONG-
TIME FACULTY MEMBER FROM THE
TALMUD TORAH OF ST. PAUL AND
MEMBER OF HAMLINE UNIVERSITY'S
DEPARTMENT OF RELIGION

Thursday, May 14 from
4pm to 5pm

Shavuot, Confirmation, and Tikkun Leil Shavuot

Confirmation 5780

The culmination of this year of community-building, soul-searching, deep learning, and spiritual and intellectual growth is the Confirmation service. **For the first time that I am aware of, we will be postponing the Confirmation service.** The 19 confirmation students met to discuss options in a time of physical distancing because of Covid-19. We could do the service as scheduled this Shavuot via Zoom; we could postpone, or we could postpone and still do something this Shavuot. Over 80% wanted to postpone without trying to do something via Zoom on May 28. Most could not imagine this moment without being with each other panim el panim, face to face in person. The possibilities for a new date that they preferred were a Shabbat in August or September or around Chanukah. We will work on a date in the coming months when we have more clarity about how to plan. This is so very disappointing but of course understandable in these circumstances.

— Rabbi Spilker



Shavuot

Shavuot and Tikkun Leil Shavuot

Join us for Torah Study on the Festival of Shavuot

Thursday Evening, May 28 / 6 Sivan

A Twin Cities' Jewish Tikkun Leil Shavuot – An all-night event via Zoom with study sessions, artistic and creative elements, and camaraderie led by clergy and lay leaders from across our community. Details will come in the weeks to come.

Shavuot Festival Service (with Yizkor)

Friday, May 29, 10:00 am [via Zoom](#) / 6 Sivan



Counting the Omer with Mount Zion

Join the members of our Mount Zion Sunday Mussar Va'ad in an uplifting practice of marking each day between Passover and Shavuot with an inspiration that raises our awareness and guides us in the practice of cultivating a wise heart. Tune in to [Mount Zion Conversations Group](#) on Facebook each day.

Social Action Update

Tzedek = Justice

Immigrant Justice in the Time of COVID-19

What we can do together to deepen our understanding of immigrant justice and take action on the federal, state, and local level to reduce detention in the midst of this public health crisis.

For two and a half years, Mount Zion has been acting for immigrant justice under our congregation's [Resolution on Providing Aid and Support to People at Risk of Deportation from the United States](#). This work is all the more critical today, as people detained by Immigration and Customs Enforcement (ICE) are at heightened risk for contracting COVID-19. While our community and many others are keeping physical distance to slow the spread, this is impossible for the tens of thousands of people in ICE detention. Even in the best of circumstances, detention centers are breeding grounds for disease because of overcrowding and limited access to medical care. The highly infectious COVID-19 virus is likely to spread rapidly in ICE detention centers, with lethal consequences for detainees and personnel alike.

This moment calls for urgent action to release people to their families so that they can be safer from the spread of COVID-19. Here is what we can do at the federal, state, and local level:

- **Federal Level:** Sign on to the Religious Action Center's Action Alert to Congress: Require ICE to release vulnerable detainees during COVID-19. Mount Zion has also signed on to a letter from Jewish Organizations Around the Country asking Congress to care for refugees, asylum seekers, and asylees during this crisis. [Here is the link.](#)
- **State Level:** Sign on to Jewish Community Action's Action Alert to regional ICE officials and state officials asking them to reduce detention and other forms of incarceration during this crisis. [Here is the link.](#)
- **Local Level:** Email county leadership asking them to do what they can do to reduce the number of people coming into local jails, which are often an entry point to ICE detention. [Here is the link.](#)
- **Additional Script:** You can also make calls to state and local officials using the scripts available [at this link.](#)

This moment also calls for us to be in community and deepen our shared understanding of these issues. Here are a couple of upcoming opportunities for us to be together, virtually:

Sunday, May 3 from 2:30-4:00 PM: Mount Zion's Tzedek Committee and Greater St. Paul Interfaith Immigrant Rights Coalition discussion of our Community Book Read: *Dear America: Notes From an Undocumented Citizen* by Jose Vargas. Please RSVP to office@mzion.org for Zoom information.

Monday, May 4 from 6:00-8:00 PM: Join Jewish Community Action's Decriminalizing Communities Campaign for a member meeting via Zoom. This meeting will include updates on local actions and a training on strategic communications. [More info and registration.](#)

Do you sew?

Masks needed for Project HOME

Yes, there are lots of videos out there of how to make quick cloth face coverings (even out of used bras, which gave all of us here a good laugh!). However, because the guests we serve come in all shapes and sizes (currently guests range from age 1 – 64), **we are specifically seeking talented folks that would sew a specific kind of fabric mask – no elastic and a pocket for removable filter.** We want them to be washable and lasting.


Here are three examples/tutorials of the masks we would prefer:

1. [Tutorial 1](#)
2. [Tutorial 2](#)
3. [Tutorial 3](#)

Our goal is to have at least three cloth masks for every guest and staff member. One to wear, one to wash, and one back up. **All sizes needed!** And fun fabric for the kids might go a long way in getting them to keep it on! It is also wonderful if the front fabric is a different pattern or color from the back; this makes it easier to remember which side you put towards your face. Please pre-wash your fabric before you start, but there's no need to rewash after you are done creating the masks. We will wash them with Dreft or another dye-free, unscented detergent before they are handed out.

Mask donations can be dropped off at our Project Home Day Center at 244 10th Street East, Saint Paul, MN 55101. For a no-contact delivery, just call us ahead of time or even as you pull up, at 651-225-9354. You can set the bag just outside our blue double doors on the bench.

Neighborhood House Updates

A huge thank you to the Mount Zion community for contributing over \$12,800 to Neighborhood House's March Food Drive.  **Neighborhood House**

Our food market is serving record numbers of new households as well as seeing an alarming decline in usage from Asian American families who are frightened to leave their homes due to fear of becoming ill and fear of harassment. We are reaching out to every family we can and in their native language whenever possible, to offer both pickup and delivery services for food. We are able to deliver food because of a partnership with metro mobility. We provide the addresses and the food and they do the delivery.

We are seeing a huge increase in requests for housing support.

- ¾ of the people have NEVER used rent assistance before
- Half of them did not lose income, just the additional costs of COVID have caused a strain on their budget. This includes the increased cost of food with children home
- ¼ are homeless

Neighborhood House's biggest needs are for financial support of our work. In this environment it costs more to provide services and demand is continuing to increase. To donate or volunteer go to www.neighb.org.

Brotherhood presents a newly imagined Mount Zion Men's Retreat

Mussar for Men: Improving the Relationships in Your Life to Self, Others, and the Divine

The Men's Retreat will be postponed. The rescheduled date is TBD.

In the meantime:

A Moment of Connection for Men

Shabbat, June 6 (11:30 am to 1:00 pm) – Via Zoom

This gathering will be way to touch base about how we are really doing. There will be some large group framing and smaller group conversations. We will reflect on some of the positive aspects of the isolation in these past weeks, the fears that we are experiencing, what we are looking forward to, what we miss, what we imagine we will remember about this time, and what practices or texts are giving us strength.

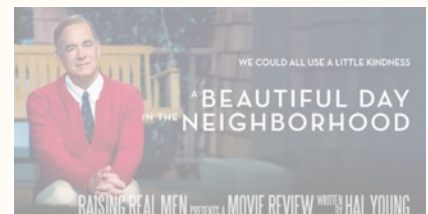
Please RSVP by May 15 ([Register in advance and you will receive Zoom sign in information.](#))

This will be a weekend of camaraderie, spirituality, and enjoying the great outdoors especially designed for men of all ages from 20s on up!

Some activities and sessions include:

- Learn about and experience Mussar, Judaism's thousand-year-old practice of character development
- Fish on the St. Croix River (bring your gear)
- Join in on conversations about substantive topics in our lives
- Take time to enjoy the quiet and serenity of the retreat grounds
- Bike, yoga, hike, play cards and games, and schmooze!
- Celebrate Shabbat with a musical, interactive service and study
- Watch "A Beautiful Day in the Neighborhood," a film about Mr. Rogers starring Tom Hanks, and discuss its messages for us
- Relax and make new friends from Mount Zion
- Optional bike ride to and from the retreat starting from Mount Zion

Questions? Please contact: Bruce Matza at BruceMatza@InnovationsInManagement.com or Shel Finver at finvers@hotmail.com.



What are you doing to take care of yourself during Quarantine?



Rabbi Adler:
Making Masks. [Do you need one?](#)



Shai Avny:
Congregational Engagement Director

Biking with my family.



Larry Solomon:
Executive Director
Learning how to play backgammon with Margie.



Rabbi Spilker:
Cycling, family dinners, watching *Money Heist*, [Counting the Omer](#) with MZ, and listening to this song, [Shir Hamaalot, song of ascents](#).



Cantor Spilker:
Going through mountains of old pictures. This is one I found of a school picture from the year of the Bicentennial!



Cantor Strauss-Klein:
Going for hikes at Lebanon Hills.



Sue Summit:
Religious School Director
Walking with my BFF, Juno.