

UPDATED with the full High Holy Day Schedule
Mount Zion High Holy Days 5781

Inspiring Renewal and Return in New Ways



הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנָשׁוּבָה חֲדָשׁ יָמֵינוּ כְּקֵדֶם.

Hashiveinu Adonai eilecha v'nashuva, chadeish yameinu k'kedem.

Return us, Adonai, to You and **we will return.**

Renew our days as in the past we have always renewed our days.

– Lamentations 5:21 and from the Torah Service Liturgy (returning the Torah scrolls to the Ark)

Courage 🕯 Faith 🕯 Compassion



Dear Friends,

As we imagine a High Holy Days experience that we will long remember and tell stories of for generations, we asked for your input and we received it. Our late June questionnaire had over 300 responses, a 42% response rate. We also heard your thoughts in two Zoom conversations, through the Worship Committee deliberations, and Board meetings. The plans we share in this bulletin respond to your desires and ideas and our imaginations. This year will surely feel different and, with your help, these Holy Days will be meaningful in ways that may surprise us. **With courage, faith, and compassion we are confident that these High Holy Days will bring you – in new ways – to spiritual renewal.** We will be adding more details by the end of August, including the full schedule and video messages explaining how to navigate all that is new. We will also have an On-Call Shamash on hand to help you out as needed. As always, we approach the arrival of the new Jewish year with awe and trepidation. This year, 5781, we come with a bit more trepidation with new formats, but with awe for all we will be experiencing together.



The High Holy Days this year Primarily Online with some In-Person Experiences



We have approached the reality of the pandemic of Covid-19 from a values-based perspective guided by epidemiologists. Giving absolute priority to *Pikuach Nefesh* - saving lives - we have decided to keep our building closed to programming and services for the rest of the calendar year. A task force of congregants with expertise in infectious diseases, facilities management, and law has helped us navigate our decision making and has concluded that **we cannot safely be together in our sanctuary on these High Holy Days.** Alongside the sense of loss that this reality inevitably creates, we hope you will feel pride in the care our leadership has taken during this time.

High Holy Days Plans



In-Person

We will offer a few in-person experiences for those who choose to participate. We will follow all safety protocols.

Sounding the Shofar from the Rooftop!

Sunday, September 13



On the Sunday before Rosh Hashanah, the clergy, in white robes, along with *Baalei Tekiah* (shofar blowers) will be on Mount Zion's roof! They will conduct an uplifting ceremony with prayer, song, and the sounding of the shofar to prepare us for the Days of Awe. After you park in the Syndicate lot, you will pass two stations, one to drop off food for the Neighborhood House Food shelf, the other to pick up a gift bag from Mount Zion. (We will gladly deliver the gift to anyone who does not feel comfortable or cannot attend). The rain plan is for everyone to stay in their cars and drive by tents for drop-off/pick up, with a way to connect with the clergy. Please come at the following times based on the first letter of your last name:

- 4:00 pm – A-G; rooftop ceremony at 4:15 for 5 min
- 5:00 pm – H-O; rooftop ceremony at 5:15 for 5 min
- 6:00 pm – P-Z; rooftop ceremony at 6:15 for 5 min

[Sign up](#)

Tashlich

Rosh Hashanah Day

September 19, 3:30-5:30 pm

Location: Hidden Falls Park (enter north gate on the corner of Magoffin Ave. and Mississippi River Blvd.) [Map](#)



You can still experience Tashlich in our familiar spot by the Mississippi River. Although we will not be able to safely gather all together, you can come with your family or make physically distanced Tashlich plans with friends. Come at any time between 3:30 and 5:30 pm for the ritual of symbolically ridding ourselves of our sins by tossing breadcrumbs into the river. Feel free to use this [downloadable ceremony](#) at Hidden Falls or wherever you would like!

Teshuvah/Return in the Sanctuary: Individual and Family Moments

Reserve private time at the ark during the days between Rosh Hashanah and Yom Kippur.

[Sign up](#)



High Holy Day Cemetery Service

Sunday, September 20, 11:00 am

We will remember loved ones while standing at a safe distance from one another, and those who prefer can participate via Zoom or watch on our website.



High Holy Days Plans



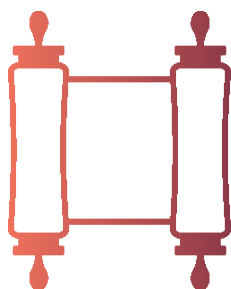
Online

Most of our worship and programming this year will be online. You can connect through your computer or your TV if connected to the internet. You may use a smartphone, but we recommend a larger screen. **All of the main services will be available at a link on our website, mzion.org.** Some of these services will be pre-recorded to ensure quality and some will be live via Zoom. You will not need Zoom to watch the main services; you can see them on our website with the click of one link or by going to Facebook. **After the services are completed, you will be able to view them at any time on our website or Facebook.** Some services and programs, especially those for kids and teens will be available live only on Zoom, and uploaded later to our private Facebook pages. Finally, there will be some smaller, more intimate programs or discussion sessions which will only be held live on Zoom. **Detailed information and instructions are on at the end of the bulletin.** Many of the services may feel familiar even though you will be looking at our beautiful sanctuary via a screen. There will be clergy on the bima. You'll be able to hold a prayerbook and follow along: reading, singing, and reflecting. In addition, the new medium allows for other ways of experiencing the Holy Days. Below are a couple examples.

Messages from our Tradition: Torah and Haftarah

This year, instead of chanting our sacred texts in the midst of services, we will hear selections chanted in the context of study and teachings that highlight the messages from our tradition.

There will be three "Messages from our Tradition" on Rosh Hashanah morning, Yom Kippur morning, and toward the end of Yom Kippur.



A Ritual for THIS New Year



Join for this ritual of music and prayer to help us welcome the reimagined High Holy Days that will be and let go of the High Holy Days that will not be. From the sanctuary, we will sound the shofar, hear the annual President's message from Michael Kuhne, share the holiday blessings over the candles, wine, challah, and apples & honey.

These two examples for our services only begin to describe what will be. In addition, sermons will be streamed at designated times from the sanctuary followed by break out Zoom discussions. Everyone will be encouraged to sound the shofar at the same time outside their homes on Rosh Hashanah. Kol Nidre will naturally include Joshua Koestenbaum from the SPCO, playing the classic and heart wrenching solo cello rendition of Max Bruch's "Kol Nidre." There will be Yoga, Poetry Sessions, facilitated conversations by age group or topic, podcasts for a Rosh Hashanah and Yom Kippur walk, a session on creating a Vidui (Confession) for ourselves and our world, and much more.

Preparing for the High Holy Days

Live-Streaming, Zoom, and Facebook?! We can help!

We are committed to helping you connect to online services. **If you do not have a computer or internet, or if all this just feels overwhelming, we will do our best to provide what you need.** We have already helped many connect over these past months and we have time before Rosh Hashanah to make this as comfortable and clear as possible to everyone. You will be able to experience (most of) the High Holy Days simply by clicking a button on our website. Please be in touch with Congregation Engagement Director Shai Avny at 651-698-3881 and he will connect you to volunteers who will help you!

Machzor: Do you have your High Holy Days Prayer Books?



Some of our services will be streamed from the sanctuary, using the High Holy Day machzor called *Mishkan HaNefesh*. It is our congregational custom to encourage ownership of these wonderful resources. If you do not yet have a copy, you can order it in advance of the Holy Days. The CCAR Press is now offering a 20% discount on hard copies of *Mishkan HaNefesh*. [Click here for purchase](#) and use code **MHN2020**. The CCAR Press also offers *Mishkan HaNefesh* in [flipbook format for free or discounted ebooks](#). If you would like physical copies but cost is an issue, please let us know at office@mzion.org.

Guests are welcome!

As in years past, guests are welcome to be part of our High Holy Day services and programs. This year, [please sign up here](#) to receive emails with all the details and updates. We invite you to consider offering a free-will donation to Mount Zion. Members' and guests' contributions are what enable us to be the vibrant and welcoming Jewish spiritual home we strive to provide for our community.

Inclusion and Accessibility

Inclusion and accessibility are at the heart of Mount Zion's mission to be a vibrant and welcoming congregation. Our Inclusion and Accessibility Committee has begun to envision what may be needed to ensure access points for everyone. If you have any specific requests, please do not hesitate to reach out to Cantor Spilker at rspilker@mzion.org.

You have questions, we (will) have answers



We are sharing some of our preliminary plans here. More information will come in late August. In the days leading up to the High Holy Days and on Rosh Hashanah and Yom Kippur, we will have a team of **“On-Call Shamashim,”** people you can contact with questions or concerns and troubleshoot technology issues. In the meantime, please be in touch with the office with any questions by leaving a voicemail at 651-698-3881 or sending an email to office@mzion.org.

Creating a Home Sanctuary

The pandemic has transformed the way we spend time in our homes. Our kitchens have become our classrooms; our basements, our gyms; and our dining rooms, our offices. Where then, is our synagogue if we can't be in the physical building? As we draw closer to the High Holy Days, we will offer suggestions for turning a space in your home into a *“mikdash m'at,”* a miniature sanctuary, even as you sit in front of the computer to engage in our services and other offerings for the Holy Days.

Participate

Mount Zion Sukkah Challenge!

If you've finished all your home projects (or even if you haven't) we have the project for you!



Enter the Mount Zion Sukkah Challenge! Build it this summer! **Send us pictures of your Sukkah by October 6** and we'll publish a gallery of all our community members' Sukkot. We will announce the most beautiful Sukkah on October 8 at Friday night services and the winner will get a special prize! If you have never built a Sukkah and you want help, please reach out to Shai Avny at savny@mzion.org.

High Holy Days Q and A

Thursday, September 17, 7-8:00 pm

- Q and A about the High Holy Day schedule.
- Q and A about on-call shammashim who are here to help.
- Zoom 101 and 202: Practical guidance such as using "speaker view" and manipulating your screen to see the service liturgy better.
- Guidance about setting up your home sanctuary.

[Join via Zoom.](#)

Engagement volunteers needed! Maybe you?

We've come up with many good ideas to bring us together, and we need your help to make it happen! We are looking for volunteers of all ages to help us to make sure our entire community stays connected and to make this year sweeter than ever.

How Can You Get Involved?

- **Virtual Ushers:** Welcome people who join the Zoom services.
- **New Year Gift Bag Packers:** Help pack, prepare, and/or distribute gift bags.



Volunteers still needed for Tech Support!

- **Tech Support:** Help others set up Zoom before services start (no contact, over the phone) and/or help monitor and document the various Zoom services. [Sign up here for a slot!](#) Share this mitzvah request with others, and have them reply!
- **On-Call Shamash:** Overall support for questions on Rosh Hashanah and Yom Kippur.

And much more!

If you can help in any way, please reach out to Shai Avny, Congregation Engagement Director at savny@mzion.org, or Yasmine Moideen, Engagement Committee Chair at yasminemoideen@gmail.com.

Imagining the High Holy Day Possibilities for Children, Teens, and Families

We have an exciting mix of familiar and innovative experiences planned for our Religious School families. While much of the programming will be online, if all goes as planned, we will also have opportunities to gather safely in person during apple picking excursions for families and a teen hike. The familiar experiences will include online Tot Services and Family Services in the mornings of both Rosh Hashanah and Yom Kippur and Teen Services in the afternoons. New this year, we will use the Mishkan HaNefesh for Youth and Families for both the Rosh Hashanah AND the Yom Kippur family services. Some brief moments will be pre-recorded from the sanctuary; the rest will be more interactive and accessible through Zoom or watched via Facebook or our website. For elementary age kids, instead of grade-specific programs, we will provide activities for family members to engage in together. For teens, in addition to the services and a Tashlich hike, there will be facilitated hangout conversations and optional art activities. New this year: the clergy will provide special, brief moments for blessings with families who have young children in the evenings of both Holy Days.



Healing Service

Saturday, September 26, 3:00 pm

Our annual Healing Service will take place via Zoom on Shabbat Shuvah. It is a reflective service lifting up communal and personal prayers for healing, accompanied by harp, flute, and the call of the Shofar. You will be able to watch the service on our website or Facebook as well.



The Month of Elul

Preparing for the Days of Awe

Cultivating a Wise Heart: *Tikkun Olam* through *Tikkun HaLev*

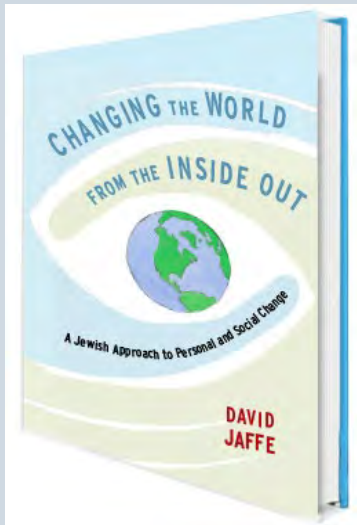
Community Book Read:

Changing the World from the Inside Out

A Jewish Approach to Personal and Social Change - by Rabbi David Jaffe

Wednesdays in Elul - 7:00-8:00 pm

Join one or more of these hour-long book discussions. Please [purchase the book on your own](#) and be in touch with Julie Beckman jbeckman@mzion.org if you need assistance or financial support. Each Wednesday session will include teaching, discussion, and 10 minutes for personal reflection/writing. **After the High Holy Days, you will have the opportunity to sign up for a six-session Mussar group led by the clergy and lay leaders.**



Week 1 (Aug 26 / 6 Elul): **The Compass:** Motivations for Change and Serving with Our Full Selves – led by Julie Dean, a long-standing Mount Zion member and Jewish educator, who is passionate about the real-world application of Mussar learning.

Week 2 (Sept 2 / 13 Elul): **Signposts:** Seeking Good Points; the Power of Choice – led by Cantor Jennifer Strauss-Klein

Week 3 (Sept 9 / 20 Elul): **Walking the Path:** Humility and Patience – led by Rabbi Esther Adler [via Zoom](#)

Selichot – September 12 – See below.

Week 4 (Sept 16 / 27 Elul): **Walking the Path:** Dignity/Honor and Trust – led by Michael Kuhne, Mount Zion's President [via Zoom](#)

Shabbat Shuvah (Fri, Sept 25 / 8 Tishrei – During services, 6 pm): **Shabbat as a Social-Change Ritual** - led by Cantor Rachel & Rabbi Adam Stock Spilker

Selichot: A Night of Spiritual Reawakening

The evening that ushers in the High Holy Days

Saturday, September 12 – Special Guest Rabbi David Jaffe [via Zoom](#)



8:00 pm – INSPIRE: A conversation between Rabbi Jaffe and Julie Dean

8:45 pm – EXPRESS: Guided meditation with a writing or art exercise

9:30 pm – AWAKEN: *The Musical Arc of the High Holy Days* from fragility to healing, judgment to mercy, forgiveness to atonement.

10:00 pm – UPLIFT: Changing the Torah covers, *Avinu Malkeinu*, shofar

[David Jaffe](#) is a writer and rabbi whose life work seeks to integrate spiritual wisdom, social justice, reconciliation, and deep personal growth.

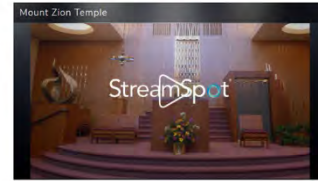


Guide to Mount Zion's Online and In-Person High Holy Day Services, Programs, and Experiences

A note to all who usually attend the main sanctuary services: “Going to High Holy Days” can be as easy as going to our website home page www.mzion.org. You will see the picture shown here. Just click the image to be taken to our High Holy Day Streaming page. Click the streaming player and the service will start. It should be that easy! We will help you if you need support. Call your on-call shamash if you need any help at 651-337-8288. There are other platforms for viewing services. Below are the details.

High Holy Days Streaming

Click to watch High Holy Day Services.



Online Guide to Different Service Platforms:

- **Streaming:** “Streaming” means that you can watch the service through Mount Zion’s website www.mzion.org or on **Mount Zion’s public Facebook page**. The services that only say “Streaming” have been pre-recorded from the sanctuary. At the conclusion of the service, you will be able to view them anytime on the website or Facebook page.
- **Zoom** and **Streaming:** Some of our main services will be live through Zoom. You can also view them on our website www.mzion.org or on **our public Facebook page**. All three formats will be live and recorded for viewing later.
- **Zoom*:** Some of our services or programs are meant to be viewed live at the scheduled time through Zoom but will also be recorded and uploaded to **our public Facebook page or one of our private Facebook groups** a few hours later.
- **Zoom:** Finally, some social gatherings and discussions are going to be Zoom only where participants don’t have to worry about being recorded.


In Person:

- **In Person / Outside:** For the experiences that can be done this way. All physical distancing and safety precautions will be followed and enforced.
- **In Person / Inside:** We will open the sanctuary during the Days of Awe through a sign-up-schedule for individual and family moments at the ark. See below.



Rosh Hashanah at Mount Zion




Friday & Saturday, September 18 & 19, 2020 – 1 Tishrei 5781

Schedule at-a-glance


 = Broadcast from the Sanctuary

Zoom* = Live on Zoom; recording on Facebook later.

Friday, September 18 - Erev Rosh Hashanah			
Time	Event	Platform	Link
5:30–5:45 pm	Welcome Gathering for All	Zoom	Zoom link (Coming 9/17)
5:45–5:55 pm	Welcome Gathering for Families with school age or younger children	Zoom*	Zoom link (Coming 9/17)
6:00–6:30 pm	A Ritual for THIS New Year 	Streaming	www.mzion.org
6:30–7:15 pm	Music during your dinner 	Streaming	www.mzion.org
6:30–7:15 pm	Open room for connecting	Zoom	Zoom link (Coming 9/17)
7:30–8:30 pm	Evening Service “L’Chayim!”	Streaming	www.mzion.org Zoom link for Closed Captioning (Coming 9/17)
8:30–9:30 pm	Facilitated Hangouts	Zoom	Zoom link (Coming 9/17)

Saturday, September 19 - Rosh Hashanah Day			
Time	Event	Platform	Link
9:00-9:20 am	Parents and Tots Service	Zoom*	Zoom link (Coming 9/17)
9:00-9:30 am	Rosh Hashanah Poetry	Zoom*	Zoom link (Coming 9/17)
9:30-9:40 am	Shofar & Prayers for Families with Kids of all Ages 	Streaming	www.mzion.org
9:45-10:30 am	Family Service	Zoom*	Zoom link (Coming 9/17)
10:30-11:15 am	Shacharit (Morning) Service 	Streaming	www.mzion.org
11:15-11:30 am	Shofar Service 	Streaming	www.mzion.org

Saturday, September 19 - Rosh Hashanah Day - continued

11:30-11:45 am	Sermon 	Streaming	www.mzion.org
11:45-12:15 pm	Sermon Discussions	Zoom	Zoom link (Coming 9/17)
12:15-1:00 pm	Messages from our Tradition: Torah and Haftarah	Zoom and Streaming	Zoom link (Coming 9/17) www.mzion.org
Break with optional activities			
1:00-2:00 pm	Option 1: Rosh Hashanah Meditation: A Shofar of Light (10 minutes)	Podcast (<i>listen anytime</i>)	On our High Holy Days webpage by 9/17
	Option 2: “Lobby” conversations about the day so far...	Zoom	Zoom link (Coming 9/17)
Services continue			
2:00-2:45 pm	Teen Service	Zoom*	Zoom link (Coming 9/17)
3:30-4:30 pm	Yoga	In Person / Outside Rain plan (any amount of precipitation), move to Zoom*	Mississippi River-Hidden Falls OR Zoom link (Coming 9/17)
3:30-5:30 pm	Tashlich (on your own)	In Person / Outside	Mississippi River-Hidden Falls
5:00-6:00 pm	Teen Hike	In Person / Outside	Mississippi River-Hidden Falls

Detailed Schedule

Friday, September 18 – Erev Rosh Hashanah: “The Courage to Renew Your Life”

Welcome Gathering for All

5:30–5:45 pm

Gather as a community to welcome the beginning of Rosh Hashanah and prepare for a special “Ritual for THIS New Year.”

- Platform: **Zoom** [link will be posted on our website on 9/17]

Welcome Gathering for Families

5:45–5:55 pm

All families with young or school-age children are encouraged to join with the clergy for this ten-minute New Year welcome with blessings.

- Platform: **Zoom*** [link will be posted on our website on 9/17]
*This session will be recorded and posted later to the Mount Zion Conversations Facebook page.

A Ritual for THIS Year

6:00–6:30 pm

Join for this ritual of music and prayer from the Mount Zion garden to help us welcome the reimagined High Holy Days that *will be* and let go of the High Holy Days that *will not be*. From the sanctuary, we will sound the shofar, hear the annual President’s message from Michael Kuhne, share the holiday blessings over the candles, wine, challah, and apples & honey.

- Platform: **Streaming** www.mzion.org
- Bring your prayer book, Mishkan HaNefesh for Rosh Hashanah
- Have ready your candles, kiddush, challah, and apples & honey

Break / Festive Meal

6:30-7:15 pm

- **Music of the Holy Days: On Piano, Organ, and Harp**
 - Platform: **Streaming** www.mzion.org
- **Open Zoom room for connecting and conversation**
 - Platform: **Zoom** [link will be posted on our website on 9/17]

Evening Service – L’Chayim

7:30-8:30 pm

Our evening service will include messages about life, renewal, and what it means to be written in the Book of Life. The liturgy will include uplifting, familiar music with some creative elements.

- Platform: **Streaming** www.mzion.org
- Alternative: **Zoom** [link will be posted on our website on 9/17]. This platform will include closed captioning.
- Alternative Platform: Bring your prayer book, Mishkan HaNefesh for Rosh Hashanah

Facilitated Hangouts

8:30-9:30 pm

We will start together and then break into rooms, some by age, some by topic.

Age Cohorts on “How can my Judaism help me to make this year a good year?”

- Teen Hangout.
- MZ “Graduates” and Community Hangout – Folks in their 20s.
- MZ “Graduates” and Community Hangout – Folks in their 30s.

These topic breakouts are open to all:

- How can my Judaism help me to make this year a good year?
 - My Heart Aches: Talking about the World as it Ought to Be
 - My Heart is Full: Sharing Messages of Gratitude
- Platform: **Zoom** [link will be posted on our website on 9/17]

Saturday, September 19 – Rosh Hashanah Day: “Faith for this New Year”

Parents and Tots Service

9:00-9:20 am

We will welcome the New Year with story and song and will provide time for a family activity. After our “Zoom” time together, families can view the streamed 15-minute video of the clergy in the sanctuary with prayers and shofar blowing (see below).

- Platform: **Zoom*** [link will be posted on our website on 9/17]

*This service will be recorded and posted later to the Mount Zion Parents and Tots Facebook page.

Rosh Hashanah Poetry

9:00-9:30 am

Michael Kuhne will lead this beloved new tradition of congregants reciting the poetry and liturgy from the Machzor (High Holy Day prayer book).

- Platform: **Zoom*** [link will be posted on our website on 9/17]

*Will be recorded and posted later to Mount Zion’s public Facebook page.

Shofar & Prayers for Families with Kids of all Ages

9:30-9:40 am

From the sanctuary, with the clergy in white robes holding the Torah scrolls in white mantles, we will sing Avinu Malkeinu and hear the sounds of the shofar to awaken us to the New Year.

- Platform: **Streaming** www.mzion.org

Rosh Hashanah Family Service

9:45-10:30 am

Our recent B'nei Mitzvah students will help lead this service from *Mishkan HaNefesh for Youth and Families* which will be shared on the screen. The service will include a story and time for family conversations.

- Platform: **Zoom*** [link will be posted on our website on 9/17]
*This service will be recorded and posted later to the Mount Zion Religious School Facebook page.

Rosh Hashanah Shacharit (Morning) Service

10:30-11:15 am

Our clergy will lead this forty-five-minute traditional service from the sanctuary.

- Platform: **Streaming** www.mzion.org
- Bring your prayer book, *Mishkan HaNefesh for Rosh Hashanah*.

Shofar Service

11:15-11:30 am

Listen to the sounding of the shofar in its own service of prayer, music, and shofar wails and blasts! Afterwards, anyone with a shofar will be invited to go outside at the same time for a *tekiah gedolah*.

- Platform: **Streaming** www.mzion.org

Sermon

11:30-11:45 am

You will hear the rabbi's sermon, pre-recorded from the sanctuary.

- Platform for the sermon: **Streaming** www.mzion.org

Sermon Discussion

11:45 am-12:15 pm

Following the sermon, congregant facilitators will lead discussion groups based on the topic.

- Platform for the sermon discussions: **Zoom** [link will be posted on our website on 9/17]

Messages from our Tradition: Torah and Haftarah

12:15-1:00 pm

This year, instead of chanting our sacred texts during services, we will hear selections chanted in the context of study and teachings that highlight the messages from our tradition. In addition to this one, we will have two *Messages from our Tradition* on Yom Kippur: one at noontime, and one in the late afternoon as we prepare for the closing of the gates.

- Platform: **Zoom** [link will be posted on our website on 9/17]
- Alternative Platform: **Streaming** www.mzion.org

Break with Options

1:00-2:00 pm

- **“Lobby” conversations about the day so far...** An opportunity to visit with one another informally, as we might between services in our Mount Zion lobby.
 - Platform: **Zoom** [link will be posted on our website on 9/17]
- **Rosh Hashanah Meditation: A Shofar of Light** - Cantor Spilker has recorded a guided meditation, approximately 10 minutes, to listen at a time that works for you.
 - Platform: Website Podcast [On our [High Holy Days webpage](#) by 9/17]

Teen Service

2:00-2:45 pm

By and for teens, this service will be relevant and uplifting and will help re-connect our teen community at a time when they need each other.

- Platform: **Zoom*** [link will be posted on our website on 9/17]
- Bring your prayer book, Mishkan HaNefesh for Rosh Hashanah.
- *This service will be posted later on a social media platform chosen by the teens.

New Year Yoga

3:30-4:30 pm

On the banks of the Mississippi River, Cantor Spilker and Chris Gordan from Big River Yoga will lead this annual New Year’s tradition. All are welcome.

- Platform: **In Person / Outside!** In case of rain (any amount of precipitation), we will move to **Zoom** [link will be posted on our website on 9/17]
- Bring a yoga mat and please wear a mask.
- Location: *Hidden Falls Park* (enter north gate on corner of Magoffin and Mississippi River Blvd.) [Map](#)

Tashlich

3:30-5:30 pm

You can still experience Tashlich in our familiar spot by the Mississippi River. Although we will not be able to safely gather all together, you can come with your family or make physically distanced Tashlich plans with friends. Come at any time between 3:30 and 5:30 pm for the ritual of symbolically ridding ourselves of our sins by tossing breadcrumbs into the river. Feel free to use this [downloadable ceremony](#) at Hidden Falls or wherever you would like!

- Platform: **In Person / Outside!**
- Location: *Hidden Falls Park* (enter north gate on corner of Magoffin and Mississippi River Blvd.) [Map](#)

Teen New Year’s Hike

5:00-6:00 pm

A favorite from past years, teens are welcome to join for a scavenger hunt along the Mississippi River with old and new friends. Unplug from the screens and enjoy community following all safety precautions including physically distancing and mandatory mask-wearing.

- Platform: **In Person / Outside!**
- Location: *Hidden Falls Park* (enter north gate on corner of Magoffin and Mississippi River Blvd.) [Map](#)

Between Rosh Hashanah and Yom Kippur

The Days of Awe-Sunday through Sunday, September 20-27

Schedule at-a-glance

Sunday, September 20			
<i>Time</i>	<i>Event</i>	<i>Platform</i>	<i>Link</i>
Morning	Religious School Apple Picking	In Person / Outside	
11:00-11:30 am	High Holy Day Cemetery Service	In Person / Outside and Streaming	www.mzion.org
3:00-7:00 pm	Return to the Sanctuary	In Person / Inside	
5:00-5:30 pm	Rosh Hashanah Seder-Mount Zion and Beth Jacob	Zoom and Streaming	Zoom link (Coming 9/17) www.mzion.org
Tuesday and Wednesday, September 22 and 23			
3:00-7:00 pm	Return to the Sanctuary	In Person / Inside	Sign up link
Friday, September 25			
6:00-7:00 pm	Shabbat Shuvah Services Mussar Teachings	Zoom and Streaming	Zoom Link www.mzion.org
Saturday, September 26			
10:00-11:00 am	Shabbat Shuvah Services	Zoom	Zoom Link
3:00-4:00 pm	High Holy Day Healing Service	Zoom and Streaming	Zoom link (Coming 9/17) www.mzion.org

Detailed Schedule

Sunday-Sunday, September 20-27

The Days of Awe – Yamim Noraim

Sunday, September 20

Religious School Apple Picking – A Sweet New Year!

10:00 am - Noon

Bring your family and meet others! You will be invited to sign up for times (on the half-hour) to meet up with Sue Summit, get family-activity sheets, connect at a distance with other families for blessings over apples and honey, and then go through the orchard.

- Platform: [In Person / Outside](#)
- Location and Details: Details to come!

Cemetery Service – Memory/Zikaron

11:00-11:30 am

We will remember loved ones while standing at a safe distance from one another, and those who prefer can participate via Zoom or watch on our website. Even if your loved one is not buried at Mount Zion's cemetery it is a mitzvah to remember them during the Days of Awe.

- Platform: [In Person / Outside](#) at Mount Zion's Cemetery, corner of Payne and Larpentour Avenues in St. Paul.
- Alternative Platform: [Streaming \[www.mzion.org\]\(http://www.mzion.org\)](#)

Rosh Hashanah Seder with Beth Jacob and Mount Zion

5:00-5:30 pm

Please join the "Rabbis Adam" - **Rabbi Adam** Rubin and Judith Schleyer, Beth Jacob and **Rabbi Adam** and Cantor Rachel Stock Spilker, Mount Zion Temple (who are now living one block from each other) for a brief Rosh Hashanah seder. The Rosh Hashanah seder comes from a Sephardic tradition of reciting blessings over and eating a variety of foods that symbolize our wishes for the year ahead. With each blessing, the mundane aspect of food is garnished with a sense of meaning, holiness, and even humor. Email Cantor Spilker, rspilker@mzion.org for more information, including a list of foods to have on hand (but you can come even if you don't have the foods!).

- Platform: [Zoom](#) [link will be posted on our website on 9/17]

Sunday, Tuesday, Wednesday, September 20, 22, 23 3:00-7:00 pm

Teshuvah / Return to the Sanctuary: Individual & Family Time at the Ark

Reserve private time at the ark during the days between Rosh Hashanah and Yom Kippur.

[Sign up here](#). Contact office@mzion.org / 651-698-3881 for more information.

- Platform: **In Person / Inside**
- Note: A prayer sheet with optional readings will be available.
- Masks required; all health safety protocols will be followed.

Friday, September 25 – Shabbat Shuvah

Shabbat Shuvah service

6:00-7:00 pm

Featuring "Shabbat as a Social-Change Ritual," led by Cantor Rachel & Rabbi Adam Stock Spilker. Learn more about [our Elul study of "Changing the World from the Inside Out."](#)

- Platform: **Zoom** (Link at www.mzion.org on home page under Shabbat services.)
- Alternative Platform: **Streaming** www.mzion.org

Saturday, September 26 - Shabbat Shuvah

Shabbat Shuvah service

10:00-11:00 am

- Platform: **Zoom** (Link at www.mzion.org on home page under Shabbat services.)

High Holy Day Healing Service

3:00-4:00 pm

Our annual Healing Service will take place via Zoom on *Shabbat Shuvah*. It is a reflective service lifting up communal and personal prayers for healing, accompanied by harp, flute, and the call of the Shofar. You will be able to watch the service on our website or Facebook as well.

- Platform: **Streaming** www.mzion.org
- Alternative Platform: **Zoom** [link will be posted on our website on 9/17]

Yom Kippur at Mount Zion


Sunday and Monday, September 27 & 28, 2020 – 10 Tishrei 5781





Schedule at-a-glance





= Broadcast from the Sanctuary

Zoom* = Live on Zoom; recording on Facebook later.

Sunday, September 27 – Kol Nidre – Erev Yom Kippur			
<i>Time</i>	<i>Event</i>	<i>Platform</i>	<i>Link</i>
5:30–5:40 pm	Family Blessings and Saying Sorry	Zoom*	Zoom link (Coming 9/17)
6:30-6:40 pm	Community Candle Lighting	Zoom and Streaming	Zoom link (Coming 9/17) www.mzion.org
7:00-7:30 pm	Kol Nidre 	Streaming	www.mzion.org
7:45–8:45 pm	Yom Kippur Evening Service	Streaming	www.mzion.org Zoom link for Closed Captioning (Coming 9/17)
8:45–9:45 pm	Facilitated Hangouts	Zoom	Zoom link (Coming 9/17)

Monday, September 28 - Yom Kippur Day			
<i>Time</i>	<i>Event</i>	<i>Platform</i>	<i>Link</i>
9:00-9:20 am	Parents and Tots Service	Zoom*	Zoom link (Coming 9/17)
9:00-9:30 am	Yom Kippur Poetry	Zoom*	Zoom link (Coming 9/17)
9:30-9:40 am	Vidui/Confessional for Families with Kids of all Ages 	Streaming	www.mzion.org
9:45-10:30 am	Family Service	Zoom*	Zoom link (Coming 9/17)
10:30-11:15 am	Shacharit (Morning) Service 	Streaming	www.mzion.org
11:15-11:30 am	Vidui/Confessional Service 	Streaming	www.mzion.org
11:30-11:45 am	Sermon 	Streaming	www.mzion.org

Monday, September 28 - Yom Kippur Day continued

11:45-12:15 pm	Sermon Discussions	Zoom	Zoom link (<i>Coming 9/17</i>)
12:15-1:00 pm	Messages from our Tradition: Torah and Haftarah	Zoom and Streaming	www.mzion.org
1:00 pm	<i>Break with Options for Your Soul and Body</i>		
	1. Guided Walking Meditation	Podcast	
	2. Yom Kippur Chair Yoga	Zoom	Zoom link (<i>Coming 9/17</i>)
	3. Sermon-in-song on Kol Nidre	Video	
	4. Remembering being at MZ: hallway video & “lobby” conversation	Zoom	Zoom link (<i>Coming 9/17</i>)
	5. URJ / Hartman Study Sessions	Links	
2:00-2:45 pm	Teen Service	Zoom	Zoom link (<i>Coming 9/17</i>)
2:00-2:30 pm	Musical Interlude 	Streaming	www.mzion.org
2:30-3:15 pm	Yizkor Service 	Streaming	www.mzion.org
3:30-4:15 pm	Rabbi’s Discussion: Vidui: Our communal/personal confessions	Zoom*	Zoom link (<i>Coming 9/17</i>)
4:30-5:00 pm	Stories of Teshuvah	Zoom	Zoom link (<i>Coming 9/17</i>)

Starting at 5:00 pm, all services will flow from one to the other in one Zoom meeting which you can view also streaming on our website or on Facebook.

5:00-5:45 pm	Afternoon Service	Zoom and Streaming	Zoom link (<i>Coming 9/17</i>) www.mzion.org
5:45-6:15 pm	Messages from our Tradition: Torah and Haftarah	Continued	
6:15-7:00 pm	Neilah Part I	Continued	
7:00-7:15 pm	Neilah Part II – The Finale 	Continued	
Following Neilah	Havdalah	Continued	
Following Havdalah	Kiddush Levanah – Sanctifying the New Moon	Continued	
Following Kiddush Levanah	Breaking the Fast in Virtual Community	Continued	

Detailed Schedule

Sunday, September 27 – Kol Nidre “Reflection and Teshuvah”

Family Blessings and Saying Sorry

5:30–5:40 pm

All families with kids living at home are encouraged to join for this moment of connection. The clergy will lead a ten-minute family ritual of amends to begin Yom Kippur.

- Platform: **Zoom*** [link will be posted on our website on 9/17]

*Will be recorded and posted later to the Mount Zion Conversations Facebook page.

Community Candle Blessing

6:30-6:45 pm

All families with young or school-age children are encouraged to join with the clergy for this ten-minute Yom Kippur/Kol Nidre welcome with blessings.

- Platform: **Zoom** [link will be posted on our website on 9/17]
- Bring your prayer book, Mishkan HaNefesh for Yom Kippur.
- If you wish, have your Holy Day candles ready.

Kol Nidre

7:00-7:30 pm

On this most sacred eve, we separate the Kol Nidre (all vows) moment from the evening service. A reflective cello rendition of Kol Nidre will precede the cantor intoning the ancient Kol Nidre chant while our past Presidents hold the Torah scrolls.

- Platform: **Streaming** www.mzion.org
- Bring your prayer book, Mishkan HaNefesh for Yom Kippur.

Evening Service

7:45-8:45 pm

Our evening service will include familiar music and liturgy with some creative elements to help us work on our *tikkun halev*, repair of the heart, and *tikkun hanefesh*, repair of the soul.

- Platform: **Streaming** www.mzion.org
- Alternative: **Zoom** [link will be posted on our website on 9/17]. This platform will include closed captioning.
- Bring your prayer book, Mishkan HaNefesh for Yom Kippur.

Facilitated Hangouts

8:45-9:45 pm

We will start together and then break into rooms, some by age if desired. TOPIC: *How can I do better for myself, for the community, and for God this coming year?*

- Teen Hangout
- MZ “Graduates” and Community Hangout – Folks in their 20s
- MZ “Graduates” and Community Hangout – Folks in their 30s
- All Ages – Intergenerational

- Platform: **Zoom** [link will be posted on our website on 9/17]

Monday, September 28 – Yom Kippur “The Compassion Needed for Atonement”

Parents and Tots Service

9:00-9:20 am

We will think about the ways we are sorry and want to do better with story and song and provide time for a family activity. After our “Zoom” time together, families can view the streamed 15-minute video of the clergy in the sanctuary and Kol Nidre on cello (see below).

- Platform: **Zoom*** [link will be posted on our website on 9/17]

*Will be recorded and posted later to Mount Zion’s Parents and Tots Facebook page.

Yom Kippur Poetry

9:00-9:30 am

Michael Kuhne will lead this beloved new tradition of congregants reciting the poetry and liturgy from the Machzor (High Holy Day prayer book).

- Platform: **Zoom*** [link will be posted on our website on 9/17]

*Will be recorded and posted later to Mount Zion’s public Facebook page.

Kol Nidre & Prayers for Families with Kids of all Ages

9:30-9:40 am

From the sanctuary, with the clergy in white robes holding the Torah scrolls in white mantles, we will listen with faith to the soulful Kol Nidre on cello. We will say our Vidui/Confessional prayer with courage and sing Avinu Malkeinu with compassion,

- Platform: **Streaming** www.mzion.org

Yom Kippur Family Service

9:45-10:30 am

Our recent B'nei Mitzvah students will help lead this service from *Mishkan HaNefesh for Youth and Families* which will be shared on the screen. The service will include a story and time for family conversations.

- Platform: **Zoom*** [link will be posted on our website on 9/17]

*Will be recorded and posted later to Mount Zion's Religious School Facebook page.

Yom Kippur Shacharit (Morning) Service

10:30-11:15 am

Our clergy will lead this forty-five-minute traditional service from the sanctuary.

- Platform: **Streaming** www.mzion.org
- Bring your prayer book, *Mishkan HaNefesh for Yom Kippur*.

Confessional: Vidui / Al Chet

11:15-11:30 am

The central prayers of Yom Kippur center around confessions on behalf of ourselves and our community (Vidui) as we prepare and hope for At-One-Ment.

- Platform: **Streaming** www.mzion.org
- Bring your prayer book, *Mishkan HaNefesh for Yom Kippur*.

Sermon

11:30-11:45 am

You will hear the rabbi's sermon, pre-recorded from the sanctuary.

- Platform for the sermon: **Streaming** www.mzion.org

Sermon Discussion

11:45 am-12:15 pm

Following the sermon, congregant facilitators will lead discussion groups based on the topic.

- Platform for the sermon discussions: **Zoom** [link will be posted on our website on 9/17]

Messages from our Tradition: Torah and Haftarah

12:15-1:00 pm

This year, instead of chanting our sacred texts during services, we will hear selections chanted in the context of study and teachings that highlight the messages from our tradition. There will be three Messages from our Tradition: one at Rosh Hashanah noontime, this one, and another in the late afternoon as we prepare for the closing of the gates.

- Platform: **Zoom** [link will be posted on our website on 9/17]
- Alternative Platform: **Streaming** www.mzion.org

Break with Options for your Soul and Body

1:00-2:00 pm

LIVE:

- **Remembering being at Mount Zion for the Day of Yom Kippur** - After seeing a video showing the building as if walking through the halls, a congregant will facilitate an open conversation.
 - Platform: **Zoom** [link will be posted on our website on 9/17]
- **Yom Kippur Chair Yoga** - Cantor Spilker and Mount Zion member and yoga teacher Anna Schorer will lead a chair yoga session grounded in Jewish teachings about connecting to ourselves and others.
 - Platform: **Zoom** [link will be posted on our website on 9/17]

PRE-RECORDED:

- **Yom Kippur Guided Walking Meditation** - Cantor Spilker has recorded a walking (or sitting!) meditation for you to use at a time that works for you.
 - Platform: Website Podcast
- **Sermon-in-Song on Kol Nidre** - Cantor Spilker has recorded a teaching on this central text featuring a wide selection of musical recordings. You may view it at any time that works for you.
 - Platform: Website Video
- **URJ and Hartman Study Sessions** – [HUC/URJ Live Learn and Inspiration - 2:30 pm](#) and [Hartman Institute \(search "high holidays"\)](#)

Teen Service

2:00-2:45 pm

By and for teens, this service will be relevant and uplifting and will help re-connect our teen community when they need each other.

- Platform: **Zoom*** [link will be posted on our website on 9/17]
- Bring your prayer book, Mishkan HaNefesh for Yom Kippur.

*Will be recorded and posted later on a social media platform chosen by the teens.

Musical Interlude

2:00-2:30 pm

Enjoy the reflective and meditative music on harp by Andrea Stern from the sanctuary bima.

- Platform: **Streaming** www.mzion.org

Yizkor

2:30-3:15 pm

The memorial service will be broadcast from the sanctuary accompanied by harp and organ. We will share pictures of your loved ones if you send them to us by September 20. Contact our office office@mzion.org or 651-698-3881. The service will be followed by music on harp and organ until 5:00 pm.

- Platform: **Streaming** www.mzion.org

Rabbi's Discussion: Vidui: Our communal/personal confessions

3:30-4:15 pm

We will read/confess a powerful and evocative Vidui for Black Lives, a Vidui for Israel, and a Vidui for Covid-19. Then after discussion, we will have time for writing and sharing our own confessions for ourselves and our world. This is an opportunity to apply the themes and motifs of Yom Kippur to the real-life issues of our day. We will feel more prepared to complete Yom Kippur with true *kavanah*/intention.

- Platform: **Zoom*** [link will be posted on our website on 9/17]
- Note: This session will be recorded and posted to the Mount Zion Conversation Facebook page.

Stories of Teshuvah

4:30-5:00 pm

In a "Moth Radio Hour" format, three congregants will share their personal journeys toward reconciliation with their true selves.

- Platform: **Zoom** [link will be posted on our website on 9/17]

Afternoon Service: AWE and ATONEMENT

5:00-5:45 pm

With the chorus of "Return Again to the Land of Your Soul," we will create the space for our personal prayers so that we can achieve a sense of At-One-Ment.

- Platform: **Zoom** [link will be posted on our website on 9/17]
- Alternative Platform: **Streaming** www.mzion.org

Messages from our Tradition: Torah and Haftarah

5:45-6:15 pm

In this final sharing of text, the prophet Jonah offers a message of mercy. Even when we fall short of our mandate to "be holy" (Leviticus 19), we are all worthy of forgiveness. We need messages of encouragement and direction in our lives, but ultimately, we desire mercy as the gates begin to close.

- Continued from above: **Zoom** [link will be posted on our website on 9/17]
- Alternative Platform: **Streaming** www.mzion.org

Neilah Part I

6:15-7:00 pm

With gratitude and resolve, each in our sacred home spaces, we see each other in community as our Yom Kippur moves toward conclusion. The melodies unique to Neilah uplift us through our final repetitions of the prayers.

- Continued from above: **Zoom** [link will be posted on our website on 9/17]
- Alternative Platform: **Streaming** www.mzion.org

Neilah Part II

7:00-7:15 pm

For the final moments of Neilah our focus shifts to the sanctuary, to the ark, to the dramatic music that stirs our souls, and the final *tekiah gedolah* of the shofar. To achieve the full feeling of the end of Yom Kippur, we will share a recording from the year 2014 which includes the immortal clarinet playing by Jerry Gotler leading us in *Oseh Shalom*. Our bima is usually filled with our kids holding candles at the end of Yom Kippur; this year we will share pictures of your kids holding candles if you send them to us by September 20. Contact our office office@mzion.org or 651-698-3881.

- Continued from above: **Zoom** [link will be posted on our website on 9/17]:
- Alternative Platform: **Streaming** www.mzion.org

Havdalah

Following Neilah

We return to seeing each other live this year along with pictures of children from our community holding candles, as our Guitar Corps leads us in the blessings of separation, of Havdalah.

- Continued from above: **Zoom** [link will be posted on our website on 9/17]
- Alternative Platform: **Streaming** www.mzion.org

Kiddush Levanah – Sanctifying the New Moon

Following Havdalah

It will be hard to let go of each other. We invite all to join for this ancient and new ritual of sanctifying the new moon. Go outside, look skyward, and connect to Zoom or our website with your smartphone and as we sing the prayers.

- Continued from above: **Zoom** [link will be posted on our website on 9/17]
- Alternative Platform: **Streaming** www.mzion.org

Break the Fast in Virtual Community

Following Kiddush Levanah

Bring your nosh and join with clergy to take a deep breath and hold on to the feeling of community connection a little longer.

- Continued from above: **Zoom** [link will be posted on our website on 9/17]