

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



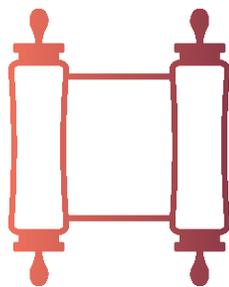
Online

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!

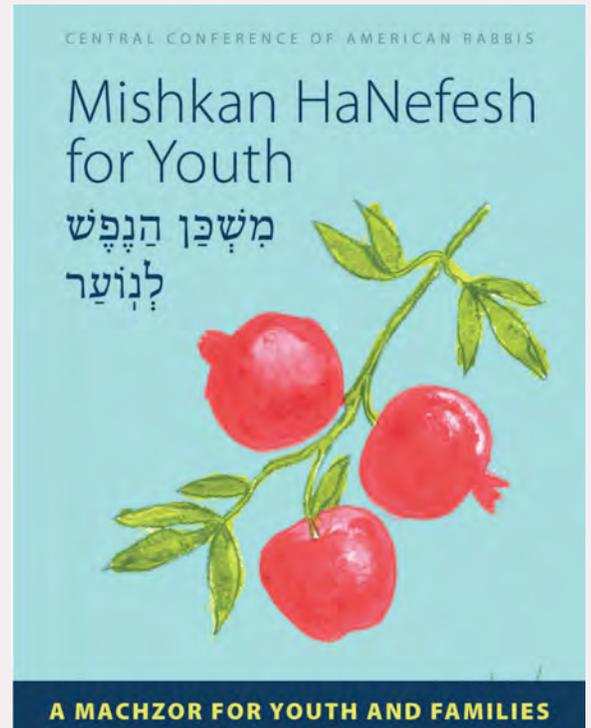
- **Tech Support:** Help others set up Zoom before services start (no contact, over the phone) and/or help monitor and document the various Zoom services. [Sign up here for a slot!](#) Share this mitzvah request with others, and have them reply!
- **On-Call Shamash:** Overall support for questions on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

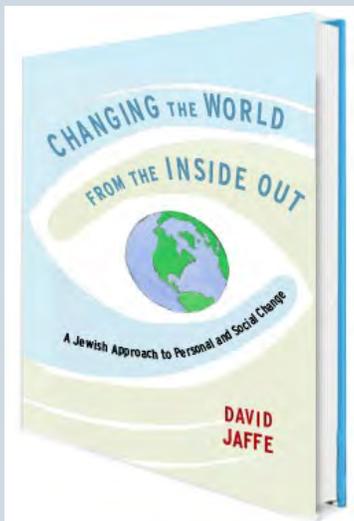
Community Book Read:

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.