



# ITON TZIYON

## עיתון ציון

### Mount Zion Temple Bulletin

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# L'Dor VaDor

From Generation to Generation

## Mazel Tov To...

**Charlie and Karmit Bulman** on the birth of their grandson, Mica, born on February 2. *Mica is the son of Devon and Jeremy Bulman.*

**David and Carol Epstein** on the birth of their granddaughter, Zaylia, on December 7. *Zaylia is the daughter of Emily and Mark Trudeau.*

**Jennifer Hakes** on the birth of her grandson, Miles, on December 6. *Miles is the daughter of Ally and Alvin.*

**Gary Kravitz and Anna Schorer** on the birth of their granddaughter, Neon, on November 23. *Neon is the daughter of Emily.*

## ZICHRONAM LIVRACHA...

*May their memories be a blessing*

*We note with sorrow the passing of our members:*

### Walter Baum

*Our condolences to his family, including his wife Lois Baum, daughter Lisa (Paul) Dorn, and son David (Karlene) Baum.*

### Constance "Connie" Berde

*Our condolences to her family.*

### Tom Marver

*Our condolences to his family.*

### Mildred "Millie" Miller

*Our condolences to her family.*

### Richard "Dick" Swiler

*Our condolences to his family, including his daughters Julie Swiler and Rebecca "Becca" Swiler.*

### Patricia ZaiKaner

*Our condolences to her family, including her daughters Jean ZaiKaner (Bob Fink) and Phyllis ZaiKaner Miller (Scott Miller).*

## We Extend Condolences to...

**Karmit (Charlie) Bulman** on the death of her sister, Amie Hyman, on December 6.

**Ian (Betsy) Ellis** on the death of his mother, Jean Ellis, on December 1.

**Jennifer Hakes** on the death of her mother, Susan Gordon, on February 25.

**Linda (Frank) Morgan** on the death of her father, Leonard Adreon, on February 3

**David (Marcy) Thomas** on the death of his mother, Esta Thomas, on December 21.

**Sydney and Joshua MacGregor** on the death of their Step-Mother/Mother Lela Wright-Landsverk on February 4. *Lela was the former wife of Mark (Michelle) MacGregor.*

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

## Letter from the Rabbi



What a difference a century makes. 100 years ago, on March 19, 1922, 12 year old Judith Kaplan became the first girl in America (or anywhere) to become Bat Mitzvah. Below is that girl's recollection of the event, written many years later.\*

"It was a sunny Spring day in 1922. My two grandmothers, rocking gently in chairs, communed in Yiddish. Their conversation was not intended for my ears, but since Grandma Rubin was slightly hard of hearing, and since both were moved by intense emotion, I could eavesdrop without any difficulty.

"Machaseineste (in-law)," said my Grandma Rubin, "Talk to your son. Tell him not to do this thing!"

"Machaseineste," said Grandmother Kaplan, "you know a son doesn't listen to his mother. You talk to your daughter. Tell her to tell him not to do this thing!"

And what was this terrible deed which my father was about to perform, and which they both sought uselessly to prevent? He was planning to present me in a public ceremony in synagogue as a Bat Mitzvah. The synagogue, newly founded by my father, Rabbi Mordecai Kaplan, had held services for only a few months when this new and dire occasion was contemplated. I was midway between my twelfth and thirteenth birthdays. At the time, there had been no synagogue where such a ceremony could be conducted.

It would be less than the whole truth to say that I was as full of ardor about the subject of this ceremony as my father was. Oh, to be sure, I passionately espoused the cause of women's rights. Let us say that I was ambivalent (a word that had not entered the common vocabulary at that time), being perfectly willing to defy the standards of my grandmothers, pleased to have a somewhat flattering attention paid me, and yet perturbed about the possible effect this might have on the attitude of my own peers—the early teenagers (that word, too, was not yet in the vocabulary), who even then could be remarkably cruel to the "exception," to the nonconformist.

Everything was in readiness. Invitations had been sent to family and friends. Everything was in readiness except the procedure itself. On Friday night, after Shabbat dinner, Father took me into his study and had me read aloud the blessings which precede and succeed the Torah readings. How severely he corrected my diction! The following morning we all went together, father, mother, disapproving grandmothers, my three little sisters and I, to the brownstone building on 86th Street. Services were held in a long narrow room which led into a wider and more spacious one. In the wider room was the bimah with the Ark. The men of the congregation sat in that room and up one-half of the narrow room. Women's rights or no women's rights, the old habit of separating the sexes at worship died hard. The first part of my own ordeal was to sit in that front room with the men, away from the cozy protection of mother and sisters.

The service proceeded as usual until the Torah reading. I was signaled to step forward to a place below the bimah at a very respectable distance from the scroll of the Torah, which had already been rolled up and garbed in its mantle. I pronounced the first blessing, and from my own Torah commentary book I read the selection which Father had chosen for me, continued with the reading of the English translation, and concluded with the closing blessing. That was it. The scroll was returned to the Ark with song and

*Continued on p. 5*



# Make Shabbat Your Sanctuary

## Join for Engaging, Musical, Inspiring Shabbat Services

Same time every week.

### Friday Night

**Kabbalat Shabbat Service:** 6:30 pm – Join in person or online ([Zoom](#), [Livestream](#) [Facebook](#))

### Saturday Morning

**Torah Study:** 9:00 am - Join in person or online ([Zoom](#))

**Shabbat Shacharit (Morning) Service:** 10:00 am – Join in person for B'nei Mitzvah services or online ([Zoom](#) [Livestream](#) [Facebook](#))

**Tot Shabbat:** 10:30 am (second Saturday of every month) *Designed for families with children from birth through 6 years old.*

Are you calling into Zoom?

Call (929) 205-6099 and enter meeting ID: Friday Nights (147 120 944), Torah Study (949 308 718), Saturday Mornings (905 418 669) .

## Learning Liturgy on Shabbat Mornings

Our rabbis will be teaching the overall structure of the service and a few specific prayers. There will be insights for all! Come to our online, hour-long Shabbat morning service and feel renewed as you appreciate the wisdom of our tradition and its ability to uplift your spirits.

### Learning Liturgy: A Learners' Service!

Shabbat Morning Services (10 am) on

**Saturdays, Mar 12, Apr 23** 10 am via Zoom.

Appreciate the flow of the entire service and the “whys” behind what we do.

### Learning Liturgy: In Depth Exploration of Prayers

Shabbat Morning Services, Saturdays, 10 am via Zoom.

- **March 5 – Engaging our Love:** A focus on the prayers Ahavah Rabbah, Sh'ma, and V'ahavta.
- **April 9 – Engaging our Memory:** A focus on the Kaddish.

**REFUGEE  
SHABBAT**  
a project of **HIAS**

**Guest Speaker: Sonia Anunciacion**

**March 4, 6:30 pm**

*Mount Zion is a proud participant.*

*“The giving of Torah happened at one specific time, but the receiving of Torah happens all the time, in every generation.” - Meir Alter, the Gerer Rebbe*

We welcome **Carla Feldhamer** who has completed our conversion program in the past weeks and has thus chosen Judaism:  
**May she go from strength to strength!**

## Daily Services **All welcome!**

**Monday through Thursday at 5:45 pm Sunday at 9:30 am**

*The tradition of Daily Services at Mount Zion goes back to the 1950s and has been uninterrupted ever since. During Covid, a rotation of lay leaders and Rabbis Adler and Spilker lead the brief and meaningful connection. You are welcome to join once or more! An important mitzvah is to participate on the day of a loved one's yahrzeit.*

**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.



Almost three years ago exactly I reflected in this space about my older son Henry's becoming Bar Mitzvah. At the time of writing, it hadn't happened yet, and at the end of my article I wrote: "I realize that March 30th will be a special milestone in our family life, but it's the journey that matters, and that will certainly not end that day or the next." If my lesson back then was something along the lines of "the mitzvah doesn't end after the Bar Mitzvah," the lesson this time around, as my family and I look forward to my younger son Ari becoming Bar Mitzvah at the end of February, is "*Mann tracht, un Gott lacht*," or, in English, "man plans and God laughs."

Back in 2019 I wrote about my learning curve in booking a caterer and planning a luncheon and party, and I would have liked nothing more in 2022 than to have taken that newly-acquired knowledge and done everything exactly the same way this time around. Yet here we are, two years into a pandemic, and it just isn't an option. Back then I wrote "I often struggle with maintaining the balance between an obsessive desire to take care of all the details and making sure I see the forest for the trees." Though I didn't know it at the time, the next couple of years would make that struggle a daily practice. The *middah*/character trait of *bitachon*/trust took center stage in my spiritual curriculum.

*Bitachon*, which as a *middah* specifically refers to trust in God, is a challenging concept for folks who generally consider themselves rational people. It can imply throwing one's hands up and absolving oneself of personal responsibility. But it is important to note that the traditional Jewish view of *bitachon* is less about reliance on miracles or reckless faith than a balanced understanding of our own abilities to control a situation or outcome. In other words, we

experience what Rabbi David Jaffe calls "a dynamic tension" between effort (*hishtadlut*) and trust. We do what we can, but recognize that the ultimate outcome is not in our hands.

As I write this, ten days out from Ari's Bar Mitzvah, I don't even know if it's actually going to happen on the date we received over two years ago. But if we really think about it, that's *always* true, about anything in the future. No matter how badly we want it, we aren't guaranteed that we'll be given anything beyond the current moment we're in. Here's where I draw upon my *anavah*/humility practice: how much control do I have over this situation? Where do I apply effort, and where do I rely on trust? And, most essential: what is really important here?

I use the meditation app "Waking Up" with Sam Harris, and recently listened to a meditation in which he invited us to visualize what we would grab from our homes in a fire, and likened that to what we choose to give our attention to. He said, "It's as though we continually wake up in the burning house of the present only to find that we're holding, and even struggling under the weight of, some worthless object. I mean, really, the Tate gallery was on fire and rather than rescue a Picasso or a Da Vinci, you risked your life to grab some chairs from the coffee shop?"

God willing, everything will happen "as planned" (!) on February 26th. But as Rabbi Jaffe writes, "Trust does not mean believing that everything will work out the way you want. Sometimes things don't work out how you want. Trust means acknowledging you are not always in control, knowing you can rely on other people or God to help you work things out, and believing that there is purpose and meaning in life's challenges."

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

*Jennifer Strauss-Klein, Cantor*

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

Ralph Birnberg

Carla Feldhamer

Carolyn Glickstein

David and Anita Lebowitz

Rachel Lipkin and Mindy Benowitz

An Invitation for members that joined since February 2020

## New Member Tea & Nosh

Shabbat afternoon, Saturday, May 21, 4:00 – 6:00 pm

Rabbi and Cantor Spilker's Home

Please come to Rabbi and Cantor Spilker's backyard for a special time for a tea and nosh with clergy and staff, temple leadership, and members who joined Mount Zion since 2020.



Together, we will welcome the new week and get to know each other in person!, please come with your entire family for time of connection. Contact Shai Avny at [savny@mzion.org](mailto:savny@mzion.org) with questions.

## From the President



*"You get a strange feeling when you leave a place, like you'll not only miss the people you love, but you miss the person you are at this time and place because you'll never be this way ever again." -Azar Nafisi*

At the time of this writing, we have just sent out a letter to the congregation announcing that—barring any major changes in the trends—we will be back in person at Mount Zion by the end of February. I have been privileged to work with a group of very talented, experienced, and thoughtful people on the Opening Task Force. This is a group that has been informed by epidemiology, medicine, HVAC design, the law, education and youth development, and Jewish tradition and teachings. Add that all together, and it's fair to say that the work can be summed up in two or three phrases:

We only know what we know.

Things may change.

We do our best—with what we know—to protect the people and the mission of Mount Zion.

We have protected people with great success, developing protocols and making changes during and following spikes. And we have made great progress in serving congregants spiritual and social needs as well. Distance meetings and events and education and worship are not the same as being together in person, no, but they are head and shoulders above having no alternative to sitting at home and not participating at all. When we are together, we still do our best to offer distance alternatives (now improved) that foster as close to the sense of belonging and engagement as if you were sitting next to someone on Summit Avenue.

This is all to say that we need to hear from you about what you are missing to help you attend, engage, worship, learn, celebrate, comfort, and any other desire and hope you have for your life as a Mount Zion congregant. How can things be better? How can we reach and fulfill the spiritual, social, and educational sides of you? That, in the end, is why we are all here. We are a *kehila kedosha*, a holy community of individuals come together to lift ourselves and each other.

I look forward to how our Mount Zion community will continue to respond and thrive. Working together and being open to hear the needs and concerns of our fellow congregants will facilitate our success. As King Solomon says in *Mishlei* (Proverbs) 24:16, "A righteous man falls down seven times and gets up." We often can't control what happens to us, but we can prepare, and we can respond together, as a community, always helping each other get up. How can Mount Zion help you rise?

I look forward to your thoughts.

*Michael Wall, President*

## Rabbi Letter (cont.)

procession, and the service was resumed. No thunder sounded, no lightning struck. The institution of Bat Mitzvah had been born without incident, and the rest of the day was all rejoicing.

It was many years before the full privilege of being called to the Torah was granted to a girl, even in our synagogue. By the time my own daughters reached the age of Bat Mitzvah, however, it was taken for granted. They learned to chant both the cantillation of the Torah and of the Haftarah, and each, in turn, read from the sacred scroll."

Today, of course, Bat Mitzvah is fully accepted by all but the strictest observers of traditional Jewish law. But Judaism continues to change with the times, and change continues to be difficult; today the question is no longer how *girls* will come of age in Judaism, but rather, how will we celebrate with the increasing number of young Jews who identify as gender non-binary, who use neither "he" nor "she" but "they" as their pronouns, and who want to become neither Bar nor Bat Mitzvah, but to come of age as Jews with a celebration that truly reflects their chosen gender identities. This will require more than just a change of attitudes, and traditions, but a change of the Hebrew language itself. I can imagine many of today's grandparents, parents, and even rabbis having a reaction similar to the Grandmas Kaplan and Rubin regarding their own non-binary grandchildren, children and students, the use of gender-neutral pronouns, and changing the Hebrew language to reflect this new reality. And I wonder how Jews will remember this moment a century from now. May it be with the same pride and joy we experience today at every Bat Mitzvah.

\*Kaplan's recollection is excerpted with some adaptations for brevity and clarity from *Eyewitness to Jewish History*, Vol. 4, edited by Azriel Eisenberg (UAHC, 1982).

### Resources about gender diversity:

[rac.org/blog/what-torah-teaches-us-about-gender-fluidity-and-transgender-justice](https://rac.org/blog/what-torah-teaches-us-about-gender-fluidity-and-transgender-justice)

<https://transequality.org/issues/resources/understanding-non-binary-people-how-to-be-respectful-and-supportive>

<https://www.ncjw.org/wp-content/uploads/2017/07/Gender-Diversity-and-Judaism-NCJW-Guide-May-2018-AC.pdf>

<https://mzion.org/wp-content/uploads/2021/06/An-Understanding-of-Gender-in-the-Torah-from-Binary-to-Merism.pdf>

*Esther Adler, Rabbi*

# The Purim Carnival is Back!

**Sunday, March 13**

Purchase wristbands for kids and choose a timeslot.

Option 1: 9:30-11 am OR Option 2: 11am-12:30pm

Cost: \$15/one child; \$25/two or more children

*This cost includes all activities. It does not include food, which will be cash only and will be determined one week before the carnival.*

We are so excited to celebrate Purim with our most fun carnival yet! Wear a costume and join us for inflatables, carnival games, prizes, food, and a Megillah reading! This event is open to the whole family. Register at [www.mzion.org](http://www.mzion.org) and select your preferred time slot. Please wear a mask during the carnival. Weather permitting, we will have food available outside.



## The Persian Purim Pivot

**Wednesday, March 16**

Join us for a joyful Purim celebration with some annual favorites and new traditions! Costumes are encouraged!

**5:00 pm:** Outdoor Shushan Deli

**6:00 pm:** Spirited Purim service, Megillah reading and shpiel - *Livestreaming available starting at 6pm*

**After the shpiel:** Latke/Hamentaschen Debate!

*Comedians Elise Cole and Max Hornstein will debate the merits of these holiday delicacies and Michael Tortorello will moderate.*



**Max Hornstein** is an up and coming stand up comedian from Minneapolis, with a comedy style that can only be described as Jewish hipster chic. Max generally likes to spend his Purim hoarding poppyseed hamantaschen from the clamoring masses.

**Elise Cole** works at Acme Comedy Company in Minneapolis and has opened for Doug Stanhope and Judy Gold. Soon to be mother of two boys, she's releasing her debut comedy album summer 2022



## PURIM at Mount Zion:

**The Best Jewish Holiday for All Ages!**

Purim commemorates the story of Esther, who rescued the Jews of ancient Persia (now Iran) from persecution. Traditions include dressing in costume and eating hamantaschen (triangular stuffed pastries). It is our Spring time (!) chance for some fun!



### Ta'anit Esther with Hadar Fasting: Who? What? Why?

Wednesday March 16, 8:00 am- 3:00 pm

Registration information at [mzion.org](http://mzion.org).



On the day before Purim, the Fast of Esther offers an opportunity to reflect, pray, and mark moments of need, both historical and contemporary. For some, fasting feels self-evident; for others, it raises more questions than answers. This Ta'anit Esther, take time to reflect on the nature of fasting from historical, personal, and emotional perspectives. We'll explore the particular history behind the Fast of Esther, the unintended consequences of fasting, and the ways in which fasting, prayer, and justice all wind together. Learn with us all day or hop on for a single session.



# Passover

**The First Seder of Passover is Friday night, April 15 / 15 Nisan**

**Passover ends at sunset on Friday, April 22 / 21 Nisan**

(According to the Torah, in Israel, and in the Reform Movement, Passover is 7 days)

**NEW PROJECT ZUG COURSE!**

## Midrashic Tales of Jewish Survival in Egypt

R. TALI ADLER



This is a special offering for Pesach 2022 and registration includes two lectures that will take place on Zoom.

### Lecture 1, Monday March 21, 6:30-7:30 pm

Packing Timbrels and Washing Hair: Gendered Anticipation of the Redemption in Rabbinic Texts

### Lecture 2, Thursday April 7, 6:30-7:30 pm

A Seder in Novosibirsk: What Seder Nights in Times of Trauma Can Teach Us in Times of Joy

Register at [projectzug.org](https://projectzug.org). Use promo code **mountziontemple** for a discounted price of \$18.

In this course, we will go through rabbinic texts that discuss what the Jewish people endured in Egypt and the strategies they used to survive and even flourish under Egyptian rule. We hope that the texts and conversations will be a great resource for you as you start to think about the stories you tell at your seder!

*Project Zug is an online havruta (paired) learning platform, which empowers Jews to take ownership over their learning through weekly one-on-one paired havruta learning. Our courses are for people of all backgrounds, and the course structure allows you to learn on your schedule from the comfort of your own home!*



**Happy Passover · April 15 - 22, 2022**

Get recipes, blessings, seder ideas, and more!

**ReformJudaism.org**  
Jewish Life in Your Life

As we gather for our Passover meal, please remember those who face hunger insecurity. Give generously to our **March Food Drive** (p. 7) and **Mazon: A Jewish Response to Hunger** ([mazon.org](https://mazon.org)).

## Festival Morning Services

Both the 1<sup>st</sup> and 7<sup>th</sup> days of Passover are full holy days. The intermediate days are “regular festival days” and do not have a special service.

### 1<sup>st</sup> Day Festival Service

**Saturday, April 16, 10:00 a.m.**

### 7<sup>th</sup> Day Festival Service (including Yizkor Prayers)

**Friday, April 22, 10:00 a.m.**

Clergy will lead a Festival service at Mount Zion. All are welcome to attend. The 7<sup>th</sup> day of Pesach features the commemoration of crossing the Red Sea which is the Torah portion that will be chanted.

For excellent resources on Passover and all other Jewish learning, go to:

**[myjewishlearning.com](https://myjewishlearning.com)**

# Kivvun La'Atid: Mount Zion 2040

**Kivvun La'Atid: Mount Zion 2040** is the name of a visioning process led by a task force that will meet for the next 18 months.

The purpose is to envision **how** Mount Zion will be a vibrant, welcoming, and inspiring Jewish spiritual home in Minnesota for generations to come. They will find this “direction for the future” (“Kivvun La'Atid”) through learning and reflection, study of trends in American and Jewish life, courageous imaginings, and conversations within and outside of our congregation.

**Kivvun La'Atid** was imagined in Mount Zion's [2019 Strategic Plan](#) and is being led by an organizing group that is chaired by Amy Schwartz Moore and includes Joe Konstan, Sophia Lipset-Dean, Alison Mellin, Joan Ostrove, Michael Tortorello, Michael Wall, Shai Avny, and Rabbi Adam Stock Spilker. This group will guide and direct the task force's process/curriculum for study and reflection. The task force itself includes 33 congregants (see right) who have agreed to participate in study and reflection before

setting out a vision, long-term goals, and an overarching path for Mount Zion to reach those goals by 2040. This vision document will help kick off the next Mount Zion Strategic Planning process, to commence in winter of 2023.

**[The Kivvun La'Atid task force] will find this “direction for the future” through learning and reflection, study of trends in American and Jewish life, courageous imaginings, and conversations within and outside of our congregation.**

**Congregants will be invited into the process at various stages in the months to come. Look for invitations in our weekly Monday email: “Connecting to MZ.”**

## **Kivvun Task Force**

Ed Abramson, Adam Bahr, Andrea Berg, Seth Berlin, Susanne Cohen, Josh Dorn, Dave Dubinsky, Florie Ellwein, Jennifer Farber, Robert Garfinkle, Mitzi Gramling, Abbey Kanzer, Amy Kaufman, Jason Kaufman, Joan Kinsley, Sue Koch, Anne Lifton, Rick Linsk, Sarah McVicar, David Nathan, Mia Nosanow, Nate Ordansky, Edith Pang, Sarah Parker, Adele Porter, Sara Rice, Kathleen Riley, Mandy Roll-Kuhne, Max Schibel, Jon Strauss, D. Marcos Vital, Chad Weinstein, Joel Wilke.

## Summary of Joint Meeting of the Kivvun La'atid Task Force and the Kehillah Council on February 8, 2022

By Susan Koch

The Kehillah Council and the Kivvun La'atid Task Force met jointly on February 8 to envision possible future roles and experiences of Mount Zion's interfaith families and “fellow travelers” in 2040. The meeting was the first of three Task Force meetings that will focus on specific sub-groups within the congregation; the March meeting will focus on young people and young adults, and the April meeting will focus on members/congregants who identify as Persons of Color. The entire congregation is invited to these three meetings.

President Michael Wall welcomed the congregants and the Council, and Rabbi Spilker opened the meeting with a prayer and a brief discussion of Tosefta Sotah 7:7, which encourages us to open our hearts so that we can hold different—even conflicting—opinions. He asked us to remain open and curious as we discussed today's topic.

Rabbi Spilker then gave a brief history of Mount Zion's activities and policies related to interfaith families, indicating that the Temple has been reaching out to interfaith families for generations. This included a task force in 1999 that laid out principles for making policies around interfaith families, including respect for congregational culture, history, and practice; commitment to welcoming inclusiveness; Jewish integrity; peace in the house; and understanding and articulating the rationales for our decisions.

Marisa Gage, Director of Special Campaigns at Minneapolis Jewish Federation, presented data from the 2019 Twin Cities Jewish Population Study comparing families in which the adult partners are both Jewish and those in which one partner is not Jewish. Marisa will go into more

detail on this data in a meeting on **March 6, 1-4 p.m.**, to which all congregants are invited. If you are interested in attending, contact Amy Schwartz Moore at [amy.e.s.moore@gmail.com](mailto:amy.e.s.moore@gmail.com).

**[Ed Case] encouraged Mount Zion to go beyond just being welcoming to interfaith families and to work toward full integration into the spiritual and leadership practices of the synagogue, what he called “radical inclusion.”**

Ed Case, *Author of Radical Inclusion: Engaging Interfaith Families for a Thriving Jewish Future*, described his work on Reform Judaism and interfaith families. He argued that with increasing intermarriage of Jews and non-Jews, Reform synagogues need more interfaith families to engage in Jewish practice if they want liberal Jewish life to thrive into the future. He encouraged Mount Zion to go beyond just being welcoming to interfaith families and to work toward full integration into the spiritual and leadership practices of the synagogue, what he called “radical inclusion.”

Meeting participants broke into small groups to discuss their experiences of welcoming and belonging in the Jewish community. Later, they shared their thoughts in writing about possible responses to the changing demographics of Jews in the Twin Cities and the potential impacts of those responses. The written comments revealed a range of attitudes toward “radical inclusion,” with some participants expressing comfort with the idea and others preferring to be what Ed Case called “welcoming,” being warm and inviting but maintaining boundaries between what Jews and non-Jews can do at the synagogue. Several comments also mentioned the importance of including other sub-groups—such as members/congregants who identify as Persons of Color and LGBTQ Jews—as well as building bridges to Jews who don't identify as Reform.



## Kivvun La'Atid: Mount Zion 2040

### Focus on Creating a Culture of Belonging for ALL of us

As part of our Kivvun La'Atid: Mount Zion 2040 visioning, we are planning a session on Monday, April 25 (7-9 pm) to focus on the changing demographics of the Jewish community in the US, specifically focusing on People of Color and on ways that Mount Zion can support all congregants to feel like they belong. In preparation, we are hosting several programs. These emerged from recommendations by [Edot: The Midwest Regional Jewish Diversity and Racial Justice Collaborative](#) who worked with our Tzedek Committee and a group of 40+ congregants in four sessions in October 2021.

**Our Multiracial Jewish Community Shabbat D'var Torah: Friday, March 11, 6:30 pm**, by Rafael Forbush. Rafi Forbush is an entrepreneur and active member of the Twin Cities Jewish community. For nearly 20 years, Rafi has served as a teacher, coach, and mentor for Jewish youth. Since 2014, Rafi has worked to create awareness for issues related to race, religion, and the intersection of the two, through his work as a public speaker. Rafi is also the founder of the [Multiracial Jewish Association of Minnesota](#) (MJA) which focuses on creating a space for Jews of color to connect to one another through community, education, and advocacy. This will be in-person (Margolis Hall), [via Zoom](#), and [live streaming](#).

**Follow-up Conversation with Rafi Forbush: Tuesday, March 15, 7:00 pm.** [via Zoom](#). This session is open to all to learn more about the work of the Multiracial Jewish Association of Minnesota and to continue exploring ways Mount Zion can pursue antiracism actively



**Focus Group for members/congregants who identify as People of Color: Monday, March 21, 7:00 pm** via Zoom. Facilitated by congregant Elena Izaksonas and Rafi Forbush. This session is an open invitation for anyone who identifies as a Person of Color at Mount Zion. It is a one-time meeting to give input to the April 25 congregational session. It can also be a space to share whatever one wants to bring to the conversation. Elena and Rafi will help navigate whatever follow ups emerge. If you are interested in attending but the date doesn't work for you, please be in touch with Elena Izaksonas [izak0001@umn.edu](mailto:izak0001@umn.edu). Please also contact Elena to RSVP to receive the Zoom link.

**In honor of Jewish Disability Awareness, and Inclusion Month, congregant Monique Garcia delivered a D'var Torah sharing her experience as an autistic person.**

**JDAIM  
FEBRUARY**  
Jewish Disability Awareness,  
Acceptance & Inclusion Month



My Hebrew name is Emunah. Emunah is most often translated as “faith,” but when it first appears in the Torah, Genesis 15:6 the verse says והאמך ביהוה which translates to “and he put his trust in Adonai.” Emunah also shares the root of the word “Amen” which means, to put trust into something.

My Jewish-Hebrew name is Emunah, and I am autistic. I have autistic spectrum disorder (ASD).

In autism, the brain is wired differently, and therefore often programmed differently, than a “neurotypical” brain. Some defining characteristics of autism include difficulties in communication and social interaction, restricted and repetitive behavior, sensory processing issues, and difficulties staying regulated emotionally and physiologically. Autism is a spectrum, with the combination of defining traits manifesting in different ways in each autistic individual.



Read the full text, or watch the video clip, on [www.mzion.org](http://www.mzion.org).

# Executive Director Larry Solomon Announces Retirement at the end of 2022.

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*This letter was emailed to the congregation on February 9.*

*{We thank G-d} For the blessings which You lavish upon us...  
For the blessings of friendship, and love of family and community. -Ruth Brin*



## **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

## **Youth Engagement Associate**

Abby Gore

## **PRESIDENT**

Michael Wall

## **PRESIDENT-ELECT**

Amy Schwartz Moore

Dear Mount Zion Family and Friends,

It is with bittersweet feelings that I am informing you of my decision to retire at the end of this calendar year.

It has been a pleasure to be your Executive Director over these 12 plus years. I have felt a part of this wonderful community and have had the very good fortune to work with an amazing team. We have accomplished many things over this time, spiritual and service enhancements, and Livestreaming of services, many building remodels including the Lipschultz Lounge, the Boardroom, the Bloom Library and installation of new sound and security systems. I have collaborated with many fantastic lay leaders and served on numerous successful committees. Most importantly, I have made many friends, and I hope that I have helped members and guests feel that Mount Zion is an important part of their lives and of the Twin Cities Jewish community.

Thank you for allowing me to serve in this role over these years.

*Larry*

Larry Solomon, Executive Director



Dear Mount Zion Congregation,

At last night's Kehillah Council and Board meeting, Larry announced his plans to retire by the end of 2022. How does one adequately express appreciation for over twelve years of exemplary professionalism, friendship, support, caring, and leadership that have defined Larry's tenure? With his boundless energy and infectious smile, Larry's constant presence at services, events, and lifecycle moments has made Mount Zion a welcoming home for so many. We are in conversation with Larry to find a time to honor him and are grateful for the time to assess next steps for Mount Zion.

Before we move forward with a search, we will take some time to assess our administrative staffing roles to best define our congregational needs. We have hired a local HR consultant with a great deal of synagogue experience to make suggestions about our organizational structure and the role of an Executive Director.

We are also pleased to announce that Varda Nauen has agreed to chair our search committee when we are ready to search. Varda is a long-time Mount Zion member and professionally works in talent management and strategic business development.

In the months ahead, we hope you will find a moment to connect with Larry personally and we encourage you to contact us if you have thoughts on staffing, the search, or Mount Zion's future.

L'shalom,

Michael Wall, President  
Adam Stock Spilker, Rabbi

## Guns, Safety, and Jewish Community Security

A Town Hall Conversation

Virtual Event: Sunday, March 13, 3:30 - 5:00 pm

**A community-driven conversation about the connections between guns and our community's security.**

Join a community conversation exploring the relationship between firearms and safety in the context of Jewish community security.

The panel discussion will be moderated by Rob Allen, Director of Community Security at the JCRC of Minnesota and the Dakotas. Speakers will include Jewish community safety and security expert Yoni Bundt; gun violence prevention advocate Lori Weissman; and scholar of firearm injury prevention Marc Zimmerman, PhD.

The Town Hall format is designed to create a brave space that is nonpartisan, apolitical, and inclusive of a wide range of perspectives.

Organizing Partners:

NCJW Minnesota, Jewish Family and Children's Service of Minneapolis (JFCS), Jewish Family Service of St. Paul (JFS), Jewish Community Relations Council of Minnesota and the Dakotas (JCRC)

Sponsoring Partners:

Adath Jeshurun Congregation, Bet Shalom Congregation, Beth Jacob Congregation, Hadassah Minneapolis St. Paul, Heilicher Minneapolis Jewish Day School, Jewish Community Action, Minneapolis Jewish Federation, Mount Zion Temple, Multiracial Jewish Association of Minnesota, PRISM, St. Paul Jewish Federation, Temple Israel, TC Jewfolk, Zioness Twin Cities

Register at [tinyurl.com/jewish-community-security](https://tinyurl.com/jewish-community-security).

## From Pulpit to Stage:

### Liturgical Song (Piyyut) as Pop Song

Edwin Seroussi, The Hebrew University of Jerusalem

Wednesday, March 30, 7:30 pm at Mount Zion

Presented by the University of MN Center for Jewish Studies

Mount Zion is a co-sponsor of this event.



Jews engage in enthusiastic communal singing of Hebrew poems (*piyyut*) such as *Adon 'olam* (Lord of the Universe) during their synagogue services. What are the origins of these liturgical songs and their melodies? *Piyyut* is one of the most ancient poetical traditions of any present-day religion.

Born in the Land of Israel during the Byzantine period (5th to 6th century CE) as an extension of the statutory prayers sanctioned by rabbinical authorities after the destruction of the Temple of Jerusalem, *piyyut* became a backbone of Jewish prayer as well as a bone of contention regarding its status in modern worship. It also spread beyond formal synagogue rituals, to special religious events, family celebrations and now, to the entertainment stage in Israel. This presentation will trace the literary and musical journey of *piyyut* from its origins in Talmudic-times to its contemporary Israeli pop transmutations.

Edwin Seroussi is the Emanuel Alexandre Professor of Musicology at The Hebrew University of Jerusalem and Director of the Jewish Music Research Centre.

## A Mount Zion Journey to Santa Fe, New Mexico

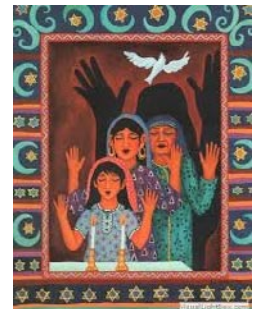
Join Cantor Spilker for a travel adventure to learn about **New Mexico's Conversos and Crypto-Jews**

June 19-24, 2022

For adults and serious learners of all ages!

in partnership with **ROAD SCHOLAR**

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



Pricing and enrollment information is available at [mzion.org](https://mzion.org). Priority will go to those who registered for the past trip and for Mount Zion members. Questions? Please contact Cantor Spilker at [rspilker@mzion.org](mailto:rspilker@mzion.org) or 651-698-3881, ext. 111.



## Welcome Mount Zion's New Executive Assistant Amy Felton



Amy assists Mount Zion with administrative needs by being a friendly face to the staff, members and guests while helping with their requests and questions. Amy provides administrative support to the Leadership Team and Administrative Staff as well as the Board of Directors and Committees. Prior to coming to Mount Zion, Amy spent five years at a local manufacturing

company focusing on employee recognition and supporting the President and Leadership Team with administrative needs. Amy's favorite hobbies include cooking and camping.

### Mount Zion received a microgrant from the Jewish Education Project to support Intergenerational Judaism.

*This grant is supported by the Jim Joseph Foundation and strives to support organizations moving innovative ideas from thought to action.*

### Dorot Tzion Opening Event!

(intergenerational engagement at Mount Zion)  
Saturday, March 5 at 6pm

Celebrate Havdalah, learn about and discuss homelessness, and engage in a social action project to make an impact on your community. This event is open to 7th-12th graders and adult community members. Questions? Want to help plan and/or lead events? Reach out to Youth Engagement Associate Abby Gore at [agore@mzion.org](mailto:agore@mzion.org).

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

*Dorot Tzion is a series of values-based programs for teens and adults to interact across ages and generations. Participants will learn together, engage in social action projects, and share stories and skills. Our events will facilitate conversations, interactions, and community-building among participants.*

## B'nei Mitzvah

Three young men were called to the Torah as Bar Mitzvah in February and April. One will be called to the Torah in April.

### Ayden Rubinstein

February 19, 2022

Picture removed online

Ayden (Yadin) is the son of Stephen Rubinstein and Shauna Vukmonich. His grandparents are Sally and Mitch Rubinstein and Jonnie and Mike Daly. He has an older brother Victor. Ayden is in the seventh grade at Global Arts Plus in St. Paul. His favorite subject is math. Ayden enjoys playing computer games and fishing and boating in northern Minnesota. He is working in technology in the madrichim program. He plans to donate a portion of his Bar Mitzvah gift money to Alley Cats Allies.

### Ari Strauss-Klein

February 26, 2022

Picture removed online

Ari Strauss-Klein (Bezael) is the son of Nick and Cantor Jennifer Strauss-Klein. He is the grandson of Pamela and Richard Strauss of La Crosse, Wisconsin, and Christa and Leonard (z"l) Klein of Wilmington, Delaware. Ari has three siblings: Henry (15), Zelda (9), and Eve (5), and one cat, Wyatt. He is in the 7th grade at Dakota Hills Middle School in Eagan. Ari's favorite subjects in school are American Studies and Spanish. He plays the baritone horn in Band and Jazz Band and is a member of Writers United, a school club for students who love to write. He enjoys reading, playing video games, writing fiction, creating board games, and playing with Wyatt. He also enjoys participating in Mount Zion's youth group events, and serves as a 2nd grade madrich in the Religious School. In order to fulfill the mitzvah of *ma'achil re'eivim*, feeding the hungry, Ari will be volunteering with his family at Feed My Starving Children and is requesting donations to the Mount Zion Mitzvah Food Shelf in honor of his Bar Mitzvah.

### Isaac Broderius

April 30, 2022

Picture removed online

Isaac is the son of Deanna Scher and Allen Broderius. His grandparents are Steve and Margaret Broderius of Duluth, MN and Amy and Mark Scher of Potomac, MD. He has a younger sister, Elana. Isaac is a 7th grader at Saint Paul Academy B'. His favorite subjects are social studies, Spanish, and computer science. In the winter, he likes to ski (downhill and cross-country) and in the summer, he enjoys playing soccer. This is his first year working as a madrich in Mount Zion's third grade class. Isaac is donating a portion of his Bar Mitzvah gift money to Minnesota Land Trust, which restores and protects Minnesota's natural lands.

# Religious School News

## Lower School Calendar

### March

- 3/2: 2<sup>nd</sup>-6<sup>th</sup> Grade Zoom Classes  
3/6: PreK-6 Transition Day (see box for schedule)  
3/9: 2<sup>nd</sup>-6<sup>th</sup> Grade Zoom Classes  
3/13: **PURIM CARNIVAL!**  
No Classes. PreK-6<sup>th</sup> at MZ (see page 6)  
3/16: Erev Purim Festivities! No Classes (see page 6)  
3/20: Spring Break - No School  
3/23: Spring Break - No School  
3/27: PreK-6 Sunday School  
Consecration Workshop for  
K/I Parents/Guardians  
3/30: 2<sup>nd</sup>-6<sup>th</sup> Grade Zoom Classes

### April

- 4/3: PreK-6 Sunday School  
4/6: 2<sup>nd</sup>-6<sup>th</sup> Grade Zoom Classes  
4/10: PreK-6 Sunday School  
4/13: 2<sup>nd</sup>-6<sup>th</sup> Grade Zoom Classes  
4/17: Passover Break - No School  
4/20: Passover Break - No School  
4/24: PreK-6 Sunday School  
6<sup>th</sup> Grade Putting God on the Guest List  
4/27: 2<sup>nd</sup>-6<sup>th</sup> Grade Zoom Classes  
4/30: 4<sup>th</sup> Grade Shabbaton at MZ

### May

- 5/1: 5<sup>th</sup> Grade Parent Meeting  
5/4: 2<sup>nd</sup>-6<sup>th</sup> Grade Zoom Classes

### Sundays Beginning March 6

- PreK: Details to be mailed separately - varies by student
- Grades 4 & 6: T'filah 10:15-10:45, Zoom Class 10:45-11:45
- Grades K, 1, 2, 3 & 5: Mount Zion 9:30-12:15
- Parents/Guardians are welcome to stay at MZ during school (lobby/library)

## Chai School Calendar

### March

- 3/2: 7<sup>th</sup>-10<sup>th</sup> Grade Classes – Tri III Begins  
3/6: 11<sup>th</sup>/12<sup>th</sup> Grade Class  
3/9: 7<sup>th</sup>-10<sup>th</sup> Grade Classes  
3/13: PURIM CARNIVAL! (see page 6)  
3/16: Erev Purim Festivities! No Classes (see page 6)  
3/23: Spring Break - No School  
3/27: 11<sup>th</sup>/12<sup>th</sup> Grade Class  
3/30: 7<sup>th</sup>-10<sup>th</sup> Grade Classes

### April

- 4/3: 11<sup>th</sup>/12<sup>th</sup> Grade Class  
4/6: 7<sup>th</sup>-10<sup>th</sup> Grade Classes  
4/13: 7<sup>th</sup>-10<sup>th</sup> Grade Classes  
4/20: Passover Break - No School  
4/24: 11<sup>th</sup>/12<sup>th</sup> Grade Class  
4/27: 7<sup>th</sup>-10<sup>th</sup> Grade Classes  
4/29: Chai School Graduation  
Senior Send-Off  
7<sup>th</sup> Grade Gemilut Chasadim Presentation

### May

- 5/4: 7<sup>th</sup>-10<sup>th</sup> Grade Classes

## Youth Engagement News

### Youth Group Events

**Noar Tzion and JYG** (4th-8th Grade)

#### Chocolate Seder time TBD

Join us for a Youth Group favorite where we engage with the Passover story, rituals, and foods, all with chocolate and yummy treats!

**SPORTY** (9th-12th Grade)

#### Purim Party! - March 12, 7-11 pm

Join your high school peers for a fun evening as we prepare for the wild holiday of Purim!

### Teen Opportunities

**Keshet LGBTQ & Ally Teen Shabbaton** (ages 13-18)

March 11-13 in Chicago

Join LGBTQ and ally teens from around the Midwest to learn, grow and celebrate who you are in a warm, vibrant community.

**NFTY Spring Kallah** (8th-12th grade)

April 8-10 at OSRUI

Join teens from around the Midwest for a weekend full of Shabbat experiences, chuggim, social action, big fun, and more! Contact Abby at [agore@mzion.org](mailto:agore@mzion.org) for more details.

# THANK YOU...FOR YOUR CONTRIBUTIONS

## RABBIS' DISCRETIONARY FUND

In appreciation of the Rabbis:  
John Mast  
In honor of:  
Rabbi Adam Stock Spilker  
Ralph Birnberg & Children  
Fred Haeusler & Leslie Martin  
In memory of:  
Walter Baum  
Lois Baum & Family  
Constance Berde  
Bradley Hove  
Alfred Brodie  
Daniel Levey  
Sharon (Marrinson) &  
Bill Torodor  
Irvine Bucher  
Marilyn Silver  
Robert Cohen  
Richard Cohen  
Millie Miller  
Brooks & Terri Edwards  
Janet Swadden  
Katherine Levin Stenslie  
Bill & Gloria Levin  
Steven Stenslie  
Nadine Rosenberg  
Devorah Harris  
Richard Swiler  
Julie, Noah & Becca Swiler  
Esta Berg Thomas  
Susan & Daniel Levey  
David & Marcy Thomas  
Patricia ZaiKaner  
Scott Miller & Phyllis ZaiKaner  
Miller  
In yahrzeit memory of:  
Bertha Applebaum  
Susan & Daniel Levey  
Barbara Field  
Mia Nosanow & Seth Levin  
Gregg Flaum  
Ted & Jackie Flaum  
Mildred Kirsch  
Steven J Kirsch  
Ed Lerew  
Yvonne Lerew  
Henrietta Novick  
Robert Joel Lebowitz  
Joel Eytan Oppenheimer  
Alexandra Oppenheimer  
Bella Reich  
Jay Reich  
Jill Swiler  
Julie Swiler  
Richard Swiler  
Janet Leach  
Marianne Heiman Wark  
David Wark & Family  
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Devorah Harris  
David & Barbara Lader  
Louis & Nancy Melamed  
Scott & Phyllis Miller  
Batya Spector  
David & Sheryl Sturm  
Charles A Weinstein

## CANTORS' DISCRETIONARY FUND

In appreciation of the Cantors:  
John Mast  
In honor of becoming bar mitzvah:  
Ari Strauss-Klein  
Cynthia Rosenblatt Ross  
Kay & Ronald Mogelson  
Ellen & Martin Sampson  
In memory of:  
Walter Baum  
Lois Baum & Family  
Laura Zelle  
Constance Berde  
Bradley Hove  
Barry Ross  
Leslie Martin & Fred Haeusler  
Robert Cohen  
Richard Cohen  
Rose Paster Feinhandler  
Robin Lee Feinhandler Gray  
Deryck Smith  
Sarah Carpenter  
Jo Ellen Robins  
Stanford Robins  
In yahrzeit memory of:  
David Burgess  
Gloria & Bill Levin  
Donation:  
Siana Goodwin  
Charles A Weinstein

## MAXINE APPLEBAUM ART ENHANCEMENT FUND

In honor of a wedding:  
Mr & Mrs Barry Slevin  
Sally & Jimmy Beloff  
In memory of:  
Doug Ginsburg  
The Beloff Family  
Millie Jacobson  
Sally Beloff  
Joyce Nauen  
Lois Moheban  
The Mother of Jennifer Robins  
Lois Moheban  
In yahrzeit memory of:  
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Stuart Applebaum  
Beloff Family  
Howard Applebaum  
Stuart Applebaum  
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Stuart Applebaum  
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## HERMAN BIRNBERG FURNITURE & FABRIC FUND

In yahrzeit memory of:  
Jill Swiler  
Richard Swiler

## BENTSON COMMEMORATIVE GARDEN FUND

In memory of:  
Joan Bream  
Beatrice D Spector  
Donations:  
Janine & Tom Braman  
Mara D Dean

## SYDNEY AND CONSTANCE BERDE CANTORIAL FUND

In memory of:  
Connie Berde  
Joan Berde & Frank Reckard

## BLOOM LIBRARY FUND

In memory of:  
Joan Barch  
Mitchell & Sarah Rubinstein  
Joyce Nauen  
Mitchell & Sarah Rubinstein  
In yahrzeit memory of:  
Edna H Paskins  
Mitchell & Sarah Rubinstein  
Jerrold H Paskins  
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Robert W Paskins  
Mitchell & Sarah Rubinstein  
Judy Rosoff  
Stewart Rosoff  
Rose G Rubinstein  
Mitchell & Sarah Rubinstein  
Ben A Rubinstein  
Mitchell & Sarah Rubinstein

## CARING COMMUNITY FUND

In honor of your anniversary:  
Rabbi Esther Adler & Rob Lebowitz  
Anita & David Lebowitz  
In memory of:  
Walter Baum  
Etta Barry  
Susan Calmenson & Vince Leo  
Edward Smith, Danica Goshert,  
& Charles Stewart  
In yahrzeit memory of:  
Alex Glass  
Rozanne Glass  
Thelma A Ostrowsky  
Julie Ostrowsky & Stuart Block  
Harold Silverstein  
Barry & Carolyn Silverstein  
Donation:  
Allyson Perling & Glenn Hardin

## CEMETERY MAINTENANCE & BEAUTIFICATION FUND

In memory of:  
Riva Lyone Sorokurs  
Julie Sorokurs Hart  
In yahrzeit memory of:  
Katherine Levin Stenslie  
Bill & Gloria Levin

## EDELSTEIN FAMILY BIBLICAL GARDEN FUND

In memory of:  
Walter Baum  
Henry Edelstein & Jessica  
Riechel  
Constance Berde  
Randy & Tom Edelstein  
Jeffrey Gill  
Tom & Randy Edelstein  
Millie Miller  
Tom & Randy Edelstein  
In yahrzeit memory of:  
Elynor Edelstein  
Tom & Randy Edelstein  
Rose Edelstein  
Randy & Tom Edelstein

George Esrig  
Tom & Randy Edelstein

## IRENE FINBERG CAMP SCHOLARSHIP FUND

In memory of:  
Clarice Cogen  
Mayda & Marc Raffé  
Rhoda and Seymour Kantor  
Mayda & Marc Raffé  
Nancy Miller's dad  
Mayda & Marc Raffé  
Joyce Nauen  
Mayda & Marc Raffé  
Philip Raffé  
Mayda & Marc Raffé  
Richard Reagen's Mother  
Mayda & Marc Raffé  
Elka Rudloff's Dad  
Mayda & Marc Raffé  
Sheila & Sy Parker  
Mayda & Marc Raffé

## GENERAL ENDOWMENT FUND

In honor of becoming bar mitzvah:  
Parker Mason  
Jennifer & Geoff Mason  
In honor of:  
Robert Lebowitz & Rabbi Esther Adler  
Anita and David Lebowitz  
In memory of:  
Walter Baum  
The Werner Alter Family  
Jean King & Stuart Appelbaum  
Morris Lapidos  
Stanley Lapidos  
John Terracina  
Cathy Terracina  
In yahrzeit memory of:  
Dennis Cutts  
Howard Cutts  
Jean Druker  
Mara Dean  
Donations:  
Judy Sharken Simon  
Larry & Margie Solomon

## ROBERT AND JEAN HARRIS SUMMER CAMP FUND

In memory of:  
Walter Baum  
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Devorah Harris  
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Judy H Lloyd  
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Devorah Harris  
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Shirley Schenker  
Devorah Harris

## SARA AND YALE JOHNSON MEMORIAL FUND

In honor of:  
Ms. Morgan Johnson  
Gloria Johnson  
In memory of:  
David Anderson  
Todd Johnson | Johnson  
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Family | Johnson Brothers  
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Bob Feuling  
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Doug Ginsburg  
Michael & Elaine Johnson  
& Family  
Alexander Gray  
Michael, Todd & Gloria Johnson  
Yvonne Kilkelly  
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Jim Klumpke  
Michael & Todd Johnson  
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Hae Un Lee  
Michael and Todd Johnson &  
Family | Johnson Brothers  
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Albert Levine  
Gloria Johnson  
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Lois Rinna  
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Todd & Beth Johnson  
Gloria Johnson  
Bill Weisberg  
Gloria Johnson  
Jack Walk  
Michael and Elaine Johnson

## KIBUD MORIM (HONORING TEACHERS)

In yahrzeit memory of:  
Bess & Arnold Swiler  
Richard Swiler

## THE KIPP FAMILY BUILDING AND GROUNDS BEAUTIFICATION FUND

Donation:  
Ira & Peggy Kipp

## KULAM (MOUNT ZION INCLUSION) FUND

Donation:  
Glenn Hardin & Allyson Perling



# THANK YOU...FOR YOUR CONTRIBUTIONS

## JULIE LAZOR CONFIRMATION AWARD

In memory of:  
*Len Nachman*  
Toba Lazor  
Mimi Nachman  
Sheila Schuman  
In yahrzeit memory of:  
*Shirly Stein*  
Sheila Schuman  
*Jack Stein*  
Sheila Schuman

## MAURICE AND STELLA MANDEL MUSIC FUND

In memory of:  
*Walter Baum*  
Brooks & Terri Edwards

## MELAMED FAMILY LECTURESHIP IN LIBERAL RELIGION FUND

In honor of a birthday:  
*Ilene Melamed*  
Harold Melamed & Family

## MITZVAH FOODSHELF

In honor of becoming bar mitzvah:  
*Ari Strauss-Klein*  
Philip & Renae Goldman  
Jaylene, Michelle, Jackie & Allie  
Karon  
Gloria & Bill Levin  
Judi & Todd Marshall  
In honor of:  
*Kate Dietrick*  
Janet Kampf  
*Sue Lund*  
Peggy & Ira Kipp  
*Mitchell & Sarah Rubinstein & Family*  
Daniel F & Elaine Rubinstein  
In appreciation of:  
*Kelly Kelzenberg*  
Leslie Martin  
In memory of:  
*Walter Baum*  
Tom & Randy Edelstein  
Walter & Dianne Spell  
Mary Ann & David Wark  
*Constance Berde*  
Bradley Hove  
Mary Ann & David Wark  
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*Patricia ZaiKaner*  
Rita Grossman  
Ethel Smith  
In yahrzeit memory of:  
*Bert Hoffman*  
Janice Hoffman  
*Jean Lazarus*  
Richard Swiler  
*Lillian Levy*  
Suzanne Leonard & Family

*Draza Malinoff*  
Steve & Gail Brand  
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Janice Hoffman  
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Gloria & Bill Levin  
*Corinne Wolfson*  
S Leonard Family  
Donations:  
Steven Kloner  
Gloria & Bill Levin

## NAUEN-WEIL MEAL FUND

In memory of:  
*Alice Nauen*  
Margie Abrahamson

## OUR BODIES OUR SOULS

In yahrzeit memory of:  
*Sadie Lebowitz*  
Robert Joel Lebowitz

## THE RALINE AND BILL PAPER EMERGENCY ASSISTANCE FUND

In memory of:  
*Sharon Engman*  
Raline Paper

## PARENTS AND TOTS FUND

In memory of:  
*Richard Lambrecht*  
Liz Lambrecht  
Donation:  
Sadé M Finn

## SHIRTZION FUND

In memory of:  
*Walter Baum*  
Betsy & Pola Rest

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Joanne & Bob Gillman  
Ethel Lieberthal  
*Clarice Cogen*  
Phil & Renae Goldman  
David & Mary Nickel  
Martin & Ellen Sampson  
Steve & Carrie Siegel  
*Alice Gurstelle*  
Carol Gurstelle  
*Jane Steinman*  
Jessica Steinman  
Donation:  
Mark C Taylor

## TEEN ACTIVITIES PROGRAM FUND

In honor of:  
*Abby Gore*  
GrammGramm & Grampa

## TORAH RESTORATION, MAINTENANCE AN IMPROVEMENT FUND

In yahrzeit memory of:  
*Philip Perling*  
Allyson Perling, Glenn Hardin  
& Family  
*Jan Swiler*  
Richard Swiler

## TORAH TONES FUND

In honor of:  
*Shelley Robbins*  
Mike Weiss & Dalia Levine

## TZEDEK FUND - SOCIAL JUSTICE

In memory of:  
*Tom Marver*  
Bill and Gloria Levin  
*Joyce Nauen*  
Todd & Judi Levin Marshall  
Ellen Sampson  
*Lena Schneider*  
Carol Gurstelle  
In yahrzeit memory of:  
*Mandy Ruder*  
Carol Gurstelle  
*Sophie Ruder*  
Carol Gurstelle

## HARRY WARD FAMILY YOUTH AND TEEN DIRECTOR FUND

In yahrzeit memory of:  
*David Gilats*  
Andrea Gilats

## WOMEN OF REFORM JUDAISM LEADERSHIP TRAINING FUND

In honor of:  
*Leslie Martin*  
Bruce Robson  
In yahrzeit memory of:  
*Ada Copp Larson*  
Rob Larson, Ethan Larson  
& Liz Stein

## YAHRTZEIT FUND

In memory of:  
*Walter Baum*  
Barb & Adrian Weidmann  
In yahrzeit memory of:  
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Jaylene Karon  
*Adolf Adler*  
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*Herbert Adler*  
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*Sidney Wolkin*  
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Donations:  
Susan A Benfield  
Glenn Hardin & Allyson Perling  
Rafail Lev

## ZAIKANER-PERWIEN TERRACE FUND

In memory of:  
*Patricia ZaiKaner*  
Mitch & Margie Fink  
Fred Haeusler & Leslie Martin  
Joan Levey  
Dede Wolfson  
Sheri & Scott Yarosh

**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**

**Friday-Sunday, June 10-12**

New closer location - Dunrovin Retreat Center (near Stillwater)

**Registration information will be available when we know what is possible vis-a-vis Covid.**

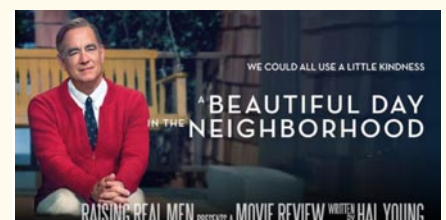


This will be a weekend of camaraderie, spirituality, and enjoying the great outdoors especially designed for men of all ages from 20s on up!

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](mailto:BruceMatza@InnovationsInManagement.com) or Adam Garen at [adamgaren@gmail.com](mailto:adamgaren@gmail.com).





# Social Action Update

## Tzedek = Justice

### Justice, Justice!

Tzedek Committee continues its pursuit of justice in 2022, focusing on racial justice, climate justice and the work of welcoming refugees and asylum seekers.

Racial Justice continues to be at the forefront of our work. We held a four-part conversation with Edot Midwest Regional Jewish Diversity, to discuss how the Tzedek Committee and Mount Zion can move more effectively on anti-racism. This was followed up with a retreat in January with twenty congregants to develop both internal and external action plans on racial justice and anti-racism.

Thank you to all who attended our January Food for Thought discussion on reparations. It featured a Jewish speaker formerly with the Claims Conference on reparations for holocaust survivors and two African American leaders from St. Paul working on reparations locally. We are looking forward to another book read this Spring as we continue to educate ourselves and to strategize about the work of repair and restorative justice.

Mount Zion's Tzedek Committee has partnered with Gloria Dei Lutheran Church as part of our immigration support initiative. Gloria Dei is renovating a classroom and creating an efficiency apartment in their church building. Renovation was stalled due to new housing policies in Ramsey County. However, we still hope to welcome a small asylum-seeking family in 2022.

We have also been working to help welcome Afghan refugees. Mount Zion's Tzedek Committee has updated and continued the [Target gift registry](#) to make it easy to purchase the most needed items for the Afghan refugees who are resettling in Minnesota. Most of the refugees were able to bring very little with them as they escaped Afghanistan following the U.S. troop withdrawals. Simply click on the link above or go to Target's website, click on "Registry," and enter "Mount" as the first name and "Zion" as the last name.

Tzedek Committee has also launched a Mount Zion Small Group for climate action, "Caring for Creation: A Jewish Call to Hope and Action for the Climate." An enthusiastic and energized group kicked off the first meeting on Jan. 30 with practical ideas on how Mount Zion can do its part, as a congregation, in our building and grounds, and by joining forces with Jewish and interfaith climate groups. Each person left the meeting with a specific (and not too cumbersome) assignment for the next meeting to help the group move forward. We are looking into solar, rain gardens, native plantings, opportunities to engage our youth and more. Congregants of all ages are encouraged to attend the next meeting, Sunday, Feb. 27, at 2 p.m. on Zoom. For more information contact Leslie Martin at [lesliemartinpr@gmail.com](mailto:lesliemartinpr@gmail.com) or 651-587-8053.

Remember, all are welcome at Tzedek Committee meetings! Check the MZ calendar for monthly meeting times. Meetings will continue remotely throughout the winter and Spring months.

Diana Dean, Tzedek Committee Co-Chair, [dianamdean@msn.com](mailto:dianamdean@msn.com)

Vic Rosenthal, Tzedek Committee Co-Chair, [vic.rosenthal@gmail.com](mailto:vic.rosenthal@gmail.com)



Join us to fight hunger in St. Paul

**February 28 – April 10**

In Minnesota **1 in 10 people**  
and **1 in 7 children**,  
experience food insecurity.

**You Can Help.**

Your contribution will help families  
get the food they need.

**Make a gift • Donate food • Volunteer**

[www.neighb.org](http://www.neighb.org)  
179 Robie Street East  
St. Paul, MN 55107

 **Neighborhood  
House**



You are invited to join faith-based legislative advocacy  
to help struggling Minnesotans.

**JRLC Online Evening 'Day on the Hill'  
For Such a Time as This**

Tuesday, March 15, 6:30 pm

Be inspired by the keynote Maharat Rori Picker Neiss, an Orthodox religious leader and Executive Director of the Jewish Community Relations Council, St. Louis. Learn about the 2022 legislative priorities, and be equipped to meet with your state legislators. Make a difference – and make connections between charity and justice – for your neighbors. Trainings available prior to Day on the Hill. Register at [jrlc.org/2022-day-on-the-hill](http://jrlc.org/2022-day-on-the-hill).

Questions: contact Joan Miltenberger, Statewide Organizer,  
[jmiltenberger@jrlc.org](mailto:jmiltenberger@jrlc.org) or 612-230-3232.



# Women of Mount Zion Temple

## The King was a Mensch: Tracing Elvis Presley's Jewish Roots

Saturday, April 9, 6:30 pm on Zoom

*Preceded by Havdalah with Rabbi Adler*

Everyone is welcome!

"Locked away in a crate for several decades until its recent public unveiling, a grave marker in Memphis revealed a little-known fact about one of America's most iconic figures of the 20th century. Yes, Elvis Presley, the King of Rock & Roll, had Jewish roots. This highly visual presentation by travel writer Dan Fellner will take you to Elvis' birthplace in Tupelo, Mississippi, and to the Graceland mansion in Memphis, to uncover the secrets of Elvis' surprising connection to Judaism. It's a fascinating glimpse into Presley's life and the multiculturalism that inspired his music."

Cost \$18 at [paypal.me/mzsisterhood](https://paypal.me/mzsisterhood). RSVP to Peggy at [pegk56@comcast.net](mailto:pegk56@comcast.net). You can also contact Peggy about other payment options.



## Neighborhood House March Food Drive

February 28 - April 10

Find ways to donate on [www.mzion.org](http://www.mzion.org).

On behalf of the Women of Mount Zion Temple (WMZT), we invite you to help Mount Zion achieve **our overall goal of raising \$20,000 for Neighborhood House's March Food Drive**. Neighborhood House was founded by Mount Zion in 1897 to assist Jewish immigrants with food, housing, clothing, and language needs, and general acculturation for living successfully in Minnesota. It continues that effort today with various immigrant groups (from over 40 countries) that have arrived in Minnesota since then.



Due to the challenges created by COVID-19, we ask that, if you are able, to please make a financial donation this year. The organization prefers monetary donations as it can purchase more food and household goods at a better price point than we can. Your contribution will make an impact, whether you donate \$5 or \$500 – every little bit helps (a donation of \$36 covers the cost of groceries for a family of four for one week. A donation of \$150 will cover the cost of groceries for a family of four for a month). **Funds raised during the March Food Drive will be matched by Minnesota Foodshare.** Neighborhood House will also accept donations of food and personal hygiene/cleaning items at the Wellstone Center.

## YALA: Young Adult Leadership Action Update

by Ariel Kagan



When I moved back to the Twin Cities a few years ago, I was eager to join Jewish life, and find friends, community, and opportunities. Joining Mount Zion was a huge part of that, and I'm very grateful to Shai and others who welcomed me and helped me get settled into this wonderful community.

Through Mount Zion, I was introduced to [YALA - Young Adult Leadership Action](#) - a shared initiative of the Minneapolis and St. Paul Jewish Federations. YALA, a nod to the popular Arabic word widely used in Israel which means "let's go!" or "come on!" is "a community hub that supports the growth of young Jewish adults and organizations in the Twin Cities in the areas of leadership, volunteerism, philanthropy, and community connection." YALA supports young adults looking to start rooting into their lives as leaders and engaged community members.

I first became involved in YALA through a Giving Circle, a form of participatory philanthropy, that was co-hosted with St. Paul Federation and Mount Zion in 2019. For many my age, we've separated our lives into career, social, family, and hobbies. The Giving Circle was my first time intentionally discussing values, philanthropy, and giving in a way that spanned all parts of my life.

Since then, I've participated in the YALA Leadership Series (next one starts in March 2022!) and have taken a role as the St. Paul Co-Chair of the YALA Steering Circle. I'm proud to be part of an organization for young adults, run by young adults, and rooted in Jewish values.

Through YALA, we're looking at what the next generation of Jewish leadership in the Twin Cities will look like. To that end, we're modelling distributed and shared leadership, based on core values of connection, diversity, and shared learning.

YALA is a great asset to our community, and I encourage anyone interested to reach out to learn more about getting involved or supporting YALA's mission and programs. Emma Dunn, YALA Director ([edunn@jewishtwincities.org](mailto:edunn@jewishtwincities.org)), is a fantastic resource for anyone looking to find their place in the Jewish Twin Cities. So please reach out, share your experiences and talents, and yala!



MINNEAPOLIS  
Jewish Federation\*

YALA



ST. PAUL  
Jewish Federation\*

# 49 words that can reduce the stress of antisemitism

By David Wark PhD, Psychologist and [Mount Zion Member](#)

The hostage taking at Colleyville traumatized us all. But our faith teaches that prayer and practice may yet overcome. Here is a short, six step exercise, that can help.

The **49 words** are printed in bold, with a few more words of explanation in italics.

## STEP 1 Recall a personal positive moment.

*In preparation, take a moment to think back to a time when you felt comfortable, confident, in control, proud to be Jewish. Perhaps it was one spiritual moment during a religious service, or Sunday school class when you heard about Judah Maccabee, or Sampson, or some heroes of the Bible. Was it when you studied tzedakah and discovered that the Jewish community organized to take care of refugees, or start the neighborhood house or raise money for social justice? All you need to remember is one small positive event from your past. To start, write it out*

## STEP 2 Look around the space you are in.

*Pick a spot for focus. It may be a little blurry, without hard boundaries. A pattern in wood, a shiny spot on a doorknob, a flower. Anything that is comfortable.*

## STEP 3 Focus on the spot.... inhale.....hold it.....exhale slowly.

*Breathe from your stomach. let your shoulders move naturally.*

## STEP 4 Increase your focus.... inhale....and as you exhale whisper..."Focus".

*End the whisper the same time you end the exhalation.*

## STEP 5 Continue breathing .....and whispering "Focus" .... until you notice the spot change.

*Some people see it change quickly; for some, change takes a little longer.*

## STEP 6 When you see a halo of light around the spot.... recall your memory.

*The faint light, weak at first, but stronger over time, is a sign your brain has changed, that you are seeing and planning with more concentration and less emotion.*

## Curious why this works? Keep on reading.

There are 4 important findings from contemporary cognitive science that explain why this works.

**FIRST**, research on vision. Normally you focus rapidly on many objects, one after another. Scientists call these fast jumps "saccades" and discovered that you make four or five every second. Your eyes jump from one point of focus to the next in a landscape, from one word to the next one in the sentence. It happens so fast you don't even know it. But you see most clearly the spot where our eyes are focused. This means that if you don't move your point of vision by "saccading", your brain would get an unvarying, continuous stimulation of just one thing.

Try this. While focusing on the word "jumped" in the next line, count to 10.

## The quick brown fox jumped over the lazy old dog

The word jumped is clear. But do the words at the beginning and end of the sentence seem to fade?

**SECOND** visual glowing. If you keep your eyes focused on one spot long enough, and you don't move them, you may see a soft glow begin to form around the object or word. This illusion of light, usually yellow, appears when you are concentrating fully on one visual task, resisting your brain's natural urge to look around.

Try focusing on the dot in the next line. Resist the urge to look away while you count to 10.

Do you see a faint yellow glow around the spot?



When you fixate on a particular point, - an unchanging stimulus - for a short period of time, the area around the fixation point will change and maybe glow.

**THIRD** reducing distractions. As you continue to focus on your spot, your brain changes in a process called "anteriorization". The anterior, or problem-solving front part of your brain, becomes more active, and you inhibit distractions. You'll notice that your muscles slowly relax, and your emotions become less intense. You are reducing stress. Now, recall the positive memory of STEP 1, and it will seem more lifelike and real. If you repeat this process on three or four separate occasions, it can make it a learned pattern that you will be able to activate easily for stress reduction.

**FOURTH**, changing memory. Memory is not a photograph, once taken never changed. Scientists currently think your brain is like a stew pot. If you put lots of vegetables and spices in a pot, and heat them up, interesting changes take place. They blend and change over time and degrees of heat. The stew changes, from day to day, and each taste is a little different. Your memory is like that: images change depending the mix of different images from different times and places, on how long they've been around, and the "emotional" temperature at any given moment. And if you add ingredients in the middle of the process, it can change the taste, from bitter to sweet, from bland to interesting. Just so for the 49 words. Every time you "taste" your memory it is a little different. You can use positive memories to reduce anxiety, and shift toward creative problem solving.

A team of brilliant and talented young programmers and graphic designers developed a stress reduction website. They launched it publicly and it is available freely to anyone who want to reduce stress. The link is [www.49words.org](http://www.49words.org).

So, getting back to Colleyville, news report stress can be balanced and reduced by adding good memories. The sharp taste can be seasoned out, to be less painful. If the stew is nourishing, the change is worth the effort.

Rabbi Adam Stock Spilker  
 Rabbi Esther Adler  
 Cantor Jennifer Strauss-Klein  
 Cantor Rachel Stock Spilker  
 Larry Solomon, Executive Director  
 Susan Amram Summit, Religious School Director  
 Shai Avny, Congregational Engagement Director  
 Abby Gore, Youth Engagement Associate  
 Michael Wall, President  
 Amy Schwartz Moore, President-Elect

Teresa Matzek, *Iton Tziyon*, editor  
 tmatzek@mzion.org  
 Website: www.mzion.org

## Kivvun La'Atid: Mount Zion 2040

**Kivvun La'Atid: Mount Zion 2040** is the name of a visioning process led by a task force that will meet for the next 18 months. The purpose is to envision **how** Mount Zion will be a vibrant, welcoming, and inspiring Jewish spiritual home in Minnesota for generations to come. See pages 8 and 9 for details.

## Passover

The First Seder of Passover is  
 Friday night, April 15 / 15 Nisan  
 Passover ends at sunset on  
 Friday, April 22 / 21 Nisan

See p. 7 for details.



**Neighborhood House March Food Drive**  
 February 28 - April 10

Find ways to donate on [www.mzion.org](http://www.mzion.org).

**Neighborhood House**

See p. 8 for details.

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## PURIM at Mount Zion:

The Best Jewish Holiday for All Ages!

### The Purim Carnival is Back!

**Sunday, March 13**

Option 1: 9:30-11 am OR Option 2: 11 am-12:30pm



### The Persian Purim Pivot

**Wednesday, March 16, beginning at 5pm**

Join us for a joyful Purim celebration with some annual favorites and new traditions! Costumes are encouraged! Outdoor Shushan Deli, Spirited Purim service, Megillah reading and shpiel, Latke/Hamentaschen Debate!

See p. 6 for details.