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

What is it? Why now? What now?

A Series in February and March 2024

Sundays, 10:00-11:30 am

In Person at Mount Zion and via Zoom

Presented by the Jewish Community Relations Council of
Minnesota and the Dakotas and Mount Zion Temple.

See back page for details.

A Weekend of Light:

intergenerational worship, joy, and learning
with our Musician-in-Residence

Eliana Light!
December 1-3

See back page 6 details.



Learn from our local education partner:
**Hineni: Adult Jewish Learning
and Contemplative Practices**



www.ttsp.org/hineni

Learn with a study partner (chavruta) with
our national education partner:
Project Zug: Hadar Institute



www.projectzug.org

A Taste of Honey: An Introduction to Judaism

Mondays, Sept 11-Dec 18, 7-8:30 pm
(No class on Sept 25)

Member: \$36, Public: \$75

Rabbi Esther Adler - [Register online.](#)



This course provides students with a basic understanding of Jewish practice and belief. Topics include Jewish history, life cycle, Shabbat, theology, home observance and more! For anyone interested in learning more about Judaism and/or thinking about conversion.

Anshei Mitzvah (Adult B'nei Mitzvah) Class of 5785 (2025)

- If you never had the opportunity to stand up before your community and declare yourself...
- If you have chosen Judaism and want to strengthen your knowledge and deepen your commitment...
- If you are ready to learn to decode Hebrew and learn Tropes...

Now is the time to become an Adult B'nei Mitzvah!

This is a two year process. The first year (2023-24) is individual preparation. The second year, we join together as a class, culminating in the Anshei Mitzvah service on Shabbat morning, May 31, 2025, just before Shavuot. After intensive study and preparation, you will lead the service, chant Torah, and share your wisdom with a D'var Torah or D'var Tefilah (interpretation of a Torah portion or prayer). If you are interested, please contact Rabbi Adler at eadler@mzion.org.

Learn Hebrew This Year!

Follow synagogue services, be more involved in your children's Jewish education, or simply enhance your own ties to Judaism.

Tuition (includes all materials): \$100 members/\$125 non-members (Minimum of five students).

Beginning Adult Hebrew

Taught by Siana Goodwin.

Learn the aleph-bet, the building blocks of written Hebrew. You will learn to recognize letters and begin basic reading, including parts of the Shabbat prayer book. [Register](#)

Wednesdays, 6:00 - 7:00 pm – Zoom
October 4 - December 20 (no class November 22)

Beginning Adult Hebrew, Part II

Taught by Siana Goodwin

This class is a continuation of the class above and is also appropriate for those who would like to review and strengthen their basic Hebrew. The focus is on building reading facility, primarily using our prayerbook. [Register.](#)

Wednesdays, 6:00 - 7:00 pm – Zoom
January 3 - February 28 (no class February 14).

Building a Jewish Home, Creating a Jewish Family

Mondays, February 5, 12, 26, 7-8:30 pm

Rabbi Adam Stock Spilker

\$36 members/\$50 public per person

[Register online.](#)



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

Torah at the Center...

Every week, three times to study Torah. Stop by anytime.
No experience/background necessary.

Torah Mondays

Rabbi Esther Adler

Mondays, 1:00-2:00 p.m. via Zoom

Brighten your Monday with this lively Torah discussion. We read through the text and commentaries, and respond with our own experiences, ideas, and events of the day. This Fall, we are beginning our study of the Book of Psalms. All are welcome, and no previous experience or registration is necessary. Join us from the link on our website (under "Featured Events").

Thursday: Genesis with Rashi

Rabbi Adam Stock Spilker

Thursdays, 12:00-1:00 p.m. via Zoom and monthly in person
Henson and Efron, 225 S. Sixth Street, Ste. 1600 in Mpls

Study the book of Genesis the way it has been studied for centuries, with the great commentator Rashi as our guide. Come once or regularly and enjoy the camaraderie of a chevra, the Talmudic way of learning with one's friends and colleagues.

Shabbat - Open Torah Study

Studying the weekly Torah portions with our Rabbis.

Saturdays, 9:00 - 10:00 a.m. In person and via Zoom

This weekly study group is open to regular attendees and those who are able to drop in once or periodically – people of all ages, knowledge, and background. Through reading and discussion of the weekly parashah/Torah portion, participants will learn the stories of Torah and make them come alive in their own lives.

Mussar at Mount Zion: Our Tenth Year!



Fall: Everyday Holiness Intro to Mussar

10 Sessions with Rabbi Esther Adler

Every other Wednesday, Oct 11 - Feb. 14, 6:00 – 8:00 pm

Cost, including a book and materials: \$250. *Generous scholarships are available. Please be in touch with Rabbi Adler at eadler@mzion.org for confidential assistance. [Register online.](#)*

What is Mussar?

Mussar may best be described as “Jewish spiritual ethics” and has been practiced for centuries by people who sought to cultivate and strengthen the qualities of the inner mensch. This is the tenth year that Mussar has been offered at Mount Zion. Come join in small group study as we explore Jewish teachings on humility, patience, honor, and more and discover how we can improve these qualities in our own life. Conversations will be in a safe, supportive, exciting, and collaborative environment. We believe that these sessions will work for those just starting and those familiar with Mussar. There are no pre-requisites and knowledge of Hebrew is not required.

Through group discussion, text study, personal journaling, and spiritual exercises, group members will explore the traits of humility, truth, equanimity, honor, order, responsibility, patience, moderation, and trust. Real life practices/applications will be offered.

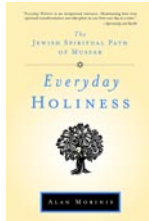
Spring: More Mussar

8 Sessions with Rabbi Esther Adler

Every other Wednesday, March 6 – May 29, 6:00 – 8:00 pm

Cost, including materials: \$225. *Generous scholarships are available. Please be in touch with Rabbi Adler at eadler@mzion.org for confidential assistance.*

This va’ad is for folks who have experienced at least one previous Mussar va’ad. We will use a new curriculum based on middot that arise from various Torah portions. [Register online.](#)



How did it all begin?

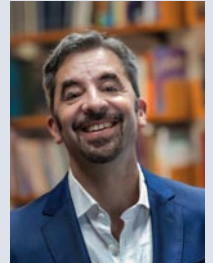
An astrophysicist and a rabbi look at the mysteries of creation.

October 8, 10:00 - 11:15 am

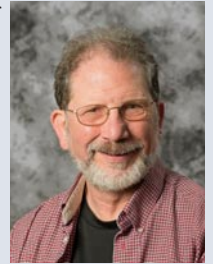
Begins with a complimentary brunch.

Sponsored by Mount Zion’s Brotherhood and open to all.

Join Emeritus Professor Lawrence Rudnick and Rabbi Adam Stock Spilker as they explore the intersections between Jewish and scientific thought on the creation of everything — us, the Earth, the Universe. This interactive program will explore such questions as “how did it all begin?”, “what is our place in the Universe”, “how do we integrate scientific knowledge into our faith and spirituality?”



Professor Rudnick taught at the University of Minnesota for 42 years, and conducted research using radio, X-ray, infrared and optical telescopes on the ground and in space. He worked in many venues promoting the public understanding of science, including training K-12 teachers, appearing on public television’s Newton’s Apple, and helping build the Bell Museum of Natural History and Planetarium.



4th Annual Minnesota Multifaith Network (MnMN) Conference **A Place of Welcome? A Multifaith Gathering on Practicing Hospitality in Minnesota**

Thursday, November 9, 2-8 pm Gloria Dei Lutheran Church
700 Snelling Ave S, St Paul, MN 55116 or via Zoom

During this convening, leaders and practitioners of Minnesota’s diverse religious communities, interfaith leaders, and young people will gather to discuss and celebrate how different religious and belief traditions practice hospitality. This event will culminate in a Langar meal prepared and served by the Sikh Society of Minnesota. Details and registration at mnmultifaith.org/2023-conference



Najeeba Syeed will speak on: **The State of Muslim-Jewish Relations**

During Shabbat for the Soul services, Friday, October 27, 6:30 pm

This week’s Shabbat for the Soul will also be honoring the St. Paul Jewish Federation.

Najeeba Syeed is the El-Hibri Endowed Chair and Executive Director of Augsburg University’s Interfaith Institute. An award-winning educator, she has taught extensively on interreligious education and published articles on faith and community-based conflict resolution, restorative justice, and interfaith just peacemaking. She has served as the co-chair of the American Academy of Religion’s Religion and Politics Section and was a member of the Academy’s Religion, Social Conflict, and Peace Section.

Syeed also brings significant executive experience in organizations focused on conflict resolution in community, higher education, and government settings, including the Western Justice Center Foundation and the Asian Pacific American Dispute Resolution Center. Her peacemaking work in the area of gang intervention, school-based conflict resolution and community peacebuilding has been recognized with numerous prestigious awards. In 2021, she served as chief of staff to the first Asian American woman elected to the Los Angeles city council. She holds a law degree from the Indiana University School of Law and a Bachelor of Science degree from Guilford College.



Preparing for “Shabbat at Home”

A practical how-to with a touch of spirituality on how to host a Shabbat evening for friends and family.

Sunday, January 28, 11 am-12:15 pm - in person and parts via Zoom

Workshops (you will be able to choose two of the three):

1. The Meaning of “Kiddush” – a Text with Multiple Layers
2. Setting the Shabbat Table and Observance Options for the Shabbat Evening
3. How to Sing/Say the Blessings - *and what they mean*



World Without Genocide Events

Co-Sponsored by Mount Zion



Norway and Finland:

Standing Up with Ukraine for Democracy

Weds, October 11, 6:00-8:30 pm Norway House (913 E. Franklin Ave)
\$10 general public, \$5 students (over age 13, please) and seniors.

6:00-7:00 Exhibit, **Genocide and Justice: From Nuremberg to the International Criminal Court**, and cash bar/light Norwegian refreshments

7:00 Talk, Dr. Ellen Kennedy, **Genocide, War Crimes, and Supporting Ukraine's Democracy**

Write to Political Prisoners in Russia

Thurs, October 26, 6:00-8:00 pm at Mount Zion

The public is invited to write letters to prisoners detained in Russia. These letters maintain contact with prisoners, affirming democratic ideals and giving them hope. Prisoners who receive letters are treated better because guards know that the prisoners aren't alone. This event represents unity across borders, nationalities, civil society, faith institutions, and the arts to support prisoners of conscience and to stand up against injustice. There is no fee, materials are provided, Russian language skills are not required, and all are welcome.



Germany after the Holocaust: From Kristallnacht to Other Genocides

Thursday, November 9, 7:00-9:00 pm

Mitchell Hamline School of Law (875 Summit Avenue)

\$10 general public, \$5 students (over age 13, please) and seniors.

Speaker: Dr. Andrew Port, Author, *Never Again: Germans and Genocide After The Holocaust*

Readers' Theater Play, *Germans Who Saved Jews During the Holocaust*

Dessert reception and book-signing

The Art of Challah Braiding

January 18, 6:30 – 8:00 pm at Mount Zion

Learn the art of challah braiding and a little Torah with Rabbi Alexander Davis and Liz Rappaport from Beth El Synagogue. Bring your favorite apron and come ready to learn how to create beautiful challah braids in this hands-on workshop. Participants should plan to take home a challah that is ready to bake and enjoy!



The Cello Still Sings:

A Generational Story of the Holocaust and the Transformative Power of Music

Janet Horvath, Shabbat Pulpit Guest
Friday, April 26, 6:30 pm

Janet Horvath played Kol Nidre on cello at Mount Zion for many years. Horvath, associate principal cello of the Minnesota Orchestra (1980-2012), will speak during the Shabbat service about how she unearthed family secrets about her family's survival during the Holocaust. There will be a Q & A conversation during the oneg.



*A sweeping history of three generations darkened by the long shadow of the Holocaust, **The Cello Still Sings** is a vivid, moving, and true story of personal discovery. The book contains humorous anecdotes as well as 60 historic photos including of the survivor orchestra in which Horvath's father played 200 morale boosting programs in DP camps from 1946-48, two with the legendary maestro Leonard Bernstein at the helm.*

[Read more and order your copy of the book in advance!](#)

Meet EcoPeace in the Middle East

Working for peace through environmental justice.

Sunday, January 28, 10-11:30 am at Mount Zion and via Zoom
There will be a reception with light refreshments.

The Twin Cities Jewish Community has a chance to meet, via videoconference, Gidon Bromberg, co-founder and Israeli Director of EcoPeace in the Middle East. Rep. Frank Hornstein (D-Minneapolis), a longtime supporter of EcoPeace, will join in conversation with Gidon, and field questions from the audience. U.S. Rep. Dean Phillips, Ranking Member of the House Foreign Affairs Middle East, Northern Africa, and Central Asia Subcommittee, is among the invited guests.

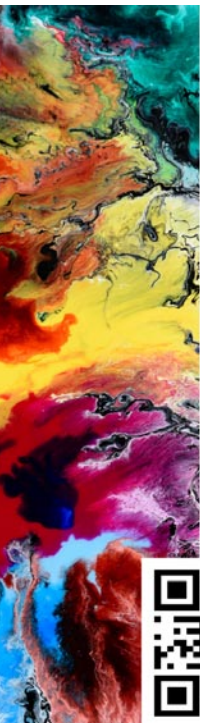


EcoPeace in the Middle East is a non-governmental organization that was born in the optimism of the Oslo Accords in the mid-1990s, and features a one-of-a-kind organizational structure: Three Directors: an Israeli, A

Palestinian and a Jordanian, leading a 12-member board, four representatives for each people. The organization works on the basis of environmental self-interest for all of the parties, so that everyone is highly motivated.

RSVP to Joe Nathan at joe@centerforschoolchange.org or Jonathan Eisenthal at johnnyirondale@gmail.com. Please let them know if you would prefer a Zoom link.

Sponsors: Mount Zion Temple, JCRC of Minnesota and the Dakotas, and The St. Paul Jewish Federation.



SAVE THE DATE

Join us for the first MZ Shabbaton

The weekend of
August 23-25, 2024



More information to come,
or scan the QR code to
receive updates!



27th Annual Jewish Retreat for Women Our Bodies, Our Souls: Shabbat Shira/Sabbath of Song

Friday Evening to Saturday Evening
 Save the Date: **January 26-27, 2024**
 at Dunrovin Retreat Center

More information to come, or scan the
 QR code to receive updates!



*Our Bodies, Our Souls is made possible in part by a generous
 donation from the Women of Mount Zion Temple.*

14th Annual

Men's Retreat

Save the Date: May 31 - June 2, 2024



The Center for Jewish Studies presents

Voicing Propaganda to Nazi Germany: Annemarie Hase, a German-Jewish Refugee at the BBC

Wednesday, February 14, 7:30pm at Mount Zion

During the Second World War, the BBC employed dozens of German-speaking refugees – the vast majority of them Jews – to author, edit, compose and perform German-language propaganda broadcasts to listeners in Nazi Germany. One of these improbable psychological warriors was Annemarie Hase, a seasoned stage actor who became the unnamed voice of one of the most successful characters created for the BBC German Service in the war years – Frau Wernicke. This lecture tells the story of Hase's life as a refugee in London, focusing especially on her work at the BBC. It will explore what made Hase's propaganda broadcasts so effective and how the German public responded to her return to Germany shortly after the war had ended.



*Sheer Ganor is Assistant Professor of History at the University of Minnesota, Twin Cities. A historian of German-speaking Jewry and modern Germany, her work focuses on the nexus of forced migration, memory and cultural identities. She is currently working on a book manuscript titled *In Scattered Formation: German-speaking Jewry in Displacement* which traces the emergence of a transnational diasporic network of Jewish refugees who escaped Nazi Germany and its annexed territories. Prior to joining the University of Minnesota, Sheer held a postdoctoral research fellowship at the German Historical Institute.*

Sponsored by Mount Zion.

A Weekend of Light:

intergenerational worship, joy, and learning with our Musician-in-Residence

Eliana Light!

December 1-3

Friday, December 1

12:00-1:30 pm Lunch and learn

Making Services Spiritual: Crafting Communal Prayer

6:30 pm First Friday Family Shabbat featuring Eliana Light

Eliana joins with our clergy and Mount Zion choirs in a joyful, enthusiastic Shabbat service for all ages!

Saturday, December 2

10:30 am Special Tot Shabbat service!

Eliana leads a spirited song session and Shabbat celebration for our youngest kiddos and their adults!

6:00 pm “A Night of Light” Concert for adults

An interactive concert where Eliana invites the audience to be full participants, not just through singing, but through engaging with deep ideas, sacred text, and self-exploration. Using melodies old and new, we’ll move from the brain to the heart, experimenting with calling out to G?d in song using different names, and singing pieces of our own liturgy that wrestle with the very concept of prayer. We’ll start with drinks, desserts, and Havdalah. We can’t wait to sing with you!

Sunday, December 3

11:00-11:45 am Program for parents/grandparents/guardians

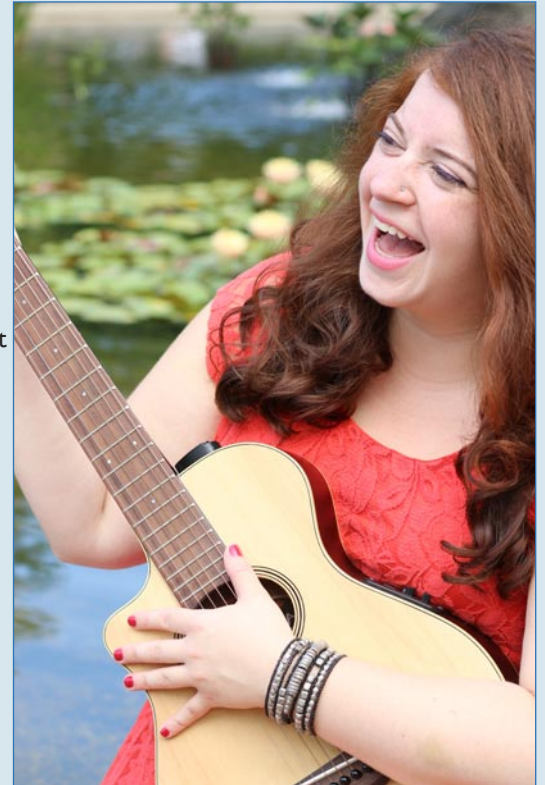
The G?d Gap: Why (not) Talking About G?d Matters

God is the central character of the Torah and the subject of our prayers, yet we don’t often talk about what God is or how we relate to the Divine. Why does it matter, and where can we start? Together we’ll put the “?” in G?d, expanding a limiting word and making room for our beliefs, struggles, and questions.

11:45-12:15 pm Religious School tefillah: Open to all!

Eliana joins our entire Religious School for a creative and experiential t’fillah!

Eliana Light envisions a joyful, vibrant, heart-centered Judaism that speaks to the soul and moves the spirit, reminding us that we all are One. Eliana believes in the power of t’fillah to change our lives, communities, and world, and is the founder of [the Light Lab](#), whose mission is to make Jewish liturgy and prayer practice accessible and meaningful to all seekers. Eliana has been a featured presenter and performer at the Union for Reform Judaism Biennial, Songleader Boot Camp, Hava Nashira, and Hebrew Union College, as well as 50+ federations, synagogues, camps, and communities. Her consulting work guides synagogues to discover the “why” of their prayer life, allowing them to offer deeper, more meaningful experiences to more people. She is a sought-after songwriter and performer of catchy, content-rich tunes for all ages.



To learn more about Eliana and hear samples of her music, go to: www.ElianaLight.com!

Travel with Mount Zion!

Form and strengthen friendships at Mount Zion!

Learn from our clergy and expert local guides! Explore remarkable places!



Israel - March 25-April 3, 2024



A St. Paul Jewish Federation Trip

Led by clergy from Beth Jacob, Mount Zion, Temple of Aaron including Rabbi Adam Stock Spilker

Embark on an unforgettable journey as a community as we enjoy the richness of Israel with culinary and cultural experiences while also engage in the significant issues that Israel is facing today.

Some highlights:

- Dinner with Fischman scholars who are supported by St. Paul's Federation
- Tour the Israeli Supreme Court with expert speakers about the Judiciary and democracy
- Home hospitality in our partnership region of Tiberias (Sovev Kinneret)
- Visit to an absorption center for Ethiopians and Ukrainians who have made Aliyah
- Reunite with former St. Paul Shlichim (emissaries)
- Jeep tour to the Israel-Lebanon-Syrian border
- Tour a Paul Newman camp where Jewish and Arab children from Israel, Gaza, and beyond the Green Line who have serious illnesses experience camp together
- Eating tour of the bustling, outdoor food markets in Jerusalem and Tel Aviv
- Explore the new "Anu, Museum of the Jewish People"
- Study at Pardes (non-denominational) Yeshiva
- Meet Palestinians and Israelis (Shorashim) living beyond the Green Line and working together
- Visit an Israeli whiskey distillery

Cost: \$5,335 for a double-occupancy room; \$1,445 for single-occupancy supplement (does not include airfare).

\$1000 subsidy if you sign up by Sept 27;

\$1200 for anyone 40 yrs old and younger

Website: makorjourneys.com/journey/st-paul-jewish-federation/

Contact: Ted Flaum, St. Paul Federation, tflaum@stpaulfed.org or Rabbi Misha Zinkow, Makor Educational Journeys North American Representative, misha@makorjourneys.com.



Poland - June 2-10, 2024

History, Heritage, and Hope

Led by Rabbi Esther Adler and Phil and Renae Goldman

For 1000 years, Poland was the heartland of European Jewish life and culture. Rabbinic Judaism, Yiddish and Hebrew literature, secular Jewish political parties, and other forms of a vital, diverse Jewish culture flourished in Poland until the Holocaust, when it became a central part of one of the most devastating moments of our history.

With experienced educator guides we will explore rich Jewish legacy, Holocaust sites, and Poland's Jewish cultural resurgence. There will be time to reflect on our experiences, meet locals, and enjoy food and music.

Highlights include:

Warsaw

- [Polin Museum](#) of the History of Polish Jewry
- [Warsaw Ghetto Path of Remembrance](#)
- [Treblinka](#)
- [Forum for Dialogue](#)
- [Nozyk Synagogue](#) - Still standing after the Shoah
- [Tykocin](#): The world of the shtetl
- [Ringelblum Archives](#) and Jewish Genealogy Center
- Free time in Warsaw "[Paris of the North](#)"

Krakow

- [Auschwitz/Birkenau](#)
- [Kazimierz Jewish Quarter](#)
- [Altshul Synagogue](#) and [Tempel Synagogue](#)
- [Ghetto Heroes Square, Empty Chairs Monument](#)
- [Oskar Schindler Museum](#)
- [Krakow Market Square](#), a UNESCO World Heritage Site
- [Galicia Museum](#) with live Klezmer music
- Shabbat Dinner with the local community.

Estimated cost: \$3,578 per person, double occupancy (does not include airfare).

Contact: [Rabbi Esther Adler](#)

Contact [Phil Goldman](#) for Genealogy resources.

Save the dates for 2025 trips!

Israel - June 16-25, 2025

For individuals, couples, and families – Meant as a first-timer trip. Led by Tour Guide Uri Feinberg with Rabbi Adam Stock Spilker and Cantor Jennifer Strauss-Klein. [Details](#)

Germany / France - October 26 - November 2, 2025

Led by Tour Guide Mike Hollander with Cantor Rachel and Rabbi Adam Stock Spilker [Details](#)



The Jewish Community Relations Council of Minnesota and the Dakotas
and Mount Zion Temple present:



Antisemitism

What is it? Why now? What now?

A Series in February and March 2024

Sundays, 10:00-11:30 am

In Person at Mount Zion (1300 Summit Ave, St. Paul) and via Zoom

“Antisemitism can be defined as the marginalization and oppression of people who are Jewish or are perceived to be Jewish based on the belief in stereotypes and myths about Jewish people, Judaism, and Israel. Parallel to all systems of oppression, antisemitism manifests as the dehumanization or exploitation of, or discrimination or violence against, Jewish people based on stereotypes and disinformation.”

– Anti-Defamation League and Union for Reform Judaism joint curriculum on antisemitism (2021)

February 11: The Deep Roots of Modern Antisemitism – Rabbi Tarlan Rabizadeh

Rabbi Rabizadeh is American Jewish University’s VP for Jewish Engagement. As a Persian Jew in an overwhelmingly Ashkenazi community, Rabbi Rabizadeh has made it her mission to bridge the gap between the communities, encouraging learning from other traditions and cultures. a bachelor’s degree in political science from Boston University and ordained at Hebrew Union College-Jewish Institute of Religion.



February 25: Antisemitism and Racism – Invited speaker TBD

March 3: Antisemitism and Anti-Zionism

This session takes as a given that critique of Israel’s government is kosher. The question is when does critique of Israel cross the line into antisemitism? There is also the question of what do we mean by Zionism and Anti-Zionism? Many people have tried to find language to define these categories. We will invite three speakers who represent three public definitions of antisemitism (IHRA, Nexus, Jerusalem) — two of which were adopted recently by the White House’s National Strategy to Counter Antisemitism — to help us talk about the relationship between views about the nation-state of Israel and/or its government and antisemitism.

March 10: How to be an Upstander: Responding to Antisemitism Individually and Collectively

This morning will include two tracks, one for adults and another for teens and young adults and their parents/guardians.

March 17: Book Group Conversation: People Love Dead Jews by Dara Horn

This book has a challenging title, but it is essential reading. Dara Horn substantiates her thesis through provocative chapters, each telling a different historical story. We encourage you to read the book in advance of this Sunday. However, even if you don’t get to read the book, please join us to learn insights derived from Dara Horn’s research.



Also on **Friday, Shabbat March 15 (6:30 pm)**, Rabbi Spilker will deliver a sermon on **Purim Antisemitism vs Chanukah Antisemitism.**