

Mount Zion High Holy Days 5784



As we prepare for the new Jewish year, our congregation is inspired with a new vision: **Our Jewish congregation envisions a community and a world where all people experience *Shalom* (wholeness and peace), *Tzedek* (justice), *Shayachut* (belonging), and *Simcha* (joy).**

What do you most wish to experience in your life?

What will you do in this New Year to make it happen?

Dear Friends,

We are looking forward to the *Yamim Noraim*/Days of Awe of 5784. With joy we anticipate our community worshipping together. Even as we yearn to hold onto summer, our souls ache for the reflection and renewal that this season provides.

Inside this bulletin, you will see the many opportunities we are providing for the High Holy Days. Some are the familiar services and some are newer traditions that have resonated with our community.

May 5784 be a year of health, joy, and resilience!

Adam Stock Spilker, Rabbi

Jennifer Strauss-Klein, Cantor

Esther Adler, Rabbi

Rachel Stock Spilker, Cantor







Mount Zion's High Holy Day Services, Programs, and Experiences

Guide to Places and Platforms:













- In person:** Most of our services and programs will be in person at Mount Zion. When arriving at your first service, members and those who sign up for the High Holy Days will pick up pre-printed nametags at the Summit Avenue entrance (or kitchen door for accessibility). Please wear these nametags while in the building for all of the High Holy Days.
- Streaming:** You can view all of our in-person services from home through Mount Zion's website www.mzion.org or on Mount Zion's public [Facebook page](#). All live streamed services will be available for viewing afterwards on the website and the Facebook page.
- Zoom:** We will have a Zoom room available during most of our services for those who wish to pray from home in a more engaged, interactive community. Some "online only" gatherings during the High Holy Days will be via Zoom.

Rosh Hashanah

Friday, September 15

7:30-9:00 pm	Evening Service	  
7:30-9:00 pm	Teen Service	

Saturday, September 16

8:30-9:45 am	Family Service	 
9:45-10:45 am	Parents and Tots Service	 
10:00-10:45 am	High Holy Day Study	 
10:00-10:45 am	Children's Program Grades 2-6	
11:00 am-1:30 pm	Shacharit (Morning) Service	  
1:45-2:30 pm	Continuing the Conversation	 

Outside at Mississippi River:



























3:30-4:30 pm	Yoga	
3:30-4:30 pm	Teen Hike	
4:30-5:30 pm	Tashlich	

Yom Kippur

Sunday, September 24 – Kol Nidre

7:30-9:00 pm	Evening Service	  
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Monday, September 25 - Yom Kippur Day

8:30-9:45 am	Family Service	 
9:45-10:45 am	Parents and Tots Service	 
10:00-10:45 am	High Holy Day study	 
10:00-10:45 am	Children's Program Grades 2-6	
11:00 am-1:30 pm	Shacharit (Morning) Service	  
11:00 am-1:30 pm	Teen Service	
1:45-2:45 pm	High Holy Day Study	 
1:45-2:45 pm	Chair Yoga	
3:00 pm	Yizkor Service	  
4:00 pm	Afternoon Service	  
5:30 pm	Teen Program Grades 7-12	
6:15 pm	Neilah	  
6:15 pm	Children's Program Grades 2-6	
7:15 pm	Break-the-fast	

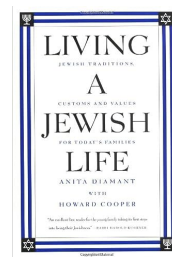
Selichot: A Night of Spiritual Reawakening

Saturday, September 9 - The evening that ushers in the High Holy Days

8:00 pm – Anita Diamant in conversation with Rabbi Spilker [via Zoom](#) with Q and A from the audience. (Watch at Mount Zion or from home.) Diamant is author of the best selling novel, *The Red Tent*, founder of Mayyim Hayyim Living Waters Mikveh in Boston, and author of [Living a Jewish Life](#) which will be the focus of our conversation.

9:45 pm – Havdalah: The brief and beautiful service at the end of Shabbat, separating between the holy and the not-yet-holy. (In person and livestreamed on mzion.org)

10:00 pm – Selichot Service (In person and livestreamed on mzion.org) We will change the Torah covers to white, listen and sing the most evocative liturgy of the High Holy Days including Avinu Malkeinu, and hear the sounding of the shofar – all in under an hour. The spiritual energy of the darkened sanctuary late at night with the entrancing music is something to experience!



Preparing for the High Holy Days:

Learn, Sing, Pray, Grow



The Hebrew month of Elul precedes the High Holy Days. During this month, we change our Shabbat evening prayerbook to *Mishkan HaLev*, a slim volume with soulful poetry and liturgy. Rabbi Adler and Rabbi Spilker will also address themes of the High Holy Days during the Shabbat services by focusing on a Hebrew concept/word that appears throughout the Rosh Hashanah and Yom Kippur prayers.

Friday, September 1 (6:00 pm): ZECHER

We ask God to **remember** us.

Friday, September 8 (6:30 pm): CHAIM

Ultimately, we seek to be written in the Book of **Life**. This service – a “Shabbat for the Soul” — will feature recitations of poetry from the prayerbook in Hebrew, English, and Spanish.

Workshops to Make this a Meaningful High Holy Days

Sunday, September 10, 10:30 am - 12:30 pm

@Mount Zion Temple and via Zoom for Rabbi Adler and Rabbi Spilker's workshops.

If you are attending a Zoom, please have your High Holy Day Prayer books handy. If you don't have a set, you can purchase them online or borrow from Mount Zion Temple.



10:30 Workshops – Aleph (Choose one) [RSVP at mzion.org](https://www.mzion.org) for the workshops.

- **How to celebrate High Holy Days at Home: Traditions, Meals, Rituals** – Cantor Spilker
- **Learning the Music: Participating in the Evocative Prayers** – Cantor Strauss-Klein
- **Step by Step Introduction to the High Holy Day Machzor (Prayerbook)** – Rabbi Adler
- **The Theology of the High Holy Days** – Rabbi Spilker

11:15 Workshops – Bet (Choose another one!)

12:00 Nosh (A light snack)

12:15 Shofar on the Roof!

On the Sunday before Rosh Hashanah, the clergy, in white robes, along with *Ba'alei Tekiyah* (shofar blowers) will be on Mount Zion's roof! Our cantors and rabbis will conduct a brief, uplifting ceremony with prayer, song, and the sounding of the shofar to prepare us for the Days of Awe.

(ZaiKaner-Perwien Terrace and Livestreaming; 15 min)



Volunteers needed!

It is a great mitzvah to volunteer at High Holy Day Services. The usher's role is to create a welcoming spirit during the Days of Awe. We are looking for volunteers of all ages to help us to make sure our entire community stays connected. Contact our office at office@mzion.org for details.



- **Online Ushers:** Welcome and engage people who join the Zoom services. [Sign up!](#)
- **In-person Ushers:** Welcome each person as they enter our sanctuary, offer name tags, and assist in seating and making everyone feel at home. We also rely on our ushers to help maintain decorum in the sanctuary and hallways before, during, and after the service. [Sign up!](#)

Unique Moments during the High Holy Days

High Holy Day Adult Volunteer Choir is back!

Sing at the Rosh Hashanah Shacharit (Morning) and Yom Kippur Afternoon services!

Rehearsals: Wednesdays, September 6, 13, and 20 from 7:00-8:00 pm

Please join us—we want to hear everyone's voices! No experience or music reading abilities needed!



Tashlich

Rosh Hashanah Day

September 16, 4:30-5:00 pm

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

Turn Your Pockets Inside Out - We complement our words of prayer with the symbolic action of emptying our pockets of dust and crumbs: a sign of our intention to rid ourselves of wrongdoing.



Service of Healing and Reflection

Sunday, September 17, 11:00 am

This hour-long service is for everyone, not just those dealing with illness. Based on High Holy day themes and enhanced with the soothing sounds of harp and flute and punctuated by the sounding of the shofar, this service

offers a sacred space for reflection about what we need to feel more whole in the coming year. We moved this service for this year from Yom Kippur afternoon to its own day to make it possible for more to attend.



Continuing the Conversation

Rosh Hashanah, September 16, 1:45 – 2:30 pm

In person and online.

With Rabbi Adler and Rabbi Spilker. We will discuss themes and messages arising from the Holy Days and from the sermons.

High Holy Day Cemetery Service

Sunday, September 24, 11:00 am

We will gather at the Mount Zion Cemetery to remember loved ones. Those who prefer can view the live streaming on our website. The cemetery is at the corner of Payne and Larpenteur Avenues in St. Paul.



Yizkor Stones:

Remembering our Loved Ones

With the positive feedback from last year, we will again invite participants

to engage in this ritual. As you enter the sanctuary on Yom Kippur for Yizkor (3:00 pm service), we will provide a stone for each person to hold during the service. In the middle of the service, you will be invited to bring the stone to the bima to be placed with many others. In this way, if you choose, you will have an evocative, physical way to remember. In Judaism, the stone represents *Tzur Yisrael*, God as “Rock of Israel”, an enduring symbol of eternal life.



Unique Moments during the High Holy Days

Connect Body and Soul Through High Holy Day Yoga

Our yoga offerings will help you experience in your body the themes and personal explorations related to the Days of Awe.

Move into the New Year with Yoga

Rosh Hashanah Day, Saturday, September 16, 3:30 pm at Hidden Falls
Led by Chris Gordon of Big River Yoga and Cantor Spilker.

"7th Inning" Stretch

Yom Kippur Day, Monday, September 25, 1:45-2:45 pm at Mount Zion
Led by a MZ member and Cantor Spilker for chair yoga.



High Holy Day Study

Rosh Hashanah Morning Study (10:00-10:45 am)

Rabbi David Thomas teaches: **If I'm not sure what I believe about God, how can I pray?** Teachings and a conversation about God and prayer.

Rabbi David Thomas served as rabbi of Congregation Beth El in Sudbury, MA, retiring in 2018 to move to Minneapolis. [Learn more about his background and style of teaching.](#)



Yom Kippur Morning Study (10:00-10:45 am)

Poetry as Prayer – Why does it work?

Poetry fills the High Holy Day Machzor (Prayerbook) and deepens our spiritual experiences. Please join us to listen to congregants read a selection of poems and then engage in discussion about why poetry as prayer works (or doesn't), what poetry does that is different from liturgy, and how we respond to poems read aloud. Michael Kuhne, past president and former English professor at Minneapolis College, facilitates.



Yom Kippur Afternoon Study (1:45-2:45 pm)

Maimonides (in his own words) on Repentance and Repair

Rabbi Spilker will teach the five steps of *Teshuvah*/Repentance using Maimonides' *Mishneh Torah* (12th century) -- which is surprisingly relevant -- along with quotes from Rabbi Danya Ruttenberg's book on the subject.



Congregant Testimonials

Yom Kippur Afternoon (late in the 4:00 pm service)

Each year on Yom Kippur, we create a moment to hear congregants speak personally about their Judaism. This year, four congregants will speak about the four aspirations of Mount Zion's new vision: *Shalom* (wholeness and peace), *Tzedek* (justice), *Shayachut* (belonging), and *Simcha* (joy).

Machzor:

Do you have your High Holy Days Prayer Books?

It is our congregational custom to encourage ownership of these wonderful resources. If you do not yet have the set, you can order it in advance of the Holy Days. [Click here to purchase](#) from the CCAR Press. If you would like physical copies but cost is an issue, please reach out confidentially to our Executive Director, Shai Avny at savny@mzion.org.



Guests welcome!

Guests are welcome to be part of our High Holy Day services and programs. **Please sign up.** We invite you to consider offering a free-will donation to Mount Zion. Members' and guests' contributions are what enable us to be the vibrant and welcoming Jewish spiritual home we strive to provide for our community.

Yom Kippur Fast Appeal

The more tzedakah, the more peace. - Pirke Avot

Our custom at Mount Zion is to encourage tzedakah for needs outside our walls instead of a traditional Yom Kippur appeal for the congregation. Our categories are local (Mount Zion Cemetery, our local partners of Neighborhood House, Jewish Community Action, Jeremiah Program, and Hallie Q Brown Community Center), national (Mazon: Jewish Response to Hunger and Nechama: Jewish Response to Disaster), and international (Israel Movement for Progressive Judaism, our synagogue partners in Israel).

JEWISH EFFECTIVE GIVING.

The World Union for Progressive Judaism initiated an opportunity for congregations to save lives by participating in *The Jewish Effective Giving Initiative*. For our second year, Mount Zion Temple has made a commitment to join the program. This initiative highlights and vets organizations through rigorous research and the best available data. The organizations suggested by the World Union will be "efficient at saving and substantially improving lives around the world."

Again this year, we have chosen one of the vetted organizations: **The Helen Keller Foundation.**



This foundation works to save the sight of children and adults. It works in 31 African countries, where 98 percent of affected people live. It also provides programs for people in Yemen, in the US in economically poor neighborhoods, and among the Yanomani people in Brazil and Venezuela. It works particularly to eliminate River Blindness, which is caused by a parasitic worm and can cause disfiguring skin conditions, visual impairment, and blindness. The foundation's work has eliminated River Blindness in Ecuador, Colombia, Mexico, and Guatemala. It also has provided cataract surgery for those in need. In the US 66,000 students in economically disadvantaged neighborhoods were screened and more than 16,000 were provided with free eyeglasses.

Janet Kampf (janetkampf@hotmail.com) and
Stephanie Wolkin (infosteph@aol.com),
Co-Chairs, Mount Zion's Jewish Effective Giving Campaign

[Donate at mzion.org.](https://mzion.org)

Emergency Campaign for Israel

Promoting our Values; Supporting our People

The year 2023 will long be remembered as part of the Jewish people's history. The debate over democracy in the Jewish state will profoundly impact all of us.

As part of our Yom Kippur Appeal, we are inviting you to consider your largest possible investment in the people of Israel who are working for democracy, justice, and pluralism. [Our new vision statement](#) includes this support as part of our core work as a synagogue.

On the Yom Kippur Appeal, you can contribute in the "IMPJ/IRAC" space. For decades, the Israel Reform Movement (IMPJ), and its legal and advocacy arm, the Israel Religious Action Center (IRAC), have been serving on the front lines of nurturing Israel as a Jewish and democratic state – one that adheres to the vision of Israel's Declaration of Independence as a country for all its citizens; and one that Jews around the world are proud to call home.

The current government is cutting more than \$1.5 million in funding to the IMPJ and IRAC. The **Israel Movement for Progressive Judaism** will use the emergency funds to strengthen 54 congregations and establish new ones, and increase pluralistic, Jewish educational programming in over 100 Israeli public schools. The **Israel Religious Action Center** needs funds for the legal and public advocacy work in the courts and Knesset on religious pluralism, women's rights, and LGBTQ rights. Their work has literally been at the front lines in Israel which the judicial reforms are trying to undermine.

Importantly, the fight for democracy in Israel and the work of IMPJ/IRAC is intimately connected to any hope for a dignified, sustainable future for the Palestinians and Israeli Arabs, Druze, Jews, and others living together.

All who contribute will be recognized publicly as part of this campaign in alphabetical order regardless of amount. If you can join Rabbi and Cantor Spilker in contributing \$1000 or more, or if you contribute at any level that is significant for you (and if you have never given, any level, \$36, \$108, etc.), **we invite you to Spilker's sukkah** for drinks and dessert and a conversation about Israel on **Monday, October 2, 7-9 pm.** All who contribute will be contacted by email in September.

High Holy Day Inclusion and Accessibility:

If a need arises during services, please find an usher to assist you.

- **Disability Reserved Parking** - Disability parking is available on a first come, first served basis on Summit Avenue and in the lot adjacent to the kitchen. A state-issued disabled parking license is required. Drop off for those in wheelchairs or those who have mobility impairments is easiest at the alley entrance where there is a ramp and an electric door.
- **ASL Interpreters** are available for the following services: Rosh Hashanah (Evening and Shacharit (Morning) Service); Yom Kippur (Kol Nidre; Shacharit (Morning) Service; Yizkor service through Ne'ilah). Also available by request.
- **Vision accessibility** - Our High Holy Day prayer book, *Mishkan HaNefesh*, is available in an e-reader version, and we have a small number of e-readers available. If you are bringing your own device, please consider, when possible, using one that does not emit light, as these can be less distracting to others. In addition, we offer magnifier sheets to use on top of the prayer books. We continue to encourage everyone who is able to use the printed prayer book, and large-print books are available.

Contact Sheri Frisque from our Accessibility/Inclusion committee if you need assistance setting up your e-reader (sherifrisque@yahoo.com 651-270-3352).

- **Sensory accessibility** – ear plugs are available to those who are sound-sensitive, as are fidget items for those who need them.
- **Amplified hearing devices** are available at all services.

- **Accessible Seating** - Please arrive 15 minutes before the service(s) you are attending so our ushers can help you find a seating location that will work best for you.
- **An all gender, fully accessible bathroom** - is located near the kitchen in the hall to the parking lot entrance.
- **Scent Allergies** - We ask service attendees to refrain from using any scented products and perfumes to allow those with severe allergies and asthma to remain in the sanctuary. The flowers on our bimah are scent-free.
- **Livestreaming in Harris Chapel** - This is available in the chapel for families and others who may need a break from the sanctuary service but still want to watch the services. The space is open to all, but please note that it is particularly designed for those with young children or others who may need to move around.
- **A quiet room for adults** is available in The Listening Library (inside the main library).
- **Accessibility to the bimah and ark** - We have railings and an elevator.
- **Accessible Tashlich Services** – Tashlich takes place on Rosh Hashanah afternoon at Hidden Falls and is accessible for those who bring walkers or wheelchairs. Folding chairs on a flat surface are available, and assistance is available to help you get to the water's edge.

For **other specific needs**, contact Shai Avny at savny@mzion.org or 651-698-3881.

Update on Mount Zion's Covid-19 policies: High Holy Days 5784

Julie Ostrowsky, Chair, MZ Covid Task Force

In general, SARS-CoV-2, the virus that causes Covid-19, is currently circulating at much lower levels, and many in our community have vaccine-acquired immune protection against severe Covid-19 disease. However, some remain at risk, including those who are older, unvaccinated, or immunocompromised. Mount Zion no longer requires the use of N95/KN95 masks in our building, but we respect and support individual congregants' choices regarding the use of masks to protect those who may be at higher risk.

In addition to the mask-optional policy, general Covid-19 precautions remain in place at Mount Zion to protect the health and wellbeing of our community:

- **Vaccinations:** We teach the value of pikuach nefesh, saving life, and from that principle we learn that having up-to-date vaccinations, including boosters, is a mitzvah (commandment) in Judaism.
- **Enhanced ventilation and air filtration continue to be a priority throughout the building when possible.**
- **Feeling sick?** Please stay home if you're experiencing symptoms of Covid-19. We ask anyone who has tested positive for Covid-19 to stay home for at least 10 days after symptom onset or date of the positive test AND be antigen-negative on a rapid test.
- **Online access:** Our services will continue to be accessible remotely via Zoom and/or livestreaming and Facebook.

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

Choose the services and programs best suited to your individual family!

Tot Services: Recommended for families with babies, toddlers, and kids in preschool or kindergarten.

Our Parents and Tots Service will be in the Sanctuary during the mornings of both Rosh Hashanah and Yom Kippur. The service will begin with a gathering/activity for 30 minutes in Harris Chapel starting at 9:45 am. Both services will be accessible via streaming for those who would prefer to participate from home.

Family Services: Recommended for families with elementary age children (1st-6th grade).

This engaging service for families includes the central elements of the morning service. We will continue to use the *Mishkan HaNefesh for Youth* at our Family Services in the mornings of both Rosh Hashanah and Yom Kippur. This beautifully illustrated machzor for family and youth is comparable to the *Mishkan T'filah for Youth* that we use at our Religious School T'filah services.



Children's Programs: Recommended for kids in 2nd-6th grade (without their families)

On Rosh Hashanah Day (9/16) and Yom Kippur Day (9/25) we will offer children's programming for Grades 2-6, 10:00-10:45 am. Together we will welcome the new year, 5784, and engage in hands on activities and learning together. This will be an excellent opportunity to build kehillah (community), think about what the new year may bring and of course, have fun! On Yom Kippur evening at 6:15 pm, during the Neilah service, we will have an additional children's program for Grades PreK-6 before joining the congregation for Havdalah.

Teen Services and Program: Intended for teens only (7th – 12th grade without their families)

Teen Services will be held in person at Mount Zion during the evening of Rosh Hashanah and the morning of Yom Kippur. We will use the Mishkan HaNefesh Machzor for the Days of Awe that the teens receive as a gift when they become B'nei Mitzvah (and we will have extras available). These services are intended for 7th-12th graders and will be interactive and engaging. In addition to the services, teens are invited on Rosh Hashanah afternoon for a beach cleanup and games before Tashlich at the Mississippi River at 3:30pm. Join 7th-12th graders for a Yom Kippur themed program at 5:30 pm in Johnson Social Hall. At 6:15pm we will join the congregation for Neilah.

Children are welcome at all services! **We also offer childcare for children through age 8 during most of our High Holy Day services:** Rosh Hashanah day (8:15am - 2pm) and Yom Kippur day (8:15am - 6:00pm). [Register in advance at mzion.org](https://mzion.org) to guarantee your spot.



Sukkah Hop

Sunday, October 1, 5:00 pm - 7:00 pm

Connect with fellow MZ members at one of four **Sukkot** Open Houses! Including drinks, light nosh, and conversation.

Choose from one locations:

- Warren and Susanne Cohen - Eagan
- Stephanie and Jeremy Fink - Minneapolis
- Rabbi Esther Adler and Rob Lebowitz - St. Paul
- Charlie Levine and Marjorie Dana-Levine - Woodbury



One of our clergy will be at each Sukkah at 6:00 pm to lead blessings and shake the lulav.

RSVP at mzion.org so that each host is able to ensure they have enough food and drinks. Addresses will be emailed to members a few days before the event.

Harvest the joy of Sukkot!

We will reap in the celebration of the festival through a cornucopia of seasonal offerings.

***Get Out!** September 30 and October 7 at 10:00 am
Shabbat/Festival services will be held in the great outdoors.

***Java in the Hut!** October 1, 9:30 am

Pick up bagels and coffee from the Brotherhood sale table and bring them to the Sukkah to chat with other MZ members.

***Pizza in the Hut!** October 4, 5:30-6:30 pm with brief service at 6:15 pm

Simchat Torah

a Joyful Holy Day for All Ages!

Friday, October 6

6:30 pm Festive Shabbat and Simchat Torah services! Dancing with the Torah!
Followed by **Oneg and Sundae Bar!**



Service! Dancing! Unrolling the Torah!

After the service, enjoy a special oneg, featuring a Sundae Bar and our traditional caramel apple lollipops!

This service is a congregational favorite, for kids and adults, so invite your friends and family to join us as we renew our Torah cycle, read the end of the Torah and then the beginning with the entire scroll unrolled around Margolis Hall. Dance with the Torah scrolls to the sounds of accordionist Mark Stillman and his band of musicians! Stay for a special oneg Shabbat and ice cream sundae bar!



Saturday, October 7, 10:00 am - Tishrei 22

Shabbat and Shmini Atzeret Festival Service (including Yizkor)