



ITON TZIYON

עיתון ציון

Mount Zion Temple Bulletin

Fall | September-November 2026 | *Elul 5786-Kislev 5787*

Vol. 171, No. 1

Preparing for the *Yamim Noraim*/Days of Awe with Shofar on the Roof



Living the Jewish Calendar

A year to deepen understandings and practices of the holidays

L'Dor VaDor

From Generation to Generation

Mazel Tov To...

Jeremy Chacich and Ross Higgins on the birth of their daughter, *Petra Joan Higgins-Chacich*, on April 19.

Jillian Gramling who has been awarded the 2025-2026 Clinical Instructor of the Year at St. Catherine's University Doctor of Physical Therapy program.

David Rafferty and Deb Amster on the birth of their grandson, *Callum*, on January 30. *Callum* is the son of *Leah Rafferty* and *Jim Ryan*.

Carrie and Steve Siegel on the birth of their grandchild, *Pepper Ellen Siegel*, on April 29. *Pepper* is the child of *Hannah Siegel* and *Reed Langton-Yanowitz*.

ZICHRONAM LIVRACHA...

*May their memories be for a blessing
We note with sorrow the passing of our members:*

Judy Brier

*Our condolences to her family,
including her husband Arnie Brier.*

Jules Goldstein

*Our condolences to his family,
including his wife Janice Goldstein.*

David Gray

*Our condolences to his family,
including his wife Robin Gray.*

Dorothy N. Lipschultz

Our condolences to her family.

Lee Litman

Our condolences to her family.

Nicole Messinger Post

*Our condolences to her family
including her daughter Emma Messinger Post.*

Diane "Dede" Wolfson

Our condolences to her family.

We Extend Condolences to...

Andrea (Cliff) Berg on the death of her step-father, *Eddie Hotchkiss*, on July 7.

Michael (Stephanie) Chauss on the death of his father, *Bernard Chauss*, on July 21.

Brent (Jessica) Griffith on the death of his mother, *Charlotte Griffith*, on July 16.

Peter Bloch and Bonnie Rubinstein on the death of their daughter, *Lana Rubinstein*, on May 27.

Betty Fantle on the death of her son, *David Fantle*, on April 21.

Orrin (Janie) Kirschbaum on the death of his sister, *Gail Goldberg*, on March 25.

Sue (Eric) Lund on the death of her mother, *Harriet Lee Garnick*, on May 22.

Letter from the Rabbi



As much as Judaism is rooted in a place, *Eretz Yisrael*, the land of Israel, our history anchors our identity mostly in time. Rabbi Abraham Joshua Heschel spoke of "holiness in time" as the basic characteristic of Jewish practice.

This year at Mount Zion we are focusing on time and "living the Jewish calendar."

This focus comes from our [strategic plan](#) adopted in 2023 and arrives at a welcome moment.

With gratitude to our newly re-constituted adult education committee MaZAL (Mount Zion Adult Learning) under the leadership of Sarah Weinman and Rabbi Renetzky, we have new programming and holiday publications that we hope will be meaningful to you. At a time when we may be feeling unmoored by world events and the way the Jewish community is being spoken of in political discourse and in sectors on the right and left fringes of our society, we turn to community and to the rhythms of our holidays and Shabbat.

The assumptions we have for this year:

- "Living Jewishly" is varied, rich and personal. There is not one way.
- Reform Judaism is predicated on informed choice.
- Practice is a way to integrate our learning into our lives.
- We do not judge each other's choices. Jewish practice is not "all or nothing."
- Any additional practice, however small, can be meaningful and create a feeling of *shalom* (wholeness), *shayachut* (belonging), and *simcha* (joy).

We hope you join in some way this year!

Over the course of this year, we will teach practical "how to's" and explore the "why's" of Shabbat, holy days, and daily blessings through classes, online and material "tool kits," social media, and discussions. Some will be easy, accessible, and one-off modalities and some will be deeper, relational, and sustained ways to engage.

See some of the opportunities and resources we are offering starting on page 22. Our [website](#) has many other resources as well.

Happy New Year! *Shanah tovah!*

Adam Stock Spilker, Rabbi

PS. Rosh Hashanah is in the 7th month of the Jewish year. That's weird! If you're confused or curious, our programs this year are for you!

Living the Jewish Calendar: Share your Stories!

Our community is full of wisdom about how to infuse our holidays with meaning. From gathering with family and friends to honing reflective practices to favorite recipes, each of us has something to share.

Which Jewish holiday is most meaningful to you and why? Are there family traditions or learned traditions that enhance your experience of that holiday?

Submit your stories and reflections to Rabbi Renetzky at hrenetzky@mzion.org. Selections may be included in our holiday guides.

"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 **Madisyn Gowans, Annie Hoffman, Jack Olson, Crystal Stein,** and **Sarah Walstein** who have completed our conversion program recently and have thus chosen Judaism: **May they go from strength to strength!**

Make Shabbat Your Sanctuary

Join us for Engaging, Musical, Inspiring Shabbat Services!

Friday Night

Kabbalat Shabbat Service: 6:30 pm — Join in person or online ([Livestream](#); [Facebook](#))

Saturday Morning

Torah Study: 9:00 am - In person or online via [Zoom](#)

Shabbat Shacharit (Morning) Service: 10:00 am — In person or [Livestream](#)

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

Please see our description of Shabbat services at Mount Zion at mzion.org/pray/shabbat.

Shabbat Services in Margolis Hall!

We move from the formality of the sanctuary to our social hall to create a more intimate service. Our singing is accompanied by violin, guitar, keyboard, and percussion. The evocative music opens our hearts and awakens our spirits.

Shabbat for the Soul

September 25, October 23, November 13, March 12, and April 9

Shabbat is always for the soul, but there is a particularly soulful atmosphere at “Shabbat for the Soul” services. It is a more contemplative worship style with the congregation sitting in the round. We use a single page handout for the prayers. A slower pace enables us to focus on the meditative effect of the music, the potential for deeper awareness and prayer, and the feeling of community.



Hiddur T'filah

December 18, January 8, and February 19

[Hiddur Mitzvah](#) is the enhancement of a Mitzvah by making it visually beautiful. In our Hiddur T'filah services, instead of seeing the service in black and white on the pages of a book, our words of prayer are enhanced by beautiful images projected on the wall in Margolis Hall. We take time with the prayers and the music, engaging our senses more fully than usual. We sit in rounded rows, to more fully appreciate the community around us.



First Friday Family Shabbat Dinner

November 6, December 4, February 5, March 5, April 2, May 7

Food, Friends, Family: Shabbat!

- Arrival and Meet and Greet at 5:15 pm
- Blessings and Dinner at 5:30 pm
- Services at 6:30 pm

Members: \$25 for a household; individuals are \$10 each.
Non-members: \$36 for a household; individuals are \$12 each.

All are welcome! Bring your family, friends, or come by yourself! Come as you are! Get the kids in the car and we'll take care of the rest. An informal Shabbat dinner with kid-friendly food, Shabbat blessings, and friends new and old, followed by a spirited, family-friendly Shabbat service featuring our children's choirs. **Drop-in childcare available on a first come, first served basis, dependent on capacity and staffing!**

Sponsored by the Brotherhood and Women of Mount Zion Temple.

Daily Services - on Zoom!

Sunday through Thursday at 5:45 pm

The tradition of Daily Services at Mount Zion goes back to the 1950s and has been uninterrupted ever since. Since the pandemic began, a rotation of lay leaders and our rabbis lead the brief and meaningful service. You are welcome to join once or more! An important mitzvah is to participate on the day of a loved one's yahrzeit.

Sunday through Thursday: [Join via Zoom](#) or call 929-205-6099 and then enter the meeting ID 727 277 057.

Note: On Kol Nidre and Yom Kippur day, there will be no 5:45 pm daily services. Instead, we will read names during the 7:30 pm Kol Nidre services and during the 3:00 pm Yizkor services on Yom Kippur Day.



One of the unexpected gifts of part two of my multi-year sabbatical was the opportunity to closely support my husband Nick's healing journey, which began with his prostate cancer diagnosis in October and then surgery in April. Although it wasn't a secret, it wasn't something we felt called to make public, and we chose not to make a congregational announcement. So while some of you knew, many others did not. Thankfully, Nick's surgery was successful; he's recovering well, and during my sabbatical we received the wonderful news that his first post-surgery PSA test was undetectable. And yet, unexpectedly, the good results also served to remind me that the way I used to think about healing—the surgery is over, the test results are good, the crisis has passed, and we can get back to life “as usual”—no longer holds up for me.

In his book *This is Real and You Are Completely Unprepared: The Days of Awe as a Journey of Transformation*, Rabbi Alan Lew analogizes the season from Tisha B'Av, the lowest point of the Jewish calendar, to Sukkot, our most joyful holiday, to a journey from one broken house to another broken house. The first house is the destroyed Temple and the last is the sukkah, the flimsy structure that offers no real protection, but in which nevertheless (or perhaps because of that) we rejoice. The reality is that no “house” can ever offer complete security; as Rabbi Lew writes: “the walls of our great house are crumbling all the time...every moment of our lives, the sacred house of our life—the constructs by which we live and to which we hold on so fiercely—nevertheless falls away...This concatenation of ritual that begins with the mournful collapse of a house and ends with the joyful collapse of a house stands for the journey the soul is always on.”

And this is why we need this High Holy Day season—and each other—so very much. As I learned so profoundly this past year, we are all always on the precipice of change, of failure, of loss. Whenever I chant *Unetaneh Tokef*, which contains the text “who shall live and who shall die,” I am deeply mindful of how quickly it all can change for every one of us, particularly this year. This is one reason I'm especially looking forward to this year's Healing Service on Saturday, September 19. On Shabbat Shuvah, the Shabbat between Rosh Hashanah and Yom Kippur, we will come together, and, through music, prayer, and the sound of the shofar, make a sacred space for reflection on healing. Our healing service is not just for those who are sick or caregivers. So many people have stories of healing journeys, many of which have never been shared before: maybe it never came up, or it felt embarrassing to do so, or it just “isn't talked about.” I first learned this when I experienced a miscarriage after having my first child, and again in sharing Nick's story with others. Often we diminish our own pain and challenges so as not to make others uncomfortable or frightened, and sometimes we need a place where explanations and solutions are unnecessary; we can simply bring our full selves, and in doing so, we find sustenance and lift up others. This is what I will carry with me into this High Holy Day season: none of us gets to know what is coming, but we do get to choose how we meet it, and who we meet it with. I am deeply grateful that we get to do that together.

Jennifer Strauss-Klein, Cantor

Choirs in the Fall!

Shir Tzion, for 2nd through 6th graders



Shir Tzion children's choir is a Mount Zion treasure. The choir rehearses in the sanctuary on Sundays, 9:00-9:30 am. Directed by Cantor Spilker, Shir Tzion sings the first Friday of every month for the 6:30 pm Shabbat service. The choir also performs at special programs. Singing with Shir Tzion is a wonderful way for students to learn prayers, strengthen their Hebrew skills, and expand their Jewish music repertoire while serving the congregation and having fun! Contact [Cantor Spilker](mailto:rspilker@mzion.org) at rspilker@mzion.org with questions.

Shir Chants, for 7th through 12th graders



Open to all students in Grades 7-12, this ensemble is for all teens who enjoy singing or playing instruments and want to continue beyond Shir Tzion. Rehearsals are on Sundays, 8:45-9:15 am before Religious School. We sing for the High Holy Days, First Friday Shabbat services, and special Religious School tefillah. Contact [Cantor Strauss-Klein](mailto:jstraussklein@mzion.org) at jstraussklein@mzion.org with questions.

Both Shir Tzion and Shir Chants will have a Choir “Boot Camp” on **Sunday, October 4, 12:15 - 1:45 pm**. Register for either choir on the Mount Zion Portal at mzion.congregationconnect.com using the same login that you use to register for Religious School. The registration fee, which covers music, and other expenses, is \$54 per child. Regular rehearsals begin on **Sunday, September 27** and continue every Sunday when there is Religious School.

Trope Troupe

... the more Torah, the more life. -Hillel

Todah Rabah to our May-August Ba'alei Korei (chanting Torah): Sue Benfield; Hana Bibliowicz; Sarah Carpenter; Andy Fein; Shel Finver; Pearl Freidberg; Siana Goodwin; Glenn Hardin; Rebekah Jacob; Abbey Kanzer; Seth Levin; Steve Levin; Nadia Levine; Rick Linsk; John Mast; Kathleen Riley; Jenni Schwartz; Steve Silverman; Batya Spector; Zeldia Strauss-Klein; Eve Zabronsky

Todah Rabah to our Eicha/Lamentations chanter: Rebekah Jacob

To sign up to chant Torah or Haftarah on Shabbat, e-mail Cantor Jennifer Strauss-Klein at jstraussklein@mzion.org.

From the President



Even though I am the President of Mount Zion, there are a lot of aspects about Judaism that I still do not know. For instance, at a recent meeting of our Board of Directors, we heard about our upcoming Living the Jewish Calendar programming, which will begin after the High Holy Days. Our MaZAL Committee Chair Sarah Weinman and our Director of Congregational Engagement Rabbi Renetzky explained how some of the activities were going to be conducted through **chavurot**. I then asked if this paired study would be our **chevruta** program for the upcoming year. What I learned is that there is a difference between the two words, with chavurot meaning a self-directed group for socializing, Jewish learning, or holiday celebrations, while chevruta refers to paired or partnered study. (MaZAL then smartly changed “Chavurot” to “Cohorts” because the Hebrew subtleties can be confusing!)

Another example: I was at Mount Zion to commemorate **Tisha B'Av**, the heavy day where we mourn the destruction of the ancient Temples in Jerusalem and other tragedies that have befallen Jews throughout history. As we were waiting for pre-service study to begin, I turned to my neighbor and confessed that this was the first time I had been at a **Tu B'Shvat** service. For those of you who know, Tu B'Shvat is the much lighter day where we bring in the new year for trees. My mistake was somewhat akin to comparing the Grinch to the Lorax.

So, to my fellow congregants who are not Jewish, did not grow up Jewish, or have vague memories from their Jewish upbringings, I'll echo what I stated in my very first column: **לא לבד** – Lo Levad – you are “not alone.” Particularly for our non-Jewish fellow travelers, what you are, is amazing! Nearly all of you have chosen to be a spouse of someone Jewish and support their faith. Many of you have chosen to raise your children as Jews, helping to propagate our people. Your participation in temple life can vary from getting your kids to religious school on time, to celebrating Shabbat and the Jewish holidays at home, to attending First Friday Family Dinner and services, to being a regular at Shabbat services, to being active on committees, to learning Hebrew, and to attending the Men's Retreat or Our Bodies, Our Souls. The list goes on.

As I was sitting at my first Tisha B'Av community service, which felt nothing like our regular Shabbat services or any other holiday, for a time, I felt somewhat alone. The only illumination at the service was candlelight, so it was hard to follow along in the prayerbook. Most of the service was in Hebrew and little of it was sung or read communally. While I recognized some friendly faces and it was certainly beautiful, it all felt a little isolating and alien to me.

But then I thought of you – all of you who did not grow up Jewish or do not consider yourself Jewish, even though you are fully part of this community. And I realized that how I was feeling this one time in the calendar year may have been what you first experienced as you became a part of our community and, I imagine, still may feel at times. So, on any occasion when you are a bit unsure about what is transpiring, please remember the axiom that the only “stupid” questions are the ones unasked. We've all been in your shoes and even the temple President experiences that uncertainty at times. To the extent we can make you feel less alone, please don't hesitate to ask. This just makes you a part of our Jewish community, where we are always asking questions.

Jon Strauss, President

Executive Director Corner



This has been a season of visible, meaningful progress at Mount Zion, on our roof, in our religious school classrooms, and in the strength of our community. I'm delighted to share a few highlights from the summer and a look at what's ahead.

In June, we completed the new roof above the religious school wing, and in July, installation began on our new rooftop solar array. We also replaced all of the HVAC units in the religious school wing and moved them to digital controls. Both the solar panels and the new controls are a major step toward reducing our energy costs and caring for the environment.

We've been working with architects on the reimagining of the Harris Chapel. They have completed a beautiful design concept, guided by three goals: creating sacred space, building in flexibility for the many ways we gather, and honoring memory with a dedicated memorial space. The community will have its first opportunity to preview the design at an event about our building on November 1.

Over the summer, we have been privileged to sit with congregants and hear what Mount Zion means to them. Early leadership commitments have been deeply generous, helping to fund infrastructure projects already underway and those planned over the next five years. These conversations affirm again and again how much this community believes in building Mount Zion's home for the next generation. We look forward to sharing much more in the months ahead.

On August 28, we will welcome confirmands from across the decades back home for a Reunion Shabbat. We are excited to see generations who grew up at Mount Zion back in our building again. Our thanks to Bruce Goodman and Stuart and Jean King Appelbaum for generously underwriting the Shabbat meal.

AppleFest returns this fall! Watch for details on volunteering, and consider becoming a sponsor - opportunities begin at \$100. It's one of the sweetest ways to support Mount Zion and share our community with neighbors and friends. Reach out to me if you're interested in learning more.

As we prepare to welcome 5787, I am grateful every day for this congregation, for your patience during construction, your generosity, and your presence. May the new year bring you and your loved ones sweetness, health, and peace. I look forward to greeting you at the High Holy Days.

With gratitude,

Kate Tucker Sicher, Executive Director



REGISTER NOW

Preparing for the High Holy Days

Selichot: A Night of Spiritual Reawakening

The evening that ushers in the High Holy Days

Forgive! Forgive? Forgive.

Saturday, September 5

8:00 pm – **Learning: Selichot means “Forgiveness.”** Why do we start our holy days with forgiveness and not teshuvah (turning/repentance)? Our rabbis will respond to this question and teach Jewish views of forgiveness through liturgy, midrash, and modern texts. We will study in chevrotah (paired learning) and large group conversation. *(In person only)*



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 only)*

10:00 pm – **Selichot Service:** 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! *(In person and livestreamed on mzion.org)*

Presented by Shomrei Adamah/Keepers of the Earth Committee

Hayom Harat Olam: A Nature Prayer Experience for the New Year

Including our annual Reverse Tashlich™

New this year!



Sunday, September 13 / 2 Tishrei 5787, 1:00-3:00 pm at Lilydale Regional Park

Between Downtown St. Paul (Harriet Island) and Mendota Heights along Water Street. We will meet at the [Parking Lot](#) (between Kayak Launch and Picnic Shelter). There are no steps; it is accessible by wheelchair. [Please register](#) so we can let you know if we need to cancel because of inclement weather. We will still gather with light rain.

In our Rosh Hashanah liturgy, we recite the words: “Hayom Harat Olam” – Today the world is born! The day after we gather inside our sanctuary for Rosh Hashanah, which celebrates the birth of Creation, we invite you to step into creation for a guided experience that will include our annual Reverse Tashlich™ program where we clean up trash along the Mississippi River. We will sing, reflect, and give time for private prayer in nature.

**May it be my custom to go outdoors each day among the trees and grass—among all growing things.
May I express there everything in my heart.**

- Reb Nachman of Bratzlav

High Holy Day Nametags for Members and Guests!

It has become our tradition to use nametags instead of tickets for the High Holy Days. They help create a more connected community. Even if you already have permanent nametags used on Shabbat, you will need to register for nametags for High Holy Days. **For security reasons, we distinguish between the two different nametags.**

In alignment with our Climate Action Congregational Position Statement and our efforts to reduce waste, **we will only be printing nametags for those who register in advance for the High Holy Days.**

Members, please let us know if you are coming to any of the in person services as soon as you can! We will have your nametags waiting. Please include any guests who will be attending services with you.

Guests, as always, are welcome to be part of our High Holy Day services and programs. We also invite you to [fill out the form](#) to receive nametags. Please 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.

[Members and Guests: Request High Holy Day Nametags](#)

High Holy Days

To see a detailed schedule with times, go to mzion.org.

Rosh Hashanah

September 11 and 12 - 1 Tishrei 5787

Erev Rosh Hashanah, Friday, September 11

Erev Rosh Hashanah 7:15 pm [via Zoom](#)

Online Meet and Greet **NEW THIS YEAR!**

For our online attendees, join Rabbi Renetzky on Zoom for 15 minutes before the Rosh Hashanah evening service to connect with other Mount Zion folks who are livestreaming.

Rosh Hashanah Day, Saturday, September 12

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

Exploring God as “Creator”

Led by Rabbi Renetzky

Rosh Hashanah is understood to be the birthday of the world. What does that mean and how can we relate to God as a “creator”? We’ll study piyyutim (liturgical poems), Talmudic passages, and a surprise text or two to understand more about God’s role as creator and discover what creative powers lie within us. All are welcome!



Move into the New Year with Yoga

3:30 pm at Hidden Falls Park

Led by Chris Gordon of Big River Yoga and Cantor Spilker.

Tashlich

4:30-5:00 pm at Hidden Falls Park [Map](#)

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.

Yamim Noraim/Days of Awe

Hayom Harat Olam: **NEW THIS YEAR!**

A Nature Prayer Experience for the New Year

Sunday, September 13, 1:00 - 3:00 pm at Lilydale Regional Park

See p. 6 for details.

Service of Healing and Reflection

Saturday, September 19, 10:00 am

This 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. This service will be on Shabbat Shuvah, the especially sacred Shabbat between Rosh Hashanah and Yom Kippur. We will begin with a brief Shabbat service including Mourners’ Kaddish, followed by our familiar Healing Service. The morning will conclude with a light kiddush lunch.

High Holy Day Cemetery Service

Sunday, September 20, 11:00 am at the Mount Zion Cemetery

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

Yom Kippur

September 20 and 21 - 10 Tishrei 5787

Yom Kippur, Monday, September 21

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

Poetry as Prayer – Why does it work?

Led by Michael Kuhne

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 is a past president and former English Professor at Minneapolis College.



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

Unlocking Mysteries and Gates:

Yom Kippur Afternoon to Neilah

Led by Rabbi Spilker

We will study the Yom Kippur afternoon and evening liturgy and discuss ancient and modern rituals and prayers to open your heart, soul, and mind.



“7th Inning” Stretch / Chair Yoga

1:45-2:45 pm at Mount Zion

Led by MZ member Nancy Lewis and Cantor Spilker.

NEW!

Community Project Drop-in

Throughout the day on Rosh Hashanah and Yom Kippur

We encourage people of all ages to come to the space that was formerly the gift shop to make pieces of a project that will be assembled later to create a surprise design. The space will be open before, during, and after services. The activity will be paper-based and accessible for all ages and artistic abilities. We will reveal the final product in Margolis Hall on Friday evening, November 6.



Mount Zion presents our 5787 Sukkot Happening



AppleFest



Sunday, September 27

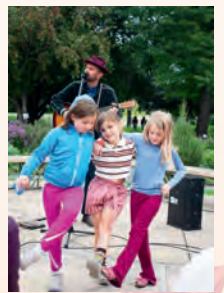
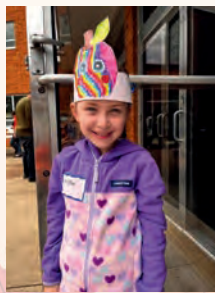
12:00–2:00 pm on the ZaiKaner–Perwien Terrace (*in case of rain: Margolis Hall*)

Enjoy live music, an apple press in action, fun games, creative crafts, and a delicious lunch. Don't miss apple doughnuts and apple cake! Plus, we'll enjoy apple cider and hard apple cider.

Advanced Pricing for Members: \$10 each; \$25 max per household

Member Price at the Door and Non-members: \$15 each; \$35 max per household

Sign up in advance at mzion.org!



Friday, September 25, 6:30 pm and Saturday, September 26, 10:00 am - Tishrei 22

Shabbat and Sukkot Festival Service

Simchat Torah

A Joyful Holy Day for All Ages!

Friday, October 2

5:30 pm Spaghetti and Salad in the Sukkah and fun Torah-related crafts and activities! **New this year!** [Register at mzion.org](http://mzion.org).

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

**Spaghetti! Salad! Service! Dancing!
Unrolling the Torah! Sundaes!**

Join us for a congregational spaghetti and salad Sukkot/Shabbat dinner before the service, and then after the service, enjoy a special oneg, featuring a sundae bar and our traditional caramel apple lollipops!

Simchat Torah is a congregational favorite for kids and adults. Invite your friends and family to join us as we renew our Torah cycle, dance to live music with the Torah scrolls, and read the end and then the beginning of the Torah with the entire scroll unrolled around Margolis Hall.



Saturday, October 3, 10:00 am - Tishrei 22

Shabbat and Sh'mini Atzeret Festival Service (including Yizkor)

Building a Local Lulav

The mitzvah to wave what we now call the lulav and etrog comes from the Torah. While the biblical Hebrew is somewhat vague, about two thousand years ago, Jews settled on which plants the Torah meant, and we have been sacredly waving them ever since: A palm frond, two willow branches, three myrtle branches, and one *etrog* (citron) fruit. In more recent years, some Jews have developed the practice of using locally available materials, honoring tradition while being mindful of our environmental impact. Learn more and try your hand at building a local lulav at one of these upcoming events!

Friday, September 25, 5:30-6:30 pm *before services*

Build a local lulav just in time for sukkot, which begins that evening. No RSVP needed; just show up!

Sunday, September 27, 12:00-2:00 pm at AppleFest

Participate in the second year of our sukkot and apple extravaganza. Stop by the sukkah to wave our local lulav or build your own.

Sunday, September 27 at the Lunds' home

Sukkah raising (2:00 PM) and concert (4:00 PM)

Join our members Eric and Sue Lund at their greenhouse in Lakeville for their annual sukkah raising, potluck, and concert featuring Di Bayke Klezmer Band. Shake a local lulav and celebrate sukkot! Contact the Lunds at greenhouseconcerts23@gmail.com for the address and additional details.



Tour de Sukkot

On Shabbat/Sukkot, Saturday, September 26, 1:00 pm
Meet in front of Mount Zion.

A family and kid friendly bike ride starting and ending at Mount Zion. We'll stop at a few neighborhood sukkot, a park, and end at Mount Zion's sukkah for seasonal refreshments. The event is co-sponsored by the Cycling MZ Small Group and Shomrei Adamah/Keepers of the Earth Committee.

Total ride distance is ~6 miles. Please RSVP to Jim Crist-Harif (jcristharif@gmail.com or 612-715-1598) to receive updates in case of inclement weather.

Social Action Update

Tzedek = Justice

Justice, Justice!

Tzedek Committee continues its pursuit of justice, focusing on Racial Justice, Climate Justice, Gender Justice, and Immigration Justice.

Immigration Justice:

Mount Zion congregants stepped up to help our immigrant neighbors during this past winter and spring. We provided much needed aid to over 300 families. Although fewer ICE agents remain in Minnesota, ICE is still active, and deportation flights continue to leave from our MSP airport. Many families continue to suffer from a loss of income, are struggling to pay rent, and are coping with the trauma they have experienced in the last few months.

Our **Welcome the Stranger** initiative continues to help immigrants within our community by providing food, gift cards, bedding and towels, furnishings, and other personal items. *Here are some ways you can help.* Please let others in your network know about these opportunities, if you are able.

Donate

Please consider donating to Welcome the Stranger to support our efforts on behalf of immigrants and asylum seekers. You may give a donation at mzion.org or send a check to the Temple noting that it is for the Welcome the Stranger Initiative. No amount is too small. Thank you for considering this mitzvah!

Eritrean family

The Mount Zion Tzedek Committee has been helping a family of Eritrean migrants— asylum seekers— over the last seven months. As some of you know, the mother of the Eritrean family that we are assisting is a chef. Freweini (the mother) has offered to cook a meal for Mount Zion members, and **you are invited**. The event will take place on Sunday, September 27, at 5:30 pm at the home of a Mount Zion member. For information, please contact Mark Joffe at marksjoffe@gmail.com. Also, if you would like to explore ways in which you can assist the family, please reach out to Mark.

Dinners at Immigrant-Owned Restaurants

To support local, immigrant-owned restaurants, the Tzedek Committee's Welcome the Stranger initiative is organizing dinners at local restaurants. Our next dinner will be in October, and the location will be announced in an upcoming *This Week at Mount Zion* email. We limit participation to 20 guests.

East Side Learning Center

Tzedek Committee partners with the East Side Learning Center in St. Paul. If you are interested in tutoring a child, please contact JoAnn Nathan at nathanjoann@comcast.net or Karmit Bulman at karmitbulman@gmail.com. For more information, go to the Center's website at eastsidelearningcenter.org.

Gender Justice

Mount Zion is collaborating with **Reviving Sisterhood**, a Somali-led local nonprofit organization, to provide hygiene items and diapers for moms and babies facing difficult circumstances.

Donations items can be left in the "Tzedek Box" near the Religious School door. Look for the yellow sign on the wooden box. Gift cards can be left at the office. Questions? Contact Ellen Kennedy at 952-

693-5206 or kennedy@worldwithoutgenocide.org. **Most-needed items include** diapers (sizes 4–7), baby wipes, sanitary pads, and self-care products. Please see our Tzedek News Blast for a full list.

Defending Democracy

This Fall, the Tzedek Committee has partnered with UNIDOS as we work to defend democracy in several ways. We are helping to **encourage voting and to defend fair and accessible elections**. Our goal is that every congregant who is eligible to vote has the opportunity to do so in this year's November 3 elections. You may see us tabling at Mount Zion on Friday nights before Shabbat services as well as on Wednesday nights and Sunday mornings, in order to provide registration information, help voters learn about polling sites, organize rides to the polls for congregants who require them, and combat disinformation about the election. If you would like to help in this effort, please contact Chris Rosenthal, (Crosenthal0410@gmail.com).

If you are concerned about whether **election results** might be discounted or delayed, UNIDOS is also making contingency plans for how best to respond. Our current focus at Mount Zion is to strengthen our connections and ground ourselves in reflection, responsibility, and care for each other. Please contact Melanie Klein (melaniepttrsn@gmail.com) to learn more or to get involved.

Everyone Has a Story: Telling and Gathering Stories of Operation Metro Surge

Mount Zion is one of many Twin Cities congregations participating in the State of Minnesota's Truth Council story collection effort, and we are asking for your help. The Truth Council is an independent, non-partisan body creating a public record of the impacts of Operation Metro Surge. Mount Zion is helping by collecting stories of Minnesotans' day-to-day experiences of the surge. Every story is important. Whether you interacted directly with ICE, took part in the response, or watched the surge unfold on the news, your story matters.

You can help by:

- Telling your story to a trained volunteer. (You can be anonymous if you choose.)
- Collecting stories from members of Mount Zion and/or your local community. Story collectors will receive training.

Please join us in making sure that our experiences of the surge are not hidden or forgotten. For information, contact Robin Gotler (robin87654@yahoo.com).

You are welcome at any and all Tzedek events! Please look to the weekly Mount Zion newsletter and the monthly Tzedek News Blast for updated opportunities.

Visit our website to sign up for our monthly newsblast and receive the most current information on Tzedek actions and events. On the Mount Zion homepage, click on "Act" and then "Social Justice" (mzion.org/act/social-justice).

If you are interested in volunteering or learning more, contact Diana Dean (dianamdean@msn.com).

CONNECT AT MZ

Women of Mount Zion Temple

Todah Rabah!

Thank You to all mitzvah makers who participated in the Garage Sale. We couldn't have done this without you!



Brotherhood

The Mount Zion Brotherhood is coming off a busy and eventful summer. We had our Men's Retreat, attended a Saint Paul Saints Game, volunteered with the Women of Mount Zion Temple Garage Sale, and will help run the Mount Zion Community Summer Picnic.

We will be in full swing this fall. Please plan to join us for a **Membership Meeting on Monday, October 4 at 6:30 pm**. A light dinner of pizza and salad will be served. We meet in the lounge near the Temple's front entrance. We will also be assisting with AppleFest on September 27.

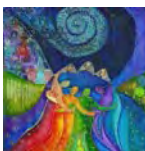
We encourage you to join us at the Bagel Bar each Sunday morning when Religious School is in session.

Brotherhood will also be announcing a social gathering every other month beginning in October. These events are often open to the entire congregation. Please join us.

David Nathan, *President*

Women's Spirituality

Please join us on **Sundays, October 25, November 15, January 10, February 21, March 14, April 18 (all at Mount Zion), and May 2 (off site) from 9:45-12:15 pm** for our hybrid (in-person and Zoom) gatherings where we will explore a learning topic, share during our check-in time, pray the Misheberach prayer together, and share a closing song. Oh, and of course, time to schmooze from 12:00-12:15! All who include women in their identity are welcome to join us! Questions? Contact Jen Hakes at jenniferhakespt@gmail.com.



20s/30s GROUP

Hello Young Adults of Mount Zion! I look forward to some upcoming 20s/30s events, both at Mount Zion and partnering with other cool Jewish organizations in the Twin Cities.

- **Mount Zion/J-Pride Boba Pop-Up (Wednesday, September 2, 5-7pm at Sencha)** – Join Hunter Wengersky, J-Pride Program Coordinator and Abby for an informal gathering at Sencha to meet, drink something sweet, and chat with other young adults in the community.
- **20s/30s Sukkah Decorating Party (Wednesday, September 23, 6-8pm at Mount Zion)** – Join for pizza and a brief teaching, then decorate the Mount Zion sukkah! This annual favorite is lots of fun whether you've decorated a sukkah every year or it's your first time entering one!
- **Mount Zion/YALA Happy Hour (Thursday, October 29, time/location TBD)** – Hang out with other young adults at a local brewery and learn about Saint Paul Jewish Federation and YALA, their young adult program!

If you'd like to receive emails about 20s/30s programming, please email me. I look forward to seeing you around!

Abby Farber, *Director of Youth and Young Adult Engagement*

afarber@mzion.org

30s/40s Rosh Hashanah dinner

Saturday, September 12, 5:30 pm (after Tashlich)

Hosted at the home of Nate and Cara Hoch



Join 30s/40s folks to enjoy a festive Rosh Hashanah dinner hosted by the Hoch family. Schmooze, nosh, and celebrate the new year together. Bring a drink or dessert to share. Children 7 and under are welcome. Spots are limited! [Register in advance to receive the address.](#)

Are you looking to get more involved in 30s/40s events?
Contact Rabbi Renetzky at hrenetzky@mzion.org.

Jewish Community Security Trainings
with JCRC and Secure Community Network

Stop the Bleed Training

Sunday, November 15, 10:00 am–12:00 pm at Mount Zion

Sponsored by the Women of Mount Zion Temple

Pre-registration and show of ID upon arrival is required.

Much like knowing CPR, everyone should know how to save a life from serious bleeding. Learn how to control bleeding when someone is injured through the application of wound packing and tourniquet application. This course is hands-on and designed for every member of the community. Registration coming soon. Contact April at acolacci@mzion.org with questions.

Religious School News

Yom Rishon - First Sunday of Lower School

Sunday, September 27, 9:30 am – 12:15 pm



Yom Rishon is the first Sunday of Religious School classes for students in grades Pre-K-6.

9:30-10:00 am Opening T'filah (service) with Parents/Guardians

10:00-11:05 am Session 1 for students

11:05-11:20 am Healthy Snack - Provided by Mount Zion

11:20-12:15 pm Session 2 for students

12:15 pm Pickup from Margolis Hall

Religious School Calendar

September 19 – Kindergarten Parent/Guardian Consecration Workshop

September 26 – 7th Grade: A Day Apart Shabbaton

September 27 – Yom Rishon/First day of Lower School

September 30 – First Day of Chai School

September 30 – Pizza in the Hut

October 4 – Consecration

October 9 - 11th – Confirmation Retreat

October 11 – 2nd grade: Welcome to Hebrew Meeting

October 14-18 – No Religious School (MEA)

October 25 – 6th Grade B'nei Mitzvah Family Orientation

October 31 – 3rd Grade Shabbaton

November 14-15 – 6th Grade B'nei Mitzvah Family Retreat

November 20-21 – 5th Grade Shabbaton

November 25-29 – No Religious School (Thanksgiving Break)

[Find our full RS Calendar on mzion.org.](http://mzion.org)

Consecration

Sunday, October 4, 11:30 am

Join our T'filah Service during which our Kindergarten students will receive mini-Torah scrolls as part of Consecration.

Kindergarten Students and Families

9:30 am Student group photo and rehearsal

10:00 am Students meet in classrooms

11:20 am Parents/Guardians meet in Sanctuary

11:30 am Service

12:15 pm Consecration lunch

11th and 12th Grade Fall Class Dates

11th and 12th grade will meet on the following dates and will be taught by Alisha Sawyer!

Wednesday, October 7 - 7:30 - 8:30 pm

Sunday, October 25 - 12:30 - 1:30 pm

Sunday, November 1 - 12:30 - 1:30 pm

Wednesday, November 18 - 7:30 - 8:30 pm

Wednesday, December 2 - 7:30 - 8:30 pm

Sunday, December 20 - 12:30 - 1:30 pm

Pizza in the Hut

Wednesday, September 30, 5:00 - 6:00 pm

This Sukkot event is for the Religious School, not for the entire congregation.



Students and families are invited to join us in the sukkah for pizza and a chance to shake the lulav and etrog! This will be followed by class time for 2nd - 6th graders and our first day of Chai School for 7th - 10th graders from 6:00 - 7:15 pm.

L'Dor v'Dor Day

Save the Date: March 7, 2027

We will come together once again for a day of intergenerational Jewish learning! Mark your calendars now!



Mount Zion Kids at Camp!



Mount Zion had 45 students attend OSRUI this summer! We also had students attend URJ SixPoints SciTech and Sports camps, Camp Herzl, and of course, Camp Butwin. We love our Jewish learning to continue year round!

Youth Engagement News



Hello Mount Zion Families! As we gear up for another meaningful year of youth programming at Mount Zion, I am excited to invite kids and teens to experience our youth groups! From Noar Tzion (3rd-5th grade) to JYG (6th-8th grade) to SPORTY (9th-12th grade), and a slew of events ranging from crafts to puzzles to picnics, there's something for everyone and it promises to be fun and engaging. I look forward to working with SPORTY Board, our 9th-12th grade youth group leadership, and our Noar Tzion Advisor Rebecca Zerlin, for an amazing and memorable year! Please mark your calendars with the dates below and reach out to me with any questions.

Abby Farber, Director of Youth and Young Adult Engagement
afarber@mzion.org

Youth Group Dates

Noar Tzion (3rd-5th Grade)

- **Crafternoon (Sun, Oct 25, 12:15-2pm)** – Connect with your Mount Zion peers with lunch and fun art projects!
- **Chanukah Olympics (Sun, Dec 6, 12:15-2pm)** – Participate in a series of challenges (physical, creative, and intellectual) as we celebrate Chanukah together!
- **Escape Room (Sun, Feb 7, 12:15-2pm)** – Solve the puzzles with your group to escape!
- **Chocolate Seder (Sun, April 18, 12:15-2pm)** – Join for an annual favorite where you'll engage with the Passover story, rituals, and foods, all with chocolate and candy treats!
- **Summer Celebration (Sun, May 16, 12:15-2pm)** – Join for a picnic, waterplay, and relay races! 2nd graders are invited for a taste of Noar Tzion.

JYG (6th-8th Grade)

- **Back-to-Shul Shabbat (Fri, Oct 23, 5:15-6:15)** – Join for a picnic and games to connect with your Mount Zion peers!
- **Puzzles and Pizza (Sun, Nov 22, 12:15-2pm)** – Create your own pizza for lunch and engage in physical, creative, and intellectual puzzle challenges!
- **Canvas and Cookies (Sun, Jan 10, 12:15-2pm)** – Paint a masterpiece and munch on yummy snacks!
- **Chocolate Seder (Sun, April 18, 12:15-2pm)** – Join for an annual favorite where you'll engage with the Passover story, rituals, and foods, all with chocolate and candy treats!
- **End-of-Year Picnic (Sun, May 2, 12:15-2pm)** – Celebrate the year with a picnic lunch, games, and summer treats! 5th graders are invited for a taste of JYG.

SPORTY (9th-12th Grade)

SPORTY Board will meet in late September to determine events for the year; stay tuned for details but mark your calendar with the days and times!

- **TBD (Sat, October 24, 6-8pm)**
- **TBD (Sat, Dec 5, 7-9pm)**
- **Lock-In (Fri-Sat, Jan 29-30)**
- **TBD (Sun, March 7, 1-3pm)**
- **Beach Party (Sat, May 15, 6:30-8:30pm)**

B'nei Mitzvah

Ari Podolsky

October 24, 2026

Picture removed online.

Aryeh Avram Podolsky (Ari) is the son of Joseph and Elizabeth Martinez-Podolsky. He is the grandson of Stanley and Louise Podolsky and Amado (of blessed memory) and Julia Martinez.

Ari has a twin sister, Yochana and a younger sister Avigail and is entering 7th grade at Edgewood Middle School. Ari enjoys everything basketball and loves drawing people and cartoons. Ari enjoys learning about cultural differences and helping others. He also enjoys spending time with his family and friends and talking sports with Papa Stan. Ari will be volunteering and supporting Neighborhood House of St. Paul.

Chana Podolsky

October 24, 2026

Picture removed online.

Yochana Sarai Podolsky (Chana) is the daughter of Joseph and Elizabeth Martinez-Podolsky. She is the granddaughter of Stanley and Louise Podolsky and Amado (of blessed memory) and Julia Martinez. Chana has a twin brother, Ari and a younger sister Avigail and is entering 7th grade at Edgewood Middle School. Chana enjoys figure skating, playing violin, and baking sweets. She enjoys learning about history and seeks to be a successful Supreme Court Justice and fashion designer. Chana enjoys her summers at OSRUI Camp and being an active participant in Shir Tzion at Mount Zion. Chana will be volunteering and supporting CLUES Minnesota (Comunidades Latinas Unidas en Servicio).

Eleanor Gottlieb

November 7, 2026

Picture removed online.

Eleanor Gottlieb is the daughter of Kate Lockwood and Jeremy Gottlieb. She has an older sister, Phoebe. Eleanor is in the 7th grade at Saint Paul Academy where she enjoys English class and her favorite activity is theater. She is an avid volleyball player and loves musical theater as an audience member, actor, and member of the tech crew. In her free time she likes to play Dungeons and Dragons with her friends. Eleanor plans to donate a portion of her B'nei Mitzvah gifts to the Humane Society.

Yasher koach to the B'nei Mitzvah Class of 2025-26!

In honor of their becoming B'nei Mitzvah, families contributed to a fund instead of giving individual gifts to classmates. Half of the money will be saved for them to give as their Confirmation Class gift in 10th grade; the other half will be distributed to the organizations the students chose in 7th grade: **National Immigration Law Center** to support immigrant communities, and **JACS (Jewish Alcoholics, Chemically Dependent Persons, and Significant Others)**. Well done/kol hakavod!

THANK YOU...FOR YOUR CONTRIBUTIONS

These donations were received between April 9 and August 18. Donations received after August 18 will be included in the next bulletin.

RABBIS' DISCRETIONARY FUND

In appreciation of:
Rabbi Esther Adler
 Janice Goldstein
Rabbi Adam Stock Spilker
 Janice Goldstein
 In honor of:
Rabbi Adam Stock Spilker
 Michael & Paula Pergament
Zev Wolfson's Naming
 Jack Silverman
 In memory of:
Harriet Garnick
 Eric & Sue Lund
Shauna Vukmonich
 Mitch & Sally Rubinstein
 In yahrzeit memory of:
Ruth Druck
 Jim Druck
Leo Levey
 Daniel & Susan Levey
Dorothy Smith
 Sarah Carpenter
Patrick Smith
 Sarah Carpenter
Sherman Winthrop
 Sue Winthrop
 Donations:
 Fred Haeusler
 Jack Olson & Karla Rubio
 Michael & Paula Pergament

CANTORS' DISCRETIONARY FUND

In memory of:
Shauna Vukmonich
 Mitch & Sally Rubinstein
 In yahrzeit memory of:
Paul Von Drasek
 Lisa Von Drasek

MAXINE APPLEBAUM ART ENHANCEMENT FUND

In memory of:
Dede Wolfson
 Bevan & Judy Marvy

BLOOM LIBRARY FUND

In memory of:
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 Dorothy Lipschultz

BROTHERHOOD FUND

In honor of:
Charlie Levine's Birthday
 Nancy & Richard Dana

CARING COMMUNITY FUND

In memory of:
Harriet Garnick
 Lisa & Paul Dorn
Mark Izakson
 Elena Izaksonas & Woody Smith
Dorothy Lipschultz
 David & Mary Ann Wark
 In yahrzeit memory of:
Elke Izakson
 Elena Izaksonas

CEMETERY MAINTENANCE AND BEAUTIFICATION FUND

In memory of:
Jules Goldstein
 Marc & Mayda Raffe
 In yahrzeit memory of:
Mary Aberle Levin
 Bill & Gloria Levin

EDELSTEIN FAMILY BIBLICAL GARDEN FUND

In yahrzeit memory of:
Abe Jack Edelstein
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 Randy & Tom Edelstein
Abe Mendelson
 Randy & Tom Edelstein

IRENE FINBERG CAMP SCHOLARSHIP FUND

In honor of:
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 & *April Colacci*
 Janet Cass
 In memory of:
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Harriet Garnick
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Larry Raffe
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 In yahrzeit memory of:
Barry Kantor
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HARRIS CHAPEL FUND

In memory of:
Harriet Garnick
 David & Mary Ann Wark
Jules Goldstein
 David & Mary Ann Wark

SARAH AND YALE JOHNSON FAMILY FUND

In honor of:
Rebekah Jacob's Volunteer of the Year Award
 John Mast
 In memory of:
Ronnie Broglin
 Michael & Todd Johnson & Family
Judith Finkelstein
 Beth, Elaine, Michael & Todd Johnson
Linette Horn
 Elaine & Michael Johnson & Family
Dallas Wilson
 Michael & Todd Johnson & Family

THE KIPP FAMILY BUILDING AND GROUNDS BEAUTIFICATION FUND

In yahrzeit memory of:
Gennie & Harry Gordon
 Scott Kipp
Max Kipp
 Scott Kipp

JULIE LAZOR CONFIRMATION AWARD

In yahrzeit memory of:
Joseph Gang
 Toba Lazor
Julie Lazor
 Toba Lazor
Morton Lazor
 Toba Lazor

ANNETTE K AND JAMES A LEVINE CHOIR FUND

In honor of:
James Levine's Birthday
 Harvey & Leigh Cohen, Robyn Cohen, & Bryce & Isaac Hannan

MITZVAH FOODSHELF

In honor of:
Dr. Carolyn Borow
 Margie Silk & the Silk-Wolfes
Alexander Chan's Birthday
 Jay Krasnow
Anna & Ken Hampton's Wedding Anniversary
 Rachel Hampton & Ruth Hampton Olkon
Brian Krasnow's Birthday
 Jay Krasnow
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 Marjorie Sherman
Joni & Neil Yarmo's Birthdays
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 In memory of:
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 In yahrzeit memory of:
Louis E Lebowitz
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 Donations:
 Andy Fein
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FUND FOR MOUNT ZION

In memory of:
Bernard Chauss
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In honor of:
Brian Krasnow
 Jay Krasnow
Judith Krasnow
 Jay Krasnow

TORAH RESTORATION, MAINTENANCE AND IMPROVEMENT FUND

Donations:
 Andy Fein

TZEDEK FUND - SOCIAL JUSTICE

In honor of:
Chai School Graduates
 Mary Ann Barrows Wark
 In memory of:
Harriet Garnick
 Ellen & Martin Sampson
Jules Goldstein
 Ellen & Martin Sampson
Dede Wolfson
 Barbara FL Penn
 In yahrzeit memory of:
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 Pearl Rosen
Harold Gurstelle
 Carol Gurstelle
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Hirschel Martin
 Fred Haeusler & Leslie Martin
Nathan Schneider
 Carol Gurstelle
Beverly A Sechter
 Pearl Rosen
Irving Strobing
 Stephanie Wolkin

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In memory of:
Ruth Bergal
 Jean & Michael Folger
Earl Keith Folger
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 In yahrzeit memory of:
Joseph Abramovitz
 Jaylene Karon
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 Donations:
 Robert Shumer

Mount Zion's 11th Grade Trips to New York: 1997-2025



In Spring 1997, Rabbi Spilker was living in New York finishing his last year of rabbinical school. When he was hired by Mount Zion, he was asked to design a five-day trip to New York for the post-confirmation class. He worked with Mayda Raffe and Rabbi Elka Abrahamson on the itinerary. That fall, the three of them and the post-confirmation class experienced an extraordinary journey! And thus began a tradition! **The picture above is of photos and paraphernalia that are on a bulletin board in the alleyway entrance in the Religious School. It will remain on display through the beginning of October.** It includes class photos of all the years and a retrospective of 9/11 when 3 of the original 11 students travelled a month later to New York as pilgrims, not tourists.

L'Chaim Mount Zion's 5787 Annual Campaign!



This year our Annual Campaign celebrates the gift from the heart. When the Israelites built the first sanctuary, everyone "whose heart so moved them" brought an offering, and from those freely given gifts, a sacred community took shape. That is our tradition of free-will giving, and it lives on at Mount Zion today.

Your unrestricted gift supports Mount Zion's greatest needs, from worship to learning and care for one another that happens here every single day. No gift is too small, and every gift is an expression of gratitude and belonging.

Give from the heart to the L'Chaim 5787 Annual Campaign, today and into the future.

Give now at www.mzion.org/donate.

Robert Mast, Chair, Giving Committee

B'ruchim HaBa'im Welcome to our new members!

Frank Alarcon

Madisyn Gowans

Sarah Graveley and Adam Silver

Tracy Harris

Katie Kline and Shawn Pearson, and their child Amelie

Rachel Nauen and Michael Santee, and their child Levi

Stella Prady and Mila Tank-Greene

Katherine and Jeff Tane

New Member Shabbat Dinner Friday, November 6, 5:15 pm

You're invited to join us for our First Friday Shabbat dinner where we'll be welcoming our newest members who have joined since January 2025. This family-friendly congregational Shabbat dinner is free for new members. Let's get to know each other, share some great food, and build our community!

All are invited to this special Mount Zion program:

From Boiler to Bima and Beyond:

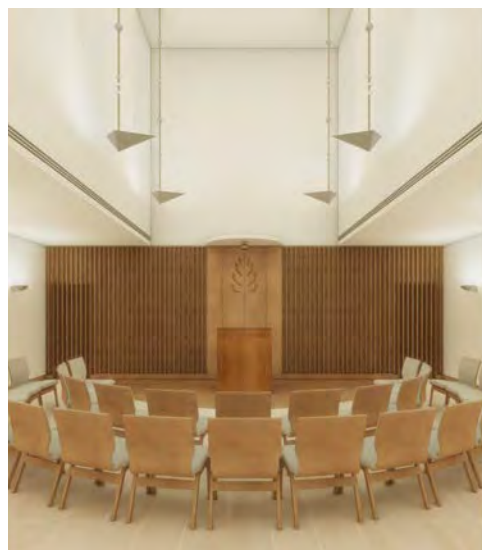
The Architecture and Hidden Workings of Mount Zion Temple *An Inside Look at Erich Mendelsohn's Masterpiece*

Sunday, November 1, 10:00-11:30 am - in person at Mount Zion and [via Zoom](#)

Join us for a rare behind-the-scenes tour of one of Summit Avenue's most significant buildings: Mount Zion Temple. Founded in 1856, our congregation constructed its fourth and current home at 1300 Summit Avenue in 1953-1954. It was designed by Erich Mendelsohn, a renowned modernist architect, whose postwar synagogue designs reshaped sacred architecture in America.

In this first-of-its-kind session, we'll explore what makes this building a landmark and then tour areas that are often unseen, but essential to Mount Zion's operation. The tour will include five priority projects of *From Strength to Strength*, our current capital campaign. **The morning will end with a special preview of the most visible component of our vision for Mount Zion's next chapter: the first public look at renderings for renovation and repurposing of the Harris Chapel.**

The goal of this event is to deepen participants' understanding of our landmark building and ongoing efforts to restore and renew it. Space is limited. [RSVP by October 25](#). Contact Kate Tucker Sicher with questions at ktucker@mzion.org.



The Caring Community Team

The mitzvah of attending a shiva

Why should you—or anyone outside of immediate family—attend a shiva? We are taught that comforting the mourners is a major mitzvah (known as *nichum aveilim*—consoling the bereaved). Just as God comforted Isaac after Abraham died, so we are encouraged to do the same. Our presence in the room with mourners fulfills a large part of this mitzvah, reminding mourners they do not have to bear their loss alone. Where else in our lives can simple presence be so powerful and so holy?

Shiva is a period of mourning that Jews observe after the burial of a family member or loved one. Shiva is also a moment when Jewish wisdom and tradition teach us that mourning in community can provide comfort and healing during a time of loss and grief. Traditionally, we would gather for seven days and nights (shiva actually means “seven”) to sit with and comfort the mourning family members. In our Mount Zion community, shiva is most often observed for fewer evenings, either in the family home or that of a close friend or family member or in the synagogue itself. This time gives the family and other mourners in the first days of loss and grief an opportunity to heal and to accept love and comfort from their community. Of course, we may choose to attend a shiva for many reasons in addition to providing comfort for the mourners: perhaps we knew the deceased and we too are processing this loss, perhaps we want an opportunity to reflect on this person's life and passing, perhaps we are grateful for their contributions to our community or to us personally. Perhaps all of the above. Even if we knew them

only slightly or not at all, knowing their impact on others may be sufficient for us to wish to attend the shiva to show our gratitude and respect.

The shiva service is usually quite brief and the leader will often provide an opportunity for people to talk about the person they are mourning. These stories run the full gamut: from happy to serious, from dark to silly, prompting both laughter and tears. Whatever is said often brings the presence of the loved one into the room. If you choose to attend a shiva, it is polite to arrive a few minutes early; the worship service is quite short and starts on time. There will be prayer books to use throughout the service. People will often bring sweets and other treats to share with the community as they visit with the family and with each other before or after the service. If you would like assistance with hosting a shiva, our Mount Zion Caring Community Team can assist by securing volunteers to help welcome people into the space, hand out prayer books, set up and set out snacks, and clean up when the service and sharing time concludes.

Your Caring Community Team is here for you!

Contact Mandy Roll-Kuhne at mzccaringcommunity.mandy@gmail.com or call 651-707-7556 if you would like shiva support. You can also email Rabbi Esther Adler at (eadler@mzon.org).



MaZAL Mount Zion Adult Learning

5787 - 2026/2027

A Taste of Honey: An Introduction to Judaism

Weds, Oct 14 – Feb 24, 7:00-8:30 pm.

Rabbi Esther Adler

There will be no class on Nov 25, Dec 23 and 30.

\$72 members/\$180 public per person

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



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

Building a Jewish Home, Creating a Jewish Family

Mon, March 15, 29, April 5, 7-8:30 pm

Rabbi Adam Stock Spilker

\$36 members/\$72 public per person

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



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 art will be in our home? What rituals will we incorporate? What will Shabbat look like in our home?

Coming this Spring:

At Life's End: Jewish Beliefs and Rituals on Dying, Death, and Mourning

Wednesdays, March 10, 17, 24, 31 7:00-8:30 pm

Taught by Rabbi Adler



Anshei Mitzvah: Adult B'nei Mitzvah

Join the next cohort of Anshei Mitzvah! It is a two year program, culminating with the Anshei Mitzvah service in Spring 2028.

- Year 1 (2026-2027) is for individual completion of prerequisites and acquiring basic skills.
- Year 2 (2027-2028) The cohort will meet together to study, learn their Torah portions, and prepare the service.

Important Informational Meetings will take place [on Zoom](https://mzion.org). Choose to attend one on **Monday, August 31**, **Wednesday, September 2, 23, or 30** at 7:00 pm.

If you are interested but can't come to one of these sessions, please contact Rabbi Adler at eadler@mzion.org.



(Photo credit Ethan Roberts)

Learn Hebrew This Year!

Follow synagogue services or simply enhance your ties to Judaism.

Tuition (includes all materials): \$75 members/\$100 non-members (Minimum of seven students). Confidential financial assistance is available to members by contacting our Executive Director, Kate Tucker, at ktucker@mzion.org.



Beginning Adult Hebrew II

Taught by Nancy Flynn

Building on familiarity with the aleph-bet, emphasis will be on developing fluency in reading Hebrew.

Wednesdays, 7:30-8:45 pm at Mount Zion
October 21 - December 2 (no class November 25)

[Register](https://mzion.org)

Learn to Read Hebrew!

Taught by Nancy Flynn

This class covers the building blocks of written Hebrew, offering you the ability to begin to read the prayers in Hebrew. You will learn the letters and begin basic reading, focusing on increasing access to any siddur (prayerbook)!

Wednesdays, 6:00 - 7:15 pm at Mount Zion
March 17-May 5 (no class April 21 and 28).

[Register](https://mzion.org).

MUSSAR AT MOUNT ZION

Join one of Mount Zion's five Mussar study groups (va'adot) and discover a Jewish practice that connects the way we live each day to who we're becoming. Our inner lives and the world we help create are deeply intertwined — and study, done together, is how we grow. Come learn classic Jewish wisdom with us, both on the page and in the choices of everyday life.

Seeds of Mussar

Rich foundations for those new to Mussar or re-entering study — hitlamdut (self-reflection), bechira (choice), anavah (humility), savlanut (patience), kavod (honor), and more. Open to new and continuing participants.

- Jim Crist-Harif, facilitator, Mount Zion Temple, Sunday mornings, dates and time TBD

The Shabbat Effect

Explore how Shabbat can transform your week through eight middot — from menucha (rest) to simcha (joy) to kedusha (holiness) — following Alan Morinis's The Shabbat Effect. Open to new and continuing participants.

- Michael Kuhne, facilitator. Tuesdays, 6:30 – 8:30 (Nov. 17; Dec 1, 15; Jan 5, 19; Feb. 2, 16; March 2, 16, 30; April 6, 20)

The Courageous Path

For those with prior Mussar learning: one month each on ometz (courage), slichah (forgiveness), ka'as (anger), simcha (joy), and gevurah (strength). Open to new and continuing participants.

- Mandy Roll-Kuhne, facilitator, Tuesdays, 6:30 – 8:30 PM (Nov. 17; Dec 1, 15; Jan 5, 19; Feb. 2, 16; March 2, 16, 30; April 6, 20)

Men's Va'ad – Seeds of Mussar

Born from interest at the Brotherhood retreat, now open to all men at Mount Zion for the study and practice of Mussar using the Seeds of Mussar curriculum. Open to new and continuing participants.

- Bruce Matza, facilitator, Thursdays, 6:30 – 8:30 PM (Oct 8, 22; Nov 5, 19; Dec 3, 23; Jan 7, 21, Feb 4, 18; Mar 4, 18) *People who identify as men are welcome here and in all Mussar groups.*

Parenting and Grandparenting with Mussar

A six-session taste of Mussar exploring how Jewish wisdom strengthens relationships with children, grandchildren, and family.

- Cantor Strauss-Klein, facilitator, dates and times. January–Feb. TBD. Cost \$180.



New to Mussar? Go to **livingmussar.org** to complete an interest form and receive registration information. Returning participants should contact their facilitator to secure a spot.

Cost: \$360, scholarships available.



LIVING MUSSAR

An Ethiopian Jewish Journey: Stories and Culture

Chef-in-Residence Beejhy Barhany

Friday, April 2-Saturday, April 3

Sponsored by MaZAL and the Israel Advisory Committee

Friday, April 2

6:30 pm Shabbat Services

Beejhy will tell a story during the service.

After services (approx. 8:00 pm)

Beejhy will tell her personal story as an Ethiopian Jew.

Saturday, April 3

3:00-4:30 pm – Ethiopian Coffee Ceremony

4:30-6:00 – Berbere Spice Workshop and Havdalah

Member price for each - \$18, non-member \$25

Member price for both - \$25, non-member \$36

Beejhy Barhany is a chef, author, and cultural bridge-builder who uses food as a universal language to connect communities worldwide. She is the founder of the Beta Israel of North America Cultural Foundation and the proprietor of Tsion Café in Harlem. Her cookbook, *Gursha: Timeless Recipes for Modern Kitchens from Ethiopia, Israel, Harlem and Beyond*, was the first Ethiopian Jewish cookbook from a major American publisher. *Gursha* was recognized among The New York Times' Best Cookbooks of 2025, named a finalist for the Jewish Book Council awards, and nominated for a James Beard Award.



UNIVERSITY OF MINNESOTA

Center for Jewish Studies Community Lecture Series

All classes will be held at the JCC in St. Paul or Minneapolis.

Mount Zion is a co-sponsor of this series.

The Other Jew

Is the "other Jew" the one who goes to the synagogue you wouldn't set foot in? Is it "The Jews" functioning as outsiders in the societies in which they live? Is it the Ashkenazi to the Sephardi and vice versa? Is it the Jew whose Jewish life is defined as much by gender as by Jewishness? Or by economics? Politics? Social Status? A different Zionism, or lack of it? It is all of these, of course, and more. In this series we look at otherness as a boundary, both internal and external, and the ways in which Jewishness is represented in light of these boundaries, along with the perceptions, divisions, and entanglements that result from them. Full details at cla.umn.edu/jewish-studies.

- Sander Gilman, Emory University, Tuesday Oct. 20
Antisemitisms and Anti-antisemitisms
- Rachel Gordan, University of Florida, Thursday Nov. 12
The Jew Who Passed: Laura Z. Hobson and the American Bargain of Belonging
- Rowan Dorin, Stanford University, Tuesday Dec. 8
Before 1492: Expelling Jews and "Jews" in Medieval Europe
- Rotem Tamir, CJS, University of Minnesota, Thursday, January 28
Latitude 33°: Another Heritage
- Michelle Campos, Penn State University, March 25
The 'Other Jew' 'Between Jaffa and Tel Aviv
- Ofer Ashkenazi, Hebrew University, Thursday April 8
Paying Attention at the End of the World: 1930s Photographs by German Jews

15th Annual

Men's Retreat

Save the Date: Fri - Sun, June 4 - 6, 2027



30th Annual Jewish Retreat for Women

Our Bodies, Our Souls

Manna: What Sustains Us?

Friday Evening to Saturday Evening

Save the Date: **January 22-24, 2027**

at Dunrovin Retreat Center

Registration priority given to members
through January 5!

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

Please join us for our musician-in-residence

Elana Arian!

Friday - Sunday, November 6-8

Friday, November 6

6:30 pm First Friday Family Shabbat featuring Elana Arian

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

Saturday, November 7

12:30 pm Lunch & Learn: Music as Midrash

How does music help us understand sacred text? Just as the ancient rabbis made midrash by bridging the gap between tradition and creativity, so too do composers of new Jewish melodies. Join Elana as we explore how creators of contemporary Jewish song continue the midrashic tradition of interpreting and re-interpreting our unchanging biblical text and respond to contemporary problems while reflecting new Jewish realities through their musical interpretations.

As a composer, worship leader, and 2026 URJ Biennial musical director, Elana will bring a special perspective to this conversation, perfect for anyone curious about the power of music to deepen our experience of Jewish prayer and tradition.

6:00 pm An Evening with Elana Arian!

Join us for Havdalah, dessert, and an adult evening of songs & stories!

Sunday, November 8

11:30 am – 12:15 pm Religious School Song Session and T'filah (prayer service)!

(For Religious School students and their families)



A composer, multi-instrumentalist, and prayer leader, Elana Arian is one of the most influential voices in contemporary Jewish music. A nationally touring artist serving over 30 distinct communities each year, Elana's music is an important part of Jewish life across the globe. Elana has released five albums of original music, and she is the subject of a forthcoming composer's anthology published by Transcontinental Music Publications. A beloved teacher, Elana serves proudly on the faculty of Hava Nashira (Oconomowoc, WI), the Wexner Heritage Foundation (Aspen, CO), Shirei Chagiga (London, England), and Hebrew Union College in New York, where she teaches in the Debbie Friedman School of Sacred Music. Elana has performed at Carnegie Hall, Lincoln Center, Tanglewood, and perhaps most memorably, five separate appearances at the (Obama) White House. She lives in the Hudson Valley with her wife, Julia, and their two daughters, Maya and Acadia.

**To learn more about Elana
and hear samples of her music: elanaarian.com!**



Mount Zion's Israel Advisory Committee Presents:

Israel Votes 2026

"Never Has There Been Such an Important Election"

A Four-Part Educational Seminar

Wednesdays 12:00-1:15 pm via Zoom (All sessions will be recorded).

September 23, 30; October 7, 28

Instructor:

Mike Hollander - Jewish Educator and Tour Guide

Cost: \$54/Members; \$72/Public – [Register here](#)

Financial support is available to members upon request.

Please reach out to our Executive Director, Kate Tucker at ktucker@mzion.org.

Israel has faced seemingly insurmountable external and internal threats in its less than 80 year existence. Israelis will vote for the 26th Knesset by October 27, 2026 after the tumultuous events of the last 6 years, including the COVID pandemic, the attack of October 7, 2023, and the seemingly never-ending 7-front war of the last almost 3 years.

Prime Minister Binyamin Netanyahu has led one of the longest-serving governments in Israeli history over the last four years. For many Israelis who head to the polls within a few months, the one question they face as they enter the polling booth is "To Bibi or Not to Bibi." In recent years, Israelis are voting less for political ideologies, and more for individual leaders.

One of the more popular questions I have faced in teaching about Israel over more than 40 years is "Why is the Israeli system of governance so crazy? It seems like your government barely survives its fragile coalition and you are always on the brink of heading to new elections. Why does everything feel like such a 'balagan' here?"

This four-part series is designed to help understand the nature of Israeli democracy and how the uniquely Israeli political system and elections work. Three sessions will be offered during the campaign and before the elections, and the fourth will be shortly after the dust settles and a coalition is made to form a new Israeli government.

September 23: Israeli Democracy 101 - "How a People Without Power Became a Powerful People: Israeli Democracy"

September 30: Israeli Politics 102 - "Continued Challenges to Israeli Democracy"

How Israel went from its broadest - yet short-lived - coalition, to the most right wing government in its history in the 4th and 5th elections over 3 ½ years. What challenges has Israel faced during this topsy-turvy period?

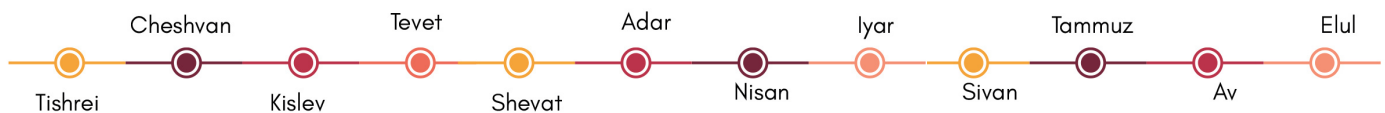
October 7: Israeli Elections 2026 - "Who are the parties and leaders, and what are the platforms and issues in this election?"

October 28: "What now and where are we heading after the elections? Possible scenarios for a government coalition after the elections"

Mike was the much-beloved Tour Educator Mount Zion's 2006 Israel Trip and teacher of our online series during the pandemic in 2021: "7 Countries in 7 Weeks". He was born in Canada and made Aliyah to Modiin, Israel in 1998. Before making Aliyah, he completed his BA degree at York University, Toronto in History and began his MA degree in Middle Eastern Studies at Tel Aviv University. He completed his MA from the Cambridge Center for Jewish-Christian Relations in 2008. Jewish education has always been Mike's passion and he began to guide Israel trips in 1994.

Are you **CURIOUS** about how to infuse Judaism
into your home life and every day?
Do you want to **DEEPEN** your relationship
with Jewish traditions and holidays?
Are you interested in **CONNECTING** with new people?

Join our new **Living the Jewish Calendar Cohorts!**



Cohorts will meet monthly to engage in meaningful discussion exploring the “why” and “how” behind the Jewish holidays. Our rabbis will facilitate and be available to answer your questions. Share your stories, thoughts, questions, and personal traditions as you explore together how to live through the structure of the Jewish calendar. Stay connected with group members between sessions through optional, lay-led texting groups.



When: Monthly from October through May. Choose a cohort:

Monday evenings:

Oct 5, Nov 2, Dec 7, Jan 4, Feb 1,
Mar 1, Apr 5, May 3, 6:00-7:00 pm
(on Zoom)
Facilitator: Rabbi Renetzky

Wednesdays noon:

Oct 21, Nov 18, Dec 16, Jan 20, Feb
17, Mar 17, Apr 14, May 19, 12:00-
1:00 pm (in person)
Facilitator: Rabbi Adler

Thursday evenings:

Oct 8, Nov 12, Dec 17, Jan 14, Feb
11, Mar 11, Apr 8, May 13,
6:30-7:30 pm (in person)
Facilitator: Rabbi Spilker

Cost and Registration

To join one of these cohorts, we are asking for a free will offering. You might consider the time the rabbis are spending facilitating the eight sessions, the staff's time, and some materials that will be provided. Please choose a level between \$54 and \$180 that feels doable and good for you. Your choice will be confidential and not known by the rabbis. As always, finances are not a barrier to participation. If you need financial assistance, please contact Kate Tucker (ktucker@mzion.org) before completing the below registration form.

Register at mzion.org.

When you register, choose which cohort works for you.

Please note, each cohort will only be held if a minimum of 7 people register.

“Living the Jewish Calendar” Fairs!

Deepen your understanding of the Jewish holidays through two exciting events!
Take home resources, activities, recipes, and more to enhance your own practice.

FALL: Friday, Nov 13, Lipschultz Lounge (Before Shabbat services starting at 5:30 pm) – Explore Shabbat, Chanukah, Tu B'Shvat, Rosh Chodesh, and Daily Blessings

SPRING: Sunday, Feb 7 (9:30 am-11:30 am) Margolis Hall – Explore Purim, Passover, Omer, Shavuot, Tisha B'Av, Rosh Hashanah, Yom Kippur, Sukkot, and Sh'mini Atzeret/Simchat Torah

- Information geared for all knowledge and experience levels
- Sample festival foods and drinks
- Gain confidence in leading your friends and family through at-home holiday rituals
- (Spring) Optional 30-minute workshops at 11:00 am led by our rabbis and cantors



Torah at the Center...

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

Torah Mondays

Rabbi Esther Adler
Mondays, 12:00-1:00 pm 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 continuing 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 pm via Zoom and monthly in person

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 chevruta, 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 am 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.

Chevruta

Chevruta learning is a traditional Jewish method of one-to-one learning, in which a pair of learners works in partnership to read and discuss Jewish texts through self-guided exploration. **Almost 100 people participated in Mount Zion's chevruta offerings last year!**

Try paired learning for the first time or continue to spend time in the Beit Midrash (House of Study) with our latest course offerings. If you're interested in learning the material but are not able to attend in person, reach out to Rabbi Renetzky at hrenetzky@mzion.org.

Cost per course:

Members: \$54; Non-members: \$72

Contact Kate Tucker at ktucker@mzion.org for financial assistance.

Registration for classes coming soon at mzion.org.



Shabbat Rituals:

The Oldest New Way to Friday

Wednesdays, 6:00-7:15pm, October 7, 14, 21, 28, Nov 4, 11
Explore Friday night ritual — not only the words and practices, but where they come from, why we say them, and what they are meant to do. Get inspired to experience ritual in a way that reflects you—with meaning and intention.

The God I Found

Wednesdays, 7:30-8:45pm, January 6, 13, 20, 27, February 3, 10
Have you ever felt God when staring out at Lake Superior? Was God in the room when your child was born? Have you found God in the liturgy of Yom Kippur or when sitting by the bedside of a sick friend? Explore different frameworks for understanding our ever-evolving relationship with the creator. Bring your spiritual experiences and your skepticism.

Spring chevruta courses coming soon, including:

The Stories We Tell and What Stories Tell Us: Storytelling on Passover and Beyond

Rosh Hashanah

ראש השנה



Rosh Hashanah is the Jewish New Year, marking the creation of the world. It is a time for both joy and reflection. We celebrate the opportunities that come with starting anew, and we use this beginning as an opportunity to reflect on the past year and set intentions for the coming year. "Rosh" literally means "head;" "Hashanah" means "the year."



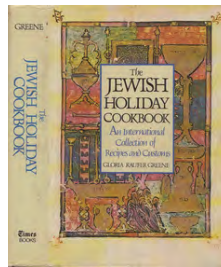
Featured Cookbook

The Jewish Holiday Cookbook: An International Collection of Recipes and Customs

By Gloria Kaufer Greene

A comprehensive kosher cookbook featuring both Ashkenazic and Sephardic dishes, including 32 Rosh Hashanah and Yom Kippur recipes.

Check out this cookbook and others from our Mount Zion library!



Fun Fact!

Eating a new fruit is a way to emphasize the start of the new year. You can use either a seasonal fruit that you haven't eaten since its season began, or a fruit you've never tried before. When we light the candles and recite *kiddush*, we recite the *shehechyanu*, a blessing of gratitude for reaching a milestone moment as part of *kiddush*. Eating a "new fruit" adds extra oomph to reciting this blessing.

Order of Operations

On Rosh Hashanah, we have the opportunity to offer so many blessings! Like Shabbat and other holidays, we mark sacred time through lighting candles and blessing the day over wine or grape juice. In addition, we eat a round challah, apples and honey, and sometimes a new fruit. It can be confusing to know what to do first! Before you begin – and you can do this days in advance – prepare your table. If you will be watching services from home, [set up your sacred space](#) for viewing.



1. Light the candles and say the blessing.
2. (Bless children with *Birkat Kohanim*/Priestly Blessing.)
3. Recite *kiddush* for Rosh Hashanah over wine/grape juice.
4. Dip an apple slice in honey and say blessings; eat apple and the new fruit.
5. Uncover the challah and say the blessing.
6. Eat the festive meal!

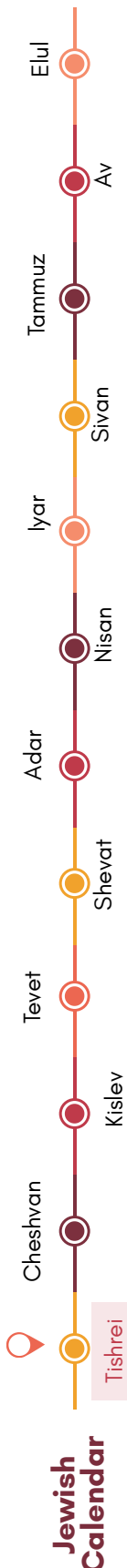
Blessings available at reformjudaism.org or scan QR Code.



“

As the years pass [and I grow older], it is more and more important to me to greet and celebrate an approaching New Year with respect. To honor the life I have lived, with all my mistakes. To greet each new day... to embrace sorrow when it arrives, to "live" the time that I have... And to forgive myself when I can't quite manage this, so that I can start the next day imagining the wonder and possibilities that may come.

–Kathleen Riley, Mount Zion member



Jewish
Calendar

Featured Tradition

Adding *simanim* for the new year

Some people have the tradition of eating foods that symbolize our hopes and prayers for the new year. These are called *simanim* (literally “symbols”) and are often based in puns. Some examples include:

- A fish head (or head of lettuce): for wishing we’ll be more like the “head” and less like the “tail” in the coming year.
- Beets (“*selek*,” in Hebrew which can also mean “to remove decisively”): for defeating our ‘enemies’
- Carrots (in Hebrew “*gezer*,” related to the word “*gezerah*” meaning “decree”): for hoping that God judge us with positive decrees

What punny foods can you come up with to symbolize your hopes?

Why a round challah?

During the High Holy Days (from Rosh Hashanah through Simchat Torah), we eat a round challah. There are several reasons why. Here are a few:

- It reflects the cyclical nature of years and seasons.
- It resembles a crown, symbolizing the sovereignty of God. (Pro tip: Lay flowers around your challah to make it look more like a crown!)
- It is an infinite circle, reminding us that the opportunity for repentance is never-ending.



“—

Being part of the Psalm 27 study group at Mount Zion gets me thinking in all kinds of ways. Every time I read the psalm, there’s something different in it. This year, I won’t be surprised when Rosh Hashanah comes because I’m counting up to the day through this Elul practice.

—Mandy Roll-Kuhne, Mount Zion member

Sermons

Read our rabbis’ sermons on **forgiveness, how to apologize, hope, ethical wills, gratitude, facing uncertainty, and more:** mzion.org/pray/sermons.

Kavanah (intention) Corner

Sometimes, we can get so pulled into the logistics of a holy day that its meaning gets left behind. Here are some prompts to get you thinking about the meaning behind the holy day. Journal about them, discuss them with a friend, or tape them to your fridge to remind yourself to think on these.

- What do you hope for in the new year?
- What are mistakes from the past year that you were able to learn from? What might you do differently in the coming year?
- What relationships (with people, places, or communities) do you want to cultivate this year?



Yom Kippur

יום כפור



Yom Kippur, the Day of Atonement, is dedicated to reflection and repentance. We dedicate our minds, bodies, and souls to reconcile with our fellow human beings, ourselves, and God. Surprisingly, the Talmud (*Taanit 30b*) teaches that Yom Kippur is the happiest day of the year. Perhaps this is because it offers us the opportunity to free ourselves from the burden of bad feelings, and resentments and regrets.

Musical Moment

The melodies of our prayers have the power to stir our souls. During the High Holy Days, we not only sing special *piyyutim* (liturgical poems) and songs, but the *nusach* (scales and musical sounds) of even our regular prayers changes. The *nusach* evokes the feelings of the season. **Scan the QR code to listen to these recordings** and notice what emotions this music evokes in you!



Listen and Learn

Judaism Unbound Ep. 397: Yom Kippur - Repentance and Repair



[The Judaism Unbound podcast](#) analyzes pressing issues for 21st century American Judaism. Listen to this episode with Rabbi Danya Ruttenberg, exploring the themes of repentance and repair.

Order of Operations: Seudah Mafseket

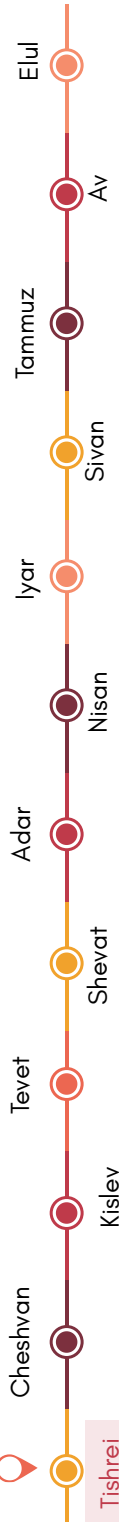


Seudah Mafseket (literally, "the meal that interrupts" or "the meal that separates") is the final meal we eat before the start of Yom Kippur. Unlike the celebratory dinners of other holy days, this one does not include kiddush. Watch Rabbi Spilker explain the order of operations for this meal. **You can find the video on our YouTube channel at youtube.com/@mountziontemple.**

Resource Recommendation

Sign up for 10Q (A question a day for the ten days from Rosh Hashanah to Yom Kippur)!

The period encompassing Rosh Hashanah and Yom Kippur is called the "*Yamim Nora'im*" or the Days of Awe. This is a period of time for reflecting on where you're at, where you've come from, and where you're headed. 10Q makes this reflection process easy. **Sign up at doyou10q.com to receive a prompt a day**, type your answers, and have them emailed to you the following High Holy Days.



Jewish
Calendar



To Wear or Not To Wear...

On Yom Kippur, we are invited to separate ourselves from the mundanity of our world, refraining from such "worldly" activities as eating, drinking, bathing, and engaging in acts of sexual intimacy. This intention is also reflected in wardrobe choices. You might choose to imbue your day with extra meaning by following some of these traditions, or you can create your own.

- **Wearing white.** White symbolizes starting the new year spiritually clean or pure. Wearing white also emphasizes the solemnity of the day; traditional Jewish burial clothing is a simple white shroud. (In some more traditional communities, people will wear a kittel, or a white robe, which they can eventually be buried in.)
- **Wearing a *tallit*.** *Tallitot* (plural of *tallit*) are typically only worn during the day. The one exception is Kol Nidre, when we don a *tallit* at night. There are several explanations for this practice, including a *midrash* that says that God wrapped Godself in a *tallit* before teaching Moses the 13 attributes that we now recite during Yom Kippur (*Talmud Bavli, Rosh Hashanah 17b*).
- **Not wearing leather shoes.** Leather used to symbolize luxury and high status; not wearing leather shoes is a way of humbling ourselves

How do the clothes you choose to wear help you mentally get ready for the day?



Yom Kippur is meaningful for me because it gives me the opportunity to reflect not only on what I want to do better in the future, but also on the improvements I've already made in the past.

—Cameron Burbey, Mount Zion member (teen)



Torah Teaching

The practice of Yom Kippur comes straight from the Torah itself:

Mark, the 10th day of the seventh month is the Day of Atonement. It shall be a sacred occasion for you; you shall practice self-denial, and you shall bring an offering by fire to Adonai; and you shall do no work throughout that day. For it is a Day of Atonement, on which expiation is made on your behalf before the Lord your God... Do no work whatever; it is a law for all time, throughout the generations in all your settlements. It shall be a Sabbath of complete rest for you, and you shall practice self-denial; on the ninth day of the month at evening, from evening to evening, you shall observe this your Sabbath" (Lev. 23:27-32).

What ways does your Yom Kippur practice reflect the Torah commandment? How does it differ?

Sukkot

סוכות



Sukkot, literally, "huts" is named for the booths we dwell in during this week-long holy day. It is also referred to as *Chag HaAsif*, or "The Harvest Festival." This reflects its character as both a biblical holiday and an agricultural one. It is a time of rejoicing and giving gratitude for the harvest, and of remembering our time traveling in the wilderness under God's close protection, making camp in temporary huts. Sukkot is one of the *Shalosh Regalim* (literally "the three legs"), or pilgrimage festivals, in the Jewish year. In ancient times, people would travel to the Temple in Jerusalem during Sukkot, Passover, and Shavuot.



Featured Cookbook

The Essential Book of Jewish Festival Cooking

By Phyllis Glazer and Miriyam Glazer

Perfect for celebrating a harvest holiday, this cookbook is organized by seasons! Learn more about why we eat what we eat on each holiday and about the origins, traditions, and seasonal and biblical significance of each holiday and its foods. **Check out this cookbook and others from our Mount Zion library!**



Fun Fact!

You might notice that the Mount Zion offices are closed for part of Sukkot but not the whole festival. Why?!

In the case of Sukkot and Passover, the first and last days are considered *chag* (holy days) while the middle days are referred to as *chol hamoed*, literally "the mundane days of the holy day." *Chol hamoed*, the intermediate days, are observed a little differently. While we still observe the mitzvot of sukkot on *chol hamoed*, we carry on with "business as usual," unlike on *chag* days.

Order of Operations

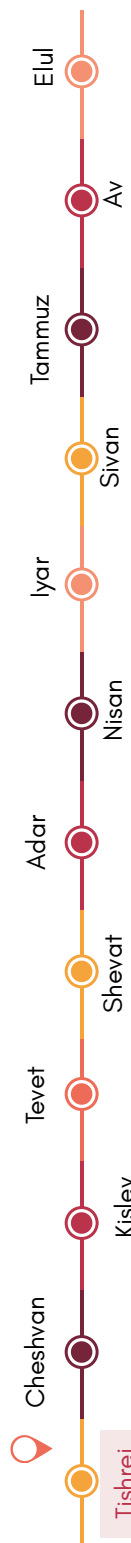
A sukkah is not just for eating in or for shaking the lulav! Gather with friends, study Torah, work, play music, or sleep in the sukkah! If you don't have a sukkah at home, you can also try out this mitzvah at Mount Zion. Our sukkah is open to all.

Simply sitting in a sukkah is itself a mitzvah. We even have a blessing that we recite before we sit down in these temporary huts. Confused about what to do first?

1. Recite the blessing and shake the lulav and etrog
2. Recite the blessing for sitting in the sukkah
3. Recite the *Shehechyanu* if it's your first time in a sukkah for the season
4. Recite any other blessings, such as those over food (e.g. *hamotzi*)

Download a printable version of the sukkot blessings by scanning the QR code.

How will you spend time in a sukkah this year?



Jewish Calendar

Can You Build it on a Camel? Can You Build it with a Mammal?

A sukkah is a temporary structure with at least three sides, whose roof is made out of natural material that provides some shade and protection from the sun, but also allows the stars to be seen at night. The sages in the Talmud debated over what constituted a kosher sukkah and where you could build one. Some say you can build a sukkah on top of a tree, on the deck of a ship, or even on the back of a camel (*Mishnah Sukkah 2:3, Talmud Bavli, Sukkah 23a*). Even more creatively, some sages thought that an elephant could be used as one of the walls of your sukkah!

Want to learn more about the requirements to build a sukkah? Check out **The Sukkah Project** at sukkot.com, which creates "klutz proof" sukkah building kits.



Torah Teaching

In our liturgy, Sukkot is referred to as *Z'man Simchateinu*, the Season of our Rejoicing. This name comes directly from the Torah! Deuteronomy 16:14 instructs us, "And you shall rejoice in your Festival," referring to Sukkot, and Leviticus 23:40 similarly tells us, "And you shall rejoice before Adonai your God seven days." But what does rejoice really mean? The *Mishnah Torah*, one of the central codes of Jewish law, teaches that although this used to refer to making lots of sacrifices, it now means that each person should celebrate in the particular way that brings them joy.

How can you cultivate joy during sukkot?



The Four Species

The lulav and etrog are comprised of four species. We hold these four species together and wave them on Sukkot both as a way of offering gratitude and joy, and in the hope that we will be surrounded by protection and blessing in the coming year. There are many different interpretations of the symbolism of these species. One interpretation is that they symbolize parts of the human body.

1. Myrtle-eyes / (Hadass) **הדס**
2. Willow-mouth / (Arava) **ערבה**
3. Date Palm Frond-spine / (Lulav) **לולב**
4. Citron-heart / (Etrog) **אתרוג**

“

Sukkot is my favorite holiday, the most joyous! It is my refuge. We build our sukkah with our community and everyone helps put up decorations. After that, I spend 7 days going into the sukkah and feeling surrounded by the love and support of my community and the comfort and warmth of God.

—Sue Lund, Mount Zion member

Kavanah (intention) Corner

Here are some prompts to get you thinking about the meaning behind Sukkot. Journal about them, discuss them with a friend, or hang them in your sukkah for reflection!



- Jewish tradition encourages us to welcome seven spiritual guests called *ushpizin* into our sukkot (plural of "sukkah"). Who do you want to invite into your sukkah this year—literally or figuratively? Why?
- The holiday of Sukkot celebrates nature and harvest. Share a memory you have of being in nature.
- The sukkah is both intentionally temporary and a source of shelter, reminding us to reflect on what keeps us protected, cozy, and comfortable. What makes a home a home for you? What helps you feel safe?
- As we think about the fragility of our material homes, in what ways can we offer tzedakah most effectively to those who struggle right now to have stable housing?

Simchat Torah

שמחת תורה



What is Simchat Torah?

Simchat Torah, literally "Joy of Torah," celebrates the completion and renewal of our annual Torah reading cycle. Each week, a designated portion of the Torah (the Five Books of Moses) is read in the synagogue. On Simchat Torah, we finish reading from Deuteronomy and immediately begin again with Genesis. By dedicating a whole holiday to marking this moment, we affirm the centrality of Torah in Jewish life. Unlike many other Jewish holidays whose rituals are home based, Simchat Torah celebrations are centered in the synagogue. The end and beginning of the Torah are read, and the community dances with the Torah scrolls. Like all holidays, the lighting of candles, kiddush, and festive meal are a mitzvah and encouraged at home! Many also light a yizkor candle before lighting the holiday candles.

What is Sh'mini Atzeret?

Sh'mini Atzeret is the concluding day of Sukkot and actually predates Simchat Torah as a holiday! Immediately following the instructions about the seven days of Sukkot, the Torah tells us, "On the eighth day (*ba'yom ha'shmini atzeret*) you shall hold a solemn gathering; you shall not work at your occupations" (Numbers 29:35). *Sh'mini* means "eighth" and *Atzeret* means "gathering" or "stopping." It is the *chag* (festival) that "stops" or completes Sukkot. Sh'mini Atzeret has almost no additional rituals. When an extra day was added to most holidays in the calendar, the Jewish community didn't know what to do with two days of "the eighth day of gathering." So, in the Middle Ages, they invented Simchat Torah as a celebration held on the 2nd day. For Israeli Jews and Reform Jews who only celebrate one day, that one day is now *both* Sh'mini Atzeret and Simchat Torah. At Mount Zion, we focus on Simchat Torah in the evening and Sh'mini Atzeret in the morning.

Spotlight on Services

Spotlight on Yizkor

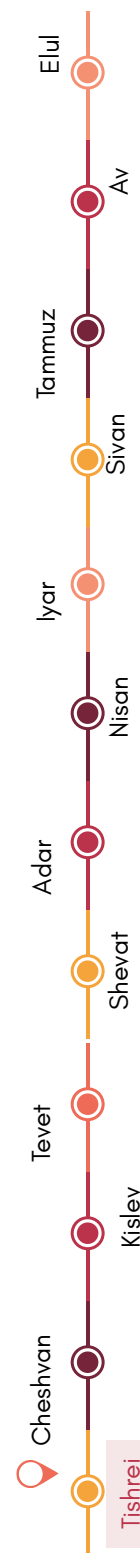
You may recognize the term "Yizkor" from Yom Kippur, but did you know that we recite these memorial prayers four times a year? Yizkor is recited on Yom Kippur, Sh'mini Atzeret/Simchat Torah, the last day of Passover, and Shavuot. Yizkor means "may [God] remember," from the Hebrew root *zachor*; reciting these prayers is a way of honoring and remembering loved ones.

Who are you remembering this year? How might you honor them during this festival season?

Spotlight on Hallel

Hallel is the compilation of psalms recited during morning services on Jewish festivals and observances throughout the year, including Sh'mini Atzeret/Simchat Torah. Hallel is the Hebrew word for "praise," reflecting the theme of gratitude thread through many of the psalms. It is also recited on the first day of Passover, Shavuot, Sukkot, and Chanukah. A shortened version, known colloquially as "Half Hallel," is recited on the last six days of Passover and Rosh Chodesh, the celebration of the new Hebrew month. Hallel is often sung with much enthusiasm and upbeat tunes. Get a taste of Hallel tunes through recordings by Hadar fellows, a Jewish learning center at soundcloud.com/anat-hochberg/sets/hadar-hallel

How do you express praise and gratitude? What songs or tunes fill you with joy?





Featured Cookbook

Feeding Women of the Bible, Feeding Ourselves:

A Jewish Food Hero Cookbook

By Kenden Alford

Feed your mind and your heart with this cookbook, which features a short, compelling narrative of 20 female biblical heroines from the Hebrew bible, paired with plant-based recipes inspired by the characters' experiences.



Resource Recommendation

As we progress through the Torah this year, follow along with Devash, a weekly parsha (Torah portion) magazine. Devash is designed for kids ages 7-11 to read independently or together with families and teachers, and covers a range of topics that are informative for all ages. [Access it for free online at hadar.org](https://www.hadar.org/devash) or [subscribe to get hard copies delivered](#).



Musical Moment

Get in the joyful spirit of Simchat Torah by listening to this Spotify playlist created by Cantor Spilker!

[Find it on our Simchat Torah page at mzion.org](#).



What to Expect When You're Expecting Simchat Torah

What do we do on Simchat Torah?

At Mount Zion, we celebrate Simchat Torah as an intergenerational community through an evening service filled with dancing and a morning service focused on memory.. You can expect a high energy atmosphere of joy for much of the evening. After a brief service, we take our Torah scrolls out from the ark and dance around the synagogue seven times, accompanied by live music. During these seven *hakafot* ("circles"), everyone has the opportunity to carry a Torah, symbolic of the way in which Torah can be shared by all. No matter how old or young, how new to Torah learning or familiar, you can celebrate the Torah through dancing! The morning service contains both joyful moments (like singing Hallel) and reflective moments (like reciting Yizkor).

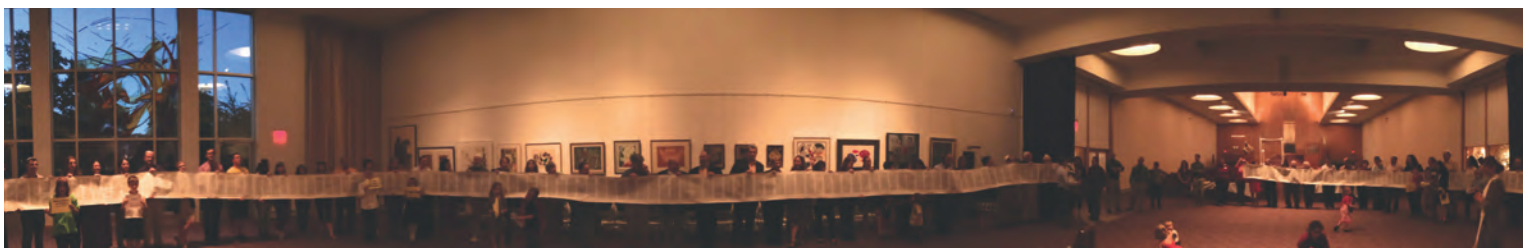
What are these words we keep saying?!

At the beginning of each *hakafah*, we recite words from Psalm 118. The cantor calls out the words, "*Ana Adonai hoshiah Na*"--Please God save us, and "*Ana Adona hatzlicha na*"--Please God, give us success. We respond, "*Aneinu v'Yom Kor'einu*"--Please God, answer us on the day we call. The practice of reciting these verses dates back to Temple times and is remembered in the *Mishnah (Sukkah 4:5)*. We also sing several songs while we're dancing. Join in the words or just sing "yai dai dai" with equal enthusiasm!

“— A memory from Simchat Torah...

Sitting in the middle and seeing all of Torah literally unfolding around me. It was just so magical to be wrapped in Torah.

— Owen Erickson, Mount Zion member (age 11)



Rabbi Adam Stock Spilker
 Rabbi Esther Adler
 Cantor Jennifer Strauss-Klein
 Cantor Rachel Stock Spilker
 Rabbi Heather Renetzky, Director of Congregational Engagement
 Kate Tucker Sicher, Executive Director
 Alisha Sawyer, Religious School Director
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Please Invite Your Friends and Acquaintances to Get to Know Mount Zion!

An Open House for unaffiliated Jews in our community
and a chance for members to learn more and connect.

Sunday, October 11, 11:00 am - 12:15 pm

Light refreshments will be served. Childcare provided.

Our annual Open House has been extremely successful in introducing Mount Zion to those seeking a welcoming and vibrant spiritual home. It is also a great opportunity for our existing members to learn about ways to get involved. **Personal invitations by Temple members are by far the #1 reason people come to the Open House. Invite those you know who are unaffiliated so they can:**

- ✧ Discover over 170 years of Mount Zion's rich history.
- ✧ Learn about Mount Zion's dedication to worship, learning, music, and social justice.
- ✧ Meet our clergy, lay leaders, and members.
- ✧ Tour our building and religious school.
- ✧ Get a taste of our organizations and activities.

[RSVP at mzion.org](http://mzion.org)

