Mount Zion High Holy Days 5787



Dear Friends,

We are looking forward to the *Yamim Noraim*/Days of Awe 5787. We are grateful that the liturgy that awaits us at the High Holy Days speaks to our innermost yearnings and the potential of prayer for our soul, heart, and will. Many of the prayers were composed as our ancestors faced outward hardship and sought safety, compassion, and possibility. They also wrestled with the day-to-day challenges of life - loss, loneliness, sin, and shortcomings. Even as we pray you have much to celebrate in your life, this season is about reflection and renewal, change/teshuvah, and a connection to the Holy One of Blessing.

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

L'shanah tovah! May 5787 be a good year of joy and health!

Adam Stock Spilker, Rabbi
Esther Adler, Rabbi
Jennifer Strauss-Klein, Cantor
Rachel Stock Spilker, Cantor
Heather Renetzky, Rabbi, Director of Congregational Engagement

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

Guide to Places and Platforms:

- **In person:** Most of our services and programs will be in person at Mount Zion. When arriving at your first service, those who sign up for the High Holy Days will pick up pre-printed nametags at the Summit Avenue entrance (or kitchen door for accessibility). Please wear these nametags while in the building for all of the High Holy Days.
- **Streaming:** You can view all of our in-person services on our website www.mzion.org or on our public Facebook page.
- **Zoom:** We will have a Zoom room available during study sessions.

Rosh Hashanah

Friday, September 11

7:15 pm	Online Meet and Greet	
7:30 pm	Evening Service	
7:30 pm	Teen Rosh Hashanah Experience	

Saturday, September 12

8:30-9:45 am	Family Service	
9:45-10:45 am	Parents & Tots Program and Service	
10:00-10:45 am	Rosh Hashanah Study Session	
10:00-10:45 am	Children's Program Grades 2-6	
11:00 am-1:30 pm	Shacharit (Morning) Service	

Outside at the Mississippi River:

3:30-4:30 pm	Yoga	
4:30-5:30 pm	Tashlich	
5:00-6:00 pm	Teen Bonfire (following Tashlich)	

Sunday September 13

1:00-3:00 pm	A Nature Prayer Experience	

Yom Kippur

Sunday, September 20 – Kol Nidre

7:30-9:00 pm	Evening Service	

Monday, September 21 – Yom Kippur Day

8:30-9:45 am	Family Service	
9:45-10:45 am	Parents & Tots Program and Service	
10:00-10:45 am	Poetry of the High Holy Day Machzor	
10:00-10:45 am	Children's Program Grades 2-6	
11:00 am-1:30 pm	Shacharit (Morning) Service	
11:00 am-1:30 pm	Teen Shacharit Experience	
1:45-2:45 pm	Yom Kippur Study Session - TBD	
1:45-2:45 pm	Chair Yoga	
3:00 pm	Yizkor Service	
4:00 pm (approx)	Afternoon Service	
5:30 pm	Teen Program Grades 7-12	
6:15 pm (approx)	Neilah	
6:15 pm	Children's Program K-6	
7:15 pm	Break-the-fast	

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 chevrutah (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)*

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 during the holy days. 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 Day Adult Volunteer Choir!



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

Rehearsals: September 2, 9, and 16 at 7:00-8:00 pm

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

Questions: Contact Cantor Jennifer Strauss-Klein at jstraussklein@mzion.org).

ELUL Practices

Daily Services: Every daily service during the month of Elul will include the sounding of the shofar. Begins August 13. Sunday through Thursdays at 5:45pm via Zoom.

Shabbat: Every Shabbat Evening Service in Elul features a special prayer book for the season: ***Mishkan haLev:*** *Prayers for S'lichot and the Month of Elul.* Enjoy the beauty and poetry of this siddur. Begins August 14.



Volunteers needed!



It is a great mitzvah to volunteer at High Holy Day Services. The usher's role is to create a welcoming spirit during the Days of Awe. We are looking for volunteers of all ages to help us to make sure our entire community stays connected. The role of the in-person usher is to welcome each person as they enter our sanctuary, offer name tags, and assist in seating and making everyone feel at home. We also rely on our ushers to help maintain decorum in the sanctuary and hallways before, during, and after the service. Sign up to be an usher! Contact April Colacci, our Event Coordinator, at acolacci@mzion.org with questions.

Machzor: Do you have your High Holy Day Prayer Books?

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



Unique Moments during the High Holy Days

New!

Online Meet and Greet

Erev Rosh Hashanah, Friday, September 11, 7:15pm via Zoom

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.

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.*

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.

Yizkor Stones: Remembering our Loved Ones

This reflective service is a way to remember loved ones in a musical and meaningful service.



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

High Holy Day Cemetery Service

Sunday, September 20, 11:00 am

We will gather at the Mount Zion Cemetery to remember loved ones. Those who prefer can view on Facebook Live (you can also watch it through the Facebook feed on our website). *The cemetery is at the corner of Payne and Larpenteur Avenues in St. Paul.*

Tashlich

Rosh Hashanah Day - Saturday, September 12, 4:30-5:00 pm

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

We complement our words of prayer with the symbolic action of emptying our pockets of crumbs: a sign of our intention to rid ourselves of wrongdoing.



Unique Moments during the High Holy Days

High Holy Day Embodied Experiences

These offerings will help you experience somatically the themes and personal explorations of The Days of Awe.



Move into the New Year with Yoga
Rosh Hashanah Day, Saturday, September 12, 3:30 pm at Hidden Falls
Led by Chris Gordon of Big River Yoga and Cantor Spilker.

"7th Inning" Stretch / Chair Yoga
Yom Kippur Day, Monday, September 21, 1:45-2:45 pm at Mount Zion
Led by MZ member Nancy Lewis and Cantor Spilker.

High Holy Day Study

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!

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 liturgy and discuss ancient and modern rituals and prayers to open your heart, soul, and mind.



30s/40s Rosh Hashanah dinner

Saturday, September 12, 5:30 pm (after Tashlich)
Hosted at the home of Nate and Cara Hoch

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.

New this year!

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™

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 (search for "Paddle Share Station - Pickerel Lake" on google maps).
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.

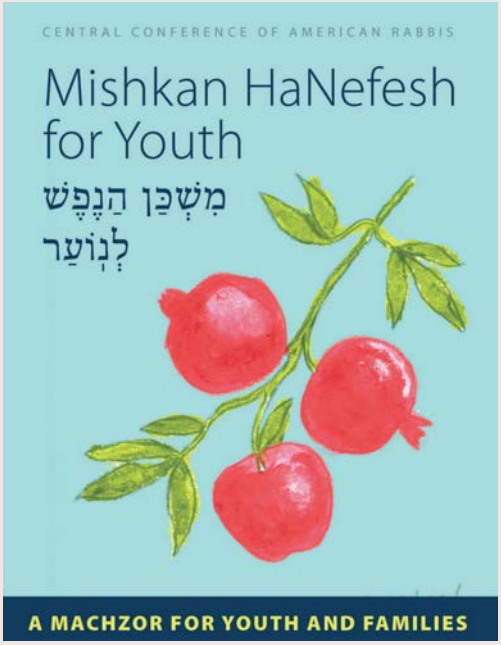


May it be my custom to go outdoors each day among the trees and grass—among all growing things. May I express there everything in my heart.

- Reb Nachman of Bratzlav

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

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



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

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

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

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

Children's Programs: Recommended for kids in 2nd-6th grade

On Rosh Hashanah Day (9/12) and Yom Kippur Day (9/21) we will offer children's programming for Grades 2-6, 10:00-10:45 am. Together we will welcome the new year, 5787, and engage in hands on activities and learning together. This will be an excellent opportunity to build kehillah (community), think about what the new year may bring and of course, have fun! On Yom Kippur evening at 6:15 pm, during the Neilah service, we will have an additional children's program for Grades K-6 before joining the congregation for Havdalah.

Teen T'filah and Programs: Intended for teens only (7th–12th grade without their families)

On Erev Rosh Hashanah, teens will participate in an immersive T'filah experience with singing, creative expression, learning about liturgy, and exploring symbolism through stations and whole-group gatherings. On Yom Kippur morning, teens will participate in a brief teen service, social justice activity, and text study after which we will join the congregation for the Rabbi's sermon. We will use the Mishkan HaNefesh Machzor for the Days of Awe that teens receive as a gift when they become B'nei Mitzvah (and we'll have extras). Additionally, teens are invited to a bonfire after Tashlich (which begins at 4:30) for lawn games and s'mores, and on Yom Kippur at 5:30pm for a program before joining the congregation for Neilah.

Childcare: *Children are welcome at all services! We also livestream our services in Harris Chapel when children are needing to make more noise and move around.*

We also offer childcare for children through age 5 during most of our High Holy Day services: Various services on Rosh Hashanah and Yom Kippur day. Register in advance at mzion.org to guarantee your spot.

We are also offering supervised, unstructured time for children ages 6-12 in Johnson Hall from 11:00 am - 2:00 pm on Rosh Hashanah day and Yom Kippur day. We will have coloring, toys, games and books but children are also welcome to bring their own. We ask that children either be with an adult in services or in Johnson Hall and that children are sent with their own lunch/snacks/water bottle! Children will need to be dropped off and picked up from Johnson Hall by an adult!

Yom Kippur Fast Appeal

The more tzedakah, the more peace. - Pirke Avot

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

Welcome the Stranger

Mount Zion has a longstanding commitment to serve immigrants, refugees and asylum-seekers. We act in keeping with our directive from Deuteronomy, "You too must befriend the stranger, for you were strangers in the land of Egypt."

The Tzedek Committee's new **Welcome the Stranger** program assists immigrants in dire need in our community. Through the Spanish speaking Pastors we have partnered with, we have met families lacking the money to pay their rent, to buy food, and to have the basic necessities of life. Unfortunately, this need is enormous. Our goal is to help as many families as possible by providing them with daily essentials, such as food (grocery cards), diapers, clothing, or assistance with rent and utility bills.

To date, **Welcome the Stranger** helped furnish an apartment for a Venezuelan family who had spent the previous 14 months in a shelter. We have also provided food cards to families struggling after the loss of a family member to ICE detention or deportation.

With support of donations from our congregation, we can mount a robust response to the urgent and growing needs of these newcomers in our Twin Cities neighborhoods. While our **Welcome the Stranger** program cannot meet all these needs, to paraphrase the Pirke Avot: we are not at liberty to neglect it.

Donate.

Campaign for Progressive Judaism in Israel

This is a pivotal moment for Israel.

Even as Israel continues to recover from war and deep division, more Israelis are searching for Jewish communities rooted in compassion, inclusion, and hope. They are looking for a Judaism that embraces democracy, equality, and the dignity of every person.

The Israel Movement for Progressive Judaism (IMPJ) is answering that call. Growing vibrant Reform congregations across Israel (numbers have doubled to include 55 congregations in the last decade) Training the next generation of rabbis, educators, and lay leaders. Strengthening Jewish identity, community and education. Making Jews from the Ukraine and Russia have a home, feel welcome and accepted while our youth grow into the leaders we need for Israel's future. Giving voice to a more pluralistic, compassionate, and democratic vision of Israel.

The need has never been greater. As demand for the IMPJ's work continues to grow, financial pressures have grown as well. Like many Israeli organizations, the IMPJ has been deeply affected by changes in currency exchange rates, meaning international donations simply do not stretch as far as they once did. Yet the Movement continues to meet this moment with courage, leadership, and hope.

Your support makes a difference. Every gift strengthens communities that welcome every Jew. Every gift invests in the leaders who will shape Israel's future with tolerance, acceptance and a deep commitment to equality and democracy. Every gift helps ensure that Reform Judaism continues to be a powerful force for pluralism and democracy.

Contribute to the Yom Kippur Appeal: Donate at mzion.org.

High Holy Day Inclusion and Accessibility:

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

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

  Contact Sheri Frisque from our Accessibility/Inclusion committee if you need assistance setting up your e-reader (sherifrisque@yahoo.com 651-270-3352).
- **Sensory** accessibility – ear plugs are available to those who are sound-sensitive, as are fidget items for those who need them.
- **Accessible Seating** - Please arrive 15 minutes before the service(s) you are attending so our ushers can help you find a seating location that will work best for you.
- **An all gender, fully accessible bathroom** - is located near the kitchen in the hall to the parking lot entrance.
- **Scent Allergies** - We ask service attendees to refrain from using any scented products and perfumes to allow those with severe allergies and asthma to remain in the sanctuary. The flowers on our bimah are scent-free.
- **Livestreaming in Harris Chapel** - This is available in the chapel for families and others who may need a break from the sanctuary service but still want to watch the services. The space is open to all, but please note that it is particularly designed for those with young children or others who may need to move around.
- **A quiet room for adults** is available in The Listening Library (inside the main library).
- **Accessibility to the *bimah* and ark** - We have railings and an elevator.
- **Accessible Tashlich Services** – Tashlich takes place on Rosh Hashanah afternoon at Hidden Falls and is accessible for those who bring walkers or wheelchairs. Folding chairs on a flat surface are available, and assistance is available to help you get to the water's edge.

For **other specific needs**, contact April Colacci at acolacci@mzion.org.

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.

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.

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







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.**

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)