



# ITON TZIYON עִתוֹן צִיּוֹן

**Mount Zion Temple Bulletin**

Fall | September-November 2022 | Elul-Kislev 5782-5783

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## MZ B'Yachad MZ Together



## You belong here!\*

*\*We believe you belong here already. Do you feel it? Our doors (in person and online) are open and we welcome you. We invite you to be in touch with any of our clergy or staff to talk about ways to connect to your community and kindle or rekindle that sense of belonging. See page 10 for some suggestions.*

# L'Dor VaDor

From Generation to Generation

## ZICHRONAM LIVRACHA...

*May their memories be a blessing*

We note with sorrow the passing of our members:

### Bruce Gaarder

Our condolences to his family,  
including his wife Alice Gaarder.

### Joseph "Joe" Kahn

Our condolences to his family,  
including his daughter Barbara (Randy) Trefethren.

### Diane Mast

Our condolences to her family,  
including her sons John Mast and Bob (Julie) Mast.

### Lucy Smith

Our condolences to her family.

### Janice Snyder

Our condolences to her family.

### Judith Wolf

Our condolences to her family,  
including her husband, Peter Wolf, and her daughter  
Laurie (Bruce) Goldfarb.

## We Extend Condolences to...

**Dee (Shel Finver) Albert** on the death of her mother, Patsy Doardt Albert, on May 26.

**Fred Amram (Sandra Brick)** on the death of his son, and to **Susan Amram (Jeff) Summit** on the death of her brother, Michael Amram, on July 31.

**Tracy (Paul Gore) Fischman** on the death of her mother, Natalie Gail Fischman, on June 18.

**Doreen (Sanders) Gwin** on the death of her father, David H. Lader, on January 19.

Roger (Jean) Harris, Devorah (Larry Abrams) Harris, and Jackie (Bill) Goldaris on the death of their sister, Judy Harris Lloyd, on August 11.

**Rokelle "Roxy" Lerner (Mary Stengler)** on the death of her mother, Lois Weisberg, on August 24.

**Steve Levin** on the death of his brother, Paul Levin, on July 23.

**Larry (Margie) Solomon** on the death of his mother, Phyllis Solomon, on June 3.

**Pearl Rosen** on the death of her son, Jay Rosen, on July 15.

**Richard Weil (Lindsay Nauen)** on the death of his sister, Suzanne Ruttenberg, on August 2

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

## Letter from the Rabbi



Fall is the season of turning, of change. Though the first month of the Jewish year is in the spring when we celebrate Pesach/Passover, our tradition chose to place our "new year" of Rosh Hashanah in the seventh month when the harvest is nearly reaped, and the leaves change their colors.

Change. The proverbial given in life.

September has always been when my routine has been reinvented based on the kids' schools and their new activity schedules. When we wake up, how we juggle drop offs and pickups, all changed every year. Rachel and I just brought our youngest child to college in August, and for the first time, our schedules are now our own. So many feelings. Nostalgia and gratitude; loss and freedom.

One unwelcome freedom is now having time to worry about the world our kids have been launched into. I recently read Sholom Aleichem's *In the Storm* about three Jewish families living in the same building in Kiev who face savage pogroms and the Russian Revolution of 1905. The protagonists debate the intellectual issues of their time with eerie connections to today.

The most haunting line from the book: "The hand cannot write down in a day what a disturbed, terrified imagination can conjure up in a minute." (p. 174)

Imagination. The images that come to our minds about our lives, our times, our futures. Trauma limits expansive thinking about possibilities. I worry about that.

I worry about our imaginations.

I worry about Gen Z's and Gen Alpha's ability to hope.

It is too easy to dim our imaginations because of what we believe are insurmountable challenges. The contemporary theologian Walter Brueggemann says that this is where prophetic imagination is needed. Any one of us can access this power. "Prophetic imagination" comes at the intersection of two elements: "criticality" (clear view of world's limits and pain and needs) and "hope" (sense of its promise and possibility).

Throughout history, against many challenges, people have accessed "promise and possibility" without sugarcoating the realities faced. Our Jewish people is living proof of this ability through humor, grit, and imagination. This is our task for ourselves and for the many, many generations to come.

May you experience in this season of awe, time for reflection and renewal so that you can find the resilience of prophetic imagination.

L'shanah tovah,

*Adam Stock Spilker, Rabbi*

## Mazel Tov To...

**Jessalyn and Lys Akerman-Frank** on their wedding on August 14.

**Judy and Harvey Arbit** on the marriage of their daughter Julie to Eric Slaim in Glacier National Park on August 25.

**Adam Bahr and Jessica Rasmussen** on their marriage on June 12.

**Michael and Cindy Garr** on the marriage of their daughter Sarah Garr to David Parker on July 3.

**Leslie Martin and Fred Hauesler** on the birth of their granddaughter, Makenna, on June 12. Makenna is daughter of Matt and Miriam (Snyder) O'Keefe.

**Bonnie Resnick and Alan Milavetz** on the marriage of their daughter Talia Milavetz to Andrew Seiler on June 26.

**Steve and Carrie Siegel** on the birth of their grandson, Theo, on May 1. Theo is the son of Allie and David Siegel.

# Make Shabbat Your Sanctuary

## Join for Engaging, Musical, Inspiring Shabbat Services

Same time every week, starting September 9.

### Friday Night

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

### Saturday Morning

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

**Shabbat Shacharit (Morning) Service:** 10:00 am – Join in person or online ([Livestream](#))

*We will now be including Zoom and Facebook on Shabbat morning only when requested for B'nei Mitzvah.*

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

## Shabbat for the Soul

Fridays, 6:30 pm on October 28, November 18,  
December 16, January 13, February 24, April 21, May 19  
Live from Margolis Hall (live streamed and on zoom)

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.**

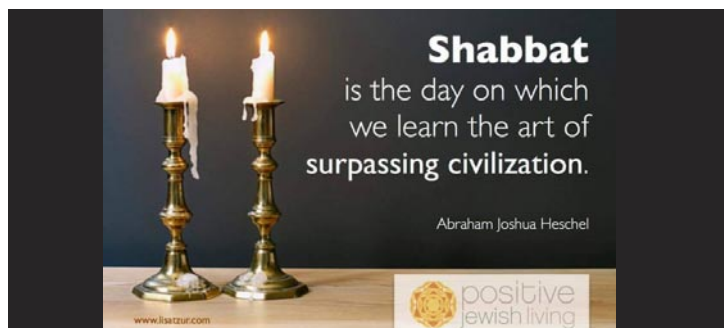
Shabbat is always for the soul, but there is a particularly soulful atmosphere at “Shabbat for the Soul” services. It is a more contemplative worship style with the congregation sitting in the round. We use a single page handout for the prayers. A slower pace enables us to focus on the meditative effect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



## “Regular” Shabbat in Margolis Hall

**Friday, September 16, 6:30 pm.**

We are experimenting with having our Friday night Shabbat service in Margolis Hall so we can face one another as we do for “Shabbat for the Soul,” but with a regular Shabbat Service. Some of our online community feels more connected to our in-person community when we are in Margolis. Thus, we are experimenting. Feel free to share your feedback to Sally Glick, Worship Committee Chair, [sallyoglick@gmail.com](mailto:sallyoglick@gmail.com) or the clergy or staff.



## Daily Services - on Zoom!

**All welcome!**

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

**New:** If you would like to attend in person, we can arrange a service in the Chapel with a week's notice. Please contact the office.

*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 Rabbis Adler and Spilker lead the brief and meaningful connection. You are welcome to join once or more! An important mitzvah is to participate on the day of a loved one's yahrzeit.*

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

**Sundays:** [Join via Zoom](#) or meeting ID 545 289 167.





A few months ago I read the book *Four Thousand Weeks: Time Management for Mortals* by Oliver Burkeman, and as part of my mental preparation for the High Holy Days, I picked it up again. I find it a powerful if surprising spiritual nudge, and I highly recommend it, particularly for those of you who may find your “spiritual” side harder to access. The concept of time management as spiritual exercise might seem a bit odd at first, but

as the author writes, “arguably, time management is all life is.” Unlike most books on this topic, *Four Thousand Weeks* is more focused on how best to live our “absurdly, terrifying, insultingly short” lives than, say, emptying your email inbox.

The message of the book, as you by now have guessed, could be summed up as “you’re going to die, so how are you going to spend your precious time on earth?” The jacket flap promises “tools for constructing a meaningful life by embracing finitude” (which one could easily say about Judaism as well), and the “4,000 weeks” of the title—the number of weeks in the average human lifespan, about 76 years—puts that finitude front and center. But somehow, despite intellectually knowing that we’re mortal beings, we never seem to get around to the important things. We save them for the mythical “later,” for when we’ve gotten through the other stuff.

Popular wisdom blames technology and social media: there’s a “war for our attention” going on, as anyone with a smartphone knows. But rather than victims in this war, Burkeman calls us “collaborators,” writing: “what we think of as ‘distractions’ aren’t the ultimate cause of our being distracted. They’re just the places we go to seek relief from

the discomfort of confronting limitation. It’s not usually that you’re sitting there, concentrating rapturously, when your attention is dragged away against your will. In truth, you’re eager for the slightest excuse to turn away from what you’re doing, in order to escape how disagreeable it feels to be doing it....[Boredom] demands that you face your finitude. You’re obliged to deal with how your experience is unfolding in this moment, to resign yourself to the reality that *this is it*.”

But if we have the urge to distract ourselves even from doing things that we purportedly really want to do or find enjoyable, how can we possibly do things that are difficult or unpleasant, like the honest introspection that leads to true *teshuvah*, repentance? Mount Zion has much to offer that can help you on your journey: not just our services and classes, but our library, our Elul pop-up choir for learning the congregational tunes of the season, our many Mount Zion Spotify playlists (go to [mzion.org/mount-zion-music-playlists](https://mzion.org/mount-zion-music-playlists)). But remember, what may be most required of you is something Mount Zion can’t provide: a willingness to be present with the discomfort of facing your finitude.

Here’s my advice: be curious rather than judgmental. Be prepared to feel uncomfortable, and when you feel it, sit with it. Ask yourself: What’s really holding me back from making the changes I want to make? The liturgy of the High Holy Days isn’t shy about pointing out our mortality and the fact that we truly don’t know how much time we have left. The discomfort that goes with recognizing our mortality and recommitting to a life of meaning is a sign you’re on the right path.

Shanah tova!

*Jennifer Strauss-Klein, Cantor*

## Trope Troupe

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

**Todah Rabah to our May-August Ba’alei Korei (chanting Torah):** Sam Cohen, Warren Cohen, Sharon DeMark, Hally Ellwein, Andy Fein, Shel Finver, Emme Garcia, Robert Garfinkle, Sally Glick Siana Goodwin, Abby Gore, Elena Izaksonas, Morgan Johnson, Abbey Kanzer, Alex Klass, Luciano Kolodny, John Mast, Shelley Robbins, Dan Rybeck, Rabbi Sam Schauvaney

**Todah Rabah to our May-August Haftarah chanters:** Sue Benfield, Siana Goodwin, Netta Hardin

**Todah Rabah to our Ruth chanters:** Sarah Carpenter, Siana Goodwin, Shelley Robbins

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

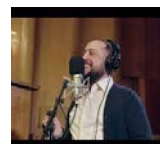
## Pop-up Choir!

All are welcome to join 30 minutes before the start of **second Friday Shabbat services from October-April** to learn both new and familiar settings of our Shabbat prayers, featuring the compositions of some of today’s most talented Jewish musicians. Please join us for one, some, or all Shabbatot—we want to hear everyone’s voices! No experience or music-reading abilities needed, and prayer texts will be provided!

### Music from composers:



Rob Aronson



Yosef Goldman



Chava Mirel



Elana Arian



Noah Aronson



Natalie Young



Todd Herzog

# From the President



A week in the life...

Recently I stood before congregants and guests and a few first-timers assembled on the ZaiKaner-Perwien Terrace on a Friday evening for the *Kabbalat Shabbat* service. As the Board Rep that evening, I reflected on the week for all those in the folding chairs, but especially for the soon-to-be *Bar Mitzvah* sitting with his family. The ideas I shared stuck with me, and I am moved to share them with you.

That week included the saddest day of the Jewish Calendar, *Tisha B'Av*, and one of the happiest (if not as well known), *Tu B'Shvat*. [Learn more.](#) Mount Zion saw wedding blessings, golden and silver anniversaries, a baby naming, multiple funerals and shiva visits, and a young congregant becoming *Bar Mitzvah*. That was quite the week, with our usual daily services and *Shabbat* worship, and not just the variety of holidays and gatherings, but the full span of emotions, and the first and last moments in the Jewish life cycle.

"And?" you may be asking. "That happens all the time." Exactly. In a forest-for-the-trees moment (or the reverse, actually), I wanted the young congregant to know-to realize and to internalize-that a Jewish life was already permeating into his mind, and heart, and the bones of his day-to-day. He may not feel it or relate to it now, but he is more likely to connect with his own Jewish life earlier rather than later if we are vocal about it now. Rabbi Josh Warshawsky, in Ron Wolfson's "Creating Sacred Communities", reflects on the days when new melodies for Jewish prayer and song were drilled into you. "Hey, just come every week. And if you come, it's going to seep into you and you're going to love it, I promise." He goes on to say that it doesn't work for most people now, and that preparation creates greater impact for individuals.

I say let's have a hybrid. I believe that the repetition of life cycle events-the heartbeat of our Jewish lives over time-and the conscious, intentional acknowledgement as a congregation that we share these moments, these prayers, these times of joy and pain and comfort and uncertainty, combine to achieve what one used to pick up naturally by attending services and religious school every week. Mount Zion-OUR Mount Zion-is a large part of the 'seeping' that makes us live and appreciate our Judaism and our community more deeply.

"And the more we devote ourselves to it, the more it grows and gives." This line from our *siddur* (prayer book) refers to the *Torah*, but I ask you to consider that it also applies to our Judaism and our Jewish community. Try to connect with the rhythm of our holidays, our life cycle events, and our comings and goings. Try to register the ebbs and flows of emotion as we celebrate and mourn and comfort and support each other through it all. Together-as a congregation-we will be more than the sum of our parts. Together we are more than all our individual experiences because we grow and give more in the sharing.

*Michael Wall, President*

## Kivvun La'Atid: Mount Zion 2040

*Kivvun La'Atid: Mount Zion 2040* is the name of a visioning process led by a task force that has met since November 2021. The purpose is to envision how Mount Zion will be a vibrant, welcoming, and inspiring Jewish spiritual home in Minnesota for generations to come. They will find this "direction for the future" ("Kivvun La'Atid") through learning and reflection, study of trends in American and Jewish life, courageous imaginings, and conversations within and outside of our congregation. Kivvun La'Atid was imagined in Mount Zion's 2019 Strategic Plan and is being led by an organizing group that is chaired by Amy Schwartz Moore and includes Joe Konstan, Sophia Lipset-Dean, Sue Koch, Alison Mellin, Michael Tortorello, Michael Wall, Shai Avny, and Rabbi Adam Stock Spilker. This group has guided and directed the task force's process/curriculum for study and reflection. The task force itself includes congregants who have agreed to participate in study and reflection before setting out a vision, long-term goals, and an overarching path for Mount Zion to reach those goals. The Board of Directors will decide who else should be part of year two of this process. **Congregants will be invited to provide input at various stages in the months to come as the process moves toward conclusion in May 2023.**

**Kivvun Task Force** (as of September '22): Ed Abramson, Adam Bahr, Andrea Berg, Seth Berlin, Susanne Cohen, Dave Dubinsky, Florie Ellwein, Jennifer Farber, Robert Garfinkle, Mitzi Gramling, Abbey Kanzer, Amy Kaufman, Jason Kaufman, Joan Kinsley, Anne Lifton, Rick Linsk, Sarah McVicar, David Nathan, Mia Nosanow, Nate Ordansky, Edith Pang, Sarah Parker, Adele Porter, Sara Rice, Kathleen Riley, Mandy Roll-Kuhne, Max Schibel, Jon Strauss, D. Marcos Vital, Chad Weinstein, Joel Wilke.

## L'Chaim Mount Zion 5783 Annual Campaign From Strength to Strength!



New year, new Annual Campaign! Yes, it's that time of the year again. School's back in session, the High Holy Days are approaching, and we're busy planning for the 5783 Annual Campaign.



Rather than celebrating just a single person, this year's Annual Campaign celebrates two wonderful people! The theme of the 5783 Campaign is "From Strength to Strength" marking the passing of the baton from Larry Solomon to Shai Avny as Mount Zion's Executive Director. We invite the congregation to join in thanking Larry Solomon for his dozen years of service and to welcome Shai Avny into his new role as our new fearless leader!

We understand giving is a very personal decision, and we are grateful for each member's consideration. Our goal this year, like in years past, is broad participation. We will share more details about the campaign when it launches after the High Holy Days.

Thank you,  
Lija Greenseid, *Chair, Giving Committee*

# High Holy Days

## Rosh Hashanah

September 25 and 26 - 1 Tishrei 5783

## Yom Kippur

October 4 and 5 - 10 Tishrei 5783

To see a detailed schedule with times and Zoom links, go to [mzion.org](https://mzion.org).

## Selichot: A Night of Spiritual Reawakening

**Saturday, September 17 - The evening that ushers in the High Holy Days**

**8:00 pm – Abigail Pogrebin**, author of *My Jewish Year*, in conversation with Rabbi Adam Stock Spilker [via Zoom](https://mzion.org) with Q and A from the audience. (Watch at Mount Zion in Margolis Hall or from home.)

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

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

See page 11 for more information on Pogrebin's book.



## Sounding the Shofar from the Rooftop!

**Sunday, September 18, 12:15 pm**

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



## Continuing the Conversation

**Rosh Hashanah, September 26, 1:45 – 2:30 pm**, in person and online.

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

## High Holy Day Cemetery Service

**Sunday, October 2, 11:00 am**

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



## Tashlich

**Rosh Hashanah, September 26, 4:30-5:00 pm**

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

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

## The Poetry of the Prayer Book

Michael Kuhne, Ph.D.

**Yom Kippur Morning, 10:00-10:45 am**



Michael has assembled a cast of Mount Zion congregants who will lead an inspiring exploration of the poetry and prose in the prayer book, *Mishkan HaNefesh*.

Michael Kuhne, past President of Mount Zion, is a Professor of English at the Minneapolis Community and Technical College.

## Service of Healing and Reflection

**This year moved to Yom Kippur Day!**

**Wednesday, October 5, 1:45 pm**

After the many challenges and losses of the past year, it is fair to say we are all in need of healing. This hour-long service is for everyone, not just those dealing with illness. Based on High Holy day themes, and enhanced with the soothing sounds of harp and flute, this service offers a sacred space for reflection about what we need to feel more whole in the coming year.



# High Holy Days

## High Holy Day Pop-up Choir: Erev Shabbats in Elul

Learn the essential melodies of the High Holy Day season!

Fridays, September 2 at 5:30 pm and September 9, 16, and 23 at 6:00 pm

All are welcome to join 30 minutes before the start of Friday night Shabbat services in Elul to learn the uplifting and inspiring melodies of our High Holy Day prayers. Please join us for one, some, or all Shabbatot—we want to hear everyone's voices! No experience or music-reading abilities needed, and prayer texts will be provided!



You are invited to:

### An Ancient Sukkot Gathering Ritual Every 7 Years: *Hakhel*!

**Monday, October 10, 10 am**

After services, enjoy mini-**Nothing Bundt Cakes**! Why? Because it is fun, and Sukkot is all about JOY! (Gluten-free, dairy free options will be served).

After the [shemita](#) year (the sabbatical year which occurs every seven years), the ancient Israelites gathered (Hakhel) on Sukkot morning as a community to hear the message of Torah. It was actually the only time every person – woman, man, child, stranger - was REQUIRED to attend a community gathering. At Mount Zion, we will simply invite you! As part of our Festival Service, we will have a ritual recitation of the Torah distinct from the celebration of Torah on Simchat Torah. Please join us!



Ezra stands on a wooden tower near the water gate and reads the laws of Moses. Jan Luyken, after Bernard Picaut, 1700 (ijkmuseum.nl)

## Eat. Drink. Shake.

CONNECT WITH OTHER MOUNT ZION MEMBERS!

**Sunday, October 9, 4:30-6:00 pm**

Erev Sukkot Service at 6:00 pm

Open Sukkah at the home of Rabbi and Cantor Spilker  
(The address will be emailed to all congregants).



## Simchat Torah

a Joyful Holy Day for All Ages!

**Sunday, October 16**

5:30 pm **Hummus/Falafel dinner!**

6:00 pm **Service! Dancing! Unrolling the Torah!**

After the service, enjoy Caramel Apple Lollipops!

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



**Monday, October 17 - Tishrei 22**

Festival Service (including Yizkor) 10:00 a.m.

## Celebrate in Mount Zion's Sukkah!

Wednesday, October 12 / 4th night of Sukkot

5:30 - 6:15 pm Pizza in the Hut

We will provide pizza (including gluten free, dairy free options). Shake the lulav and etrog! Please RSVP in advance. (Registration will be available by mid-September).

6:15 - 6:30 pm Brief Evening Service in the Sukkah

# MZ Small Groups: The Journey Groups

**New for Fall 2022!**

**Time-limited, facilitated gatherings about your life.**

This is a twist on MZ Small Groups. We are launching multiple groups that will meet three times between November and January. They may end at that point unless the group wishes to continue. The schedule and timing will be determined by each group after October 18. If there is another topic that you desire, please be in touch with Shai Avny at [savny@mzion.org](mailto:savny@mzion.org) or 651-698-3881. **If we cannot make it happen this Fall, we will try in the future!**



## The Journey Groups:

### **Understanding our Kids' Gender and Sexual Identities** *Facilitated by Mia Nosanow and a co-facilitator*

This is a group for parents and grandparents who want to understand their kids'/grandkids' better. Some have new pronouns; some embrace the word "queer". This will be a safe space for all questions as we support our loved ones.

*Mia Nosanow, a member at Mount Zion member since 2000 and current Board member, is a licensed psychologist and longtime therapist who specializes in college mental health. For 20 years, Mia worked at Macalester College, counseling thousands of students.*

### **A Journey Space for Anyone on the Path or Already Converted to Judaism**

*Facilitated by Michael Kuhne*

This is a group for (relatively) recent converts to Judaism and those in the process of conversion for open and honest conversations: What drew you to Judaism? What has met your expectations? What has fallen short? Where do you want to grow as a Jew? How has your family and circle of friends reacted? How have you been received by your Jewish community? Participants can expect to read short texts, do short reflective writings, and share their experiences with others.

*Michael Kuhne has been a Mount Zion since 1995 when his spouse Amanda found this beloved community where inter-faith families were welcomed and valued. In between his daughter and son's bat and bar mitzvah, Michael decided to convert to Judaism. Michael has chaired Mount Zion's Tzedek committee, served as Board of Directors' president (2019-21), and currently leads the MZ Bicycle Group.*

### **Mixed Roots: Navigating the Interfaith Household** *Facilitated by Jessica Griffith*

This is a group open to couples, individuals, and grandparents who want a welcoming and nonjudgmental environment to discuss the issues that face a mixed-root family. We will meet four times: (1) the many facets of a mixed-roots home; (2) Life cycle events at Mount Zion; (3) Shabbat and other holiday celebrations; (4) topic of group's choice and closing.

*Jessica Griffith joined Mount Zion in 2000. She was raised in a Reform synagogue in the south suburbs of Chicago, and in 1999 married Brent Griffith, who was raised in a Congregationalist church in central Nebraska. They have two teenage sons, Adam and David. At Mount Zion, she has served as a religious school teacher, committee chair, and board member, and is currently chair of our mixed roots efforts.*

**More info and how to sign up:** These groups are only for Mount Zion members. No cost to participate, but please commit to all the sessions. Starting September 9, sign up information will be available at [www.mzion.org](http://www.mzion.org).





# **First Friday Family Shabbat Dinners**

*On the first Friday of the month starting November 4.*

## **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

**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 prepared by the talented chefs in our midst, Shabbat blessings, and friends new and old, followed by a spirited, family-friendly Shabbat service featuring our children's choirs.

\$18 for a household; individuals are \$9 each.

**Registration required by the Monday before** in order for our cooks to know how much food to prepare.

# MZ B'Yachad MZ Together You belong here!

*In addition to services, study opportunities, MZ Small Groups, and social activities, here are ten specific **paths toward greater belonging for the New Year 5783!***

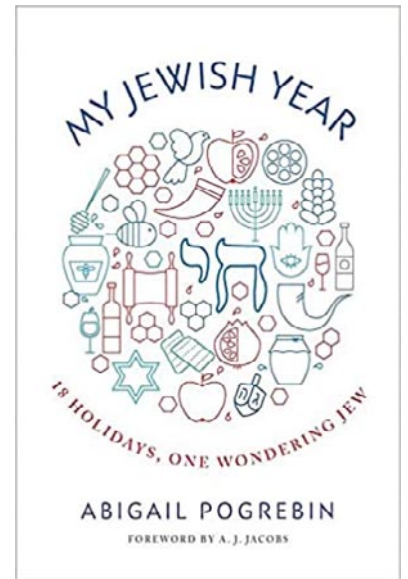
- **First Friday Family Shabbat Dinners** – See page 9.
- **MZ Small Groups: Journey Groups** – See page 8.
- **Young Adults at Mount Zion** – See page 22.
- **Pop-Up Choirs** – See page 4 and 8.
- **Mussar** – A 1000-year-old Jewish spiritual and ethical path toward being a good person – See page 16.
- **Anti-Racism Study and Action** – See page 16 and 23.
- **Thinking about Mount Zion's future** – See page 5
- **Community Book Read:**  
“My Jewish Year: 18 Holidays, One Wondering Jew” – See page 11.
- **Yom Ma'asim Tovim: A Day of Service and Community**  
at Neighborhood House (Sunday, May 7, 2023) – See page 18.
- **Volunteering!** – See page 21.

# Community Book Read

Last year we read *Here all Along* by Sarah Hurwitz. This year, we are reading a book by Sarah's friend Abigail Pogrebin about exploring the Jewish year.

## ***My Jewish Year: 18 Holidays, One Wondering Jew***

by Abigail Pogrebin



**Abigail Pogrebin in conversation with Rabbi Adam Stock Spilker**  
with Q and A from the audience

**Saturday, September 17**

**8:00 pm [via Zoom](#)**

You can watch the Zoom conversation at Mount Zion in Margolis Hall or from home.

*New York journalist Abigail Pogrebin – a Reform Jew whose annual childhood observance covered the High Holidays, Hanukkah, and a couple of Passover seders – decided to embark upon a yearlong journey into understanding Judaism through 18 holidays. Based on her column in The Forward, called “18 Holidays; One Wondering Jew,” the book chronicles Pogrebin’s adventures in Judaism, from Elul, the period of reflection that precedes Rosh Hashanah, to the final Shabbat of the year.*



**Read MY JEWISH YEAR in advance or after the talk. Even if you don’t read it, please come to the conversation on September 17!**

Want a **discounted** copy? Purchase for \$10 and pick up at the office.

[Details at this link](#) or on [mzion.org](http://mzion.org).

*Followed by Selichot Services at 10 pm. See page 6 for details.*



# THANK YOU...FOR YOUR CONTRIBUTIONS

These donations were received between April 29 and August 9. Donations received after August 9 will be included in the next bulletin.

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## Learn Hebrew This Year!

Follow synagogue services, be more involved in your children's Jewish education,

or simply enhance your own ties to Judaism.

Tuition (includes all materials): \$75 members/\$100 non-members (Minimum of five students).

Registration will be available in mid-September at [mzion.org](http://mzion.org).

## Beginning Adult Hebrew

Taught by Siana Goodwin.

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

**Sundays, 10:00 - 11:00 am – Zoom**

**October 9 - January 22**

(no classes Oct 23, Nov 27, Dec 25, Jan 1)

## Beginning Adult Hebrew, Part II

Taught by Siana Goodwin

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

**Dates TBD.**

## Steps to Hebrew Literacy

**Sundays, October 2 - December 18, 6:30-7 pm via Zoom**

(No class November 27)

This class is for those who are somewhat familiar with the letters and sounds of Hebrew. We will begin with a brief review of the alphabet and vowels, and then, using The First Hebrew Primer, will focus on learning basic grammar and patterns of Hebrew, developing reading skill and acquiring basics for translation. The text The First Hebrew Primer is available for purchase online.

For more information, contact Siana Goodwin at

[sgoodwin2@comcast.net](mailto:sgoodwin2@comcast.net)

## Mount Zion has a new playground!



We are so grateful to the Confirmation Classes of 2020, 2021, and 2022 who contributed generously to an updated playground for the next generation of students! *Todah rabah!*

# Understanding the End of Life Process from a Jewish Perspective

*Presented by the Women of Mount Zion Temple. Open to Everyone!*



**Tuesday, October 18, 6:30 pm**

Jewish Traditions and How to Buy a Cemetery Plot and other Questions with Rabbi Esther Adler and Larry Solomon



TBD – Tour of the Mount Zion Temple Cemetery



**January 8, 10:00 am**

Jewish Funeral Home Services with Jim Wardlow from Hodroff-Epstein



**January 22, 10:00 am**

Estate Planning with Stuart Bear of Chestnut Cambronne Attorneys at Law

All events (except for the cemetery tour) will be held in Margolis Hall.  
RSVP and Questions to [pegk56@comcast.net](mailto:pegk56@comcast.net).

## Visual Prayer

## New works by the Interfaith Artist Circle

**On display at Mount Zion October 14 - December 10**

The Interfaith Artist Circle of the Twin Cities is a group of visual artists who pursue art as a spiritual journey. Originally founded in 2005 as the Jewish Women Artists' Circle, the group now includes women artists from multiple faiths. The exhibit, Visual Prayer is the creative exploration of prayer through images, finding commonality and connectivity as well as diversity among religions.

This exhibit was curated by Aimee Orkin, a Judaic artist and teacher who embarked on a one year sabbatical studying prayer with rabbis, scholars and cantors. "We hope our interfaith exhibits in the community will inspire collaboration among all faiths," states Aimee Orkin.



Artists include: Jeanne Aaron, Beth Andrews, Hend Al-Mansour, Sandy M. Baron, Jane Bassuk, Kirsten Malcolm Berry, Sandra Brick, Gloria Cooper, Elizabeth Erickson, Lucy Rose Fischer, Renanah (Rani) Halpern, Angela Heida, Joyce Lyon, Aimee Orkin, Paula Leiter Pergament, Susan Peplow, Regula Ruselle, Anita White, Rochelle Woldorsky



## A Taste of Honey: An Introduction to Judaism

**Mondays, September 12-December 19, 7-8:30 pm**

(No class on Sept 26)

Member: \$36, Public: \$75

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

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



## Building a Jewish Home, Creating a Jewish Family

**Mondays, January 9, 23, 30, 7-8:30 pm**

Rabbi Adam Stock Spilker

\$36 members/\$50 public per person



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



## Our Bodies, Our Souls

*26th Annual Jewish Retreat for Women*

Friday Evening to Saturday Evening

**Save the Date: January 20-21, 2023**

**at Dunrovin Retreat Center**

*More information to come!*

*13th Annual*

## Men's Retreat

**Save the Date: June 9-11**



# Best of Israel 2.0

An Eclectic, Active, Insider Tour crafted by Rabbi Spilker

For folks who have been to Israel before and those who want an unconventional tour. A Rare Opportunity Mount Zion Trip **February 27-March 8, 2023**

Includes meeting with Israelis and Palestinians in the West Bank, nature hikes, a jeep ride at the Rimon Crater, a focus on exploring Israeli Cuisine including a home hospitality dinner with the Yerucham Cooks, a day-long bike ride from Jerusalem to Modiin, and time to reflect on history and the future while meeting a diverse array of people.

Details and registration:

[makorjourneys.com/journey/mount-zion-temple](http://makorjourneys.com/journey/mount-zion-temple).

Questions? Be in touch with Rabbi Spilker [aspilker@mzion.org](mailto:aspilker@mzion.org).



# INTRO TO MUSSAR

## With Rabbi Esther Adler

Wednesdays, 6:00-8:00 pm, starting October 26  
(and then every other week for 10 sessions)

**Cost** (including a book and materials): \$250. Generous scholarships are available. Finances will not be a reason not to participate. Please be in touch with Rabbi Adler for confidential assistance [eadler@mzion.org](mailto:eadler@mzion.org). Registration will be available soon on [mzion.org](http://mzion.org).



## What is Mussar?

*Mussar may best be described as “Jewish spiritual ethics” and has been practiced for centuries by people who sought to cultivate and strengthen the qualities of the inner mensch. This is the ninth year that Mussar has been offered at Mount Zion. Come join in small group study as we explore Jewish teachings on humility, patience, honor, and more and discover how we can improve these qualities in our own life. Conversations will be in a safe, supportive, exciting, and collaborative environment. We believe that these sessions will work for those familiar with Mussar and those just starting. There are no pre-requisites nor is Hebrew required.*



### WHY?

Do you ever wonder:

- What are practical ways Judaism can help me in my everyday life?
- What really matters in life?
- Is there a Jewish pathway toward living a more meaningful life?
- Can I find more “real” relationships with peers?
- Mussar offers a Jewish pathway into leading a more meaningful, spiritually fulfilled life.

## WHAT?

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

## WHO?

Mussar can work for people of any age, Jewish or not Jewish. **Perhaps you?**

## WANT TO EXPLORE MUSSAR WITH AN ANTI-RACISM LENS?

Congregants Michael Kuhne and Vic Rosenthal are trained by IOWA (Inside Out Wisdom and Action) to lead a six session “Dismantling Racism from the Inside Out” group in the Spring. Look for more information in the months to come.





# The GEFILTERIA

**SAVE THE DATES: A DEEP DIVE INTO THE SHTETL KITCHEN!**

**The Gefilte Manifesto: New Recipes for Old World Jewish Foods**

Saturday evening, December 3 – Sunday afternoon, December 4, 2022

We'll cook, we'll eat, we'll enjoy!  
Events for all ages to participate.  
More information to come!



## **Rimon Artist Salon featuring Mizrachi\* Vocalist/Anthropologist Galeet Dardashti!**



Sunday, November 13, 7:00 pm

Hosted and co-sponsored by Mount Zion, Rimon's 17th year of Artist Salons opens with Galeet Dardashti. Dardashti, who has a Persian background, is well-known as the leader of the all-female Mizrahi band Divahn. Reservations: [rimon@bfcampus.org](mailto:rimon@bfcampus.org).

Galeet Dardashti will be in Minnesota as part of an international piyyut festival. Curious or want to understand what this is? [Special event on Monday, November 14.](#)

\*of Middle Eastern descent





# B'nei Mitzvah

## Cooper Johnson

August 27, 2022

Picture removed  
online

Cooper is the son of Hart and Raleigh Johnson and the brother of Morgan. He is the grandson of Marvin and Carol Johnson (both of blessed memory) and Howard (of blessed memory) and Marilyn Fischbein. Cooper is entering 7th grade at Highland Park Middle School. He enjoys playing basketball and tennis and watching the Timberwolves, Vikings and Gophers. He also enjoys math, games of all types, the State Fair, family adventures, and spending time with friends.

## William Denenholz

September 3, 2022

Picture removed  
online

Will is the son of Jennifer and Joel Denenholz. He is the grandson of Peggy and Ira Denenholz and Patricia Pearce and the late Joe Pearce. He has an older sister, Ashley. Will is entering 8th grade at Friendly Hills Middle School where his favorite subject is Math. He loves participating in sports especially baseball, hockey and skiing with his friends. Will is known for "never meeting a dog he didn't like" and therefore he plans to donate a portion of his gift money to the Animal Humane Society. Will has also volunteered time at Dodge Nature Center.

## Elisa Baer

September 10, 2022

Picture removed  
online

Elisa Baer (Hebrew Name Elisheba) is the daughter of Paula Lopez and Alejandro Baer. She is currently attending the American school of Madrid (Spain), 8th grade. Her favorite subjects include P.E and Orchestra. She enjoys watching movies/shows, Jewish comedy, and fishing up North Minnesota. Her favorite sports are soccer and rugby. She decided to give a portion of her Bat Mitzvah money to GreenPeace.

## Nadav Kanzer

October 15, 2022

Picture removed  
online

Nadav Nathaniel Kanzer is the son of Abbey and Deirdre Kanzer. He has a younger brother, Matan. Nadav is an eighth-grader at Hidden River Middle School in Saint Paul. Two of his favorite classes are science and social studies, and he has been a member of his school's debate team since sixth grade. Nadav enjoys reading, (Rubik's) cubing, and spending time with family and friends. Nadav has decided to donate a portion of his bar mitzvah gift money to the Philando Castile Relief Foundation whose mission it is to help families impacted by gun and police violence and food insecurity.

## Abraham Hanks

October 29, 2022

Picture removed  
online

Abe Hanks (Hebrew name Avraham) is the son of Marisa Francisca Reines and Peter Hanks. He is the grandson of Hana Bibliowicz and Suzie and Chris Hanks. He has a younger sister, MJ and a younger brother, Teddy. Abe is in the 8th grade at Northeast Middle School in Minneapolis. Abe loves all classes. When he is not in school, Abe enjoys practicing mixed martial arts, playing the electric guitar and going on wilderness canoe adventures with his family. For his Mitzvah Project Abe volunteered at Free Geek, where he recycled and refurbished computers as a way of helping the environment. Abe is donating a portion of his gift money to Save the Boundary Waters, an organization working to permanently protect the BWCA from toxic sulfide-ore copper mining.



## YOM MAASIM TOVIM: A Hands-On, All-Ages Mitzvah Day at Neighborhood House

Sunday, May 7, 2023, 9:30 am-Noon (179 Robie St E, St Paul )

In our vision, a core principle is Gemilut Chasadim: Acts of Loving Kindness. This is a day to put our vision into action together! Details to come.

# Religious School News

## Fall Calendar

### September

- 9-11 10th grade Confirmation Retreat
- 16-17 7th grade A Day Apart Shabbaton
- 18 PreK-6th grade Yom Rishon/Opening Day  
11th/12th grade classes begin
- 21 2nd-6th grade Hebrew classes begin  
7th-10th grade classes begin – Tri I Electives
- 25 Erev Rosh Hashanah – No School

### October

- 2 K Consecration Workshop (parents/guardians)
- 5 Yom Kippur – No School
- 7-8 8th/9th grade Torah & Teva Shabbaton
- 8 3rd grade Shabbaton
- 9 2nd grade Welcome to Hebrew (parents/guardians)
- 12 Pizza in the Hut (ALL Lower & Chai School families)
- 14-15 5th grade Shabbaton
- 16 Consecration
- 19-23 MEA Weekend – No School  
11th grade New York Trip
- 28-29 4th grade Shabbaton
- 30 6th grade B'nei Mitzvah Orientation

### November

- 9 Kristallnacht
- 12-13 6th grade B'nei Mitzvah Family Retreat
- 20 PreK-6th grade Bread & Torah
- 23-27 Thanksgiving Break – No School

**Register for Religious School 2022-23** If you need help with registration, please reach out to Amy Felton at [office@mzion.org](mailto:office@mzion.org). Please feel free to reach out with school questions. ([ssummit@mzion.org](mailto:ssummit@mzion.org)).

## Important Updates for the 2022-23 School Year Lower School

- **Childcare** returns for preschool-aged children (6 months & up), **Sundays 9:30 am – 12:00 pm beginning October 9.**
- **PreK-6<sup>th</sup> Grade** meets in person at Mount Zion, **Sundays, 9:30 am – 12:15 pm** beginning September 18. Adults are encouraged to join us for T'filah, 11:45 am – 12:15 pm.
- **2<sup>nd</sup>-6<sup>th</sup> Grade Hebrew Classes** will meet **Wednesdays via Zoom** beginning September 21.  
**NEW TIMES:**  
**5:00-5:45 1st Session; 6:15-7:00 2nd Session**

### Chai School

- **7<sup>th</sup>-10<sup>th</sup> Grade** classes meet in person at Mount Zion on **Wednesdays**, beginning September 28<sup>th</sup>. **NEW TIME: 6:15-7:30 pm!**
- **11<sup>th</sup> & 12<sup>th</sup> Grade** classes will be held in person **Sundays** beginning September 18. **NEW TIME: 12:30-1:30 pm.** Pizza will be served.

### JOIN OUR TEAM OF ENTHUSIASTIC EDUCATORS!

Looking for meaningful work in a supportive environment?  
Contact Sue at [ssummit@mzion.org](mailto:ssummit@mzion.org)



### MOUNT ZION IS HIRING HEBREW/JUDAIC STUDIES EDUCATORS TO TEACH ON WEDNESDAYS & SUNDAYS

starting salary range \$20-31 an hour ~ includes pay for teaching, prep, parent communication, meetings, and professional development

## Come Sing with Us!

### 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 from 9:00 to 9:30 a.m.

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](mailto: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 Sunday mornings from 8:45-9:15 a.m. 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](mailto:jstraussklein@mzion.org) with any questions.

**The first rehearsals are on Sunday, September 18** with a Choir Boot Camp (including lunch!) after Sunday School until 3:30 that same day. **Shir Chants begins at 8:45 am. Shir Tzion begins at 9:00 am.** Cost is \$54 fee per child, which includes cost of their dinner on first Fridays. Register for either choir on the Mount Zion Portal at [mzion.congregationconnect.com](http://mzion.congregationconnect.com) (use the same login that you use to register for Religious School). Learn more about **Pop-up Choirs** on page 4 and 5!

Please Invite Your Friends and Acquaintances to

# Meet Mount Zion!

An Open House for Unaffiliated Jews in Our Community

Sunday, September 18, 11:00 am - 12:15 pm

Mount Zion's annual Open Houses have been extremely successful in introducing the Temple to those seeking a welcoming and vibrant spiritual home. Many new families and individuals join Mount Zion after experiencing the Temple at an Open House.

**Personal invitations by Temple members are by far the #1 reason people come to the Open House. Please help make this year's Open House a success by inviting those you know who are unaffiliated so they can:**

- ✧ Discover 165 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.

**Light refreshments will be served.**

**Attendees will receive complimentary High Holy Day passes. [RSVP at mzion.org](http://mzion.org).** Childcare provided.

Stay for the uplifting

**"Sounding The Shofar From the Rooftop"**

ceremony that ushers in the High Holy Day season at 12:15 pm!



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

*Joined April 25 - August 25*

Molly Ball and Yaniv Brandvain  
and their children Rimona and Reuben

Michael and Amy Goldberg, and their daughter Charlotte

Joey and Cassidy Goldman and their son, Levi

Natalie Goldston

Miriam Itzkowitz, and her daughter Lili

Mark Joffe and Ghita Worcester

Deborah Karp-Castrenze and Patrick Castrenze,  
and their children Ira and Edie

Andrea and Bob Kircher

Nathaniel and Megan Saltz,  
and their children Whitaker and Booker

Sasha and Aaron Stanton,  
and their children Ronen, Dina, and Meier

Leah Witus and her children, Zev and Eve

Jackie Ziven-LeCount and Ryan LeCount,  
and their son Ellis

## **Connecting**

**Clergy:** We invite you to schedule time to talk with our rabbis and cantors. They are always happy to meet with you! Contact them directly or be in touch with Julie Beckman, [jbeckman@mzion.org](mailto:jbeckman@mzion.org), 651-698-3881.

**Caring Community:** We are here to help! And we welcome your support in reaching out to others. (In fact, go ahead and call someone at Mount Zion right now to say hi and check in.) We provide meals, calls, technology advice, and other support. Please be in touch to let us know how we can lighten your burden. Contact Shai Avny, Congregational Engagement Director, [savny@mzion.org](mailto:savny@mzion.org).

**Financial Support:** These times are affecting more and more people. We can be one part of your support and we can let you know about other resources for no interest loans, vocational services, and more. Please be in touch with Larry Solomon, Executive Director, [lsolomon@mzion.org](mailto:lsolomon@mzion.org), or any of the rabbis or cantors.

**Learning:** We have open study opportunities every Monday (noon), Thursday (noon), and Saturday (9:00 am). These hour-long groups are great not only for study but for camaraderie as well!



# Youth Engagement News



This year is going to be an amazing one for Mount Zion's three youth groups! For the first time ever, 3rd graders are included in Noar Tzion, our youngest youth group for 3rd, 4th, and 5th graders. Also new this year, 6th graders are part of JYG, our middle school youth group for 6th, 7th, and 8th graders. As always, SPORTY is our peer-led high school youth group for 9th-12th graders. I'm looking forward to engaging with Mount Zion's 3rd-12th graders this year at our exciting array of events!

Questions about youth groups or Shabbatonim? Email Abby, Youth and Young Adult Engagement Associate, at [agore@mzion.org](mailto:agore@mzion.org).

## Noar Tzion (3rd-5th grade)

Welcome to Noar Tzion, our youngest youth group at Mount Zion! At our events, you will have an opportunity to develop deeper relationships with your peers and meet new friends from other grades. I hope you're excited for a year of friends and FUN!

- Sunday, October 2, 2022 – Back to Shul Picnic
- Sunday, December 4, 2022 – Build Your Own Pizza Party
- Sunday, February 5, 2023 - Roller Skating
- Sunday, March 19, 2023 - Chocolate Seder
- Sunday, May 7, 2023 – Summer Celebration

## JYG (6th-8th grade)

Welcome to JYG, our middle school youth group! This year is going to be full of fun, exciting events where you'll build meaningful connections with your peers and engage with your Mount Zion community.

- Sunday, October 30, 2022 – Pizza and Pumpkins
- Saturday, November 19, 2022 – Game Day
- Sunday, December 11, 2022 – Roller Skating
- Sunday, March 19, 2023 - Chocolate Seder
- Sunday, April 30, 2023 – Yom Ha'Atzmaut

## SPORTY (9th-12th grade)

Welcome to another incredible year of SPORTY, our high school youth group! Our SPORTY board looks forward to connecting with you and leading awesome events for the Mount Zion teen community.

- Saturday, Oct 15, 2022 – Fall Movie Night
- Sunday, Nov 20, 2022 – Interdenominational Event
- Saturday, Jan 28, 2023 – The Great Mount Zion Bakeoff
- Saturday, March 4, 2023 - Purim Lock-In
- Saturday, May 13, 2023 – SPORTY Gone Cruisin'

## Shabbatonim and Trips

- Confirmation Retreat (10th grade) - Sept 9-11, 2022
- A Day Apart Shabbaton (7th grade) - Sept 16-17, 2022
- Torah and Teva (8th/9th grade) - October 7-8, 2022
- New York Trip (11th grade) - Oct 19-23, 2022
- Sacred Choices (7th grade) - Jan 13-15, 2023
- Sacred Choices Gimel (11th/12th grade) - Feb 24-26, 2023
- NFTY Spring Kallah (9th-12th grade) - April 14-16, 2023

Questions about youth groups or Shabbatonim? Email Youth and Young Adult Engagement Associate, Abby at [agore@mzion.org](mailto:agore@mzion.org)

## Noam Katz Returns to Mount Zion!

Save the Date!

(Last time was in 2013!) [Tears of reminiscence here.](#)

Musician-in-Residence: January 6-8, 2023



## Volunteer Opportunities at Mount Zion

As we emerge from the past two years of being under the influence of Covid-19, we open our hearts and souls and reinforce our congregant-to-congregant connection. We are happy to bring back our volunteer programs this coming fall, such as:

- Chefs for cooking First Friday Dinners
- Greeters and Shomrim (supporting security)
- Office help

If you are able to volunteer, we would be so grateful! Please email Shai Avny at [savny@mzion.org](mailto:savny@mzion.org).

## Turning From – Turning Toward

Led by Rabbi David Thomas

Rosh Hashanah morning, 10:00-10:45 am

Each year at this season our tradition invites us to reflect on the quality of our lives over the past year. Have we done well? In what ways did we miss the mark? We will begin our year with a beautiful teaching from R. Yehudah Leib Alter of Ger – The S'fat Emet. In his teaching, the S'fat Emet does not obsess about our moral failings, rather on the ways that missing the mark alienates us from other people, from God and from our true selves.

*Rabbi David Thomas served as rabbi of Congregation Beth El in Sudbury, MA, retiring in 2018 to move to Minneapolis. During his tenure in Sudbury, he launched the award-winning MetroWest Free Medical Program and is known for his social action and racial justice initiatives. Rabbi Thomas is a Senior Rabbinic Fellow of the Shalom Hartman Institute, bringing Hartman style learning to his communities for nearly 20 years. Drawn to study of the Hasidic masters, David's teaching is engaging and participatory. He lives in Minneapolis with his wife and enjoys spending time with his children and grandchildren.*

## Women of Mount Zion Temple

### Understanding the End of Life Process from a Jewish Perspective

Presented by the Women of Mount Zion Temple.

October 18, January 8, and January 23

See p. 14 for full details.

### Presenting: Harriet Guthertz, A Cross-Country Bike Adventure

Sunday, October 2, 10:30 am at Mount Zion

Harriet will talk about a cross-country bike trip that took her from San Diego, CA to St. Augustine, FL. She will discuss what motivated her to undertake such an adventure including personal highs and lows of the trip. She will also touch on important historical places they passed through along the way and will bring the bike that she used for the trip.



As Harriet just loves to talk about all things cycling, she will also be on hand to answer any personal questions you may have about getting back on a bike - even to go grocery shopping or on a short trail ride.

Please contact [pegk56@comcast.net](mailto:pegk56@comcast.net) for questions.

### Come Crochet With Me!

with Lisa Taran-Maddy  
October 30, 10am at Mount Zion Temple

I will teach you how to crochet a dishrag and this skill can be used to make a healing shawl, or any number of things. Please bring a size F or 5 crochet hook of your choice and a happy attitude plus a little patience. The yarn will be provided. You will become "hooked" on crocheting, I promise.



**You must RSVP to [pegk56@comcast.net](mailto:pegk56@comcast.net) by October 15,** so that we have the right amount of yarn and directions. Thank You!

## Other Upcoming Events

- **September 9-12:** WRJ Midwest Kallah at OSRUI
- **Friday, November 11:** Shabbat Services Honoring the Women of Mount Zion Temple
- **Saturday, November 12:** WRJ Midwest Area Day

## Young Adult Engagement

Hey, Young Adults of Mount Zion! My name is Abby Gore, and I'm Mount Zion's Youth and Young Adult Engagement Associate. Check out information below about exciting events and opportunities for connection and engagement throughout the year, and keep an eye out for registration info. Our events are open to any young adults who would like to connect with our community. If you are in your 20s or 30s, I'd love to meet for coffee to get to know each other better and discuss young adult program offerings; you can reach me at: [agore@mzion.org](mailto:agore@mzion.org).

### Calendar:

- October 1 – Shabbat Morning Hike
- December 3 – Mocktails and Cocktails with Gefilteria
- February 10 – Shabbat at Home
- March 11 – Trayf at 6 Points Theater
- May 8 – Lag B'Omer Bonfire on the MZ Patio

**Like our Facebook page!**

Mount Zion Temple has its own Facebook page. This is a public page and you do not need to be on Facebook to view our videos and posts. But if you are on Facebook, please like our page to help you stay connected. This is where we are posting Shabbat Services, events, messages from clergy and staff, and so much more!

Group by Mount Zion Temple

### Mount Zion Conversations

Private group · 619 members

### Join our Facebook Group!

Mount Zion Conversations is our Private Group. You must have a Facebook profile in order to join the group. This is a place where congregants can post and ask questions, chat with each other, and share their videos. For privacy reasons, some Temple videos are also shared in this group.

# Social Action Update

## Tzedek = Justice

### Justice! Justice!

Mount Zion Tzedek Committee looks forward to the New Year and invites your participation. We are focused on Racial Equity, Immigrant and Refugee Concerns, and Climate Justice.

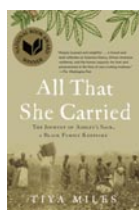
#### Beyond the Count Follow-up Discussion

Guest Speaker: Joan Ostrove

September 11, 1:00 pm [via Zoom](#)

Tzedek Committee strives to create spaces of inclusion and belonging. In keeping with this work, Tzedek is sponsoring a follow-up discussion of the [Beyond the Count](#) report on the perspectives and experiences of [Jews of Color](#). Joan will lead us in a deeper conversation about our diverse Jewish communities.

This Fall, Tzedek committee members will be supporting the Saint Paul City Council's on-going work on crafting a reparations ordinance. This is an opportunity for MZ members to provide feedback to the council and help to shape reparations work locally. More information will follow.



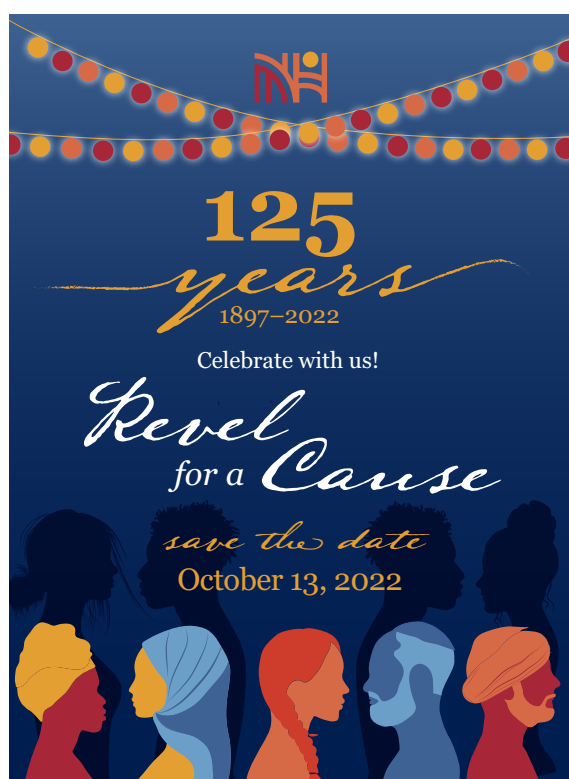
As we reflect on the significance of reparations and our Nation's history of chattel slavery, Tzedek will also be sponsoring a congregation book read of National Book Award winner, [All That She Carried](#), by Tiya Miles. Our plan is to read the book in November and host two discussions (in-person and remote) in December. Discussion dates will be forthcoming.

In our efforts to welcome the stranger among us, Tzedek has formed a **partnership with Gloria Dei Lutheran Church to sponsor an asylum-seeking family** currently housed in a newly constructed unit in the church. The family is settling in and will need help in the coming months with school supplies, resources, and occasional transportation. If you are interested in helping or have specific legal, Spanish-language, or other expertise that you can offer, please contact [dianamdean@msn.com](mailto:dianamdean@msn.com).

**Every vote counts this November.** Please join us in the [2022 Every Voice, Every Vote campaign postcard program](#). The Religious Action Center, in partnership with the Center for Common Ground's Reclaim Our Vote Campaign, the Every Voice, Every Vote campaign is writing postcards to engage under-represented voters in states impacted by voter suppression. Our efforts will include voter education and helping people register and make a plan to vote. Receiving a handwritten postcard can increase voter turnout. To get involved please register to participate on the URJ [Postcard Kit Request Form](#). Your postcard kit will be mailed to directly to you from the Religious Action Center within approximately 10 days of registration. You can follow the directions on the kit and send out postcards on your own.

**Our MZ Climate Small Group** meets each month via zoom. All are welcome. We are learning about all the green initiatives that Mount Zion has taken in the past and assessing new technologies as we look forward to the coming year.

Diana Dean and Vic Rosenthal, Tzedek Committee Co-chairs



### An annual fundraiser for Neighborhood House

**October 13, 2022**

**5:30 – 8:30 p.m.**

**at the Wellstone Center**

~ Online auction ~

~ Stories from Neighborhood House participants ~

~ Learn how your gifts will help the community ~

**Additional event details coming soon!**

**[neighb.org](http://neighb.org)**



To learn about sponsorship opportunities,  
please contact Nick Contreras at  
651-789-3626 or [ncontreras@neighb.org](mailto:ncontreras@neighb.org)



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

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

## Open Sukkah

at the home of Rabbi and Cantor Spilker  
 Sunday, October 9, 4:30-6 pm



See p. 7

## First Friday Family Shabbat Dinner

Starting November 4

*An informal Shabbat dinner  
 with kid-friendly food  
 prepared by the talented  
 chefs in our midst!*

See p. 9

## MZ Small Groups: The Journey Groups

**New for Fall 2022!**

*Time-limited, facilitated  
 gatherings about your life.*

See p. 8

## High Holy Days

See p. 6 & 7

## INSIDE

Rabbi's Letter	2
Service Schedule	3
Cantor's Letter	4
From the President	5
Community Book Read	11
Contributions	12-13
MaZAL	13-17
B'nei Mitzvah	18
Religious School	19
Youth Engagement	21
Women of MZT	22
Social Action Update	23



*This sign was generously funded by an anonymous donation in memory of A. Irving Birnberg, Grace Hoffman Birnberg, Susan Birnberg Dockman, and Michael Burton Hoffman, Esq. Special appreciation to Red Lime Creative Studio for the graphic design and Don Novak for the construction.*