

Mount Zion High Holy Days 5783



עץ-חיים היא *Etz Chayim Hi*:

It is a tree of life to those who hold fast to it.

— Proverbs 3:18

Reflection



Renewal



Resilience



Dear Friends,

We are looking forward to the Yamim Noraim/Days of Awe of 5783 for many reasons. For the first time since 2019, we were able to look at the previous year's schedule of services and make only a few minor tweaks. There was no need for surveys, just the joy of imagining our community together and the reflection and renewal that this season provides.

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

May 5783 be a year of health, joy, and resilience!

Adam Stock Spilker, Rabbi
Jennifer Strauss-Klein, Cantor

Esther Adler, Rabbi
Rachel Stock Spilker, Cantor



Selichot: A Night of Spiritual Reawakening

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

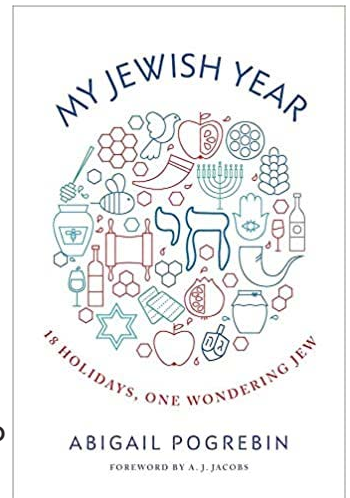
8:00 pm – Abigail Pogrebin in conversation with Rabbi Adam Stock Spilker [via Zoom](#) with Q and A from the audience. (Watch at Mount Zion in Margolis Hall or from home.)

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! Want a discounted copy? [Purchase through Mount Zion for \\$10](#) and pick up at the office. Details at [mzion.org](#).

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

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



Welcoming all in person or online with updated Covid protocols

We have entered a new stage of the pandemic even with the uncertainty of new variants and the continued spread of Covid-19. While we take responsibility as a community for each other, we each now have more tools for making individual choices about our health safety.

Last year we were able to be together in person and online. Some of our services were outside under a tent because vaccines were not available to children. This year the building will be open to all; however, due to the long time that we will be inside, we want all to have the safety that masking provides. We also are continuing to improve our air circulation throughout the building.

What we expect of you:

- **Masking:** As a community, we are maintaining our high-quality mask mandate for all (five years and older) who enter our building. Please wear your N95, KN95, or KF94 masks.
- **Vaccinations:** We teach the value of *pikuach nefesh*, saving life, and from that principle we learn that having up-to-date vaccinations, including boosters, is a mitzvah (commandment) in Judaism. Fortunately, this is a message well received and observed in our community. We are going to take our staff out of the position of monitoring vaccines and testing and we will no longer be requiring proof of vaccination or testing to enter the building.
- **Feeling sick?** Please stay home if you're experiencing symptoms of COVID-19. We ask anyone who has tested positive for COVID-19 to stay home for at least 10 days after symptom onset or date of the positive test AND be antigen-negative on a rapid test.

We have worked throughout this evolving pandemic to maintain adequate protections based on science. Recognizing a diversity of opinions within our community, we want to close with the value we have stated throughout the pandemic:

Chesed “Profound Love and Kindness”: Decisions around our operations and the risks involved create uncertainty, grief, and anxiety. Each of us will have different comfort levels. We will act with tremendous love and kindness toward each other.

We will do this, and as always, we approach the arrival of the new Jewish year with awe.

Michael Wall, President
Julie Ostrowsky, Chair, Opening Task Force
Larry Solomon, Executive Director
Adam Stock Spilker, Rabbi

The Opening Task Force members (with their expertise): Julie Ostrowsky, Chair (epidemiology); Ian Ellis (corporate facilities manager); Phil Goldman (legal, OSHA/industrial hygiene); David Knapp (safety and security); Dr. Gary Kravitz (public health, infectious disease practitioner); Joan Ostrove (inclusion and accessibility); Hannah Siegel (public health, New York City); Neil Segal (operations, Ames Center performance venue); Michael Wall (President), Larry Solomon, Sue Summit, and Rabbi Spilker.

Preparing for the High Holy Days

Shofar on the Roof!

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.



Featuring a Five-Minute Demonstration of the Many Sounds of the Shofar

by the Minnesota Orchestra's Principal Trumpet, Manny Laureano!

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. Rabbi Thomas has served as a board member for the Central Conference of American Rabbis and was co-chair of the Joint Commission on Rabbinic Mentoring. David remains active in rabbinic life by mentoring colleagues and teaching in the vibrant Jewish community of the Twin Cities. He lives in Minneapolis with his wife and enjoys spending time with his children and grandchildren.

Sounding the Shofar During Elul

Every day during Daily Services

An added opportunity to prepare for the High Holy Days is being offered this year at Mount Zion by the sounding of the shofar at the end of all Daily Services during the month of Elul. Daily Services during Elul are on Sunday mornings at 9:30am and Monday through Thursdays at 5:45pm. The participating *ba'alei tekiyah* (shofar blowers) are all Mount Zion Temple members.

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.

Tashlich

Rosh Hashanah Day

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.

Unique Moments for the 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!



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.



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.



Bringing our Vision to Life: Yom Kippur Afternoon Service

During the mincha/afternoon service, congregants will share a personal reflection of how they feel connected to Mount Zion's vision.

New for Yizkor 5783: Remembering our Loved Ones

As you enter the sanctuary on Yom Kippur for Yizkor (3:00 pm service time), 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.



Childcare is Back!

We offer childcare for children up through age 8 for most of our High Holy Day services. Childcare is available at any of our services on Rosh Hashanah day (8:15am - 2pm) or Yom Kippur day (8:15am - 7:30pm). [Register in advance at mzion.org](#) to guarantee your spot.

Guests are welcome!

As in years past, guests are welcome to be part of our High Holy Day services and programs. **Guests, please [sign up here](#).** We invite you to consider offering a free-will donation to Mount Zion. Members' and guests' contributions are what enable us to be the vibrant and welcoming Jewish spiritual home we strive to provide for our community.

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



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

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. We will send a link in the coming weeks. Our categories are local (Mount Zion Cemetery, our local partners of Neighborhood House, Jewish Community Action, Jeremiah Program, and Hallie Q Brown Community Center), nationally (Mazon: Jewish Response to Hunger and Nechama: Jewish Response to Disaster), and internationally (Israel Movement for Progressive Judaism, our synagogue partners in Israel).

New international giving opportunity this year:

JEWISH EFFECTIVE GIVING.

The World Union for Progressive Judaism has initiated an opportunity for congregations to save lives by participating in The Jewish Effective Giving Initiative. Mount Zion Temple has made a commitment through Rabbi Spilker to join the program. The Jewish Effective Giving Initiative highlights and vets organizations through rigorous research and the best available data. The organizations suggested by the World Union will be "efficient at saving and substantially improving lives around the world." We have chosen one of the vetted organizations for our YK Appeal: **The Helen Keller Foundation**. The foundation works to save the sight of children and adults. It works in 31 African countries, where 98 percent of affected people live. It also provides programs for people in Yemen, in the United States in economically poor neighborhoods, and among the Yanomani people in Brazil and Venezuela. It works particularly to eliminate River Blindness, which is caused by a parasitic worm and can cause disfiguring skin conditions, visual impairment, and blindness. The foundation's work has eliminated River Blindness in Ecuador, Colombia, Mexico, and Guatemala. It also has provided cataract surgery for those in need. In the United States 66,000 students in economically disadvantaged neighborhoods were screened and more than 16,000 were provided with free eyeglasses.



[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.
- **Amplified hearing devices** are available at all services.

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

For **other specific needs**, contact Larry Solomon at Isolomon@mzion.org or 651-698-3881.

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. We also have tech support roles. Sign Up for High Holy Day volunteering in-person and online.

- **Online Ushers:** Welcome and engage people who join the Zoom services.
- **In Person Ushers:** Welcome each person as they enter our sanctuary, offer name tags, and assist in seating and making everyone feel at home at Mount Zion. We also rely on our ushers to help maintain decorum in the sanctuary and hallways before, during, and after the service and to ensure all are following our Covid protocols. We hope you will consider volunteering and join our team of valued ushers. We will offer training in advance of the Holy Days.
- **On Call Shammash (Tech Support):** Be the calm, helpful voice to answer calls during the Holy Days from members who are trying to connect online and having challenges. Questions? Reach out to Shai Avny at savny@mzion.org, or Larry Solomon at Isolomon@mzion.org.

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

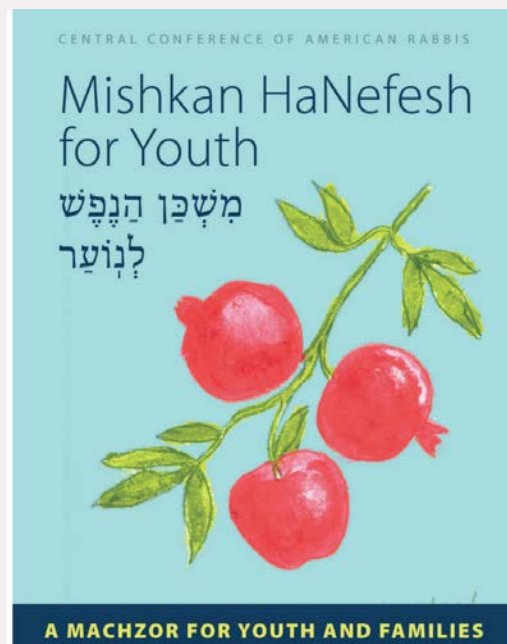
Choose the services and programs best suited to your individual family!

Tot Services: Recommended for Babies, Preschool and Kindergarten and their Families

Our Parents and Tots Service will be in the Sanctuary during the mornings of both Rosh Hashanah and Yom Kippur. The service will begin with a gathering, craft project for 15 minutes in Margolis Hall starting at 10:00 am. Both services will be accessible via streaming for those who would prefer to participate from home.

Family Services: Recommended for Elementary Age Children (1st-6th grade) & their Families

We have planned an engaging service that will also be accessible to families via online platforms. 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 youths is comparable to the *Mishkan T'filah for Youth* that we use at our Religious School T'filah services.



Children's Programs: Recommended for Elementary Age (2nd-6th grade)

On Rosh Hashanah Day (9/26) and Yom Kippur Day (10/5) we will offer children's programming for Grade 2-6 students, 10:00-10:45 AM. Together we will welcome 5783 - A MENSCHENable Year at Mount Zion! Students are invited to participate in hands-on activities related to being a MENSCH with a LEV TOV (a person with a good heart). We will REFLECT on relationships with family and friends and RENEW our commitment to choosing our words carefully. We will create the quintessential recipe for becoming a MENSCH.

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

Teen Services will be held in-person at Mount Zion and via Zoom during the evening of Rosh Hashanah and the morning of Yom Kippur. We will use the *Mishkan HaNefesh Machzor for the Days of Awe* that the teens receive as a gift when they become B'nei Mitzvah (and we will have extras available). These services are intended for 7th-12th graders and will be interactive and engaging. In addition to the services, teens are invited to participate in a teen hike preceding Tashlich at the Mississippi River during the late afternoon of Rosh Hashanah day.

Children are welcome at all services! Masks are required for ages 5 and up. We offer childcare for children through age 8 during most of our High Holy Day services (see p. 6).



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).

Celebrate in Mount Zion's Sukkah!

Wednesday, October 12 / 4th night of Sukkot

Open to Everyone of all ages!

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

We will provide pizza (including gluten free, dairy free options). Shake the lulav and etrog! [RSVP in advance.](#)

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

This is a great in-person opportunity for all Lower School and Chai School students. There will be no 2nd-6th grade Zoom classes that evening, but Chai School meets as always, 6:15-7:30 beginning with the short service in the Sukkah.



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).



Ezra stands on a wooden tower near the water gate and reads the laws of Moses. Jan Luyken, after Bernard Picart, 1700 rijksmuseum.nl

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!

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.