

LIVING TORAH

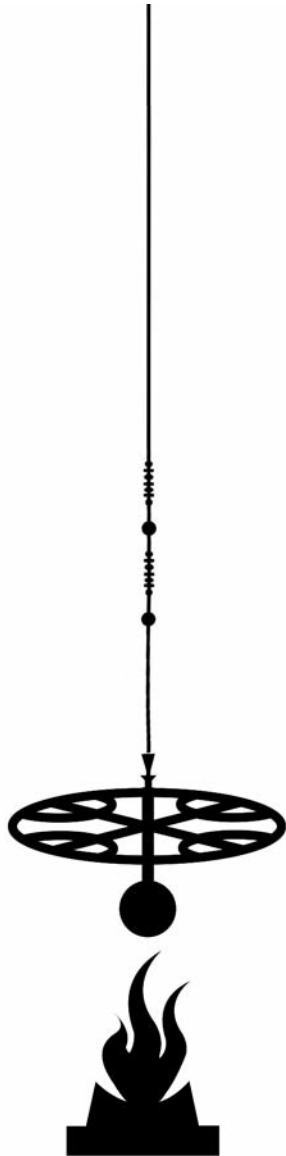


TAKE HOLD OF MUSSAR ...FOR IT IS YOUR LIFE.

~PROVERBS 4:13

“Mussar (Hebrew word for instruction) imparts wisdom and tools for character development grounded in Torah, enabling all Jews to elevate their souls— and through them, those of all humankind—to holiness. Spiritual growth is supported through the development of community and through individual Mussar learning and practice applied to everyday life.”

~Alan Morinis



ITON TZIYON
עֵתוֹן צִיּוֹן

*The Newsletter of
Mount Zion Temple*

September 2014
Elul/Tishrei 5774-5775
Vol. 159, No. 1

*Mount Zion's Year of Connecting to Torah:
Take Hold of Torah - Take Hold of Mussar/Instruction*

L'DOR VADOR

FROM GENERATION TO GENERATION

MAZEL TOV TO...

Our members who will celebrate a milestone anniversary in September: **Robby & Andrea Bershow, Gabe & Florie Ellwein, Doug & Alyssa Berg, Brad & Sarah Elkin, Brent & Jessica Griffith, Paul & Erin Miller, Brad & Jill Johnson, Daniel Sogin & Emily Duke, Curt Sward & Lanie Paymar, Rich & Mitzi Gramling, Robert & Susan Mantell, Randy & Barb Trefethren, Leo & Ann Rosenstein, Joe & JoAnn Nathan.**

Amy Ariel and Liddy Rich on their marriage on August 10.

SaraEmma Regalado Borre and Brian Borre on their marriage on August 10.

Andrea and Robbie Bershow on the birth of their daughter, *Beatrix Eliza*, on May 8.

Laurie Hadler on her retirement.

Paul and Lisa Dorn on the birth of their grandson, *Isaac Alexander*, on July 29.

"The giving of Torah happened at one specific time, but the receiving of Torah happens all the time, in every generation."

- Meir Alter, the Gerer Rebbe

We welcome **Maria Fioreck** who has recently chosen Judaism: **May she go from strength to strength!**

ZICHRONAM LIVRACHA

May their memories be a blessing

We note with sorrow the passing of our members:

Shirley Brand

Our condolences to her family, including her son, Steve (Gail) Brand.

Jeanette Litman

Our condolences to her family,

Rosalie Seibel

Our condolences to her family,

WE EXTEND CONDOLENCES TO...

Scott (Phyllis) Miller on the death of his mother, *Marilyn Miller*, on July 21.

Wayne (Maureen) Sultan and Gary (Jeannie) Sultan on the death of their mother, *Elfriede Sultan*, on August 15.

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

FROM THE RABBI

Introducing a Way to Live *Every Day Better*



Here we are at the High Holy Days. This is the time we speak of change. We reflect. We remember. We think about life decisions, small and large. Rarely do we act significantly.

Is this the year for bringing *real* meaning into your life?

At Mount Zion, we are entering a year dedicated to Torah. After a focus on **Israel** a few years ago and then *Tzedek/Justice* in 2012-13, this is a year of deepening our connection to our foundational writings, our sacred texts, and how they can make a difference in our life.

This year we will promote the Torah study classes we already have and add a few special events. But **our main invitation to our members is to live Torah, not just study it.**

Within Jewish tradition there is a guide for how to live our values, to aspire to our best qualities in our daily interactions, and to feel connected to our core self. It is called mussar.

Mussar literally means "instruction." It is a treasury of Jewish teachings and practices that have evolved over the past thousand years. Those who practice and study mussar find that they elevate their character traits and live more a more centered and whole life.

When we don't find purpose or spirituality within Judaism, many have turned to eastern practices, to Buddhist meditation and yoga. Many of the core teachings of these traditions as well as practices are also found in Judaism. The vocabulary is just different. Mussar is one such example.

A short article cannot do justice to explain the practices, but here is a classic teaching by Rabbi Israel Salanter, the founder of the Mussar movement in Lithuania in the 19th century: "A pious Jew is not one who worries about his fellow man's soul and his own stomach; a pious Jew worries about his own soul and his fellow man's stomach."

This year we will start four mussar groups which will meet from November to March every other week. **Mount Zion's mussar classes will be accessible, practical, and authentic.** You do not need to be Jewish to learn from this Jewish tradition. All who sign up will receive a book, *Everyday Holiness*, by Alan Morinis who heads the *Mussar Institute* and who recently partnered with the Reform Movement to bring this tradition to Reform congregations.

We know that not everyone will take part. We anticipate that dozens will. For those who do not participate, we will infuse mussar teachings in various ways throughout the year. Of course –thinking of the image of the tree - this will be just plucking a few fruits without understanding the roots that ground the tree. If you sign up, you will learn more and more how deep the roots of this tradition go. Intrigued? See page 9 for more information and if you have questions, please be in touch with myself, the other clergy, or Julie Dean, a Mount Zion member who is helping us bring mussar to Mount Zion.

We are about to enter the High Holy Days. This is the time we think about getting our things in order, improving relationships, committing to making our life have more purpose, aspiring to our best values. Now is the time to take a leap and participate in something that might be a stretch because of time or because of a sense of whether you "need" it or not. Now is the time to *take hold of Torah* by bringing it meaningfully into your day to day life.

May you be inscribed for a good and sweet year.

And may you take hold the pen to author the next chapter of your life.

L'shanah tovah tikateivu,

Adam Stock Spilker, Rabbi

If you have joined Mount Zion during 2013-14, please join us for the

New Member Shabbat Dinner

We're glad you have become part of the Mount Zion family. Please join our clergy and congregational leaders for Shabbat dinner. We'll get to know each other, share some great food, and build our community!

Save the Date: Friday, November 14

Bulletin Cover Art: *Printed with permission from the Mussar Institute.*

MAKE SHABBAT YOUR SANCTUARY



Selichot

A Night that Usbers in the High Holy Days



Taking Torah Personally: The forty-eight ways to acquire Torah



Saturday, September 20

Sara Lynn Newberger

Director, **Hineini**

*A Center for Adult Jewish Learning & Contemplative Practices,
at the Talmud Torah of St. Paul*

As we begin our **Year of Torah** at Mount Zion and prepare for the High Holy Days, Sara Lynn Newberger will lead us in study of Pirke Avot/Ethics of our Ancestors' text of the 48 ways one can connect with Torah.



8:30 p.m. *Taking Torah Personally* - Text Study and Discussion

9:30 p.m. Interlude: Light dessert and coffee

10:00 p.m. Havdalah and Selichot Service

Sara Lynn Newberger has been teaching Jewish studies in the Twin Cities for 25 years. Her teaching brings a rich sense of tradition and its link to people's lives today. As part of that teaching, and her own study, Sara Lynn is deeply moved by the teachings within the tradition that can be applied to mindfulness practices and being awake in our lives.

SEPTEMBER

FRIDAY SHABBAT EVENING SERVICES

September 5, 6:30 p.m.

Celebrate Shabbat!

Soul Food Friday, 7:15 p.m. (see p. XX)

September 12, 7:30 p.m.

Professional Choir

September 19, 7:30 p.m.

Food for Thought, 5:45 p.m. (see p. 10)

Birthday Blessings

September 26, 7:30 p.m.

Celebrate Shabbat!

SATURDAY SHABBAT MORNING SERVICES

September 6, 10:00 a.m.

*Ki Tetze - Deut. 21:10-23:7**

Isaac Fink, Bar Mitzvah

September 13, 10:00 a.m.

*Ki Tavo - Deut. 26:1-27:10**

Celebrate Shabbat!

September 20, 10:00 a.m.

*Nitzavim/Vayelech - Deut. 29:9-30:14**

Peter Moore, Bar Mitzvah

Selichot, 8:30 p.m. (see left)

September 27, 10:00 a.m.

*Ha'azinu - Deut. 32:1-52**

Shabbat Shuvah

Celebrate Shabbat!

Daily Service Schedule

Daily services are held in the Harris Chapel, *Monday through Thursday* at 5:45 p.m., *Sundays* at 9:30 a.m.

September

Mondays: Patrick Zimmerman, Mitch and Sally Rubinstein

Tuesdays: John Mast, Brian Krasnow, Connie Ross

Wednesdays: Eric Lund, Shel Finver, Dee Albert

Thursdays: Rita Grossman, Don and Rhoda Mains

Sundays: Rita Grossman, Ray Sevet, Lindsay Nauen, Sally Glick, Anne and Kurt Schaeffer

If you would like to participate in Leading or Greeting at daily services, contact Janet 651-482-9951 or Charles 651-646-6543.

Invite Your Friends to Meet Mount Zion!

An Open House and Brunch for Unaffiliated Jews in Our Community



Sunday, September 7, 10:30 a.m. to 12:15 p.m.

Contact the temple with questions or to request your complimentary High Holy Day tickets at 651-698-3881.

Schedule Every Shabbat Day

9:00 a.m. *Open Torah Study* - Drop in any time to study the week's Torah portion (listed above). *Using a triennial [3 year] cycle, we are reading the first third of each *parashah* this year. (*Torah study will be in Sisterhood Lounge in June.*)

10:00 a.m. *Shabbat Morning Service*



Tot Shabbat

*Tot Shabbat is the second Saturday of every month.
For families with children from birth to seven years old*



Saturday, September 13 at 10:30 a.m.

Prepare for the High Holy Days

Please bring a healthy, nut-free vegetarian dish to share.

HIGH HOLY DAYS

High Holy Days Service Schedule

- Selichot -

Saturday, September 20 - Elul 26

Taking Torah Personally - Text & Discussion	8:30 p.m.
Interlude: Light Dessert and Coffee	9:30 p.m.
Havdalah and Selichot Service	10:00 p.m.

- Erev Rosh Hashanah -

Wednesday, September 24 - Tishrei 1

Service*	7:30 p.m.
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- Rosh Hashanah -

Thursday, September 25 - Tishrei 1

Early Service (Mount Zion Family Machzor)*	8:30 a.m.
Tot Service (Birth-Grade 1)	11:00 a.m.
Teen Service (Grades 7-12)	11:45 a.m.
Late Service (Gates of Repentance)*	11:45 a.m.
Yoga for the New Year (Hidden Falls Park)	3:00 p.m.
Tashlich (Hidden Falls Park)	4:30 p.m.

- Shabbat Shuvah -

Friday-Saturday, September 26-27 - Tishrei 3

Shabbat Service	7:30 p.m.
High Holy Day Torah Study	9:00 a.m.
Shabbat Morning Service	10:00 a.m.
Healing Service	4:00 p.m.

Sunday, September 28 - Tishrei 11

Memorial Service at Cemetery (rain or shine)	11:00 a.m.
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- Erev Yom Kippur - Kol Nidre -

Friday, October 3 - Tishrei 10

Early Service*	6:00 p.m.
Late Service	8:30 p.m.

- Yom Kippur -

Saturday, October 4 - Tishrei 10

Early Service (Mount Zion Family Machzor)*	8:30 a.m.
Tot Service (Birth-Grade 1)	11:00 a.m.
Study Session	11:45 a.m.
Late Service* (Gates of Repentance)	11:45 a.m.
Teen Service (Grades 7-12)	11:45 a.m.
Study Session	2:30 p.m.
Musical Meditation	2:30 p.m.
Yizkor*	3:15 p.m.
Afternoon Service*	(approx) 4:00 p.m.
Teen Program (Grades 7-12)	4:00 p.m.
Kids' Program (Grades 2-6)	6:15 p.m.
Ne'ilah Service*	(approx) 6:15 p.m.
Break-the-Fast (Following Havdalah)	(approx) 7:15 p.m.

*Broadcast will be on Comcast Cable. Comcast will only confirm the schedule two weeks in advance. Call the Temple office at 651-698-3881 after September 17.

Your Tickets are Nametags

We have turned our tickets into nametags. We have tickets to help ensure our safety on the holy days, something we have done since 2002. Like last year, we will be using name badges as your ticket. This clearly helps build community and serves the same purpose of knowing who should be in the building. We will have the plastic covers and strings to put the nametag in when you arrive for services.

Attention: All 2nd-6th Graders

We are asking families to sign-up children in grades 2-6 for kids' programming on both Rosh Hashanah and Yom Kippur in advance. With your help, we will be able to plan and staff our programs accordingly. To RSVP go here: mzion.nirsham.com/events



Yoga for the New Year: Open up the Gates

Led by Chris Gordon of Big River Yoga
and Cantor Spilker

**Rosh Hashanah Day,
Thursday, September 24, 3:00 p.m.**

*Just before Tashlich on the beach at
Hidden Falls Park*

High Holy Days

Healing Service

*A peaceful and comforting worship experience for
anyone seeking healing and wholeness.*

Saturday, September 27, 4:00 p.m.

Led by our clergy with Andrea Stern, harp

Cemetery Memorial Service

Sunday, September 28, 11:00 a.m.

Come rain or shine!

As a people, we are eternally linked to those who came before us. As individuals we are especially mindful of family and friends who have died in the past year. In the spirit of remembrance, we annually conduct a special service at our cemetery. Please join us for a meaningful and reflective service. The cemetery is located at the intersection of Payne and Larpenteur.



HIGH HOLY DAYS



Yom Kippur

Swab a Cheek, Inscribed for Life



Yom Kippur, Saturday, October 4, 8:00 a.m. - 6:30 p.m.

Swab a cheek, save a life! Mount Zion is joining dozens of other Reform congregations across the country in hosting a bone marrow donor recruitment drive on Yom Kippur.

Potential donors will be entered into the bone marrow registry. From the time you join the registry until your 61st birthday, you could be a donor for someone suffering from a life-threatening blood disease and help save their life. Registration is simple; it requires a quick cheek swab and completion of a consent form. Potential donors must be between

the ages of 18 and 60 and in general good health.

The only way you will ever know if you can help save a life is by taking the first step and get tested! The entire process takes less than 10 minutes! For more information and to volunteer, contact Sally Glick at sallyoglick@gmail.com or Hannah Riederer at hstander@gmail.com, or go to:

www.yomkippurproject.org

Sukkot and Simchat Torah Schedule

- Sukkot -

Wednesday, October 8 - Tishrei 15

Sukkah Decoration and Pizza in the Hut 5:00 p.m.
Brief Evening Sukkot Service in the Sukkah 6:00 p.m.

Thursday, October 9 - Tishrei 15

Coffee and Bagels in Sukkah 8:00 a.m.
Festival Service 8:30 a.m.

Sunday, October 12 - Tishrei 18

Consecration Service 11:30 a.m.

- Simchat Torah/Shmini Atzeret -

Wednesday, October 15 - Tishrei 22

Simchat Torah Service 7:00 p.m.
with Klezmer and unrolling of the Torah

Thursday, October 16 - Tishrei 22

Coffee and Bagels 8:00 a.m.
Festival Service (including Yizkor and Prayers) 8:30 a.m.

Join us for
Coffee & Bagels

before our

Sukkot & Simchat Torah

morning services... and before the rest of your day...

Thursdays, October 9 and 16

8:00 a.m. - Coffee and Bagels

8:30 a.m. - Festival Service



Pizza in the Hut

Wednesday, October 8

5:00 - 6:00 p.m.

Sukkah Decorating and Complimentary Light Dinner
(Pizza in the Hut)

6:00 - 6:45 p.m.

Family Friendly Erev Sukkot Service

Get your own Lulav and Etrog set(s) for \$55/set!

Orders must be pre-paid (credit card only).

Order at mzion.nisrham.com/events by Friday, Sept. 19.



Celebrate Simchat Torah

Wednesday, October 15, 7:00 p.m.



Join us as we renew our Torah cycle, reading the end of the Torah and then the beginning with the entire scroll unrolled around the Sanctuary. Dance with the Torah scrolls to the infectious rhythm of Mark Stillman and his Klezmer band!

Consecration - Sunday, October 12, 11:30 am - During this service, we will welcome our newest students into the world of Jewish learning!



The only reason for time is so that everything doesn't happen at once.

Albert Einstein

For many of us, last year's once-in-a-lifetime coincidence of the first night of Chanukah with Thanksgiving was our introduction to the complexities of the Jewish calendar. Sure, we comment every year on the perceived earliness or lateness of various holidays (I have yet to hear someone say, "You know, Rosh Hashanah seems to be at just the right time this year!"), but how often do we really delve into the whys and wherefores of the Jewish calendar, its implication for Jewish time, and what it reflects about Judaism?

Rosh Hashanah, what we know as the Jewish New Year, is but one of four Jewish new years. It was considered by the Rabbis to be the anniversary of creation of humanity, and thus we count the years of the Jewish calendar from Rosh Hashanah. But it is not observed on the first day of Nisan, the first Jewish month, as one might expect. According to the Torah, we observe it on the first day of the seventh month, Tishrei.

The first day of the first month, Nisan, is another Jewish new year. This one begins the marking of the months and festivals in the Jewish calendar year. This means that by the time the number of the Jewish year turns over at Rosh Hashanah, the holiday calendar has already started with Passover, back in Nisan. The Torah commentary Etz Chayim describes it as follows: "We can see it as analogous to our beginning a new calendar year in January but marking our personal age on our birthday. Thus Rosh Hashanah is seen as the anniversary of the creation of the world, marking our shared humanity with other peoples; Pesach is the birthday of the people Israel, symbolizing our special destiny as Jews."

These two different reckonings of time reflect a millennia-old tension between the universalistic and particularistic elements in Judaism. This happens to be the subject of Rabbi Larry Hoffman's just-released book *All the World: Universalism, Particularism, and the High Holy Days*, in which he writes: "Passover is one bookend in Jewish time, the particularistic one, the High Holy Days are the other bookend, the universalistic one, recalling that as much as we are Jewish, we are also members of the world community, with a mission to advance the well-being of the world in which we find our existence."

Birthdays, anniversaries, and yahrzeits give us the opportunity to reflect on where we are in our own lives and the lives of our extended families; they can also serve as markers for the ways in which the paths of our lives has intersected that of the larger community. So it is with the birthday of humanity, Rosh Hashanah, and the birthday of the Jewish People, Passover: each new year can help us to see time and our own lives through both a Jewish lens and a universal lens.

Abraham Joshua Heschel writes, "Judaism is a religion of time aiming at the sanctification of time... Judaism teaches us to be attached to holiness in time, to be attached to sacred events, to learn how to consecrate sanctuaries that emerge from the magnificent stream of a year."

I encourage us all to be open to the gift of Jewish time that our calendar offers, and the myriad ways it allows us to enter into holiness.

Jennifer Strauss-Klein, Cantor

CHOIRS AT MOUNT ZION

Come sing with us!



Shir Tzion, for 3rd - 6th graders

Led by Cantor Spilker

- ♪ Meets on Sunday when there is Religious School, 9-9:30 a.m.
- ♪ Participates in services the first Friday of every month
- ♪ First rehearsal - **Sunday, September 7, 9-9:30 a.m.**
- ♪ Choir Camp - **Sunday, September 7, 12:15-3:15p.m.**

Shir Chants, for 7th-12th graders

Led by Cantor Strauss-Klein

- ♪ Meets on Sunday when there is Religious School, 8:45-9:15 a.m.
- ♪ Participates in services regularly throughout the year
- ♪ First rehearsal - **Sunday, September 7, 8:45-9:15 a.m.**
- ♪ Choir Camp - **Sunday, September 7, 12:15-3:15p.m.**

Torah Tones, for adults

- ♪ Meets on Wednesday evenings, 6:15-7:15 p.m.
- ♪ Participates in services regularly throughout the year
- ♪ High Holy Day Rehearsals: **Wednesdays, September 3, 10, 17, and October 1 6:15-8:15 p.m.**
- ♪ After High Holy Days, regular rehearsals begin **Wednesday, October 22, 6:15-7:15 p.m.**

Trope Troupe

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

Todah Rabah to our August Ba'alei Korei (chanting Torah): Sue Benfield, Shel Finver, Annie Kristal, Rick Linsk, Laura Magel, Nina Perleberg, Maria Rubinstein, Kent Simon

Todah Rabah to our August Ba'alei Haftarah (chanting Haftarah): Brian Serle, Kent Simon

Todah Rabah to our Eicha/Lamentations chanters: Maria Rubinstein, Brian Serle

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

FROM THE PRESIDENT



L'Shana Tovah to you and your household! Each year at the High Holy Days, we review Mount Zion's vision statement. The statement was crafted with broad congregational input in 2003. You can find our vision statement on our website. When we began the strategic planning process, the Board reviewed and affirmed the vision statement. We are now at the stage of integrating all the recommendations from action teams working on the strategic plan. The Board will vote for the final version this month. It is clear that our vision guides what Mount Zion is and will be – **OUR VISION IN ACTION**. Therefore, we can organize the proposed measures of the strategic plan according to our vision. The phrases in quotations are from our vision statement.

“Holy Community of Mount Zion” We are a holy community. Our Strategic Plan is entitled “Strengthening Connections” and that is our focus. We want opportunities to connect with our fellow congregants and clergy in significant ways. We want to connect across life cycles, backgrounds, interests and age. **CONNECT**

“Life-long Learning” We are a community of learners. We will start our next direction (*kivvun*) of Torah this fall. We want lots of opportunities for learning in all kinds of settings—at temple, in other locations, and in virtual spaces. **LEARN**

“Worship” We have a vibrant and meaningful worship with stellar clergy. Music is an important part of our worship that evokes emotion and spirituality. Wherever you are, we want to make services and worship more accessible to you. **PRAY**

“Acts of Loving Kindness and Justice” Congregants tell us that social justice is a key and important aspect of Mount Zion. We care for each other through our Caring Community and we connect to social justice efforts locally, nationally and globally. **ACT**

MOUNT ZION TEMPLE

CONNECT LEARN PRAY ACT

Best wishes for a happy, healthy and sweet year. I look forward to connecting with you over this High Holy Day season.

Betsy Rest, President

Mount Zion's Strategic Plan 2014-18

We will be communicating our plan over the High Holy Days. The plan builds on Mount Zion's strengths. It will focus our energies in the years to come on our core, essential work.

L'Chaim 5775 Annual Campaign

From Gratitude to Gift.

Welcoming Your Participation

We are excited to launch a first for Mount Zion—our **L'Chaim 5775 Annual Campaign**. This Annual Campaign was approved by the Board of Directors as part of our upcoming strategic plan. It is an invitation for all members and visitors to Mount Zion to offer free will offerings of the heart. We have never before had a clear way to invite this financial investment in our sacred and essential work.

As we launch this campaign, we are very sensitive to the inclusive culture at Mount Zion, and the many ways our community participates and volunteers every day beyond finances. That is why we are suggesting participation *at any level*, in any amount – small or large. Participation is a paramount goal of this campaign, and we hope that you will join many others in considering a pledge for our inaugural year.

In our changing world, Mount Zion is planning for our funding into the future. Membership dues cover about half of our operating budget. We are blessed with a healthy endowment and now the Annual Campaign will enable us to invest in our sacred work at the moments we feel most connected to our community.

- **SHOW YOU CARE. Giving is an active response to gratitude.** It is a tangible way to affirm your connection to Mount Zion's congregation, clergy, and staff.
- **SHARE THE COMMITMENT. We invite you to make a contribution that is meaningful to you.** This is an opportunity to invest in Mount Zion's essential work for the Jewish people, for our community, and for you.
- **EVERYONE CAN PARTICIPATE. The amount is not important.** In the Talmud, it says: “When a person gives even a *perutah* [the smallest coin] he or she is privileged to sense God's presence.”

Make your contribution today at www.mzion.org/giving. If you have questions, please contact Jana Robbins, Annual Campaign Coordinator, 651-698-3881 / jrobbins@mzion.org.



Mount Zion Temple Board of Directors

*As we find many ways to strengthen connections at Mount Zion, we are introducing this column as a way to get to know members of Mount Zion's Board of Directors. Our nominations process for the Board is very open and involves many people. Therefore our Board is as diverse and representative as can be. We are grateful for all who serve in leadership and volunteer their talents for our community. We are also blessed that **Batya Spector** volunteered to write these vignettes. Each month this year, we will meet two other Board members.*

Erin Miller



Erin's first term on the Board of Directors began in May, 2011. Her Board service came after being an active parent volunteer, first with *Tot Shabbat* programming followed by membership on the Religious School Committee. She explained that her commitment to volunteer was the expression of her sense of obligation to be as welcoming and inclusive to others as they were to her family when they joined our congregation.

Erin is a science teacher who this fall transitions into a high school setting after teaching middle school students. Perhaps this explains why she described her contributions on our Board as "a lack of pre-conceived notions". She asks 'why' some of the non-liturgical programs offered by the synagogue occur when and how they do. Other Board members often respond to her comments with "Good Point". What she offers to her fellow Directors is the same as with students in her science classroom: "I pursue a commitment to do something in this world, a commitment to the education of being aware of the world outside of myself."

She her husband Paul have two daughters, Maya and Naomi, who will be in our Religious School's 5th and 4th grades this fall. They live in Oakdale.

Varda Nauen



Varda's first congregational leadership role was on the Fundraising Committee. She joined the Board of Directors in 2011 as a Vice President. She has chaired our Human Resources Committee since February 2013,

In Varda's words, "I love our community, the way it is inclusive and offers lots of ways to be involved". Her work in management and IT consulting for *Genesis 10*, with a focus on sales and business development, serves her well as a

congregant volunteer. In particular, she uses people skills required in her work to make connections among congregants and engage them in serving our community.

Varda, her husband Jeffrey Burton and daughter Zoe joined Mount Zion Temple in 1993. Jeffrey works as a Logistics and Facilities Management Consultant and is also, she says, the "best certified bicycle mechanic" in the Twin Cities. Zoe participated in Religious School through confirmation and is a college student. Son Henry, born after they joined, will be called to the Torah as bar mitzvah in 2015. Varda's sister Lindsey Nauen, brother Charlie Nauen, and their families are also long time Mount Zion Temple members. Varda and her family live in St. Paul.

Richard Newmark



Mount Zion Temple's Board of Directors membership includes current Presidents or a Co-President from four congregational groups representing different gender/age memberships: Brotherhood, Sisterhood (Women of Reform Judaism), Noazim (20's-30's) and SPORTY (teens).

In one month, May, 2012, Richard became Co-President of Brotherhood, joined the Board and was called to the Torah during

Shavuot services as one of seven in the *Anshei Mitzvah* (adult bar/bat mitzvah) class.

Richard said he completed the 18 month study as preparation for his new congregational leadership roles. He brings information to Brotherhood members from Board meetings about congregation-wide programming that helps the men's group better integrate their programs into the needs of the congregation. At the same time, individual Board members learn from him more about Brotherhood activities they may wish to pursue.

Richard is pleased that the Brotherhood retreat over the past few years has increased in size and age range. He said attendees use the 40 hour retreat to get to know each other better in a setting where they might not otherwise have the opportunity to make personal connections.

Richard and his wife Joan have two adult children, David and Merel, and six grandchildren. Richard worked as an analytical chemist at 3M from 1969 until his retirement in 2001. Richard and Joan are active members in congregational life and live in Woodbury.

Susan Robiner



Susan joined the Board of Directors in 2008 and began serving as chair of the Recommitment Committee in 2009. In 2011, Susan became a Vice President of the Board.

Her volunteer experience and her perspective as an adult convert to Judaism has led her to this personal truth of the importance of congregational life: *"Judaism is only going to survive if the Temple survives. I mean you've got to actually be working in the Temple institution,*

you've got to be helping it make its payroll, and you've got to be helping it figure out its problems with its HVAC systems. You've got to get your hands dirty. That's what's going to allow this religion to survive. I have been so deeply involved in Mount Zion and I see that this is where it is. I mean people come together, and they learn, and they worship and they grow. It's all happening!"

Susan practices law as a Hennepin County judge; husband Bill serves as Director of Health Psychology, University of Minnesota Medical School. Their children, Eli, Sonia and Noah, have filled one or more roles available to teens in our congregation: religious school teaching assistant, SPORTY leadership team, 7th grade student *Gesher madrich* (counselor). The family lives in Minneapolis.

In Mount Zion's Year of Torah, here is an opportunity to

LIVE TORAH THROUGH MUSSAR

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?

- Mussar helps "the heart feel what the intellect understands."
- Mussar means "instruction." It is a treasury of Jewish teachings and practices that have evolved over the past thousand years. It is a spiritual practice aimed at elevating one's character and providing guidance for our life journey. At the center of the program is the inspiring material in *Everyday Holiness*, written by Alan Morinis. Working with this text, participants become exposed to the core teachings of the Mussar tradition and its relevance to everyday life.
- The *Mussar Institute* has partnered with the Reform Movement to teach Mussar in congregations.

HOW?

- You will be able to sign up to join a group of 10-15 people, led by a facilitator.
- Each group will meet every other week to learn, study, and practice Mussar (Nov-Mar for 9 sessions).
- 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. Also there will be webinars with inspiring Mussar teachers.
- The fee per person - including a book, materials, and webinars for the year - (primarily the *Mussar Institute's* fee) is on a sliding scale. Choose the fee that feels most comfortable for you: \$54 (scholarship option) or \$118 (our true costs) or \$180 (sustainer option). Additional support is available from our clergy.
- An optional Shabbat retreat with Alan Morinis is scheduled for Feb 27-28, 2015. (Additional fee TBD).

WHERE? WHEN?

- Mount Zion will offer four groups at different times and locations. Julie Dean (Sundays, 4-6 pm, Uptown Mpls). Rabbi Adler (Wednesdays, 10-12 pm, Mount Zion). Cantor Strauss-Klein (Mondays, 7-9 pm, Egan). Rabbi Spilker (Mondays, 7-9 pm, Coffee Bene, St. Paul). 8th- 12th graders will have a class option on Mussar.
- **Sign up:** mzion.org to indicate your top choice. We will do everything possible to honor your request.

WHO?

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

Library News



New and Newly Acquired Titles

The Library is fortunate to have many generous donors among its patrons. This summer, the library has been the grateful recipient of several titles. Among them are: from Dr. Brian and Judith Krasnow, Barbara Pollack's *The Collectors: Dr. Claribel and Miss Etta Cone*, and Ellen Hirschland's *The Cone Sisters of Baltimore: Collecting at Full Tilt*; from the Temple Sisterhood: Grace Grossman's *Jewish Museums of the World*, and Nicholas de Lange's *The Illustrated History of the Jewish People*; from Daniel Sogin: Yaffa Ganz and Berel Wein's *Sand and Stars: the Jewish Journey Through Time*, and Lennart Moller's *The Exodus Case*. Recently acquired novels include: Alex Berenson's *The Counterfeit Agent*; Alan Furst's *Midnight in Europe*; Michael Kahn's *The Flinch Factor: a Rachel Gold Mystery*; and Daniel Silva's *The Heist*. Please stop by to see and borrow these and other titles in our collection.

A Taste of Honey: An Introduction to Judaism

Member: \$36, Public: \$75

Mondays, September 22 - December 22, 7:00 to 8:30 p.m.

Rabbi Esther Adler

This half-year long course provides students with a basic understanding of Jewish practice and belief. Topics include Jewish history, life cycle, Shabbat, theology, home observance and more! If you are interested in learning more about Judaism and/or thinking about conversion. Completion of the Taste of Honey class is a requirement for conversion.



Torah Study with Rabbi Andrea Weiss

Saturday, September 6, 9-10 a.m

Rabbi Weiss will teach at the regular Shabbat Torah Study. All are welcome.



Dr. Weiss is an Assistant Professor of Bible on the New York campus. She was ordained at the New York School and received her Ph.D. from the University of Pennsylvania. She currently serves as the Assistant Editor of *The Torah: A Women's Commentary*, a joint project of the Women of Reform Judaism and the Union for Reform Judaism Press.

Food for Thought

Learn and Nosh before Shabbat Services

5:45 - 6:15 p.m. Gathering and a Light Nosh

6:15 - 7:15 p.m. Food for Thought Discussions

Discussion over wine, juice, and light appetizers.

Child care available.

Friday, September 19



Re-turning:

Learn the Meaning and Music of Essential Prayers



Cantor Jennifer Strauss-Klein and Rabbi Adam Stock Spilker

The prayer book for the High Holy Days is called a "machzor", a Hebrew word meaning "cycle" and "return". The prayer book's words are the same as we return year after year. We change.



In this "Food for Thought" session, we will read, discuss, and sing a few of the High Holy Day prayers to enter the season with more understanding and readiness.



Sacred Texts

Meanings Amidst Communities of Interpreters:

Jews, Muslims, Hindus, and Christians

Instructor: Shana Sippy, Carleton College

Sunday, September 14, 10:00- 11:30 a.m.

Part of the opening meeting of Sisterhood/Women of Reform Judaism.

Learn the differences of how religious communities approach their sacred texts. In this overview, you will learn general understandings of the content of Tanach, New Testament, Quran, and the Vedas and see some examples.



Shana Sippy (Barnard College, BA; Harvard University, MTS) is a visiting professor at Carleton. She is a specialist in the religions of the South Asian diaspora. She is Co-director of the Religious Diversity in MN and has authored numerous articles and presentations.

An Israel Book Discussion

The Confessions of Noa Weber

By Gail Hareven

Monday, September 8, 7:00 p.m.

in the Mount Zion Library



Join Charles Fodor and Jonathan Eisenthal as well as members of Mount Zion's Israel book club for an engaging conversation about Israeli life through its literature.

Contact Charles at CSFodor@aol.com or Jonathan at jkeisenthal@comcast.net.

St. Paul Shlichah/Emissary Program

L'hitraot/Goodbye with Appreciation to Ris Arbel
Brucha Habaah /Welcome to Mor Pinchas



Ris Arbel speaks with Rabbi Spilker at the Israel Solidarity Gathering in July.

Each year, our St. Paul Jewish community is blessed to have an Israeli live in our community to teach and serve as a cultural ambassador. We reluctantly say goodbye (*l'hitraot*) to Ris Arbel whose integrity, spirit, and charm were overflowing. We welcome Mor Pinchas who will teach in our Chai School and in

various programs for the entire congregation.

In August, 2014, the St. Paul Jewish community will welcome Mor Pinchas as the next St. Paul Israeli Emissary (Shlichah). Mor will arrive in St. Paul in mid-August and have a short overlap with Ris Arbel, who currently serves as our emissary. Mor will be responsible for infusing enthusiasm about Israel and Partnership 2Gether in the St. Paul Jewish community through programming, classes, lectures, and her presence in our community. The Israeli Emissary position is supervised by the Jewish Federation of Greater St. Paul and the Jewish Agency for Israel. Below is a message from Mor:

"My name is Mor Pinchas, I'm 22 years old. I was born in the city of Herzliya, and moved to Kfar Ya'avetz (a village) at the age of 15. I have two sisters and one brother, and we spend a lot of our time together. I'm a lieutenant in the planning directorate of the IDF, and was released from the army on July 1, after serving 3-1/2 years. On my free time, I travel with family or friends, and love taking pictures of the beautiful country I live in. I'm beyond happy and thrilled to be next shlichah of Saint Paul, and cannot wait to meet each and every one of you. See you soon!" – Mor



Mor Pinchas

Intro to Conversational American Sign Language

Description: Interested in learning the basics of American Sign Language and supporting Mount Zion's efforts to welcome Deaf and hard-of-hearing congregants who sign? Consider taking a class at Mount Zion! This learner-centered course is a basic introduction to conversational American Sign Language (ASL), used by deaf communities in the United States and English-speaking parts of Canada. It is designed for students with little or no previous knowledge of ASL. ASL is visually based, rather than sound



based, and is composed of hand shapes, body movements, and facial expressions as a means of conveying information. The course includes sign vocabulary, fingerspelling, numbers and expressive/receptive signing activities as well as a history of ASL; it will also help you become knowledgeable about aspects of Deaf Culture and will introduce you (through guest speakers) to members of the local Deaf community. You will also learn some Jewish-related signs.

Instructors: David and Rebecca Rosenthal

Details: 8 weeks, Monday evenings, 7 - 8:30 p.m., beginning Monday, October 13th.

Eligibility: Members of Mount Zion who are 16 years old or older; class size will be limited to 30

Class fee: \$36 (class fees will be donated to a fund that will help Mount Zion hire certified sign language interpreters for services and other synagogue events). Financial aid is available.

Register at www.mzion.org.

Questions? Contact Joan Ostrove (ostrove@macalester.edu or 651.334.5286 [voice or text])

CARING COMMUNITY

Mount Zion Cares!

The Caring Community Program is here to help Mount Zion Temple members in their moments of need. We reach out to you with a helping hand when there is injury, illness, grief or other life stressors.

We provide meals, rides, visitors, and shiva support.

To get help contact the program at caringcommunity@mzion.org or call 651-698-3881.

BAR MITZVAH

Peter Moore

September 20, 2014

Peter Moore is the son of Amy and David Moore and the older brother of Alex. He is the grandson of Jim and Phyllis Schwartz (both of blessed memory) and the grandson of Joseph Moore and Roberta Chioni Moore. Peter is currently in 8th grade at St. Paul Academy. His favorite subjects are Science and Geography. He is a member of the SPA Varsity Nordic ski team and several competitive cycling teams. He also enjoys reading very much. In honor of his Bar Mitzvah, Peter will be donating a portion of his gift money to The Friends of the St. Paul Public Library.

NOAZIM - 20s/30s GROUP

Making Judaism relevant to 20- & 30-somethings at Mount Zion!

For more information on upcoming events, to get involved, or to simply get on our mailing list, email Cantor Strauss-Klein at jstraussklein@mzion.org or find our group on Facebook!



Soul Food Friday

*Come for the food, stay and feed your soul!
First Friday of every month.*

September 5

Shabbat Dinner* @ 7:15 p.m.

Kabbalat Shabbat Service @ 8:15 p.m.

Connect with new people at this friendly and inviting service! Singles, couples, partners, ALL are welcome! *For dinner, RSVP on NOAZIM Facebook page (\$5).

Cross River Congregations 20s & 30s

Sukkot Happy Hour



Tuesday, October 14, 5:30-7:00 p.m.

at Parlour

(730 N Washington Ave, Minneapolis)

Bringing all our Sukkot Happy Hours together

Free Specialty Drinks!

*Adath Jeshurun, Bet Shalom, Beth El, Beth Jacob, Mount Zion,
Shir Tikvah, Temple of Aaron, Temple Israel*

WRJ SISTERHOOD

"Do good things! Meet great women! Have fun!"

Sisterhood Opening Meeting

Sunday, September 14, 10:00 a.m. at Mount Zion Temple

All are welcome to the opening meeting for Sisterhood! Festivities include a light brunch and speaker Shana Sippy, who will be discussing the Torah, Koran and New Testament. Brunch starts at 9:30am. **For more details, see page 10.** Please join us to learn about this intriguing subject and more about Mount Zion Sisterhood.

Sukkot Cruise

Sunday, October 12, 4:30- 7 p.m. (Boarding begins at 4 p.m.)



This event is being sponsored by Mount Zion's Brotherhood, Sisterhood & Prime Timers groups. For more details, see page 11.

Women's Networking Event

Tuesday, October 21, 7:00 pm.

Join experts from different fields who will be giving personal consultations on a number of exciting business topics. Bring your written materials and have them reviewed. Ask questions and get the help you need to grow professionally and personally! Contact Gail at gailgandler@edinareality.com or Sandra at sandra.brick@gmail.com. \$10 pre-registration fee.

WRJ Midwest District Convention:

Building Your Arc: Navigating Your Future

Join us as we begin our journey into the future of Sisterhood!
October 23-26 at the Hilton - Minneapolis (Bloomington)

For information contact Sheri Frisque (sherifrisque@yahoo.com) or Marcia Koester (mjkoester@comcast.net).

Blood Drive Update

For many years, Mount Zion, through Sisterhood, has sponsored blood drives twice a year. We will now be coordinating with two (or more) other religious congregations, called the Circle of Faith, to make the blood drives even more efficient and productive. The drives will be scheduled in a way to allow donors to give at each drive throughout the year. Each congregation will take the lead on the drive at their respective congregation. I encourage you to donate blood at as many of these drives as possible. When you donate, you will have an opportunity to sign up to donate at the next drive. The upcoming drives are scheduled as follows: Saturday September 27 at Holy Spirit Catholic church, Monday November 3 at Gloria Dei Lutheran, **Wednesday April 22, 2015 at Mount Zion**, Saturday June 20 2015 at Holy Spirit, **Wednesday, November 18, 2015 at Mount Zion**. If you have any questions, call Terri Stander at 651-293-1776. This is a great opportunity and we currently partner with Gloria Dei for Project Home and with Holy Spirit for Habitat for Humanity.

Thank you!

Mount Zion Temple Sisterhood wishes to thank all of our 2014 garage sale volunteers, donators, and shoppers for making the event a smashing success! Follow us on Facebook for info. on upcoming Sisterhood events: www.facebook.com/MountZionSisterhoodSaintPaulMn.

LOWER SCHOOL NEWS

Back-to-School Information



If you have questions, contact Ana Apter, Interim Religious School Director, at 651-698-3881 or aapter@mzion.org.

Hebrew Classes (Grades 2-6)

Wednesday, September 3

Grades 2-5

First session begins in the Hebrew classrooms at 4:30 p.m. Students will be dismissed from the Sanctuary at 6 p.m. after T'fillah (prayer).

Second session begins in the Sanctuary at 5:45 pm with T'fillah (prayer). Students will be dismissed from their Hebrew classrooms at 7:15 pm.

Grade 6

Torah Trope will take place in room 205 from 5:45 - 6:00 p.m.

Yom Rishon – the First Sunday of Religious School

Sunday, September 7, 9:30 am – 12:15 p.m.

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

- 9:30-10:00** Welcome Back Assembly
- 10:00** Parents/Guardians escort child(ren) to classrooms, visit classrooms, meet teachers, and pick up classroom information.
- 10:00-11:15** Session 1
- 11:15** Healthy Snack – provided by Mount Zion
- 11:15-12:15** Session 2

New Family Welcome and Orientation (All Grades)

Sunday, September 7, 10:00-11:00 a.m.

We want to welcome new families to the Mount Zion Religious School! Join together for a brief information session where you can learn more about our program, philosophy and curriculum. Following the presentation there will be time for questions, as well as, a meet and greet with parents from a variety of grades. *Then stop by the New Member Open House beginning at 11:00 a.m.*

Welcome to Hebrew

Program for 2nd Grade Parents/Guardians
Sunday, September 28, 9:45-10:30 a.m.



Noar Tzion

(4-6th Grade Youth Groups)

Start off Sweet

Sunday, September 7, 12:15 - 1:15 p.m.

Cost (includes lunch!):

Shir Tzion members: Free (subsidized by choir fees)

Non-Shir Tzion members: \$7

Get our year off to a sweet start with dessert and fun with your friends! Sign up at mzion.nirsham.com.



Save the Dates!

Wednesday, September 3

First Day of Hebrew School (Grades 2-6)

Sunday, September 7

Yom Rishon – First day of Sunday Religious School

Sunday, September 7, 10:00 a.m.

New family Welcome & Orientation
Mount Zion Open House

Wednesday, September 24

Rosh Hashanah begins in the evening
No School

Thursday, September 25

Rosh Hashanah children's program during sermon time

Friday, October 3

Yom Kippur begins in the evening

Saturday, October 4

Yom Kippur children's program during the sermon time

Sunday, October 5

No School

Fall Holy Days for Children at Mount Zion

Rosh Hashanah and Yom Kippur are quickly approaching. Please take a close look at the High Holy Day bulletin for important information for your children.

Pizza in the Hut!

Wednesday, October 8

5:00 - 6:00 p.m.

Sukkah Decorating and
Complimentary Light Dinner
(Pizza in the Hut)

6:00 - 6:45 p.m.

Family Friendly Erev Sukkot Service



Attention: All 2nd-6th Graders

We are asking families to sign-up children in grades 2-6 for kids' programming on both Rosh Hashanah and Yom Kippur in advance. With your help, we will be able to plan and staff our programs accordingly. To RSVP go here: mzion.nirsham.com/events

Consecration

Sunday, October 12

11:30 a.m. Service

12:00 p.m. Picnic lunch (\$5/person)

Join the congregational festive service and the Kindergarten class as they receive their mini-Torahs as part of Consecration. Sign up online at mzion.nirsham.com/form/sukkot-festival-consecration-picnic-lunch.



CHAI SCHOOL NEWS

Chai School (7th-12th Grade)

Chai School Starts September 3!

5:30 - 6:00 p.m.
Grover's Grub

6:00 - 7:15 p.m.
Chai School 7th-10th Grade Classes



Friday, September 12 - Sunday, September 14

10th Grade Confirmation Retreat

Friday, September 19 - Saturday, September 20

7th Grade A Day Apart Shabbaton

Monday, October 13, 4:00 - 6:00 p.m.

Crossing Delancey Movie Night!
11th Graders (Youth Lounge)

Wednesday, October 15 - Sunday, October 19

11th Grade New York Trip

Friday, November 21 - Sunday, November 23

8th-9th Graders Torah & Teva Shabbaton

JYG

(7th & 8th Grade Youth Groups)

JYG Takes on the Renaissance!

Saturday, September 13, 3:30 - 7:00 p.m.

Cost: \$20 (includes, lunch, bus, and fair)

Join your JYG friends to kick off the year at one of Minnesota's favorite events—the Renaissance Fair! RSVP at mzion.nirsham.com.



SPORTY News and Events

Bring a Bag of Food on Yom Kippur

Each year our youth group organizes a High Holy Day food drive to collect food for Neighborhood House. The need for food is great. You can help! Take a bag on Rosh Hashanah, return it on Yom Kippur.



Car Wash!

On **Sunday, September 21** from **8:30am - 12:45 p.m.** get your car washed for \$10! Proceeds support SPORTY!



Fall Kallah

Save the Date: October 10-12 at Bet Shalom



New This Year!

Mount Zion Youth Lounge Teen Hangout Mondays 3:00-6:00 p.m.

All 7th-12th graders are invited to the youth lounge on Mondays from 3-6pm. Come for some or all of the time, come once, come weekly—we'd love to see you there! Enjoy the newly remodeled space that now has laptops to use, a TV with **Netflix** and **video games**, and plenty of **comfy seating**. **Light snacks** will be provided.



BROTHERHOOD

Sunday Morning Bagel Sales



Brotherhood Bagel Sales will resume on **September 7** this year – the first day of Sunday school – with bagels, cream cheese, lox and coffee each **Sunday from 8:45 until 10:15**. Bagel sales will continue throughout the year, whenever Sunday school is in session.

Membership, don't miss out!

If you haven't responded yet, please send in your dues to the Brotherhood at the Temple (1300 Summit Avenue, St. Paul MN 55105) to help support our activities for the coming year. The membership form is available on the Brotherhood page of the Temple web site at www.mzion.org (under "What's at Mount Zion for Me?"). You can also use PayPal to pay your dues online – pay to Mount Zion Brotherhood. Thanks to Shel Finver for sending out Brotherhood membership forms to all men in the congregation this summer.

Sukkot Cruise on the St. Croix River.

See the ad on page 15 for this unique opportunity to experience the gorgeous fall colors on this unique dinner cruise on October 12.

Save the dates:

- October 19** – Brotherhood bike ride during MEA weekend
- October 26** – Stop by our table at the Activity Fair
- November 6** – Join us at Feed My Starving Children
- December 7** – Special **Israel Current Events** program
with speakers from Israel

L'hitraot!

Richard Newmark and Brian Serle, *Brotherhood Co-Presidents*

Mount Zion's Online Calendar!

www.mzion.org



The Mount Zion electronic calendar shows worship services, school dates, programs and events through next year! This calendar is updated daily!

INTERFAITH CONNECTIONS

Mount Zion welcomes everyone in our community. If a Mount Zion member is Jewish and others in her or his household are not Jewish, all of them are welcome to be involved in our congregation.

Mount Zion has many households with mixed religious backgrounds. This fact alone suggests what many personally attest to: interfaith families feel comfortable being part of the Mount Zion community.

Our doors are open. We invite you to make Mount Zion your spiritual home. We look forward to meeting and getting to know you.

I am here to hear your ideas for programming or concerns you may have as an interfaith family member.

Maureen Davidson, *Interfaith Coordinator*
reendavidson@yahoo.com 651-645-9244



InterfaithFamily.com is the premiere resource supporting interfaith couples exploring Jewish life and inclusive Jewish communities. We offer educational content; connections to welcoming organizations, professionals and programs; resources and trainings for organizations, clergy and other program providers; and our new InterfaithFamily/Your Community initiative providing coordinated comprehensive offerings in local communities.

Follow us on



twitter



"like" us on

facebook

**Have you been following Mount Zion on Twitter?
Have you liked us on Facebook?**

To follow us on Twitter go to **@mountziontemple** or go to **twitter.com/#!/mountziontemple**. To like the Mount Zion Facebook group, just search for Mount Zion Temple. We will post links to stories, events, and updating the congregation on the latest news and events.

www.mzion.org

Join Mount Zion Temple for a
gorgeous fall-colors cruise
down the St. Croix River to
celebrate Sukkot!

Cost: \$23.20 (\$19.90 for kids ages 4-12)
Buffet dinner includes pot roast, chicken,
fruit, salad, rolls and gourmet cookies.
Vegetarian dinners available if
requested before Oct. 10.

Sukkot Cruise

Sunday, October 12
4:30- 7pm; Boarding begins at
4pm

Reservations are now being
accepted: St. Croix Boat & Packet
Co., Stillwater
651-430-1234
(Please indicate you are with the
Mount Zion Temple group.)

This event is being sponsored by Mount Zion's
'Brotherhood,' 'Sisterhood' & 'Prime Timers' groups.

Directions: MN-36 to Stillwater. Just as you get to the bottom of the hill you will see a metal building, St. Croix Boat and Packet Co., with the large boats behind the building. There is a large parking lot on the right, some street parking on MN-36, and parking along the road (including handicapped spaces) up to the building at 525 S Main Street.

THANK YOU...FOR YOUR CONTRIBUTIONS

RABBIS' DISCRETIONARY FUND

In Memory of:

William Barrows
Irwin Weisman
Rosalie Seibel
Joseph Seibel

In Honor of the special birthday of:

Judy Krasnow
Irwin Weisman

Donations:

Joseph & JoAnn Nathan
Maria Rubinstein

CANTORS' DISCRETIONARY FUND

In Memory of:

Rosalie Seibel
Joseph Seibel

MAXINE APPLEBAUM ART ENHANCEMENT FUND

In Memory of:

The Elliot Family's mother
Jimmy & Sally Beloff
Norman Goldetsky
Jimmy & Sally Beloff
Joseph Mead
Jimmy Beloff
The Molinaro Family's father
Jimmy & Sally Beloff

In Honor of the birthday of:

Emma Beloff
Jack Beloff
Jimmy & Sally Beloff

In Appreciation of:

Mr. & Mrs. Jim Poblad
Sally Beloff
Linda Moilitor

In Honor of the special birthday of:

Dana Rubin
Sally Beloff

In Honor of:

The great grandson of Mr. & Mrs. Ronnie Harris
Stuart Applebaum

BLOOM LIBRARY FUND

In Yahrzeit Memory of:

David Levey
Steven & Susan Levey
Edna H. Paskins
Sally & Mitch Rubinstein

CEMETERY MAINTENANCE & PERPETUAL CARE FUND

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Irene Rivka Chayka-Lev
Rafail, Gene, Asher Lev & Family
Annie Heifort
William Heifort
Jane Trosdahl
David Levey
Steven & Susan Levey
Mary Miller Finn
Honey Finn & Family

Martha Rosengren

Jane Trosdahl
Rose Shine
Gail & Steve Brand

IRENE FINBERG CAMP

In Yahrzeit Memory of:

Barry Kantor
Mayda & Marc Raffé

FUND FOR MOUNT ZION

In Memory of:

William Barrows
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JEAN B. & ROBERT W. HARRIS SUMMER CAMP ENDOWMENT FUND

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In Yahrzeit Memory of:

Joseph Harris
Hattie Harris
Nancy I. Harris
Natalie & Bud Harris

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In Memory of:

William Barrows
Carolyn Borow Moore & Bradley Moore

YALE & SARA JOHNSON MEMORIAL FUND

In Memory of:

Eileen Garelick's sister Rita
Gloria Johnson
Sue Gottlieb's mother
Robin Johnson
Angela Ross's father
Robin Johnson

In Yahrzeit Memory of:

Rae Besner
Gloria Johnson
Richard Cunniff
Elaine & Michael Johnson & Family
Miles Efron
Gloria Johnson
Harold Falk
Gloria Johnson
Lois & Mitchell Johnson
Bettiam Pollack
Gloria Johnson
Stan Shapiro
Gloria Johnson
Richard Sloan
Lois & Mitchell Johnson
Donald Swartz
Gloria Johnson

In Honor of the special birthday of:

Eileen Garelick
Arthur Jaffé
Sid Ladin
Arline Minter
Gloria Johnson

In Honor of the 60th Wedding Anniversary of:

Dee Dee & Dick Harris
Gloria Johnson

JULIE LAZOR FUND MOUNT ZION

In Yahrzeit Memory of:

Julie Lazor
Morton Lazor
Toba Lazor

MANDEL MUSIC FUND

In Memory of:

William Barrows
Rokelle Lerner

MITZVAH FOODSHELF FUND

In Yahrzeit Memory of:

Bernice Levy Rose James
Susan Rose Ward
Leo Levey
Daniel & Susan Levey
Shirley Levey
Daniel & Susan Levey
Albert Rose Jr.
Susan Rose Ward
Rose Shine
Gail & Steve Brand
Donations:
Siana Goodwin
Adela Peskorz
Marilyn Silver

OUR BODIES OUR SOULS FUND

In Memory of:

William Barrows
Ronna Hammer

PARENTS & TOT FUND

In Honor of the birth of:

Beatrice Eliza Bershow
Bershow Family

PRESIDENT'S DISCRETIONARY FUND

In Appreciation of our Clergy:

Rabbi Adam Stock Spilker
Rabbi Esther Adler
Cantor Jennifer Sirauss-Klein
Cantor Rachel Stock Spilker
Betsy Rest

SISTERHOOD LEADERSHIP FUND

Wishing you a speedy recovery:

Judy Katz
Sheila Schuman
Berneen Rudolph
Sheila Schuman

YAHREIT FUND

In Yahrzeit Memory of:

Sidney Paul Abramson
Abramson Family
Rosalie Adler
Jerry Adler
Sadie Adler
Jerry Adler
Sylvia Appelbaum
Jean King/Stuart Appelbaum
Caroline Baron
Susan Pred
Rachel Baum
Lois & Walter Baum
Enid Berdie
Sidney Berdie
Reine & Sam Shiffman
Irene Rivka Chayka-Lev
Rafail, Gene, Asher Lev & Family

Sol Dutka

Shel Finver & Dee Albert

Mary Miller Finn

Honey Finn & Family

Leo Fox

Bill Fox Family

Pauline Grossman

Dale Grossman

Mark Kott

Kuhne/Roll-Kuhne Family

Edward Krause

Alyssa Berg

Arnold Manaster

Shel Finver & Dee Albert

Lucille Orland

The Orland/Sims Family

Gerald Roll

Kuhne/Roll-Kuhne Family

Robert Rosen

Pearl Rosen & Family

Stanley Rubin

Steven Rubin

Jack Sechter

Pearl Rosen & Family

Janet Shiffman

Reine & Sam Shiffman

Bess Stone

Ed Stone

Arthur Stone

Raymond Strauss

Kay & Jon Strauss

Elliot Taler

Yefim & Tatyana Taler

David Taran

Lisa Taran-Maddy

Harry Ward

Pearl Rosen

David Willenson

Daniel Linwick

Ida Zylber

Adela & Joseph Peskorz

Create a Legacy at Mount Zion Planned Giving



You can leave a legacy that helps Mount Zion Temple fulfill its mission while providing you with many tax benefits. There are many ways to support Mount Zion Temple through planned giving, including a gift in your estate plans, life insurance policy, retirement plan, or gifts of cash, stocks or bonds in your Will. After providing for your loved ones, please consider one final testament of faith through this charitable act. If you would like to speak with someone at the Temple about your gift, please contact Executive Director, Larry Solomon at 651-698-3881 or lsolomon@mzion.org. Thank you for considering Mount Zion Temple as part of your future legacy!

PRIME TIMERS

For members 55 and older.

Trout Fishing at Star Prairie Trout Farm Sunday, September 28, 1:30 p.m.

Catch your own fish! You pay for what you catch! Prices will vary per pound. Bait And Tackle Furnished. (Rods/reels/nets and buckets are provided FREE, there is a small charge for bait). Details about Star Prairie Trout Farm at www.starprarietrout.com. Contact Ira for details or to RSVP at lkipp@comcast.net or 651-276-2143. Please RSVP soon so car pool arrangements can be made.



IN THE COMMUNITY

Jewish Federation of Greater St. Paul Annual Campaign Gala

Featuring Special Guest: Yitayish (Titi) Ayenew, Miss Israel 2013

Sunday September 21

5:00 p.m. Cocktails

6:00 p.m. Dinner, Program & Miss Israel

Temple of Aaron Synagogue

616 South Mississippi River Blvd., St. Paul

Couvert:

\$38 per person

\$25 per person (under 40)

Hear Miss Israel's Inspiring Story

Miss Israel's name, Yitayish, means "Look to the future." This was an affirmation of hope for a girl born in a small village in Ethiopia in 1991 who lost both her parents by age 10, and made aliyah to be with her grandparents in Israel when she was 12.

Titi served in the IDF as a lieutenant in the Military Police Corps for three years. A friend recommended that she enter the Miss Israel pageant, and Titi saw it as an opportunity to promote social change. In 2013, she became the first Ethiopian-born Miss Israel. In the last year she started "Titi's Project," an initiative to keep children off the street through after-school enrichment activities.

RSVP by September 17, please contact Diane Ales at 651-690-1707 or dales@stpaulfed.org.

You'll have the opportunity to make your gift to the 2015 Annual Campaign.
Dietary laws observed.



URJ Olin-Sang-Ruby Union Institute and the WRJ Midwest District present

Mah Jongg & Canasta Weekend

September 12-14

For mavens and beginners! A few spaces still available for a great weekend of mah jongg and canasta: play 'til you drop, improve your skills, meet other mah jongg and canasta lovers, share a relaxing Shabbat, and have a great weekend with friends. Instruction will be available, and games will be organized by skill level. For more information and to register, go to: osrui.urjcamps.org/yearround/mah_jongg_weekend.

Mother & Daughter Kallah

Friday, October 10 - Sunday, October 12

OSRUI's Associate Director Susan Alexander will be your guide, as you enjoy time alone with your special girls. You'll spend Shabbat at camp, do lots of fun activities and special projects, and head home after brunch Sunday. This program is for mothers, grandmothers, and aunts, and the girls they love age 5 to 12. For more information and to register go to: osrui.urjcamps.org/yearround/programs/motherdaughter

Prospective Camper Family Tours

Sundays, October 12 and November 16, 1:00 p.m.

If your child wants to attend OSRUI next summer for the first time, come for a tour and get a taste of all that OSRUI has to offer. For more information, email osrui@urj.org.

Shabbat Shira

OSRUI's Music Experience for Adults

Study, Pray and Play with Shira Kline

Explore & Enrich your Early Childhood and Primary Grade Religious School Music Program

Thursday, October 23 - Sunday, October 26

A celebration of song and prayer featuring new music and old favorites along with the joy of community. We're thrilled to announce this year's Shabbat Shira faculty: Michelle Citrin, Galeet Dardashti, Shira Kline and Josh Nelson, and the fabulous Merri Lovinger Arian, program coordinator.

New this year -- optional Pre-Shabbat Shira Seminar:

Study, Pray and Play with Shira Kline

Explore & Enrich your Early Childhood and Primary Grade Religious School Music Program

Weds, October 22, 4 pm - Thurs, October 23, mid-day

Topics will include repertoire and technique, family-oriented worship, curriculum building and trouble shooting.

Attend the Pre-Shabbat Shira seminar, Shabbat Shira or both!

For more info.: osrui.urjcamps.org/yearround/programs/shabbat_shira

SOCIAL ACTION UPDATE

Mount Zion and Camphor Interfaith Friendship

"Racism is man's gravest threat to man; the maximum of hatred for a minimum of reason." —Abraham Joshua Heschel

In 2013-14, the congregations of Mount Zion and Camphor Memorial United Methodist Church initiated what we hope will be a warm and productive friendship. As we move into the second year of this alliance, the Tzedek Committee is asking members to step forward to meet with people at Camphor.

"We very much want people to start building relationships," says Kate Cavett, a member of the Tzedek Committee. "There's no road map for this kind of relationship but the best way to start is with individual meetings."

Mount Zion members can request individual meetings, or attend the Nov. 14 Shabbat service, when our congregation will welcome Camphor members.

The relationship with Camphor is not a one-year project. It is a long-term effort to blend the strengths of these two historic congregations and to use that power to advocate for social justice in St. Paul and surrounding areas.

"When there's work to do in our city — and the city is both of ours — we will have these friendships," Cavett says.

Like Mount Zion, Camphor Methodist is part of St. Paul's history. The congregation dates back to a stormy night in 1919, when a dozen worshippers gathered at the home of Alfred McFarland. The church is named for Alexander Priestly Camphor, a son of slaves who served as a bishop of the Methodist Episcopal Church from 1916 until his death in 1919.

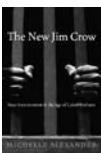
Members of the Tzedek Committee visited a number of black churches that represented a variety of Christian denominations. Camphor was chosen for its "vibrant and active" congregation and its warmth, which is on display at any Sunday morning service.

Mount Zion members have visited Camphor's Sunday services and Camphor members were welcomed at our Martin Luther King service on January 17. The evening began with a Food for Thought conversation about Rondo, the African-American neighborhood in which Camphor is located. Camphor's Rev. Gloria Roach Thomas gave the d'var Torah.

Camphor congregants also joined Mount Zion members for Shabbat dinners and Passover seders.

If you're interested in meeting a Camphor member for coffee and conversation, contact Kate Cavett at 651-227-5987, or kate@KateCavett.com.

Fall Book Discussion



Michelle Alexander's *The New Jim Crow: Mass Incarceration in the Age of Colorblindness* (New York: The New Press, 2010) is one of the most important books in recent memory to outline in detailed analysis the insidious nature of institutional racism through her examination of the public policies that have created our prison system. As part of Mount Zion Temple's ongoing relationship building with Camphor Methodist Church, the Tzedek Committee offers this book as a focus for discussions about race and public policy. These gatherings are discussions, not lectures or presentations, so please read the book and come prepared to converse with your fellow congregants.

Mon., Sept. 15, 7:00 – 8:30 p.m., Fireside Lounge, *Chapters 1-2*

Mon., Oct. 6, 7:00 – 8:30 p.m., Fireside Lounge, *Chapters 3-4*

Mon., Nov. 10, 7:00 – 8:30 p.m., Fireside Lounge, *Chapters 5-6*
Questions, contact Michael Kuhne (michael.kuhne@minneapolis.edu).



Neighborhood House: Come Party! Come Help!

The Party:

Revel With a Cause

Tuesday, September 16, 5:30-8:30 p.m.

All Mount Zion members are invited to the annual fun(d)raiser party for Neighborhood House, Revel With a Cause right at the Wellstone Community Center home of **Neighborhood House, 179 Robie Street, St. Paul.** Get your tickets online at www.neighb.org



It is always a great night of silent/live auctions and food/entertainment from around the world!

The Help:

All Mount Zion members are encouraged to check out these awesome volunteer opportunities at Neighborhood House by contacting Anders at [Neighborhood House \(armayland@neighb.org\)](mailto:armayland@neighb.org) or 651-789-2524):

Donation Drivers Neighborhood House receives donated groceries from several area partners, and needs assistance picking up items and delivering them to the Wellstone Center food shelf. Opportunities available Monday through Friday at 9:30/10 am. Must have valid driver's license and access to a reliable vehicle.

Skills for School Preschool Assistant Help 3-5 year olds increase their school readiness by assisting with our free preschool program. Most our kids don't speak English at home and need a little extra help to start school with the tools they need to succeed.

Assist with crafts, reading, learning ABCs and free play. Tuesdays and Thursdays 12:00-2:00 pm at Neighborhood House; Mondays and Wednesdays 12:30-2:30 pm at Homecroft Early Learning Center.

English Language Learner Teacher/Co-Teacher Help immigrants and refugees learn English, no prior teaching experience necessary! **Volunteer opportunities available for beginning-advanced level.** A minimum of 2.75 hours per week for 12 weeks is required. Training and resources provided. Classes: Monday-Friday 6-8:30 pm. Must be 18+.

Tzedek = Justice

Tzedek Committee Meetings in 2014-15

Mount Zion's Tzedek Committee meets monthly to address social justice issues in our community. All are welcome. Meetings happen on Mondays from 7:00 - 8:30 in Mount Zion's library.

August 25	January 26
September 22	February 23
October 20	March 16
November 17	April 20
December 15	May 18

Contact Michael Kuhne (michael.kuhne@minneapolis.edu) or Donna Koren (donna.koren@state.mn.us) with questions.

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High Holy Days Schedule
 See pages 4-5


Torah Study with Rabbi Andrea Weiss
 Saturday, September 6, 9-10 a.m.



Rabbi Weiss will teach the regular Shabbat Torah Study. All are welcome.
 For more details, see p. 10.

Invite Your Friends to Meet Mount Zion!
 An Open House and Brunch for Unaffiliated Jews in Our Community
Sunday, September 7 10:30 a.m. to 12:15 p.m.
 Childcare Provided.
 See p. 3 for more details.

Sukkot Cruise
 Sunday, October 12





See p. 15 for details


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Selichot
A Night that Ushers in the High Holy Days

Taking Torah Personally: The forty-eight ways to acquire Torah
 Saturday, September 20
Sara Lynn Newberger
 Director, **Hineini**
A Center for Adult Jewish Learning & Contemplative Practices, at the Talmud Torah of St. Paul



As we begin our **Year of Torah** at Mount Zion and prepare for the High Holy Days, Sara Lynn Newberger will lead us in study of Pirke Avot/Ethics of our Ancestors' text of the 48 ways one can connect with Torah.

8:30 p.m. Taking Torah Personally - Text Study and Discussion
9:30 p.m. Interlude: Light dessert and coffee
10:00 p.m. Havdalah and Selichot Service

Sara Lynn Newberger has been teaching Jewish studies in the Twin Cities for 25 years. Her teaching brings a rich sense of tradition and its link to people's lives today. As part of that teaching, and her own study, Sara Lynn is deeply moved by the teachings within the tradition that can be applied to mindfulness practices and being awake in our lives.

