



Shabbat

Potluck Dinner

Friday, January 2, 2015
6:00 pm

Bring a dish to share!

Join us for Shabbat Services at 7:30 pm if you'd like!

Mark Your Calendar: First Friday of every month

Questions? mtzioncongregation@gmail.com

Save these dates: February 6th and March 6th



from Student Rabbi Cohen...

Nurturing the Body, Mind & Soul

Latkes and doughnuts and oil, OH MY!

Almost every Jew loves a good latke on Channukah. Dipped in applesauce, sour cream or both, those greasy latkes are irresistible. Many of our Jewish traditions revolve around food, and even when we must fast, eating is only a couple of hours away. While, cooking, baking and eating bring people together during our holidays, it is very easy to neglect the care of our bodies.

Exactly a year ago, I joined a workout studio in Cincinnati and fell in love with a new outlet for me called Zumba. Zumba “combines Latin and International music with a fun and effective workout system.” As I established a workout routine, I began to see that exercising did just as much for my mind as it did for my body. It gave me more energy, it released stress, and it opened my mind for learning each day. Even more, working out didn’t just help shape me without but empowered me within. I felt stronger and more confident than ever before. Exercising revitalizes me and enables me to put more energy into my daily responsibilities, even my worship.

Rabbi Moshe ben Maimon (a.k.a. Maimonides; Rambam) in his code of Jewish law, the Mishneh Torah (HilkhotDe`ot 4:1) taught that keeping our bodies healthy is an integral part of our worship of God, “for it is impossible for one to gain any knowledge of the Creator when one is ill.” We need to be physically healthy, so that we may be intellectually and spiritually healthy. One’s whole body is connected, including the soul within, so it is only fitting that attention is given to every part. Find the workout that works for you, whether it be walking, swimming, dancing, or as for me, Zumba. Find your outlet and spend time giving yourself the care you need. With a New Year beginning, consider giving equal attention to the body, mind and soul. For when we care for each one, we will be closer to wholeness, closer to God.

Prayer for the body:

בָּרוּךְ אַתָּה, יי, רֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.

Baruch ata, Adonai, rofei chol basar umaflia laasot.

Blessed are You, Adonai, who heals all flesh, working wondrously.

Prayer for the mind:

בָּרוּךְ אַתָּה, יי, חוֹנֵן הַדָּעַת.

Baruch ata, Adonai, chonein hadaat.

Blessed are You, Adonai, who graces us with knowledge.

Prayer for the soul:

בָּרוּךְ אַתָּה, יי, אֲשֶׁר בְּיָדוֹ נִפְּשׁ כָּל חַי וְרוּחַ כָּל בָּשָׂר אִישׁ.

Baruch ata, Adonai, asher b'yado nefesh kol chai v'ruach kol b'sar ish.

Praised are You, Adonai, in whose hand is every living soul and the breath of humankind.

Wishing you all good health!

B'shalom,

Student Rabbi Alli Cohen

from the Congregation President...



On December 19th, we celebrated Shabbat and Chanukah at our family dinner.

It was a joyous event and gave us an opportunity to get together as a Jewish community and commemorate the joy of our community and the miracle of Chanukah. Thanks to everyone who made this dinner happen: Carin Rosinsky, Royce Hansman and so many others. The continuing dedication to our Temple and to Judaism is a tribute to their characters and a blessing to our congregation.

In January, we will celebrate Tu B'shevat. Translated, it simply means the 15th day of the month of Shevat. When I was a child growing up in Seattle (about a century or two ago), and a student at the Seattle Hebrew Day school, our teacher asked our class to name the upcoming holiday. All of the Sephardic kids answered in unison: “Fruiticas”!! Needless to say, our Ashkenazic teacher did not accept this answer, although our parents did indeed confirm that Fruiticas was the correct name for this holiday.

Putting aside the potato/po-tah-to disagreement, we know that the 15th of Shevat will soon be *continued on page 3*



DONATIONS

(November 10 - December 9, 2014)

Please send all Temple contributions to:
PO Box 756, Sioux Falls, SD 57101

GENERAL FUND

To the Congregation from Marilyn & David Aronson

In memory of Gregg M. Montalto from Rosenberg, LPA

In honor of Marty Gallanter with wishes for a Happy Birthday from Lillian & Harry Greenbaum

In honor of Maurine Axelbaum (Gail's Mother) with wishes for a Happy Birthday from Gail, Richard, Rebecca & Josh Klein

Yahrzeits

In loving memory of Ed Ezrailson from Cathy Ezrailson

In loving memory of Martin I. Axelbaum (Gail's Father) from Gail, Richard, Rebecca and Josh Klein

A NOTE FROM THE TREASURER

Dear Members and Friends of Mount Zion Congregation,

I have tried to issue receipts for payments of dues and donations as they are received.

If you are in need of any additional receipts, please make your request to me in writing via e-mail or through the PO Box by April 1 2015. If possible, please include an approximate date of your check and amount in your request.

Thank you!!

Sincerely,
Matilda. mejoppen@sio.midco.net

Mount Zion Congregation
ATTN Treasurer
PO Box 756
Sioux Falls SD 57105

STUDENT RABBI ALLI COHEN'S 2015 SCHEDULE

JAN 16-18

JAN 30-FEB 1

(TU B'SHEVAT SEDER)

FEB 13-15

FEB 27-MAR 1

MAR 6-8 (PURIM)

MAR 20-22

APR 3-5 (PASSOVER SEDER)

Visiting Groups to the Temple

Our congregation is served by a Student Rabbi who is available a limited number of weekends from September through May. We encourage your scheduling your Friday evening worship services visit only when the Student Rabbi is in residence. For Friday evening visits and/or in cases where other scheduling arrangements are needed, please call or e-mail the President of the congregation who will assist you with scheduling.

Hosts for Student Rabbi Allison Cohen's Friday and Saturday meals are needed.

Please contact Marty Davidsohn at
martydavidsohn@gmail.com
or 254-8434
and get your favorite date.

Monthly Potluck Dinner to Start in January

On Friday, January 2nd, at 6:00 pm members of the congregation will have the first monthly potluck dinner in the Social Hall. This dinner is open to all families of the congregation. This dinner will occur every first Friday of the month whether the Student Rabbi is in town or not.

The dinner will conclude before services. Attendees are not required to go to services following the dinner but are certainly welcome to do so. More information will be coming out in December. Please put this on your calendar and join us.

For more information, contact Stephen Rosenthal at rosenthal.stephen@gmail.com or call 376-5189.

Remember birthdays, anniversaries, yahrzeits, memorials.

Please send your
donations to:

Mt. Zion Temple, PO Box 756
Sioux Falls, SD 57101

TIDINGS DEADLINE IS JANUARY 10th

Remember to submit articles appropriate for the February Tidings.

To submit articles, you may email them to:
carol@theprintersinc.com

OR mail them to:
510 S. 1st Ave.

Sioux Falls, SD 57104

Attention Mt. Zion Congregation Members,

There are just a few of us who conduct services when there is no Student Rabbi present. This is a wonderful opportunity to keep our community vibrant and active, and we would welcome others to participate in this commitment to our Congregation. If you know of someone who has the ability to conduct services, encourage them. If YOU are able and willing to share the honor of leading services in English or using Hebrew, please contact me at davidaronson@iw.net or 605-957-5223. I would be glad to help anyone who is willing to step up to this responsibility. We take great pride in our ability to provide for our own needs. Please contact me. Thank you all in advance for participating in this way.

David Aronson, Ritual Coordinator

continued from page 1 from the Congregation President

Sometimes called Chag Ha-ilanot, the new year for the trees, Tu B'shevat appears in the Mishnah as one of the four new years in the Jewish calendar (Rosh Hashanah is the new year for calculation of the calendar.) Rabbi Hillel, of the "If not now, when" fame, calculated the 15th of Shevat as the date for calculating when the agricultural cycle began or ended for the purpose of biblical tithes.

On Friday, Jan 30, Mt Zion, will be observing the custom developed in the middle ages and which is in keeping with the Mishnaic description of the holiday as a New Year. Our celebration will take the form of a Tu B'shevat seder, in which we partake of the eating of ten specific fruits and drinking 4 cups of wine/grape juice in a specific order while reciting the appropriate blessing. Please plan to attend. This is way shorter than a Passover seder and quite enjoyable.

To further celebrate the New Year for the trees, I encourage everyone to plant a tree in Israel.

*All the best,
Bernice*



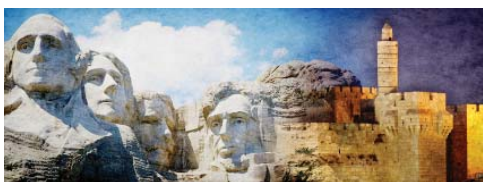
RAFFLE

We are excited to announce our raffle winners! Cindy Jacobs is the winner of the "Tree of Life" pendant and Fred Bryner won the "Dreidel" pendant... which looks lovely on the neck of his beautiful bride Roz.

Thank you to those who supported the Sisterhood with your purchases of gift shop merchandise and raffle tickets during our Chanukah season sales. Your patronage supports Sisterhood's community projects and regional/national organizational structure. On a very personal level, it gives us much nachas knowing that your holidays are enhanced by Judaica conveniently purchased in our community :)

Our Gift Shop offers gift and ritual items throughout the year. Please contact either of us to view merchandise or place a special order at any time... We are happy to be of service!

Judy Lampert
(339-3170; jrlsfsd13@sio.midco.net)
or **Matilda Oppenheimer**
(332-8404; mejoppen@sio.midco.net)

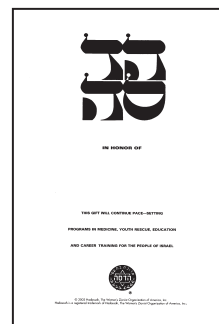


"Like"
**South Dakotans
for Israel on
Facebook:**
www.facebook.com/SD4Israel



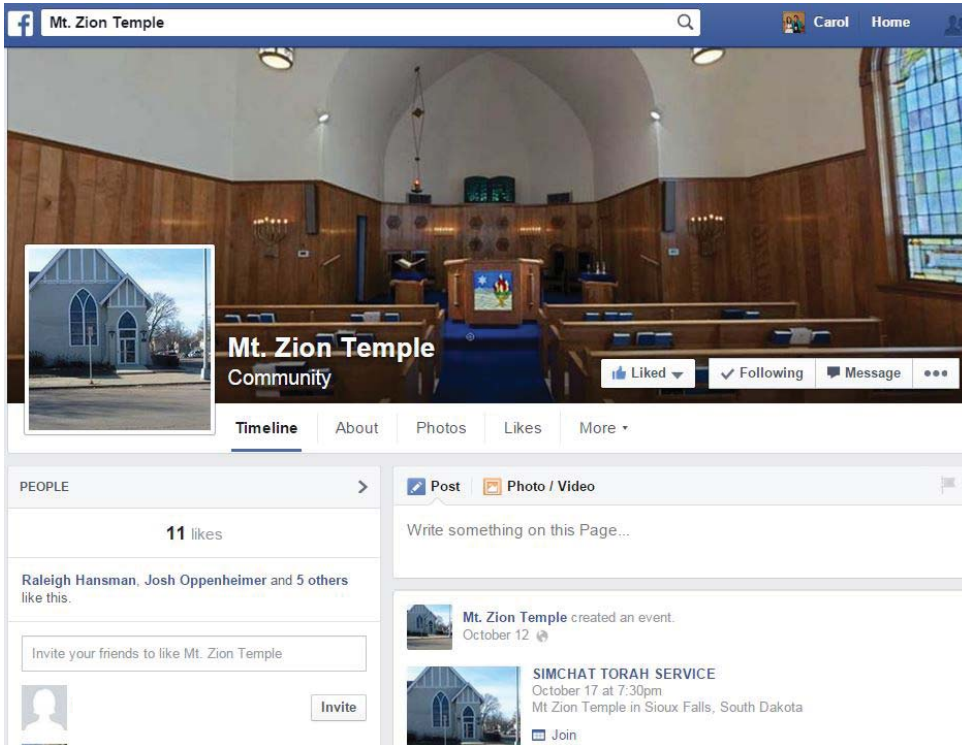
Reforest Israel by planting trees in Israel through JNF, the Jewish National Fund. The price of one tree is \$18.

To purchase a tree,
contact **MARGO OLSON**
at 371-2020
or email her at
molson1226@hotmail.com



**Help support the
extraordinary works of
Hadassah with a card
or certificate! Contact
Cards & Certificates
Chair Carol Rosenthal
if you'd like to make a
donation. There's a card
or certificate in every
price range and for
every occasion!!**

NEW Temple Facebook page! "Like" Us!



Did you know that MZ has a Facebook page? Well, we do. If you are a Facebook user, please "like" MZ sometime soon: <http://on.fb.me/1tq31VB>

Please Join Us!



Potluck Dinner

Friday, January 2, 2015
6:00 pm

Bring a dish to share!

Join us for Shabbat Services at 7:30 pm if you'd like!

Mark Your Calendar: First Friday of every month

Questions? mtzioncongregation@gmail.com

Save these dates: February 6th and March 6th



Mt. Zion Congregation

www.mtzionsf.com

14th & Duluth Streets

PO Box 756

Sioux Falls, SD 57101-0756

President: Bernice Schotten
Vice President: Deb Hicks
Treasurer: Matilda Oppenheimer
Secretary: Royce Hansman
Board of Directors: Carin Rosinsky
Cathy Ezrailson
Judy Lampert
Marc Feinstein
Margo Olson
Stephen Rosenthal
Past President: Murray Haar

Mt. Zion Congregation - January 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> A reminder that proper attire should be worn when participating in services at Mt. Zion Temple. Your cooperation with this matter is greatly appreciated. </div>				1 Elisa Lewis Bday	2 (Tevet 12) 4:44 pm 6:00 pm POTLUCK DINNER 7:30 pm Shabbat Service Torah: Va-y'chi Gen 47:28-50:26 Haftarah: I Kings 2:1-2:12	3 10 am Torah Study
4	5	6	7 Leta Levinger Bday	8 Daniel Crosby Bday	9 (Tevet 19) 4:51 pm 7:30 pm Shabbat Service Torah: Sh'mot Exod 1:1-6:1 Haftarah: Isaiah 27:6-28:13; 29:22-29:29:23	10 10 am Torah Study TIDINGS DEADLINE
11 Temple Board Meeting 10 am - Social Hall	12	13	14	15	16 (Tevet 26) 4:59 pm 7:30 pm Shabbat Service STUDENT RABBI COHEN Torah: Va-eira Exod 6:2-9:35 Haftarah: Ezekiel 28:25-29:21	17 10 am Torah Study
18	19	20	21 Rosh Chodesh Shevat	22	23 (Sh'vat 4) 5:08 pm 7:30 pm Shabbat Service Torah: Bo Exod 10:1-13:16 Haftarah: Jeremiah 46:13-28	24 10 am Torah Study
25	26 Logan Hansman Bday	27 Bob & Susan Mendelsohn Anniv, Chuck Levinger Bday	28	29	30 (Sh'vat 11) 5:17 pm 7:30 pm Shabbat Service TU B'SHEVAT SEDER STUDENT RABBI COHEN Torah: B'shalach Exod 13:17-17:16 Haftarah: Judges 4:4-5:31	31 10 am Torah Study



Yahrzeits

All Yahrzeits that are observed Sunday through Saturday are read the Friday of that same week. If a Yahrzeit is not listed or you need information concerning Yahrzeits, please call Jan Forstein at 332-3354. A Yahrzeit card and envelope will be sent to you to notify you of upcoming Yahrzeits. (If you do not receive your notification, please contact Jan.) Also included with the notification card is a donor envelope if you wish to make a donation to the Temple in memory of your loved one.

January 2nd

David Kaufman
Sue Magidson
Rabbi Stephen Forstein
Joseph Deutsch
Sherman W. Lewin
Benjamin Eirinberg
Harry Greenstein
Daniel Horwitz
Jane Hertzman Rosenthal
Wally Mander
Bernard Gallanter

January 9th

Sarah Agrant Obstfeld
Harry Ackerman
Irene Bierman
Sam Light
Ceycle Marsh
Melvin D. Mendelsohn

January 16th

David Rosenstein
Rachel Levinson
Rose Luskey
Sam Speier
Harold Roganson
Louis Ginsberg
Rebecca Fوسفeld

January 23rd

Erma Levine
Sarah Weiner
Emmanuel Schotten

January 30th

Isadore Rimerman
Lillian Hurwitz
Mollye Borden
Megan Feinstein
Harry Cohen

February 6th

Phillip Light
William Rothman
Bernard "Bud" Brandwein
Herman Davis
Pola Haar
Ben Borden
Gussie Shulkin



TU B'SHEVAT SEDER

Join us!
Temple Social Hall
Friday, January 30th
7:30 pm