



# November 2025/Heshvan 5786 Newsletter



Hello TCJRC Friends,

Fall is upon us, the seasons change, and the earth beckons us to take a deep breath. After the marathon of holidays, we can ask what is our daily practice? What are some of the pieces of inspiration we want to integrate into our daily lives?

Judaism is not just the big events, though those are so important, but it is these small moments both with ourselves and with each other. How are we renewing ourselves in little ways and finding pockets of awe? In this newsletter, there are ways to find community and be together, which is vital in this practice of renewing Judaism.

I also invite you to pick a small daily practice such as a breath, a morning prayer, a conscious stretch, a blessing over food, a hand washing with intention, a nightly blessing, just a little something outside your usual practice. Pair it with something you already do in your routine and notice what it opens for you, without judgment.

Last week we read Parsha Noach. At the end we are gifted the connection of the rainbow and my hope is that this practice adds just a little more connection into your world.

With blessings and care,  
Student Rabbi Shosh Madick  
Social Media and Events Director  
[shoshtcjr@gmail.com](mailto:shoshtcjr@gmail.com)

## Jewish Journeys: A Soulful Evening of Havdalah, Food, Music, and Conversation Saturday, November 1 @ 5 - 7:30 PM

Join Twin Cities Jewish Renewal Community (TCJRC) in a joyful natural setting to celebrate Havdalah with food, learning, and singing.

We'll unpack the theme of journeys through study, conversation, and music, discovering how we each connect our personal journey to the journey of the Jewish people. The program will include supper, Havdalah led by **Rabbi Jill Avrin of YourJewish** and songs led by **Koleinu**, a new band that celebrates contemporary Jewish living through communal singing.

TCJRC will provide beverages and two vegan, gluten-free dishes from Curry in a Hurry -- a dal and a vegetable curry with rice. Vegetarian or vegan potluck items appreciated.

*Rabbi Jill Avrin is the founding Rabbi of YourJewish, a Twin Cities Jewish organization serving those who are unengaged or under-engaged in Jewish life. She is also the Director of Campus Affairs at the Jewish Community Relations Council of Minnesota and the Dakotas. Following ordination from Hebrew Union College in 2013, she spent 10 years working as a congregational rabbi at Bet Shalom Congregation in Minnetonka, MN.*

**Sponsored by TCJRC by means of a St. Paul Jewish Federation Ignite Grant.**

**Cosponsors: J-Pride, YourJewish and Koleinu**

## TCJRC Jewish Spiritual Book Meeting **God is Here: Reimagining the Divine** Sunday, November 9th from 7-8:30 PM on Zoom

Please RSVP with your name and email to [TCJewishRenewal@gmail.com](mailto:TCJewishRenewal@gmail.com) for the Zoom link. We will discuss chapter 4 and 5, God is here Reimagining the Divine by Toba Spitzer | March 2022.

New participants are welcome! Join us even if you do not have the book.

Please save Sunday, December 7 at 7- 8:30 pm for our next Zoom meeting.

## Documentary Style Interviews of Reb Zalman's life in Review by his daughter, Chana Tina Duskis **Documentary 1: The 18-Miracle Escape** Monday, November 10, 6:30 - 8:30 PM CT on Zoom

This first documentary focuses on Reb Zalman's family's harrowing escape from the Holocaust and their extraordinary and miraculous journey full of interventions by human "angels."

This is a great opportunity to learn about Reb Zalman Schacter-Shalomi and the founding of the Jewish Renewal movement. This is the first of three 1.5 hour documentaries. Members who knew Reb Zalman please join us the last half hour to contribute your first hand knowledge to our discussion.

RSVP to [Shoshtcjr@gmail.com](mailto:Shoshtcjr@gmail.com) for the Zoom link. TCJRC Members free and nonmembers \$5.00 at [this link](#).

TC Jewish Renewal's  
**JEWISH JOURNEYS**  
A Soulful Evening of Havdalah, Food, Music and Conversation

Join Twin Cities Jewish Renewal Community (TCJRC) in a joyful natural setting to celebrate Havdalah with food, learning and singing.

Rabbi Jill will unpack the theme of Jewish Journeys: Connecting Personal to Peoplehood through study, conversation, and music. Discovering how we each connect our personal journey to the journey of the Jewish people. The program will include supper, Havdalah led by **Rabbi Jill Avrin of YourJewish** and songs led by **Koleinu**, a new band that celebrates contemporary Jewish living through communal singing.

TCJRC will provide a main vegetarian dish and drinks. Vegetarian or vegan potluck items appreciated.

Rabbi Jill Avrin is the founding Rabbi of YourJewish, a Twin Cities Jewish organization serving those who are unengaged or under-engaged in Jewish life. She is also the Director of Campus Affairs at the Jewish Community Relations Council of Minnesota and the Dakotas.

RSVP Here  
TCJRC and Cosponsor Members \$12  
Nonmembers \$18  
Everyone \$22 after Tuesday, October 28  
After registering, we'll send the Roseville location closer to the event.

Sponsored by TCJRC by means of a St. Paul Jewish Federation Ignite Grant.

St. Paul Jewish Federation  
J-Pride  
YourJewish  
Koleinu

### RSVP Here

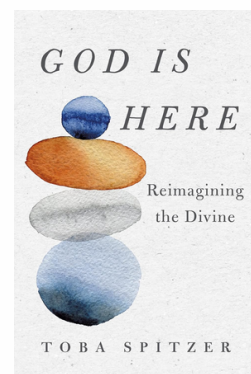
TCJRC and YourJewish Members \$12

Nonmembers \$18

Everyone \$22 after Tuesday, October 28

Financially accessible option available.

After registering, we'll send the Roseville location closer to the event date.





### **Rosh Chodesh Kislev Celebration, Thursday, November 20th, 6:30 - 8:00pm CT on Zoom**

Join us on Zoom for an evening to bring in Rosh Chodesh Kislev. Rabbinic Student and TCJRC Social Media and Events Director Shosh Madick will guide us in grounding, journaling and settling into the new month.

Kislev is in the darkest month; we will reflect on what seeds we are planting.

Bring something to write with and on, a candle, and a glass of water.



### **Adat Ha'araphel: Congregation of the Cloud Shabbat Services Second and Fourth Shabbat mornings of the month Gather at 9:15 AM CT and begins 9:30 AM**

Join us in the cloud for a spiritually infused, musical service. Please contact Sherry at [tcjewishrenewal@gmail.com](mailto:tcjewishrenewal@gmail.com) for Zoom details. All are welcome to attend. Service leaders include Rabbi Marc Labowitz from Temple Adath Or in So. Florida, Rabbi/Chaplain Leon Olenick, Jackie Olenick, and a host of other talented Jewish Renewal leaders such as our own TCJRC member, Chaiya Isenberg.

## TCJRC Membership and Donations

**We hope you decide to join us or renew as a TCJRC/ALEPH Member!** Your \$72 membership includes immediate family members, and enrolls you in both TCJRC and ALEPH (our national organization). We are able to bring in talented national leaders and grow with your support. Plus, you'll get a discount on many of our events and activities while helping us offer even more.

Now is the time to embrace that personal connection to God by reaching beyond religious boundaries and institutional structures. We offer a contemporary egalitarian approach, which includes Jewish mystical/Chasidic traditions and social transformation. Come immerse yourself in a different, joyful way of experiencing Judaism.

Various opportunities include designated ALEPH courses, free community webinars, resource sharing, Shabbaton with Renewal leaders, network community open houses, Rosh Chodesh participation, our national biennial Kallah conference and scholarships through grants.

## Local Events

### **Embodied Joy: A Movement Wellness Workshop**

A Jewish Spirituality Workshop: All programs and techniques used are based on Jewish Spiritual and Somatic Practices for a "moving Jewish Yoga"

Taught by Cia Sautter, Ph.D.

**Thursday, Nov 13, 4:30 – 6:15 PM**

**Zorongo Flamenco Studios, 3715 Minnehaha Ave S, Mpls, MN**

Life stresses, trauma, habits and even exercise can tighten muscles, block energy and prevent us from communicating needs. Embodied Workshop address these issues through offering:

- Release techniques to remove kinks, blocks and stress
- Restorative movement learning using patterns that rewire movement patterns
- Energy building creative dance and music

Cia has extensive training in the performing arts, including dance for healing and spiritual growth. Email Cia to register: [cialuna13@gmail.com](mailto:cialuna13@gmail.com)

### **Spirit & Song: An Inspirational Afternoon to Support Living Mussar**

**Sunday, November 16, 2025, 3 - 5 PM**

**Julie Dean, Executive Director and Founder**

This **benefit concert** features the inspiring acapella harmonies of *Shir Harmony* paired with heartfelt “soul stories” shared by Living Mussar participants. Together, we’ll celebrate how Mussar transforms lives—through song, story, and shared purpose.

Your donation to Living Mussar is your ticket. Register & Donate at [livingmussar.org/forms/spirit-song-registration](https://livingmussar.org/forms/spirit-song-registration)

## Local Mitzvah Request

Kathilyn Solomon is receiving medical treatment dissolving cancer in the bone marrow. If you are willing to make a Friday Shabbat meal for her, please contact Jeanne of the Chesed Committee of Mayim Rabim; easiest by text (612 267-1981), then email ([jhoff3@gmail.com](mailto:jhoff3@gmail.com)), or call. She is handling the overall calendar and food preferences and can possibly arrange for pickup and delivery to Kathilyn in St. Louis Park if needed.

## ALEPH Events

### **Up to the Minute Reflections from Israel-Palestine**

**Register here for this ALEPH Zoominar**

**Tuesday, November 4 at 11 AM - 12 PM CT**

Join Rabbi Haviva Ner-David, Spiritual Director for many ALEPH Ordination Program students and an activist for peace, equality, and justice, and Dr. Suheil Diab, one of her amazing Palestinian colleagues in Standing Together (ST), for a powerful, honest unpacking of this moment.

### **Friday Healing Circle**

**Fridays, 10:30 to 11:30am CT**

**with Rabbi Diane Elliot**

The Friday Healing Circle, led online by R. Diane Elliot and friends, offers a weekly space to connect, to feel, to praise, to learn, to grieve and to love. Join us each Friday at 10:30am CT for an hour of song and movement, Torah, poetry and healing prayers to expand your spirit and lead you into Shabbat. Gatherings are recorded and a link sent to all on our mailing list, so you can partake at your convenience. The Circle is freely offered; contributions are appreciated. To sign up for the mailing list and receive the Zoom link email [rabbi.diane18@gmail.com](mailto:rabbi.diane18@gmail.com)

### **Nechamah Minyan Every Evening (not Friday) at 8 PM CT**

Led by Rabbi Geela Rayzel Raphael and friends. Please email ALEPH's Spiritual Arts Director ([rrayzel@shechinah.com](mailto:rrayzel@shechinah.com)) for zoom room link. Providing nechamah (comfort) beyond time and space. Serving to connect people across denominational lines; people who need a place to pray; to heal; to grieve; to experiment with different forms and modalities of prayer. Please bring your prayers and songs for peace.

### **Silence is Praise, Date: Weekly on Wednesdays, Time: 10:30 am-11:30 pm CT**

**Presenter: Rabbi Anne Brener**

**Registration Cost: Pay-what-you-can**

Description: Join Rabbi Anne Brener for a chanting and meditation service, using the structure of the morning service, to calm our bodies and connect our souls. There will be time for some check-in afterward.

