

September 2025/Elul into Tishrei 5786 Newsletter



Dear TCJRC Friends,

Welcome to September! This corresponds to the Hebrew months of Elul and Tishrei and begins the High Holy Days. This is the time to prepare your soul for the awakening of the shofar blasts of Rosh Hashanah.

The month of Elul is an acronym in Hebrew for “Ani L’dodi V’dodi li” meaning, “I am my beloved’s, and my beloved is mine.” In our tradition, we learn that G!d is closer, more easily accessible at this month. But it takes love and courage to put yourself out, look honestly at how you can be a more spiritual, forgiving and G!d-connected person. Each day is an opportunity: each day in Elul (except the last) the shofar is briefly blown, and we recite psalm 27 in yearning, and in courage.

Rosh Hashanah, the New Year is on the first day of the new month of Tishrei: Yom Harat Olam, the day the world was conceived. Yom haDin, is the day of Judgement, when we will be trembling with upraised consciousness. This is the first of the Ten Days of Awe, of ten light-filled pathways of Teshuva/return. These days correspond to the ten Sephirot, or the Holy One of Blessing.

L’Shanah Tovah, wishing you Goodness this new year and always.

~Miryam Wolfson, Rabbinic and Cantorial Student (ALEPH Smicha candidate Jan. 11, 2026)

Torah Yoga Workshop: I Lift My Eyes to the Mountains/Ancestors
Wednesday, September 3, 7:00 - 8:30 PM
At Mount Zion Temple
\$18 for TCJRC/Mt Zion members, \$25 for general public. Tickets [here](#)

The Twin Cities Jewish Renewal Community (TCJRC) and Mount Zion Temple are thrilled to host internationally known Diane Bloomfield, the Israeli founder of Torah Yoga®, to lead a Torah Yoga® workshop for the Twin Cities. Her unique approach combines Jewish mysticism and wisdom with yoga for a truly exceptional experience focused on learning and growing holistically.

In the Hebrew word for mountain הרים we find a hint to our ancestors הורים. The Chassidic Rebbe Sfat Emet teaches: "The words of Torah are engraved in the body of a person, but they are hidden and need to be discovered." Through the study of Torah and the practice of yoga we will lift up our eyes to uncover the ancient-living qualities of Abraham and Sarah within our body, mind, heart and soul.

Following the workshop, we will have light snacks, questions and books will be for sale. Please bring a yoga mat and water bottle.



TCJRC Jewish Spiritual Book Meeting
Monday, September 8 from 7 - 8:30 PM On Zoom

We finish discussing God and the Big Bang, (2nd Edition): Discovering Harmony Between Science and Spirituality (Chapters 10 and 11) by Daniel Matt. Please RSVP with your name and email to TCJewishRenewal@gmail.com for the Zoom link.

Heritage Judaica Free Give Away
Tuesday, September 9 from 4:30 - 6:00 PM
on Beth Jacob Congregation's grounds, 1171 Victoria Curve, St, Paul 55118

A free clearinghouse - Finding new homes for gently used Judaica. Drop off donations accepted.

Sponsored by TCJRC and J-Pride



Adat Ha'araphel: Congregation of the Cloud - Jewish Renewal Shabbat Services
September 13 Parshat Ki tavo
Gather at 9:15 AM CT and begin 9:30 AM on Zoom
After the High Holiday's we meet the second and fourth Shabbat mornings

Join us in the cloud for a spiritually infused, musical service. 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. Please contact Sherry at TCJewishRenewal@gmail.com for Zoom details.

Membership

We hope you decide to join us or renew as a [TCJRC/ALEPH Member](#)! Your \$72 (\$6 a month) yearly 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.

Donations

As we grow during our seventh year, please consider an extra donation to help solidify our operations and ability to offer national and local talent.

Parttime Job Opening

We are currently seeking a 20 hour a month [Communications and Administrative Coordinator](#). Please email Sherry at tcjewishrenewal@gmail.com if you are interested.

Local Events

Imagining God: A Creative Encounter with the High Holy Days' Liturgy with Rabbi Debra Rappaport

In person at Beth El Synagogue - \$18/session donation suggested
Saturdays, September 6, 13 and 20, 1:15 – 2:30 PM

Zoom - \$54 or as you are able (sliding scale)
Thursdays, Sept 4, 11 and 18, 7:00 – 8:15 PM

Metaphors describing God – and our relationship with God – permeate our High Holy Days liturgy. For example, during the month of Elul (leading up to Rosh Hashanah), God is characterized as the King in the field, as Beloved/Lover, and as Protector. On Rosh Hashanah, we celebrate the (re)coronation of God as Sovereign; over the course of Rosh Hashanah and Yom Kippur, we appeal to God as Judge in the heavenly courts; and we encounter God as Avinu Malkeinu (our father our king), as Shepherd, as Potter, and more. Taken literally, any of these images might painfully clash with our theology – our beliefs about or our relationships with God as we understand God. [Register here](#).

Embodied Joy: Movement Wellness Workshops

Thursday, September 18 Balancing and Connecting, 4:30 – 6:15 pm

High Holidays -This is the time of the year for rebalancing. The moon and sun actually become in balance, as well as the weather.

Taught by [Cia Sautter, Ph.D.](#)

At Zorongo Flamenco Studios, 3715 Minnehaha Ave. Minneapolis 55406
Free Event – Email cialuna13@gmail.com to register.

Attendees learn about the Kabbalistic tree and metaphors made with it to the body. 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

Tribute to Reb Sarah (Sandi) Cohen
Thursday, September 4 | 6 PM CT | Zoom
[Register here](#)

Celebrate Reb Sarah (Sandi) Cohen's 90th Birthday and Legacy! Join us on Zoom for a heartfelt celebration honoring a beloved spiritual director, mentor, and teacher — on the occasion of her 90th birthday!

Reb Sarah has touched countless lives as a mentor and counselor. She was deployed by Reb Zalman z"l to her work and has been a cornerstone of Jewish Renewal, especially with P'nai Or in Philadelphia.

We hope you'll join Rabbi Geela Rayzel Raphael, Rabbi Shefa Gold, Rabbi Shawn Zevit, and many of Sarah's loved ones and students as we celebrate this wise and wonderful woman and the launch of this exciting new chapter for ALEPH.

Friday Healing Circle
Fridays, 11:30am to 12:30pm ET
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 8:30am PT / 11:30am ET 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 rabbidiane18@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 (rreyzel@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.

