

All,

I have no idea what this week holds for us. I do know that Shir Tikvah will be there to hold us. Check your inbox for up-to-date programming information.

### **Wise Aging Havurah**

We have so many wonderful classes on offer and you can find the information [here](#). I'll highlight just one here: The Wise Aging Havurah facilitated by Rabbi Debra Rappaport starts in December. It meets the first and third Thursdays through early May. As Rabbi Rappaport writes, "Based on the CDC's definition of vulnerable populations, many vibrant people have newly discovered they're old! While ageism is rampant in our society, Judaism honors the wisdom that comes with years. Rabbi Abraham Joshua Heschel described older years as 'indeed formative years, rich in possibilities...to deepen understanding and compassion, to widen the horizon of honesty, to refine the sense of fairness... One ought to enter old age the way one enters the senior year at a university, in exciting anticipation...'" [Register today!](#)

### **Meet some members!**

We miss each other, we miss the opportunities to get to know each other in easy ways, and many of us don't know many of us. To that end, allow me to introduce a few congregants. Every month, I will send a few bios and photos, provided that you [email me](#) a blurb and a photo?

Aaron Rutzick (he/him) has been a member of Shir Tikvah since 2007. He is married to Abby Fenton (Mussar Enthusiast!) and has two daughters, Ruby (10) and Sula (8), both of whom are a part of the Jewish Academy for Moral Imagination this year. Aaron is a physician in the Department of Internal Medicine at Hennepin County Medical Center and is also a hobby beekeeper. He once took second and third places in the novice division at the Minnesota State Fair honey competition. His parents were very proud.



Helen Rubenstein (she/her) has been a member of Shir Tikvah since the service at the St Paul JCC where the congregation voted to adopt the name Shir Tikvah. She writes “I have children and grandchildren who have had their Bar and Bat Mizvahs at Shir Tikvah. I’m a mostly retired attorney who does international human rights work on violence against women. My lifelong commitment to social justice is grounded in my Jewish identity and nourished by Shir Tikvah.” Below, Helen and Ozzy.



### **Continued building closure**

Our building remains closed, for the reasons presented [here](#). Our last closure announcement was effective through December 31, 2020 and Alison, Rabbi Latz and I have extended this closure to January 31, 2021. The Board will discuss closure beyond that date at its upcoming November board meeting and I will update you in my next letter. If you are concerned about your or a loved one’s mental health, please consider reaching out to [Jewish Family and Children’s Services](#) (in Minneapolis), [Jewish Family Services](#) (in St. Paul), [NAMI-MN](#), or call the national suicide prevention hotline for immediate support at 1-800-273-TALK.

As always, feel free to [contact me](#).

Bruce

