
SHABBAT SHIRA/BESHALACH

Friday, January 18 – 13 Shevat

4:45 PM Candle Lighting
6 PM Kabbalat Shabbat/Ma'ariv – DOGOLE CHAPEL
6 PM Instrumental Service – LEVIN-BAILIS ROOM
7 PM Joy of Shabbat Dinner (by reservation only) – FISHMAN-TOBIN AUDITORIUM

Saturday, January 19 – 13 Shevat

9:30 AM Morning Service – DOGOLE CHAPEL
Kiddush: Congregation and guests are cordially invited to join us in the FISHMAN-TOBIN AUDITORIUM. We are grateful for this week's donation to the Shabbat Fund by Sisterhood.
1 PM Milton Pomerantz Interactive Torah Study – Join Dr. Peter Gross in the BAILIS ROOM
3:50 PM Talmud Study with Rabbi Moriah SimonHazani – RUDOFKER LIBRARY
4:50 PM Minha/Seudah Shlishit/Ma'ariv/Havdalah
5:48 PM Shabbat Ends

IN MEMORIAM – BARUCH DAYAN HA-EMET

The Congregation extends its deepest sympathies to the family of:
SAMUEL WILF, brother of Arlene Cohen, January 13, 2019 (7 Shevat 5779)

Har Zion Landau Gift Box**WINTER SALE FOR JANUARY AND FEBRUARY**

**10% OFF EVERYTHING EXCEPT BOOKS, JUDAICA, FOOD AND SPECIAL ORDERS
COME IN AND SHOP OUR 30-50% OFF SECTION!**

Regular Hours: Monday-Thursday – 9:30 AM to 4 PM; Friday – 9:30 AM to 3 PM

Sunday – 9:30 AM to 12:30 PM (when JFGRS is in session)

Additional hours by appointment, 610-667-2698

NEXT SHABBAT

Friday, January 25 – 20 Shevat

4:53 PM Candle Lighting
6 PM Kabbalat Shabbat/Ma'ariv

Saturday, January 26 – 20 Shevat

9:30 AM Morning Service
10 AM Parashat Hashavua with Rabbi Moriah SimonHazani
11:15 AM Tot Shabbat Family Service
5 PM Minha/Seudah Shlishit/Ma'ariv/Havdalah
5:55 PM Shabbat Ends

THIS WEEK'S EVENTS

Sunday, January 20 – 14 Shevat**JFGRS – No School**

9 AM Minyan
6 PM Minha/Ma'ariv

Monday, January 21 – 15 Shevat – Tu B'Shevat – Martin Luther King Day of Service 1-3 PM**NCCECE – No School**

6:50 AM Minyan
11:30 AM Shul Stitchers
1 PM Cook for a Friend
1 PM Open a Book...Open Your Mind author Ethan Berlin, "The Hugely-Wugely Spider" – FREE and open to the community
1:30-6:30 PM Red Cross Blood Drive
6 PM Minha/Ma'ariv

Tuesday, January 22 – 16 Shevat

7 AM Minyan
10 AM & 5 PM Joys of Yiddish with Gerry Spector
6 PM Minha/Ma'ariv
7 PM Joint Board of Directors and Trustees Meeting

Wednesday, January 23 – 17 Shevat

7 AM Minyan and TISCH – Halakha Yomit (daily halakha) with the Mishnah Berurah – conversation & breakfast with Rabbi Shawn
11 AM Parashat Hashavua for the Sandwich Generation with Rabbi Shawn
5 PM NCCECE Hip Hop Recital
6 PM Minha/Ma'ariv
6:30 PM Har Zion After Dark – *The Bible Talks to Itself: Chronicles rereads Kings* with Dr. Ely Levine
7:30 PM Har Zion After Dark – Nosh & Schmooze
7:45 PM Har Zion After Dark – *Art Studio Time: Glass candlesticks, painted and decorated* with Ariela Barlas

Thursday, January 24 – 18 Shevat

6:50 AM Minyan
10 AM Popular Commentaries on Genesis with Rabbi Ira Flax
11:15 AM Current Events with Norman Einhorn
6 PM Minha/Ma'ariv
7 PM Purim Shpiel Practice
7 PM Men's Club Meeting

Friday, January 25 – 19 Shevat

7 AM Minyan and Men's Club Minyannaires with Rabbi Haaz. This morning's breakfast is sponsored by Gary Kerstein in honor of his 55th birthday and the 42nd anniversary of his Bar Mitzvah.
4:53 PM Candle Lighting
6 PM Kabbalat Shabbat/Ma'ariv
7 PM Congregational Oneg Shabbat

תהיינה נפשותיהם צרורות בצרור החיים:

May their souls be bound
up in the bond of life.

The following yahrzeits will be observed during the coming week.

Rose Hirsh
Marilyn Litman
Sarah Shapiro
Jan Silberstein
Sam Szeftel
Alice Tepper
Morton Leonard Waber
Louis Bailis
David Braginsky
Israel Dein
Henry Ford
Cyrus S. Gorson
David Knopman
Lisa Pearl-Brewer
Fannie Schambelan
Leonard Weiss
Evelyn S. Zatuchni
Stanley "Mickey" Zolot
Blanche Bronstein
Isadore Brooks
J. Harry Kauffman
Bernice Meyers
Rose Paul
Ruben Rosen
Honey Schwartz
Joseph K. Stein
Brooke Bentz
Harry B. Cohen
Joseph Kohn
Jane Ethyl Maltz
Irving J. Mitchell
Anna Panzer
Solomon Rosenberg

Dora Shilling
Lily Shulder
Herbert Barg
Harry I. Block
Blanche Feldman
Abraham Gitterman
Mollie Lebovitz
Jeanne Pollock
Claire Rader
Ethel Silvers
Martin Silvers
Dora T. Switt
Albert Yanofsky
Yetta Avart
Lola Graudens
Frank Kreithen
Benjamin B. Levin
Jacob Richman
Ann Dichter
Sidney J. Friedman
Eric Mandell
Ruth Pokotilow
Edith Berger
Mark B. Feldman
George Levitt
Joseph Lieberman
I. Jerome Milgrim
Bertel Peine
Irving Pollock
Thelma Rosset Golder
Belle Swartz
Rebecca Weiss
Samuel Zatuchni



Hello Past and Hopefully New Shpielers!

Do you enjoy singing, acting, dancing? Are you looking for fun, laughs and camaraderie? We hope you will take a part in this year's Purim Shpiel which will take place on **Wednesday, March 20 – The Megillah According to....Classic TV Theme Songs. Rehearsals are every Thursday from 7 - 8:30 PM in Room 215** – You can give as much or as little time as your schedule allows! Bring along any friends whom you think might be interested. We hope to see you there! Questions? Interested? Contact Debbie Folz: dfolz@harziontemple.org

Parents Night Out! Leave the kids with us!

Saturdays, 6:30-9:30 PM: February 9, March 16

All HZT kids ages 4-12 in three groups – Supervised programming, fun, Havdalah & hearty snack

Cost per entry ticket: 1 for \$28, 3 for \$75, 6 for \$132, 12 for \$240 –

Entry tickets can be used for your own child/ren or for a friend;

Late care - 9:30-10:30 PM can be arranged separately for \$10/child.

Questions and to RSVP: skenworthy@harziontemple.org or 610-664-5746

Do You Need The Caring Connection?

We would like to hear from you if you have a need in your good times and bad.

Call Laurie Albert, 610-667-5000, ext 111 or lalbert@harziontemple.org.

Transportation to Har Zion

DO YOU NEED A RIDE? Please contact Nanci Goldman at nancigoldman22@gmail.com or 610-664-7987.



INNOVATION UPDATE FROM ISRAEL IDEAS

Having Trouble Sleeping?

An Israeli startup dayzz has created an app that assists people with a task they should be able to do with their eyes closed — sleep, aiming to increase employees' productivity and cut work-based accidents. "There is a rising awareness that lack of sleep is extremely detrimental to overall health. We are also aware that people may have more than one sleep issue, and that sleep is affected by more than just our nights," said Amir Inditzky, CEO of dayzz, in a statement. Sleep loss and sleep disorders are some of the most common yet often overlooked health problems, even if they can be easily treated, according to the National Center for Biotechnology Information and the National Institutes of Health. It is estimated that 50 to 70 million Americans chronically suffer from a sleep disorder, which hurts both health and longevity. The long-term effects of sleep loss include hypertension, obesity, depression, heart attack and stroke. Insufficient sleep costs the US economy over \$400 billion a year, according to a 2016 study by Rand Europe.

To read more, go to: <http://www.israelideas.org/#!current/c1gqf>.

Sisterhood

Open a Book...Open Your Mind

Monday, January 21, 1 PM

Ethan Berlin, author of "The Hugely-Wugely Spider"

For children 6 and under – FREE and open to the community

RSVP to Emily Berton, 610-667-5000, or eberton@harziontemple.org

Sisterhood Shabbat

Friday-Saturday, February 1-2

Friday Dinner following 6 PM Services

\$39/adult, \$18/child 6-12,

child 2-5 complimentary

Open to entire congregation

RSVP needed by Monday, January 28

Saturday Morning Services at 9:30 AM

followed by an Extended Kiddush

For more info: Andrea Robbins, arrelst8@gmail.com

Sisterhood General Meeting

Tuesday, February 5, 11:30 AM

Special guest Arthur Werner, JD, MS
New Tax Laws and How They Will Affect Us

Lunch will be served

RSVP by Wednesday, January 30 to

ckkaplan@harziontemple.org

No charge for Sisterhood members/\$10 for non-members

"Open a Book...Open Your Mind"

Wednesday, February 6, 7 PM

Author Dick Berman, "*The Machalniks: The Birth of an Air Force*"

\$18 in advance/\$25 day of event

RSVP to Emily Berton, 610-667-5000, or

eberton@harziontemple.org, and drop a check at the front desk.

Men's Club

First Annual HZ Men's Club Tennis Outing

Saturday, January 26, 7-8:30 PM

Radnor Racquet Club (175 King of Prussia Road, Radnor)

\$25 per person and includes food, tennis balls and indoor court time in a round robin format. Open to all Har Zion members – all ages are welcome!

This event is limited to the first 30 people – RSVP requested ASAP

Mike Solomon, Tennis Committe Chair

RSVP ASAP to Morris Kurtzman at mkurtz2718@aol.com or Larry Brown at

lawbbro2004@verizon.net

Har Zion Poker Night with Men's Club and HSA – Sunday, March 17

5:30 PM Registration, 6 PM Tournament begins

Texas Hold'em – \$60 buy in, \$20 re-buys

BYOB Kosher – Dinner will be served – Table sponsorships available

Walk-ins welcome

RSVP to Emily Berton, eberton@harziontemple.org



Bring your donations to the front desk & mark your calendar to join us for this community event!

MARTIN LUTHER KING DAY OF SERVICE MONDAY, JANUARY 21, 1-3 PM

We are currently accepting donations of:

FOOD:

Narberth Food Bank – Nonperishables: canned fruit, flour, sugar, canned beans (kidney, black, white), boxed scalloped potatoes, rice, canned tuna or chicken, jelly, oatmeal, cereal, canned meat soups or stews, spaghetti sauce, pasta, cooking oil, peanut butter, condiments (mayo, ketchup, mustard). **Must not be expired!**

BOOKS:

Philly Reads – Pre-K thru 3rd grade board books for children

Friends of the Free Library – Teen and adult novels (no texts, diet or cookbooks)

PET SUPPLIES:

Home at Last Dog Rescue – Crates of all sizes, dog food (all ages), puppy pads, toys, nylabones, treats, poop bags, easy walk harnesses, gift cards to Amazon, chewy.com, and other pet stores.

HOUSEHOLD/BABY SUPPLIES:

HIAS – Knitted blankets, tools, sewing and first aid kits (especially band-aids)

Ronald McDonald House – Paper towels, facial tissues, snack packs - chips, pretzels, cookies

God is with Us Ministries – Toiletries of all sizes

Veterans – Decks of cards, puzzle books (sudoku, crosswords, word finds), lip balm, knitted winter hats

Mitzvah Circle – Diapers, wipes, onesies, infant and children's winter clothing

CLOTHING:

Nationalities Service Center – Cold weather clothing: children thru adults: coats, jackets, hats, gloves, scarves, shoes (winter)

Career Wardrobe – Women's and men's professional ware: suits, skirts, slacks, blouses, shirts, blazers, shoes, and accessories

Free the Girls – New or gently used bras of all sizes and styles

Our Closet through JFCS – Casual and sports clothing for adults and children

Fair Acres of Delaware County – Bingo raffle prizes like mugs, frames, figurines, stationery, coin purses, personal care items, notepads, key chains

SPORTS EQUIPMENT:

Leveling the Playing Field – Collecting sports equipment with Judy Bender and Ben Rotenberg (see additional flyer for specific items)

Volunteer options on MLK Day include:

Donation Sorting – Help organize and sort donated goods for distribution to local charities.

Cook for a Friend – 1 PM – Help prepare meals – we assist Federation to feed those in need.

Dinner Prep for the Life Center of Eastern Delaware County will follow in the kitchen beginning at approximately 3 PM.

Crafting and More – Craft projects for for raffle prizes for senior centers and letter writing for Veterans and IDF, get well cards, and welcome cards for HIAS and Fair Acres of Delaware County. Shul Stitchers (begins 11:30 AM) will also be putting blankets together.

Home at Last Dog Rescue – Learn about this foster care program for animals! Puppies and dogs will be available for playful and loving visits – and you can adopt one of them!

Service-Related Fun Activities for Children and Parents

American Red Cross Blood Drive – 1:30 - 6:30 PM • Gorson Auditorium – Reserve your slot today – call 1-800-REDCROSS.

Special Open a Book...Open Your Mind Program with Ethan Berlin, author of "The Hugely-Wugely Spider"
1 PM – FREE and Open to the Community





HZT Adult Education

Department of Lifelong Learning

Upcoming Classes

Talmud with Rabbi Sarra Lev, PhD – Mondays, 10:30 AM – Will resume February 4
Rabbi Shawn and the Search for God – Mondays, 12-1 PM – Will resume January 28
D'var T'filah with Hazzan Vogel – Tuesdays, following 7 AM Services – Will resume February 5
Experience the Joys of Yiddish with Gerry Spector – Tuesday, January 22, 10 AM and 5 PM
Current Events with Norman Einhorn – Thursdays, January 23, 11:15 AM

Har Zion After Dark

Wednesdays, January 23, 30

6:30-7:30 (early session) – Dr. Ely Levine – *The Bible Talks to Itself*

January 23 – Chronicles rereads Kings

January 30 – Sennacherib's invasion in II Kings, Isaiah and II Chronicles - and archaeology and Assyrian sources

7:45-8:45 PM (later session) – Art Studio Time with Ariela Barlas

Come get messy and creative in the art room with Ariela. Each week participants will have a chance to make a Jewish ritual object and engage themselves as learners with their hearts and hands rather than only with their minds.

January 23 – Glass candlesticks, painted, decorated with Fimo or other materials

January 30 – Birkat Habayit, decorated canvas boards with blessing for a residence

Wednesday, February 6, 7 PM

"Open a Book...Open Your Mind" with author Dick Berman, "The Machalniks: The Birth of an Air Force"

Sponsored by Sisterhood and the JFGRS

\$18 in advance/\$25 day of event – RSVP to Emily Berton, 610-667-5000, ext 109 or eberton@harziontemple.org and drop a check at the front desk.

Special Programming

***Exploring Jewish Views of the Afterlife: Traditional and Contemporary Perspectives* with Dr. Simcha Raphael**

Tuesdays, February 12, 26; March 12, 26 – 10-11:30 AM


An exploration of Jewish afterlife texts spanning three millennia of history. As travelers through time, we shall enter the worlds of Torah, Talmud, Midrash, Zohar and Hasidic tales investigating diverse ways Jews have understood the enigmatic mystery of death and the world beyond.

Searching for spiritual renewal of traditional teachings, we shall use these texts for reflection and discussion discovering practical guidelines for responding to the human encounter with death - personally, and in our families and communities.

Simcha Raphael, PhD is the Founding Director of the DA'AT Institute for Death Awareness, Advocacy and Training.

See other side for all adult education offerings at a glance.

ADULT EDUCATION AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
Talmud with Rabbi Sarra Lev 10:30 AM	D'var T'fillah: A Teaching on Prayer with Hazzan Vogel after 7 AM Minyan	TISCH with Rabbi Shawn after 7 AM Minyan	Popular Commentaries on Genesis with Rabbi Ira Flax 10 AM	Men's Club Minyannaires with Rabbi Haaz after 7 AM Minyan	Learners Minyan with Rabbi Moriah 10 AM See dates below
Rabbi Shawn and the Search for God 12-1 PM	Joys of Yiddish with Gerry Spector 10-11:30 AM See dates below	Parashat Hashavuah for the Sandwich Generation with Rabbi Shawn 11 AM-12 PM	Current Events with Norman Einhorn 11:15 AM-12:15 PM Every other week See dates below	Friday Lunch Bunch with Rabbi Shawn and Norman Einhorn 12-1 PM See dates below	Parashat Hashavuah with Rabbi Moriah 10-11 AM See dates below
	Exploring Jewish Views of Afterlife with Dr. Simcha Raphael 10-11:30 AM See dates below	Learning our Liturgy with Dr. Sara H. Cohen 11 AM-12 PM See dates below		Teen Dessert and Discussion with Rabbi Shawn 8-9:30 PM See dates below	Milton Pomerantz Interactive Torah Study Various leaders 1 PM
	Joys of Yiddish with Gerry Spector 5-6 PM See dates below	Har Zion After Dark Class 1: 6:30-7:30 PM Refreshments: 7:30-7:45 PM Class 2: 7:45-8:45 PM			Parents and Kids Together with Rabbi Shawn one hour before Minha See dates below
					Talmud Study with Rabbi Gary Charlestein One hour before Minha

Joys of Yiddish with Gerry Spector: January 22; February 5, 19; March 5, 19

Exploring Jewish Views of the Afterlife with Dr. Simcha Raphael: February 12, 26; March 12, 26

Learning our Liturgy with Dr. Sara H. Cohen: March 6, 13, 20, 27

Current Events with Norman Einhorn: January 24; February 7; March 7

Friday Lunch Bunch with Rabbi Shawn and Norman: February 1; March 1, 8, 15

Teen Dessert and Discussion with Rabbi Shawn: February 1, March 1

Parashat Hashavuah with Rabbi Moriah SimonHazani: January 26, March 2

Learners Minyan with Rabbi Moriah SimonHazani: February 23, March 16

Parents and Kids Together with Rabbi Shawn: February 2, March 2