

UPCOMING EVENTS, ACTIVITIES AND SPECIAL ANNOUNCEMENTS



Tikkun Olam Martin Luther King Day of Service – Monday, January 21, 1-3 PM
Join us for many service-related fun activities for children and families

We are currently accepting donations of:

- **Clothing for Men, Women, and Children** – professional clothing, shoes, scarves, handbags, belts, cold weather clothing, casual and sports clothing
- **Food** – Non-perishables: canned items, cereal, sauce, peanut butter, condiments
- **Household Goods/Baby Supplies** – tools, sewing/first aid kits, paper towels, tissues, snack packs, toiletries, playing cards, puzzle books, diapers, wipes, onesies, infants and children's winter clothes
- **Pet Items** - Dog/cat carriers, crates, leashes, cans of food, treats, pet store gift cards
- **Books** –Pre-K thru 3rd grade board books for children, teen & adult novels (no texts, diet or cookbooks), puzzle books (sudoku, crossword, word finds)
- **Personal Items** - Disposable razors, toiletries
- **Sports Equipment** – for Leveling the Playing Field ([here's a list](#))

For a complete list of items [click here](#)

Volunteers are asked to bring an item to donate.

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

1 PM – Special Open a Book...Open Your Mind Program with Ethan Berlin, author of "The Hugely-Wugely Spider" – For children 6 and under – FREE and open to the community – [Click here to RSVP](#)



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! We'll read through the script and listen to the songs. Bring along any friends whom you think might be interested. We hope to see you there! Questions? Interested? Contact Debbie Folz: dfolz@harziontemple.org

This Week...

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
Upcoming dates: February 5, 19; March 5, 19

You do not have to be able to speak Yiddish to experience the Joys of Yiddish culture. Enjoy the works of Yiddish authors, poets, songs, theater and cinema and incidentally learn the language. This fall the focus will be on the works of Yiddish poet and songwriter, Mordkhe Gebirtig.

TISCH with Rabbi Shawn – Wednesday after 7 AM Minyan

TISCH – remain after Minyan for breakfast and halacha study with Rabbi Shawn in the Rudofker Library. We will read the traditional and then connect it to our own current practices.

Parashat Hashavuah for the Sandwich Generation with Rabbi Shawn – Wednesdays, 11 AM

Rabbi Shawn will briefly summarize the parsha. He will then bring one or more contemporary interpretations of the text for us to study and discuss. This class is designed for the "Sandwich Generation" student (those

that are sandwiched between the needs of their children and those of their aging parents and between the ages of 45ish and 65ish). We will focus on topics that are relevant today. If you would like to receive information about upcoming programs, please email Patty Grobman - pgrobman@harziontemple.org.

Har Zion After Dark – Wednesday, January 23

6:30 PM – *The Bible Talks to Itself: Chronicles rereads Kings* with Dr. Ely Levine

7:45 PM – *Art Studio Time: Candlesticks: Glass candlesticks, painted, decorated* with Ariela Barlas

Popular Commentaries on Genesis with Rabbi Ira Flax – Thursdays, 10 AM, Rudofker Library

We will study the commentaries found in the Hertz Chumash, the Etz Hayim Chumash, and the commentaries of modern biblical scholars to deepen our understanding of the first book of the Bible.

Current Events with Norman Einhorn – Thursdays, January 23, 11:15 AM

Ripped from the day's headlines, our multi-media classes revolve around issues that are making the news. Whether it's Israeli or American Politics, the class tackles topics that are discussed around the dinner table. All opinions are welcome, total respect is required.

Men's Club Minyannaires with Rabbi Haaz – Friday after 7 AM Minyan

Breakfast and study with Rabbi Haaz in the Sall Study. Learn new insights to the Torah through wrestling with Rashi's interpretations and our understanding of his reasoning.

More Adult Education at HZT...

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 (your choice)

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



Wednesday, February 6, 7 PM

"Open a Book...Open Your Mind"

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

Sponsored by Sisterhood and the JFGRS

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

[Click here](#) to RSVP online or make a reservation with 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.

[Here's a full list of our upcoming Adult Education offerings](#)

Sisterhood...

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, contact 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

Arthur Werner is the president and a shareholder in the lecture firm of Werner-Rocca Seminars, Ltd. He is a former adjunct professor of taxation in the Master of Science in Taxation program at the Philadelphia University and received his B.S. in Accounting and his M.S. in Taxation from Widener University. Mr. Werner lectures extensively in the areas of Estate Planning, Financial Planning, and Estate and Gift Taxation to Certified Public Accountants and Financial Planners.

"Open a Book...Open Your Mind" – Wednesday, February 6, 7 PM

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

Sponsored by Sisterhood and the JFGRS

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

[Click here](#) to RSVP online or make a reservation with Emily Berton, 610-667-5000, ext 109 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

Join us at the [Radnor Racquet Club](#) (175 King of Prussia Road, Radnor) for the 1st Annual Har Zion Men's Club Tennis Outing.

\$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.

Mike Solomon, *Tennis Committee Chair*

RSVP ASAP to Morris Kurtzman at mkurtz2718@aol.com or Larry Brown at lawbro2004@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

Youth...

Har Zion Youth invites you, the parents, to have a night out!

Leave the kids with us!

Saturday nights, 6:30-9:30 PM: February 9, March 16

All HZT kids ages 4-12 in three different groups – Supervised programming, fun, Havdalah service and 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: skeworthy@harziontemple.org or 610-664-5746



Tikkun Olam...

-Collecting Items MLK Day – [here's the list](#) plus [sporting equipment we're collecting](#)

-Volunteers Needed for Federation's Mitzvah Food Program – [Click here](#) for more information.

Questions, please contact Norma Dworkin, 610-547-9448.

The Charlestein Family invites the Congregation to Shabbat dinner at Har Zion Temple in memory of Malvina & Morton Charlestein – Friday, March 29, 7 PM following 6 PM services

The Charlestein Family invites the Congregation to join us for a Shabbat dinner in memory of **Malvina & Morton Charlestein** on the occasion of Morton's eighth yahrzeit. We will also be honoring our post Bar/Bat Mitzvah teenagers continuing their Jewish education.

RSVP to Patty Kita at 610-239-6004 or pkita@premusa.com.

\$20/adult, \$10/ages 6-21, no charge for current and former Har Zion students enrolled in a formal or supplemental Jewish high school program (and staff)

Make check payable to "Gary Charlestein" and mail to Gary Charlestein, Premier Dental, P.O. Box 4500, Plymouth Meeting, PA 19462 **by Monday, March 25.**

Sponsored by the Charlestein/Phillips/Benjamin Families

Do you need the Har Zion Temple Caring Connection?

Do you know about the Har Zion Temple Caring Connection? We are a community, a network of fellow congregants who would like to hear from you if you have a need in your good times and bad. We encourage any congregant to contact us if you know of a fellow congregant who is ill or has had a loss. Please don't assume we know. Please contact Laurie Albert, 610-667-5000, ext 111 or lalbert@harziontemple.org. Help us help you!

College Outreach Program (A free service provided by the Sisterhood of Har Zion)

During the year, the College Outreach Program sends holiday packages to those college students who are away from home. It is a small way to keep them in touch with Judaism and Har Zion Temple.

Once again we are collecting the names and addresses of our **college students**.

Please remember that each year addresses change. You can email your information to: Karen Davis, daviskjj@aol.com or Anne Stein, annestein1@comcast.net.

Sisterhood Floral Fund Donation Cards are available for acknowledging special birthdays, special events, happy occasions, new babies and wishes for a speedy recovery, as well as, memorializing loved ones. Contributions to the Floral Fund provide Bimah flowers throughout the year.

Four for \$30 or \$10 each – To purchase your donation cards, please contact Janice Katz, 610-525-1101 or rhk101@hotmail.com.

Use the Sisterhood Scrip Program for All of Your Shopping Needs!

Stock up on gift cards from Scrip. A percentage of the money you spend on each card benefits the Sisterhood Floral Fund. Why not support Sisterhood while planning your shopping days? Order your Scrip cards and be prepared whenever you shop! Please contact Susan Kochman, 215-272-0475 or sbkochman@aol.com.





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>.

Transportation to Har Zion Temple

"Oh, if I'd only known she/he needed a ride to Har Zion."

"Oh, I would have been there but I couldn't get a ride."

We are hearing these statements more and more – and would like to help our congregants who would like to attend services, meetings and programs.

Do you need a ride...To Services? To daytime or evening meetings and/or programs?

Can you provide an occasional ride?

What areas would be convenient for you? What Services, meetings, or programs do you usually attend (morning/afternoon/evening)?

Please contact Nanci Goldman, nancigoldman22@gmail.com or 610-664-7987.

Share Your Simha!

We encourage you to sponsor an Extended Kiddush to celebrate any special simha, such as an Anniversary of a Bar/Bat Mitzvah, Baby Naming, Aufruf, Birthday, Anniversary or Graduation, etc. You may also want to consider contributing to our Shabbat Fund in honor of your special occasion. For more information, please contact Emily Berton, ext 109 or eberton@harziontemple.org.

Bimah Flowers Can Be Sponsored

Bimah flowers can be sponsored in honor of a special occasion such as a Bar/Bat Mitzvah, Anniversary or Special Birthday. Please contact Reisel Weinberger, risey@aol.com or 610-668-1148.

Regular Daily Minyan

Evenings: 6 PM

Mornings: Sunday – 9 AM; Monday and Thursday – 6:50 AM; Tuesday, Wednesday and Friday – 7 AM

Minyan Volunteers Needed

"The world stands on three things: on Torah, on prayer and on kindness to others." – Pirkei Avot

Please register to be called if we need you for daily minyan. E-mail or call Laurie Albert, ext 111 or lalbert@harziontemple.org, with your name and cell phone number for a text.