
SHABBAT YITRO

FRIDAY, JANUARY 29 – 20 SHEVAT –SCHOLAR IN RESIDENCE WEEKEND

4:58 PM Candle Lighting
6:00 PM Minha/Kabbalat Shabbat Service/Ma'ariv – DOGOLE CHAPEL
7:00 PM Scholar in Residence Dinner – by reservation only
– FISHMAN-TOBIN AUDITORIUM

SATURDAY, JANUARY 30 – 20 SHEVAT – SCHOLAR IN RESIDENCE WEEKEND

9:30 AM *Kol Tefilah* – Shabbat Morning Service – DOGOLE CHAPEL
9:45 AM *Lilmod U'Lelemed* – Learning Service – BAILIS ROOM
10:30 AM Junior Congregation – BERKOWITZ FAMILY AUDITORIUM
11:00 AM *Parashat Hashavua* – Shabbat Torah Study – BAILIS ROOM
TORAH READING: EXODUS 18:1 Page 432
MAFTIR: EXODUS 20:19 Page 449
HAFTARAH: ISAIAH 6:1 Page 452

KIDDUSH: Congregation and guests are cordially invited to join us in the GORSON AUDITORIUM. We are grateful for this week's donation to the Shabbat Fund by Sisterhood, and by Joyce Rhode - with profound gratitude for my recovery and much appreciation for all of the prayers and good wishes of my Har Zion Family.

SCHOLAR IN RESIDENCE LECTURE: Following the Kiddush, join Rabbi Samuel Kieffer discussing the "Top Ten Ideas Torah Has Taught the World" in the DOGOLE CHAPEL.

4:00 PM Talmud Study – Join Rabbi Gary Charlestein in the RUDOFKER LIBRARY
5:00 PM Minha/Seudah Shlishit/Ma'ariv/Havdalah – DOGOLE CHAPEL
5:59 PM Shabbat ends
8:00 PM An Evening of Original Music with Rabbi Kieffer –
\$10/adult, \$5/child under 12 – payable at the door – Refreshments served.

IN MEMORIAM – BARUCH DAYAN HA-EMET

The Congregation extends its deepest sympathy to the families of:
PAUL H. MANNES, uncle of Joshua Klein, January 20, 2016 (10 Shevat 5776)
BLANCHE BRONSTEIN, mother of Steven Bronstein, January 25, 2016 (15 Shevat 5776)

Mi Shebeirach

<i>Mi shebeirach avoteinu</i>	<i>Mi shebeirach imoteinu</i>
<i>M'kor hab'racha l'imoteinu</i>	<i>M'kor hab'rachah l'avoteinu</i>
May the source of strength,	Bless those in need of healing with
Who blessed the ones before us,	<i>r'fuah sh'leimah,</i>
Help us find the courage to make our	The renewal of body, the renewal of spirit,
lives a blessing,	And let us say, Amen
and let us say, Amen.	

THIS WEEK'S EVENTS

SUNDAY, JANUARY 31 – 21 SHEVAT

9:00 AM MORNING MINYAN
10:00 AM SCHOLAR IN RESIDENCE BREAKFAST with Rabbi Kieffer, "Three Unlikely Heroes of the Bible"
10:00 AM JFGRS BET FAMILY PROGRAM
6:00 PM MINHA/MA'ARIV

MONDAY, FEBRUARY 1 – 22 SHEVAT

6:50 AM MORNING MINYAN
10:00 AM TALMUD STUDY with Rabbi Alpert
6:00 PM MINHA/MA'ARIV

TUESDAY, FEBRUARY 2 – 23 SHEVAT

7:00 AM MORNING MINYAN
11:30 AM SHUL STITCHERS
6:00 PM MINHA/MA'ARIV
7:00 PM HSA MEETING
7:30 PM STRATEGIC IMPLEMENTATION TEAM MEETING

WEDNESDAY, FEBRUARY 3 – 24 SHEVAT

7:00 AM MINYAN AND TISCH – *Halakha Yomit* (daily *halakha*) with the *Mishnah Berurah* - conversation & breakfast with Rabbi Allen
10:00 AM SISTERHOOD ADULT ED – *Unpacking the Haggadah* with Dr. Sara Cohen
6:00 PM MINHA/MA'ARIV

THURSDAY, FEBRUARY 4 – 25 SHEVAT

6:50 AM DAVENING & DONUTS
10:00 AM POPULAR COMMENTARIES with Rabbi Rosenberg
11:00 AM SISTERHOOD DAVENING SKILLS with Rabbi Alpert
6:00 PM MINHA/MA'ARIV
7:00 PM MEN'S CLUB MEETING
7:00 PM USY MEETING

FRIDAY, FEBRUARY 5 – 26 SHEVAT

7:00 AM MEN'S CLUB MINYANNAIRES – Join Rabbi Rosenberg for breakfast and a study session "Jeopardy Rashi Style."
5:06 PM CANDLE LIGHTING
5:30 PM SHABBAT SHA-BLUE JEANS AND STAY & PLAY, SHALOM CHAI AND GARINIM SHABBAT DINNER
6:00 PM MINHA/KABBALAT SHABBAT SERVICE/MA'ARIV

TRANSPORTATION TO HAR ZION**DO YOU NEED A RIDE...**

To Services? To daytime or evening meetings and/or programs?

CAN YOU PROVIDE AN OCCASIONAL RIDE?

Please contact

Nanci Goldman at
NanciG22@aol.com or
610-664-7987.

תהיינה נפשותיהם צרות בצרור החיים:

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

The following yahrzeits will be observed during the coming week.

Edith Berger
Mark B. Feldman
George Levitt
Joseph Lieberman
Jeffrey Magid
I. Jerome Milgrim
Diane Oriel
Bertel Peine
Irving Pollock
Thelma Rosset Golder
Belle Swartz
Rebecca Weiss
Samuel Zatuchni
Judith W. Cohen
Shalom Ogens
Mitchell Pomerantz
Saul Schildhorn
Saul Silberstein
Cecelia Silverman
Selma E. Silverman
Warren Weiner
Allen J. Beckman
Sylvia W. Bernstein
Leonard D. Gilberg
Marilyn Gilbert
Roslyn T. Gilbert
Harriet Hankin

Florence Harris
David Kurtz
Beatrice Last
Bernard Magen
Harry E. Robinson
Nathan G. Stein
William Blumberg
Vadim Glozman
Dr. Bernard L. Miller
Marcia Picus
Rivka Bas Baruch Berkowitz
Jacob Levy
Anna Lieberman
Irving Luftman
Anne G. Moss
Abraham Rothseid
Harvey Silberstein
David Vogel
Albert Alpert
Anna Arovitch
Beatrice T. Brown
Morris Brownstein
Ethel Dogole
Thelma Farber
Emanuel Field
Milton Lundy
Jack Magun

Samuel Braverman
Yetta Dubin
Steve Ellis
Eve Feldman
Bertram H. Horowitz
Gladys Kleiman
Leonard Lafair
Edward Lucker
Ruth Jacobson Rosenberg
Esther Segal
Arthur Spieler
Morton B. Weinstein
Frances Berkowitz
Lucille Allen Galpern
Louis Gerbarg
Bebe Glass
Henry Goldman
Minerva Kaminsky
Samuel Matlin
Rebecca Matusow
Arthur Mehr
Freda Pearl
Tallu Rosen
Selma Sachs
Harry Snyderman
Louis Weinberger

MADREGOT "NOTES" FUNDRAISER

Proceeds benefit the Madregot program of the Jane Fishman Grinberg Religious School
You can participate in this fundraiser by becoming a sponsor and/or purchasing symbolic music notes. Each \$18 donation will be recognized, and you can honor your family, your friends or teachers, and will be part of a "symphony" of music decorating the walls of the synagogue this spring. Decorate them yourself or have our school children decorate them. These "notes" symbolize our commitment to the children in the Madregot Program and support their path to a Jewish life.
To download form: www.harziontemple.org/harzion/16notesbrochure.pdf



SISTERHOOD ADULT EDUCATION

WEDNESDAYS, FEBRUARY 3, 17 AND 24, 10:00-11:30 AM AT HAR ZION

All are welcome. Classes are free of charge.

Unpacking the Haggadah

Join Dr. Sara Cohen as we learn about the Hagaddah, its history, writers, content, liturgy. We will examine the story of Moses' life and the women who influenced him.

SISTERHOOD GENERAL LUNCH MEETING

TUESDAY, FEBRUARY 9, 11:30 AM

Gail J. Cummings – "Girlfriends: Our Treasured Lifelong Connections"

This topic should resonate with everyone!

Gail Cummings is a business lawyer turned psychotherapist, executive coach and public speaker. She uses her combination of human behavior expertise and former experience as a practicing attorney to counsel and coach lawyers, executives and professionals for success.

No charge to members – \$18 to non-members

RSVP to Sherry Pearlstein: sherrypearl1@gmail.com by Friday, February 5

We look forward to seeing you there!

B'BAYIT – BEHIND THE SCENES OF SHABBAT... CANDLES, WINE, CHALLAH

WEDNESDAY, FEBRUARY 17, 7:00 PM

Wine Tasting and Kiddush with Rabbi Rosenberg

Hosted by Aliza & Alan Remer

Our B'bayit series brings Torah into our homes. Come learn the customs of Shabbat – candle meditation, Kiddush wine tasting, challah baking

For more information and to RSVP, contact Beth Krouse, beth@ert-title.com.

LADIES AND LATTES WITH RABBI MARSHALL – THURSDAY, FEBRUARY 18

9:15 AM at Har Zion Temple OR 12:00 PM at Starbucks in Bala Cynwyd

Ask the Rabbi: Women Rabbis Respond to Modern Jewish Law Questions

Have you ever wondered if it was permissible to drive on Shabbat to shul? Make a snowman on Shabbat? Or even dance on Shabbat? Come discuss with Rabbi Marshall what the women rabbis of our time have to say. *Come enjoy a cup of coffee or a latte with other Har Zion women.*

RSVP to Rabbi Marshall, rnmarshall@harziontemple.org or 610-667-5000, ext 114.



Scholar in Residence
Rabbi Samuel Kieffer
Heart, Mind, Body and Soul
January 28 - 31, 2016

The emotions of war, the intellectual investigation of responses to tragedy, giving in to the temptations of the flesh as in the case of King David, and music as an outpouring of the soul

Friday, January 29 – Dinner and Discussion following 6:00 PM Services
Fifty Days of War and Blessings, Living through Last Year's Wars
By Reservation Only

Saturday, January 30 – Discussion after Kiddush
Top Ten Ideas Torah Has Taught the World

Saturday, January 30, 8:00 PM – Evening of Original Music
 Cost: \$10/adult, \$5/child under 12 – payable at the door
 Refreshments will be served

Sunday, January 31 – Breakfast following 9:00 AM Services
Three Unlikely Heroes of the Bible
 Co-sponsored by Adult Education, Sisterhood and Men's Club

DO YOU NEED THE HAR ZION CARING CONNECTION?

We are 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. Call 610-667-5000, ext 178 or caring@harziontemple.org. Help us help you!

SISTERHOOD & MEN'S CLUB

INVITE YOU TO 'PAINT THE TOWN'

NO artistic experience is required!!



SATURDAY, MARCH 12

7:30 – 9:30 PM

\$32/person includes

Canvas – Easel – Brushes – Paint – Aprons

Desserts, Mixers and Beer provided by Sisterhood and Men's Club

PINOT's PALETTE – 20 Greenfield Avenue, Ardmore PA (610) 642-3718

Reservations requested by Tuesday, February 23 due to limited seating
(Make checks payable to Har Zion Sisterhood and bring to the synagogue office or to the event)

RSVP to Norma Dworkin: nldworkin58@gmail.com or
 Jack Marine: recyclejack@aol.com

SHOP THE GIFT BOX FOR ALL GIFT-GIVING NEEDS!

50% OFF SELECTED ITEMS (Final sale - No gift wrap)

Regular hours: Monday – Thursday, 9:30 AM to 4:00 PM, Friday – 9:30 AM to 3:00 PM

Sunday – 9:45 AM to 1:00 PM (when school is in session)

Additional hours by appointment.

For info, please call 610-667-2698, or email giftbox@harziontemple.org.



INNOVATION UPDATE FROM ISRAEL IDEAS

Puzzled About How Much Sugar You Are Consuming?

Physicians and nutritionists are emphasizing the importance of cutting down on sugar. "Today, doctors and nutritionists know that excessive intake of sugar is a major health risk, but food manufacturers don't make it easy to figure out exactly how much sugar consumers are consuming. Moreover, many consumers are concerned about the kind of sugar they are consuming – cane sugar, high fructose corn syrup, etc. Valiber is the first standard, and the first technology, that will let them identify and control the sugar they eat and drink."

By seeing sweetness as an objective standard, people will be able to better control how much sugar they consume. The CEO of Israeli start-up Valiber aims to answer that question of how sweet is sweet. To read more go to: <http://www.israelideas.org/#!current/c1gqf>.

Har Zion Sisterhood
invites you to welcome Shabbat
with family and friends on
Friday, February 19, 2016

Sisterhood-led Services at 6:00 PM

Dinner following Services

You are welcome to bring your own unopened Kosher wine

RSVP no later than February 15

Sisterhood Shabbat Dinner - Friday, February 19 - RSVP no later than February 15

Please make checks payable to: **Sisterhood of Har Zion Temple**, 1500 Hagys Ford Road, Penn Valley, PA 19072

Name _____

Phone _____ Email _____

_____ adults @ \$39 _____

_____ 6-12 years old @ \$18 _____

_____ 2-5 years old (complimentary) _____ Seating Preference _____

Total enclosed \$ _____

*HAR ZION MEN'S CLUB INVITES YOU TO
OUR 2016 WINTER PUB NIGHT*

Schmooze
For Brews and Booze

HAVE A...

*"The Marines Have Landed" - Old Grand Dad bourbon
and ginger ale w/lime OR*

"The Sayer Slayer" - Stolichnaya vodka and cranberry juice

Or choose any well drink or beer on tap
(First Drink Compliments of Har Zion Men's Club)
Complimentary veggie appetizers will be served

Join us at our
Second Annual Winter Pub Night
Thursday, February 18, 2016
Starting at 7:30 PM until 9:30 PM

Group photos will be taken at 8:00 PM



101 N. Narberth Avenue - Narberth, PA 19072
Corner of Narberth and Haverford Aves

