

UPCOMING EVENTS, ACTIVITIES AND SPECIAL ANNOUNCEMENTS

Building Our Spiritual Community

FRIDAY, OCTOBER 14 – 13 TISHRI

6 PM – *Kol Zimra* – Instrumental Service

Bar Mitzvah: Jake Littman, son of Staci & Matthew Littman

6 PM – Traditional Service

6:04 PM – Candle Lighting

7 PM – Joy of Shabbat (reservations required)

SATURDAY, OCTOBER 15 – 13 TISHRI

9:30 AM – *Kol Tefilah* – Main Sanctuary Service

Bar Mitzvah: Jacob Hare, son of Jenifer & Martin Wachs

9:45 AM – Davening and Donuts – Grades 3-7

10:30 AM – Junior Congregation – Grades K-6

10:45 AM – *Parashat Hashavua* – Adult Torah Study

6:05 PM – Minha/Seudah Shlishit/Ma'ariv/Havdalah

7:06 PM – Shabbat ends

Sign Up Today for HZT Connect

What is HZT Connect? It's our new Member portal to all that is happening at Har Zion Temple, the NCCECE, the JFGRS, and more! How do I sign up? Visit harziontemple.org and click the link at the top of the page. Once you're signed up, you will be able to see and RSVP for events, send messages to other members, and more! Need a little more help? Call our new Director of Communications, Ebby Goldsmith, 610-667-5000, to get all the help you need!



Friday, October 14 – Dinner following 6 PM Services

Come relax and enjoy Shabbat together following evening Services.

BYOB (unopened Kosher)

RSVP required.

SUKKOT

Monday, October 17 – First Day of Sukkot

9 AM – Festival Services

10:45 AM-12 PM – Young Family Service with Rabbi Allen & Debbie Folz (up to Kindergarten w/an adult)

12 - 1 PM – Kiddush in the Maurice A. Kendall Sukkah

6 PM – Evening Minyan

6:30 PM – Kiddush in the Drive-thru Sukkah



Tuesday, October 18 – Second Day of Sukkot

***Morning Services at Congregation Beth Am Israel (HZT is joining our neighbors)**

9:30 AM – *Festival Service

11 AM – *Family Service with Rabbi Allen and Hazzan Messinger (Kindergarten-Grade 5 w/adult)

6 PM – Minha/Ma'ariv at Har Zion Temple

Sisterhood of Har Zion Temple General Meeting

Study in the Sukkah with Rabbi Shawn

Wednesday, October 19, 11:30 AM

Lunch will be served.

RSVP to Sheila Schafer, Issch@comcast.net or 610-645-5461.

Digging Deeper: Jewish Holidays – 11 AM-12 PM

Thursday, October 20 – Simhat Torah with Rabbi Rosenberg

Explore the customs, ceremonies, and background of Jewish holidays.

Sponsored by Sisterhood – All are invited!

Sukkah Cooking Fun with Dorene & Nancy

Friday, October 21, 11 AM

At the home of Nancy Selarnick

Due to the popularity of this program, spaces will fill up quickly and are limited, so RSVP ASAP!

RSVP by October 16 to Dorene Karasick, gingeralegal45@aol.com or 215-290-7570

JKidPhilly Stories in the Sukkah, Friday, October 21, 4 PM

Join jkidphilly for a Pre-Shabbat Sukkot Extravaganza including crafts, stories, and an extra special snack in the Maurice A. Kendall Family Sukkah at Har Zion Temple!

Yofi Sukkah Hop – Saturday, October 22, 4 PM

Explore the various sukkahs of HZT while learning about the holiday and building community. Light meal, sukkahs, songs, and fun!!

USY Haunted Hayride and Bonfire – Saturday, October 22, 7:15-10:30 PM

Join the youth (grades 8-12) from Temple Beth Hillel-Beth El and Adath Israel for a haunted hayride and s'mores by the fire at Linvilla Orchards in Media. Bus leaves from and returns to TBHBE.

\$20/USY members - \$25/non-members (checks payable to TBHBE) – space is limited – RSVP by Wednesday, October 19 to hztusy613@gmail.com

The Caring Connection

We invite you to help us! We need your ideas and your participation. Help us continue to build community through acts of loving kindness. Our Caring Connection has so many wonderful *mitzvot* to do, we are looking to expand our group, to give more of our congregants the opportunity to join us in our commitment of reaching out to our Har Zion Community.

– Nancy Gottlieb, Charlotte Muchnick and Sheila Schafer, Co-chairs, the Caring Connection

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 (\$10 each) – To purchase your donation cards, please contact Michelle Strayer, 610-992-9371 or moibas83@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. Why not support Sisterhood while planning your shopping days? Order your Scrip cards and be prepared whenever you shop! Please contact Michele Perlstein, mshoueka@hotmail.com – 610-519-1211 for more information.



INNOVATION UPDATE FROM ISRAEL IDEAS

Incision-Free Treatment For Chronic Acid Reflux

Acid reflux, or gastroesophageal reflux disease (GERD), affects up to one in four Americans. For most, acid-neutralizing medication can control the chronic heartburn and regurgitation of acid. Some need surgical repair of the esophageal valve that normally keeps reflux from occurring. However, what if medication isn't helping and you don't want surgery?

About 13 million to 15 million patients in the U.S. fall into that category," says the CEO of Medigus, a medical-device company based in Israel. Medigus pioneered an incision-free outpatient procedure that solves the reflux problem in about an hour. The MUSE (Medigus Ultrasonic Surgical Endostapler) System enables physicians to reconstruct the esophageal valve through the mouth, eliminating the need for surgery in eligible patients. Assembled in Israel and protected by more than 70 patents, MUSE consists of a surgical stapler, mini-ultrasonic positioning sights and a miniaturized flexible video camera. 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, NanciG22@aol.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 Program and Events Coordinator Shonnie Lebovitz, ext 106 or slebovitz@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.

Shop the Gift Box for all Gift-Giving and Holiday Needs

Regular hours:

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

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

Additional hours by appointment.

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

The Gift Box accepts credit cards – giving you more flexibility to shop!

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.

An active member of our local Jewish community desperately needs a kidney – blood type B or O

To learn how you can save a life or for more information about kidney donation, please call, (718) 431-9831 or email, R718@renewal.org. Visit WWW.RENEWAL.ORG