# Building Our Spiritual Community

SISTERHOOD SHABBAT FRIDAY EVENING, FEBRUARY 19

6:00 PM - Sisterhood Shabbat Service

Followed by Congregational Oneg Shabbat

7:00 PM - Sisterhood Shabbat Dinner - by reservation only

**SATURDAY, FEBRUARY 20** 

9:30 AM - Kol Tefilah (Voice of Prayer) - Morning Service

9:45 AM - Lilmod U'Lelamed (To Learn and to Teach) - Learning Service

10:30 AM - Junior Congregation

11:00 AM - Parashat Hashavuah - Shabbat Torah Study

5:25 PM - Minha/Seudah Shlishit/Ma'ariv/Havdalah



### \*\*SISTERHOOD SHABBAT – FRIDAY & SATURDAY, FEBRUARY 19 & 20

Har Zion Sisterhood invites you to welcome Shabbat with family and friends on

Friday - Sisterhood-led services at 6:00 PM

Dinner following services by reservation only

Saturday - Sisterhood-led services at 9:30 AM - Kiddush following services

# \*\*DALET SIDDUR DECORATING - SUNDAY, FEBRUARY 21, 10:00 AM

Please join us for our Annual Family Siddur Decorating

In honor of your Dalet child's Siddur service you will be decorating a fabric cover for your child's own Siddur.

The Dalet Siddur service is being held on **Friday**, **March 4** where the entire Dalet class will help lead the congregational Friday night service.

RSVP to the school office: 610-664-5746 or JFGRS@harziontemple.org.

# \*\*SUPER SUNDAY - FEBRUARY 21

On FEBRUARY 21, please help the Jewish Federation of Greater Philadelphia's 2016 Campaign get off to a bright start by making the calls that make the difference on SUPER SUNDAY, our Greater Philadelphia Jewish community's single largest day of fundraising. We are STRONGER TOGETHER...let's prove it.



Jack M. Barrack Hebrew Academy, Schwartz Campus of the Jewish Federation of Greater Philadelphia 272 S. Bryn Mawr Ave., Bryn Mawr, PA

Three shifts: 9:00 am - 12:30 pm • 12:30 - 5:00 pm • 5:00 - 8:30 pm

Featuring a community partner showcase, delicious food, child care and children's programming

Super Sunday 2016 Co-chairs: Robin & Steven Katz and Sharon & Joel Freedman

To register or for more information: jewishphilly.org/supersunday

Call 215.832.0630 or visit supersunday@jfgp.org.

# \*\*TALMUD STUDY WITH RABBI ALPERT - MONDAY MORNINGS, 10:00 AM

This class is studying the seventh chapter of Bava Metzia (Labor Law).

# \*\*MINYAN & TISCH WITH RABBI ALLEN – WEDNESDAY MORNINGS FOLLOWING 7:00 AM MINYAN

Halakha Yomit (daily halakha) with the Mishnah Berurah – Join us each week as we study a different halakha and ask ourselves about the underlying values that inform our practice.

# \*\*SISTERHOOD ADULT EDUCATION – WEDNESDAY, FEBRUARY 24, 10:00-11:30 AM

Har Zion Temple – All are welcome. Classes are free of charge.

### Unpacking the Haggadah

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



# \*\*FRIDAY MORNING MEN'S CLUB MINYANNAIRES WITH RABBI ROSENBERG **FOLLOWING 7:00 AM MINYAN**

Jeopardy Rashi Style - This class will examine the commentary of Rashi on the Torah to deepen our appreciation of the issues Rashi saw in the text and to understand how his commentary maintains relevance through today.

# \*\*SISTERHOOD EXECUTIVE BOARD MEETING - SUNDAY, FEBRUARY 28, 10:15AM Sisterhood General Board Meeting - 10:45am

Isen Hall of Memories – RSVP by February 26

Board dues of \$18 will be collected at this time, if you have not fulfilled your obligation as a Board member.

### NEW CLASS WITH RABBI ROSENBERG...

# APPROACHES TO TORAH – TUESDAYS, MARCH 8, APRIL 19 AND MAY 3, 6:15-7:30 PM

Conservative Judaism believes that there is more than one approach to understanding Torah. We debate about what really happened at Sinai. What does Torah mean? How can two Jews have three opinions about matters of "fact?"

Come learn about and discuss the question of divine authority from Orthodox, Conservative, Reform, Reconstructionist perspectives.

Join with Rabbi Rosenberg after evening minyan for light dinner and discussion. There is no cost for dinner and rsvps are required no later than March 4: mgubernick@harziontemple.org.

### \*\*SISTERHOOD & MEN'S CLUB INVITE YOU TO 'PAINT THE TOWN'

Saturday, March 12, 7:30-9:30 PM

NO artistic experience is required!!

\$32/person includes Canvas - Easel - Brushes - Paint - Aprons Desserts, Mixers and Beer provided by Sisterhood and Men's Club Bring a bottle of wine or vodka (Kosher)

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

Reservations & payment requested by Tuesday, February 23 due to limited seating

(Make checks payable to Har Zion Sisterhood and bring to the synagogue office)

RSVP to Norma Dworkin: nldworkin58@gmail.com or

Jack Marine: recyclejack@aol.com

# \*\*USE THE SISTERHOOD SCRIP PROGRAM FOR ALL 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.



# \*\*DRIVE FOR ST. CHRISTOPHER'S HOSPITAL – FEBRUARY 12 - MARCH 1 Clothing-Bath Supplies-Toys (New or gently used)

Bottles - Diapers - Baby wipes -Pacifiers (New)

Please bring items to the school office. Questions? Looking to make an individual or monetary donation? Please contact Dana Neumann at dananeu@pcom.edu.

This is a community service project organized by medical students at PCOM. Thank you for your help and support!





### INNOVATION UPDATE FROM 15128

# A Way to Fool Cancer Without Harming Normal Cells

A medical technology start-up, BioSight, developed a technology that enables leukemia patients to avoid the worst effects of chemotherapy. Interim results, from a major study of patients with leukemia, shows that the system yields the maximum efficiency from chemo, with a minimum of toxicity. The CEO of BioSight, Dr. Ben Yakar, says that "Our method of using chemo does not cause brain damage or weaken blood cells," with all its attendant phenomena, such as lethargy, loss of hair, etc. BioSight's "Trojan horse" chemo technology doesn't only work for leukemia patients said Dr. Ben Yakar. "We believe it will be effective in many other kinds of cancer as well.

Chemotherapy – the use of anti-cancer drugs (chemotherapeutic agents) to fight cancer – is often the only medical course of action in fighting cancer. The problem is that the very strong attack chemicals have no way of differentiating between healthy and sick cells, so they attack all targeted cells.

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

### \*\*TRANSPORTATION TO HAR ZION

"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 at NanciG22@aol.com or 610-664-7987.

### \*\*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. Call 610-667-5000, ext 178 or caring@harziontemple.org. Help us help you!

# \*\*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. Please contact Shonnie Lebovitz, Program and Events Coordinator (ext 106 or slebovitz@harziontemple.org) for more information.

### \*\*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!

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.

The Gift Shop is now accepting credit cards - giving you more flexibility to shop!

Like us on Facebook!

### **REGULAR DAILY MINYAN**

Evenings: 6:00 PM

Mornings: Sunday - 9:00 AM, Monday and Thursday - 6:50 AM,

Tuesday, Wednesday and Friday – 7:00 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 (610-667-5000, 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