

SHABBAT NASO

FRIDAY, JUNE 17 – 12 SIVAN

6:00 PM Minha/Kabbalat Shabbat/Ma'ariv – DOGOLE CHAPEL
7:00 PM Congregational Oneg Shabbat – MAIN LOBBY
8:14 PM Candle Lighting

SATURDAY, JUNE 18 – 12 SIVAN

9:30 AM *Kol Tefilah* – Morning Service – DOGOLE CHAPEL
TORAH READING: NUMBERS 7:1 Page 805
MAFTIR: NUMBERS 7:87 Page 811
HAFTARAH: JUDGES 13:2 Page 813

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 the Hunter and Marnie Landau Summer and Holiday Kiddush Fund and by Sisterhood.

MILTON POMERANTZ INTERACTIVE TORAH STUDY GROUP: Following the Kiddush, join Dr. Josh Friedman for an interactive Torah study session in the BAILIS ROOM.

7:15 PM Talmud Study – Join Rabbi Alpert in the RUDOFKER LIBRARY
8:15 PM Minha/Seudah Shlishit/Ma'ariv/Havdalah
9:22 PM Shabbat ends

IN MEMORIAM – BARUCH DAYAN HA-EMET

The Congregation extends its deepest sympathy to the families of:
LEWIS BECKER, husband of Marilyn Becker, June 12, 2016 (6 Sivan 5776)
REGINA WARSAW, grandmother of Aviele Koffler, June 12, 2016 (6 Sivan 5776)

THIS SUMMER – GIVE A D'VAR TORAH AT SHABBAT SERVICES...

Why are Bar/Bat Mitzvah students the only Har Zion Temple members who share thoughts on the weekly Torah portion or Haftarah with the community? Each Shabbat, **now through August 26-27**, we encourage all of our members to step forward and prepare three to five minutes of Torah or Haftarah commentary to present at Friday night or Saturday morning services. Please contact Rabbi Allen ruallen@harziontemple.org to select a date. All of our clergy are more than ready to help you prepare and present your D'var Torah. It is a wonderful opportunity to grow Jewishly, and the congregation looks forward to hearing your insights.

Mi Shebeirach

Mi shebeirach avoteinu
M'kor hab'racha l'imoteinu
May the source of strength,
Who blessed the ones before us,
Help us find the courage to make our
lives a blessing,
and let us say, Amen.

Mi shebeirach imoteinu
M'kor habrachah l'avoteinu
Bless those in need of healing with
r'fuah sh'leimah,
The renewal of body, the renewal of spirit,
And let us say, Amen

THIS WEEK'S EVENTS

SUNDAY, JUNE 19 – 13 SIVAN

9:00 AM MORNING MINYAN – BERKOWITZ FAMILY AUDITORIUM
6:00 PM MINHA/MA'ARIV

MONDAY, JUNE 20 – 14 SIVAN

GIFT SHOP SUMMER HOURS BEGIN

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

TUESDAY, JUNE 21 – 15 SIVAN

7:00 AM MORNING MINYAN
6:00 PM MINHA/MA'ARIV
6:30 PM CAMP COUNSELOR ORIENTATION

WEDNESDAY, JUNE 22 – 16 SIVAN

7:00 AM MINYAN & TISCH – *Halakha Yomit* (daily *halakha*) with the *Mishnah Berurah* - conversation & breakfast with Rabbi Allen
6:00 PM MINHA/MA'ARIV

THURSDAY, JUNE 23 – 17 SIVAN

6:50 AM MORNING MINYAN
6:00 PM MINHA/MA'ARIV

FRIDAY, JUNE 24 – 18 SIVAN

7:00 AM MEN'S CLUB MINYANNAIRES – Join Rabbi Alpert for breakfast and a study session "Jeopardy Rashi Style." This morning's breakfast is sponsored by Barry Siskind on the birth of Jonah Philip Siskind.
6:00 PM MINHA/KABBALAT SHABBAT/MA'ARIV
8:15 PM CANDLE LIGHTING

**COOK FOR A
FRIEND NEEDS
YOUR HELP –
DO A MITZVAH!
MONDAY
JUNE 20
6:00 PM**



HAR ZION
GIFT BOX

SHOP THE GIFT BOX FOR ALL YOUR GIFT-GIVING NEEDS!

SUMMER HOURS BEGIN MONDAY, JUNE 20:

CLOSED MONDAY, FRIDAY AND SUNDAY

OPEN TUESDAY, WEDNESDAY, THURSDAY – 9:30 AM – 3:00 PM

Additional hours by appointment.

**For info, please call 610-667-2698, or email giftbox@harziontemple.org.
The Gift Shop accepts credit cards – giving you more flexibility to shop!**

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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.

Jules Axelrod
Joseph Chaiken
Faye Gold
Elizabeth Goldstein
Gloria Goldstein
Harriet Kerdell
Rubin Kerdell
Louis Metcoff
Ilana Myra Miller
Freda Seigerman
Steven Stein
Harriett Jacobs
Herman Jaffe
Joseph Jaffe
Sol Rosner Laveson
Beverly Yanoff
William Morris Zachian
Nathan Alpern
Emanuel Eskin
Leonard Rubin
Betty Sardinsky
Maurice Simpson
Samuel Weiner
Elaine J. Beckett
Vivian S. Glick
Barbara Kendall
Florence F. Kendall

Max Kramer
Elias Manne
Dr. David Perlmutter
Bea Rittenberg
Harry Rosenstein
Milton J. Stander
Frank Adler
Sylvia Beifeld
Allan Dym
Bessie Finn
William Frezel
Sadie Goldman
Minnie Briskin Hack
Israel Srully Kinderman
Samuel Lipman
Beatrice Miller
Lillian Miller
Ruth Appel Zurit
Anna Ben
Israel Block
Molly Grosser Cohen
Morris J. Cohen
Ruthe Freedman
Hyman Garber
Bessie Greenbaum
Herbert Harris
Doris J. Kingston

Edith Price
Shirley Rosenberg
Mina Weiner
Abraham Henry Weiswasser
Bea Brody
Herbert Edelglass
Edward Forman
Seymour M. Goldman
Albert M. Greenfield, Jr.
Phillip Luks
Herbert Shapiro
Rose Soffa
Ethel Sporkin
Sam Vortman
Sidney Weissman
Jacob Edward Yadgaroff
Rose Block
Harvey Comer
Emanuel Farber
Martin Levitt
Jacob Nadler
Mania Stone
Bessie Swinger
Ira Tepper
Louis Tobin
Hyman Weber
Edith Podolsky Zebrowitz

VOLUNTEERS NEEDED FOR COOK FOR A FRIEND SUMMER DATES

MONDAY EVENINGS – JUNE 20, JULY 11 AND AUGUST 8, 6:00-8:00 PM

Set up begins at 5:30 PM in the catering kitchen. Cooking and food packaging will be from 6:00 to 8:00 PM. Please join us in preparing meals for the needy. For more information, contact Elaine Stewart, estew23@verizon.net

FRIDAY MORNING MEN'S CLUB MINYANNAIRES WITH RABBI ALPERT JUNE 24, 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.

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.

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.

INNOVATION UPDATE FROM **ISRAEL IDEAS** Looking for the Skin's Fountain of Youth

Pollutants, UV rays, radiation and other stressors in the environment assault our skin all day long. When these substances filter into the body through our pores, they can create free radicals. Oxidative stress caused by excessive free radicals is responsible for a host of skin conditions, including inflammatory diseases, pigment disorders, wrinkles and some types of skin cancer. It can also damage internal organs and cells that produce essential lipids, proteins and DNA.

According to report in the journal Cosmetics, an Israeli PHD student in collaboration with researchers from Technion-Israel Institute of Technology came up with an innovative nanotechnology that could be the way to activate the body's natural defense against oxidative damage to the skin as well as internal organs. This nanotechnology boosts the body's natural defense mechanisms against oxidative stress, helping to produce antioxidant enzymes to maintain the skin's proper balance, "The approach of using the body's own defense system is very effective. We showed that activation of the body's defense system with the aid of a unique delivery system is feasible, and may leverage dermal cure," said Hebrew University researcher Maya Ben-Yehuda Greenwald. To read more go to: <http://www.israelideas.org/#!current/c1gqf>.



Har Zion Adult Education
1500 Hagys Ford Road, Penn Valley 19072 610.667.5000 www.harziontemple.org

Come learn. Come home.

What Divides Us? What Unites Us? Israeli and American Jews

Special Presentation by Alan Cooperman



Wednesday, July 13 - 7:30-9:30 PM

Alan Cooperman is Director of Religion Research at the Pew Research Center. He is an expert on religion's role in U.S. politics and has reported on religion in Russia, the Middle East and Europe. He plays a central role in planning the project's research agenda and writing its reports. Before joining the Pew Research Center, he was a national reporter and editor at the Washington Post, foreign editor of U.S. News & World Report, and a foreign correspondent for the Associated Press. He graduated magna cum laude from Harvard in 1982 and started in journalism at the Berkshire Eagle in Pittsfield, Mass. He is an author of *Mormons in America*, *Muslim Americans*, the *U.S. Religious Knowledge Survey*, *"Nones" on the Rise* and *A Portrait of Jewish Americans*. He also was the primary editor of the 2014 U.S. Religious Landscape Study and *The Future of World Religions*. He has appeared on numerous media outlets, including NPR, BBC, Radio Free Europe/Radio Liberty, the NewsHour, NBC, ABC, CBS, CNN, Fox, MSNBC and C-SPAN.

RSVP is requested by July 6.

Please call Marcy Gubernick, 610-667-5000, ext 108.