

## UPCOMING EVENTS, ACTIVITIES AND SPECIAL ANNOUNCEMENTS

### *Building Our Spiritual Community*

FRIDAY EVENING, JUNE 17

**6:00 PM – Minha/Kabbalat Shabbat/Ma'ariv**

**7:00 PM – Congregational Oneg Shabbat**

**8:14 PM – Candle lighting**

SATURDAY, JUNE 18

**9:30 AM – Kol Tefilah – Morning Service**

**8:15 PM – Minha/Seudah Shlishit/Ma'ariv/Havdalah**

**9:22 PM – Shabbat ends**

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

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

#### **\*\*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

#### **\*\*MINYAN & TISCH WITH RABBI ALLEN – WEDNESDAY MORNINGS**

**FOLLOWING 7:00 AM**

*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.

#### **\*\*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.

#### **\*\*SAVE THE DATE! WEDNESDAY, JULY 13, 7:30 PM**

*What Divides Us? What Unites Us? Israel and American Jews*

**ALAN COOPERMAN**, Director of Religion Research at the Pew Research Center will speak at Har Zion.



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.

#### **\*\*DEVOTION BY THE OCEAN WITH CONGREGATION BETH JUDAH IN VENTNOR**

**FRIDAY EVENINGS – JULY 8, JULY 29, AUGUST 26, 6:00 PM**

Newport Ave and the Beach in Ventnor, NJ

For info, please call 609-822-7116, email [info@bethjudah.org](mailto:info@bethjudah.org), or visit [www.bethjudah.org](http://www.bethjudah.org).

**\*\*USHERS ARE NEEDED FOR THE HIGH HOLIDAYS**

Interested in serving as a High Holiday usher? Please contact Alan Workman at [ajworkman@aol.com](mailto:ajworkman@aol.com) or 610-649-5731.

**\*\*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](mailto:mshoueka@hotmail.com) – 610-519-1211** for more information.



**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](mailto: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.

**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>.

**\*\*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](mailto: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. Please contact Laurie Albert, 610-667-5000, ext 111 or

[lalbert@harziontemple.org](mailto:lalbert@harziontemple.org). Help us help you! If you have questions about resources beyond the Har Zion Temple community, our Caring Connection Resource Box is now located in the Receptionist's Office.

**\*\*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](mailto: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 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](mailto:giftbox@harziontemple.org).**

**The Gift Shop accepts 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](mailto: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](mailto:R718@renewal.org). Visit [WWW.RENEWAL.ORG](http://WWW.RENEWAL.ORG)**