

UPCOMING EVENTS, ACTIVITIES AND SPECIAL ANNOUNCEMENTS

Our Services Are Made Holier by Your Participation!

Do you know how to read Torah or Haftarah? Would you like to practice your skills in a low-pressure environment? Then email Ely Levine at RitualCommittee@harziontemple.org to sign up. There are readings of all sizes; we will find the right one for you!

Volunteers Needed for Cook for a Friend – Summer Dates

Monday evenings – July 1 and August 5, 5:30-7:30 PM

Please join us in preparing meals for the needy. For more information, contact Elaine Stewart, estew23@verizon.net



Pajamarama: Jewish Story Time

Kehillah of Lower Merion invites you to put on your pajamas, grab your teddy bear and join us for story time. For additional information: kehillahoflowermerion@gmail.com.

Wednesdays at 5:30 PM – Please note new starting time

July 3 - Sponsored by Main Line Reform Temple
Maybrook Apartments, 325 Penn Road, Wynnewood

July 10 - Sponsored by Chabad of the Main Line
Bala Cynwyd Library, 131 Old Lancaster Road, Bala Cynwyd

July 17 - Sponsored by Har Zion Temple
Har Zion Pool, 1500 Hagys Ford Road, Penn Valley

July 24 - Sponsored by Beth David Reform Congregation
Gladwyne Park, 921 Youngs Ford Road, Gladwyne

July 31 - Sponsored by Beth Am Israel Congregation
Poolside at Kaiserman JCC, 45 Haverford Road, Wynnewood

August 7 - Sponsored by Adath Israel
Poolside at Kaiserman JCC, 45 Haverford Road, Wynnewood

August 14 - Sponsored by Congregation Beth Hamedrosh and Chabad of Penn Wynne
Penn Wynne Library, 130 Overbrook Park, Wynnewood

August 21 - Sponsored by Temple Beth Hillel-Beth El
Poolside at Kaiserman JCC, 45 Haverford Road, Wynnewood

Shabbat This Summer!

Friday, June 28

5:45 PM – Sushi and Wine PrOneg

6:30 PM – Services (**please note service time**)

Friday, July 12

4:45 PM – Movie – *The Women's Balcony*

<https://www.youtube.com/watch?v=5Ae4MShFUgo>

6:30 PM – Sushi and Wine PrOneg

7:15 PM – Services (**please note service time**)

Saturday, August 3

Gazpacho/Cold Soup Shabbat Kiddush –

Share your favorite recipe!

Those who plan to prepare soup in the HZ kitchen on Thursday or Friday, August 1 or 2, please contact Emily Berton (eberton@harziontemple.org) – you will be reimbursed for your ingredients. Those who need assistance with *kashrut* and shopping for supplies, please contact Norman Einhorn (neinhorn@harziontemple.org).

Family Shabbat Swims at Har Zion

Saturday, July 20 and August 3

Join us for Kiddush at **12 PM**

Pool time: **1-3 PM** at the Har Zion Pool

Ages: Kids through third grade are welcome



No charge – A healthy snack will be provided
Lifeguards will be onsite

Rules for the pool:

- No food allowed in pool area
- Adults accompanying children 3 and under must be in the water with them
- No flotation devices (wings, floaties) permitted
- All children in diapers must wear a vinyl swim diaper covering

Camp Counselors Needed

Har Zion Day Camp is looking for motivated, enthusiastic counselors (ages 16 and above) – Must be available through August 16. Please e-mail Diane Halpren at harziondaycamp@harziontemple.org, or call 610-667-5000, ext 198.

Israel Bonds Honors Janice Gorson, Lynne Cohen and Sherrie Willner Thursday, August 8, 11:30 AM-2:30 PM

Israel Bonds Philadelphia Women's Division invites you to the Chai Tea Lunch

Honoring Janice Gorson, Lynne Cohen and Sherrie Willner

At the home of Daryl Segal, Margate City, NJ

Featuring a Performance by Kol Zimra – An interactive Jewish a cappella group known to provide spirited & spiritual musical harmony and an Israel Briefing by Elad Strohmayer, Spokesperson of the Embassy of Israel to the United States



Minimum \$100 new Israel bond investment required to attend

Minimum \$1,800 new Israel bond investment to be listed on the Chai Tea Roll of Honor - L'Dor v'Dor: Friends & Family

(Bond investments must be completed by August 8 unless other arrangements are made with Sharon Richman)

(Visit israelbonds.com to invest online)

REGISTER HERE

RSVP by August 1

On your response please indicate if you need a ride or can offer a ride

Jean Herz, *Women's Division Chair*

Judy Auerbach and Jennifer Willner, *Chai Tea Chairs*

For more information, please contact Sharon Richman, Registered Representative
267.443.2005 | Sharon.richman@israelbonds.com

DIETARY LAWS OBSERVED

New Daytime Card Group Starting at Har Zion

Ernie Posner would like to see if men in our congregation would like to start a men's daytime card group at Har Zion. For those interested, he can be reached at paernie@aol.com.

Early Bird Sign Up!

Volunteer to be a High Holiday usher and get special perks and benefits. For more information, please contact Alan Workman, 610-649-5731 or ajworkman@aol.com.



COMMUNITY PORTRAIT
A population study of Greater Philadelphia

Have you heard about Community Portrait?

It's a population study, commissioned by the Jewish Federation of Greater Philadelphia once every 10 years that will help us to most effectively evaluate and support the needs of our local Jewish communities. Your answers will help us to direct our resources to where they're most needed so our entire Jewish community can continue to

grow and thrive! Keep an eye out for the survey in the mail to see if you've been selected to take part in the survey. [Learn more here!](#)



Jewish Federation
of Greater Philadelphia

Har Zion Landau Gift Box

We are now online! Visit us at harziontemple.org/giftshop

SUMMER HOURS – Tuesday, Wednesday, Thursday, 9:30 AM to 3 PM

CLOSED SUNDAYS

Additional hours by appointment – 610-667-2698

This Week...

Sisterhood Mah Jongg – Mondays at 12:30 PM

Cook for a Friend – Monday, July 1, 5:30 PM

Please join us in preparing meals for the needy. For more information, contact Elaine Stewart, estew23@verizon.net

Men's Club Minyannaires with Rabbi Haaz – Fridays after 7 AM Minyan

Breakfast and study with Rabbi Haaz. Learn new insights to the Torah through wrestling with Rashi's interpretations and our understanding of his reasoning.

Sisterhood...

Har Zion Landau Gift Box

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SUMMER HOURS – Tuesday, Wednesday, Thursday, 10 AM to 3 PM

Additional hours by appointment – 610-667-2698

Tikkun Olam...

-HIAS PA has some urgent needs for incoming refugee families...

Box fans, diapers and trash cans. We have added these items to our [Target Registry](#). For more information, please contact Kerry Coughlin, kcoughlin@hiaspa.org

-Volunteers Needed for Federation's Mitzvah Food Program – [Click here](#) for more information

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. Help us help you!

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 or \$10 each – To purchase your donation cards, please contact Janice Katz, 610-525-1101 or rhk101@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 Floral Fund. Why not support Sisterhood while planning your shopping days? Order your Scrip cards and be prepared whenever you shop! Please contact Susan Kochman, 215-272-0475 or sbkochman@aol.com.





INNOVATION UPDATE FROM **ISRAEL IDEAS**

Mental Wellness Guide for Life Challenges

Connecting with others has never been easier than in the present day. But this connectivity is a double-edged sword. While some forty percent of Americans feel lonely and isolated, according to the 2018 US Loneliness Index, increased social media use has been linked with heightened feelings of social isolation, especially in young people.

Wisdo, an Israeli mental wellness startup, wants to harness the power of online communities to lift people out of emotional pain by connecting with each other through shared experiences.

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, nancigoldman22@gmail.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 Emily Berton, ext 109 or eberton@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.

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.