

UPCOMING EVENTS, ACTIVITIES AND SPECIAL ANNOUNCEMENTS



Save the Date...

Friday, August 3 – Dinner following 6 PM Services

A Summertime Dinner with a Philly Twist

Join Rabbi Haaz, Bonnie Rose, Sophie and Sadie for their first Shabbat at Har Zion Temple!

Catered Shabbat dinner complete with fried and BBQ chicken, salmon, cole slaw, veggies, pasta, dessert, candy buffet and wine. Some Philly surprises, too!

\$18/adults – \$9/children under 12

RSVP IS A MUST by Monday, July 30 to Harriet, 610-667-5000 or hzt@harziontemple.org or [click here](#) to reserve online.



Tikkun Olam...

Volunteers Needed for Federation's Mitzvah Food Program

[Click here](#) for more information.

Volunteers Needed for Cook for a Friend – Summer Dates

Monday evenings – July 9 and August 13, 5:30-7:30 PM

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

WE NEED YOU!

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

SHOP THE GIFT BOX FOR ALL YOUR GRADUATION AND WEDDING NEEDS!

***Our New Year's Greeting Card Catalog is here! Place your order early!
Free flap printing for the season and free UPS shipping***

Summer hours:

Closed Sunday, Monday and Friday

Open Tuesday, Wednesday and Thursday, 10 AM to 3 PM

Additional hours by appointment.

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



Sisterhood/HSA Monday Mah Jongg Mondays at 12:30 PM

You may bring Kosher dairy/parve lunch or snacks.

Questions and to RSVP, please contact Phyllis Gorson, 610-667-5000, ext 112.

Popular Commentaries on Genesis with Rabbi Ira Flax

Thursday mornings, 11 AM (Please note change of time)

We will study the commentaries found in the Hertz Chumash, the *Etz Hayim* Chumash, and the commentaries of modern biblical scholars to deepen our understanding of the first book of the Bible.



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, contact Cheryl Barish Erlick:

cheryl.barish.erlick@gmail.com

Wednesdays at 6 PM

July 11 - Sponsored by Camp Kef and jkidphilly
Poolside at Kaiserman JCC, 45 Haverford Road, Wynnewood

July 18 - Sponsored by Beth David Reform Congregation
Gladwyne Park, 921 Youngs Ford Road, Gladwyne

July 25 - Sponsored by Narberth Havurah

Meet in front of Narberth Library, 80 Windsor Avenue, Narberth

August 1 - Sponsored by Beth Am Israel Congregation

Poolside at Kaiserman JCC, 45 Haverford Road, Wynnewood

August 8 - Sponsored by Temple Beth Hillel-Beth El

Poolside at Kaiserman JCC, 45 Haverford Road, Wynnewood

August 15 - Sponsored by Har Zion Temple

Har Zion Pool, 1500 Hagys Ford Road, Penn Valley



Devotion by the Ocean – Friday evening services at 6 PM

Newport Ave and the Beach, Ventnor, NJ (behind the Ventnor library)

July 27, August 10 and 24

Join us for music, inspiration, prayer and joy. Sponsored by area synagogues including Har Zion Temple.

For more information, call Cantor Wolbransky at 609-822-7116, ext 117

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 (\$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. 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 or 610-519-1211 for more information.



INNOVATION UPDATE FROM ISRAEL IDEAS

How Can You Mend A Broken Heart?

Hearts can be broken in so many ways, and aren't easy to fix. Physical hearts containing four chambers — left and right atriums on the top; left and right ventricles on the bottom – working together to circulate blood through our bodies. The left atrium receives oxygenated blood returning from the lungs and pumps it into the left ventricle through the mitral valve. From there, the blood is ready to go on its bodily voyage.

Heart failure, affecting as many as 26 million adults worldwide, occurs gradually as the heart muscle weakens and struggles to do its job. The more common left-sided heart failure happens when the left ventricle doesn't pump efficiently. Blood backs up into the lungs, causing shortness of breath and fluid buildup. 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.