Building Our Spiritual Community

FRIDAY EVENING, JULY 1
6:00 PM - Minha/Kabbalat Shabbat/Ma'ariv
8:15 PM - Candle lighting

SATURDAY, JULY 2

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 MORNING, 10:00 AM THERE WILL BE NO TALMUD STUDY IN JULY

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

**MINYAN & TISCH WITH RABBI ALLEN – WEDNESDAY MORNINGS, 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 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.

**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

Jack Marine, Men's Club co-president offers a "Toast L'Chaim to Har Zion" at 5:30 PM at the Newport Beach seating area. Members who are visiting the shore are invited to make a toast to Shabbat, have a snack and enjoy services following.

For info, please call Karen at 609-822-7116 ext 101, email info@bethjudah.org, or visit www.bethjudah.org. Co-sponsored by: Adath Israel, Adath Jeshurun, AJC Philadelphia/Southern NJ, American Technion Society, Beth El Synagogue, Congregation Beth El-Ner Tamid, Temple Beth Hillel-Beth El, Temple Beth Shalom-Cherry Hill, Temple Beth Shalom-Brigantine, Temple Beth Zion-Beth Israel, Har Zion Temple, Ohev Shalom of Buck County, Temple Sinai.

**VOLUNTEERS NEEDED FOR SUMMER COOK FOR A FRIEND MONDAY EVENINGS – JULY 11 AND AUGUST 8, 5:30-7:30 PM

PLEASE NOTE: BECAUSE OF THE RENOVATIONS, VOLUNTEERS ARE ASKED TO DRIVE AROUND TO THE BACK OF THE BUILDING AND USE THE LOADING DOCK ENTRANCE TO THE KITCHEN.

Set up begins at 4:30 PM in the catering kitchen. Cooking and food packaging will be from 5:30-7:30 PM. Please join us in preparing meals for the needy. For more information, contact Elaine Stewart, estew23@verizon.net

**ALAN COOPERMAN COMES TO HAR ZION TEMPLE – WEDNESDAY, JULY 13, 7:30 PM What Divides Us? What Unites Us? Israel and American Jews

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.

**USHERS ARE NEEDED FOR THE HIGH HOLIDAYS

Interested in serving as a High Holiday usher? Please contact Alan Workman at 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 – 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 **until 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.



The Future of Wearable Exercise Tech

Israeli-founded LifeBEAM is introducing Vi, a first-of-its-kind augmented reality (AI) personal trainer and it took only 90 minutes for the company to reach its Kickstarter funding goal towards commercializing it. The Vi technology resides in cutting-edge Harman/Kardon earphones and provides real-time coaching based on the user's own physiology. "The future of wearables is using AI to personalize our health and fitness in real time, and we created Vi to lead this new frontier," said the CEO and cofounder of LifeBEAM.

Vi contains aerospace-grade biosensors to measure heart rate, heart rate variability, motion, elevation and other parameters; hi-fi sound quality; an ergonomic design; and the ability to learn and grow with each user "By improving a person's awareness of their own behaviors, environment, and real-time physiology, Vi provides an inspiring and truly smarter workout experience. We call Vi an 'Awareable,' as it's the first and only wearable with the power to actually be aware of a person's activity patterns and coach their behavior in real time."

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. Please contact Laurie Albert, 610-667-5000, ext 111 or 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) 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!

- <u>SPECIAL SALE</u> -

NEW YEAR'S CARDS ARE NOW AVAILABLE

RETURN ADDRESS PRINTING IS FREE THROUGH SEPTEMBER

SUMMER HOURS:

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!

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