

## **UPCOMING EVENTS, ACTIVITIES AND SPECIAL ANNOUNCEMENTS**

**PLEASE NOTE THESE IMPORTANT ANNOUNCEMENTS...**

**THE NEW START TIME FOR SHABBAT MORNING SERVICES IS 9:30 AM.**

**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? From **June 26-27 through August 28-29**, 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.

### *Building Our Spiritual Community*

**Friday evening, July 10**

**Please join us**

**6:00 PM - Instrumental Kabbalat Shabbat and Maariv Service**

**Weather permitting - Isen Entrance Garden**

**Congregational Oneg Shabbat to follow**

**7:00 PM - Traditional Service**

**Dogole Chapel**

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

**CLASSES WILL RESUME JULY 20**

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

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

**FOLLOWING 7:00 AM MINYAN**

**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 ALLEN**

**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 10, AUGUST 7 AND 28**

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).

Co-sponsored by: Adath Israel, Congregation Beth El-Ner Tamid, Temple Beth Hillel-Beth El, Temple Beth Zion-Beth Israel, Har Zion Temple, Temple Sinai, Congregation Adath Jeshurun, Temple Beth Shalom-Brigantine, Temple Beth Shalom-Cherry Hill, Congregation Beth El, Beth El Congregation, American Jewish Committee, American Technion Society.

**\*\*SISTERHOOD BOOK CLUB – WEDNESDAY, JULY 15, 1:00 PM**

*"Americanah"* by Chimamanda Ngozi Adichie

Hosted by Barbara Gross, 525 Monroe Road, Merion

RSVP: [blgross109@gmail.com](mailto:blgross109@gmail.com) or 610-664-1686

For more information, click on this link:

<http://chimamanda.com/books/americanah/>

A powerful, tender story of race and identity by Chimamanda Ngozi Adichie, the award-winning author of *Half of a Yellow Sun*. Ifemelu and Obinze are young and in love when they depart military-ruled Nigeria for the West. Beautiful, self-assured Ifemelu heads for America, where despite her academic success, she is



forced to grapple with what it means to be black for the first time. Quiet, thoughtful Obinze had hoped to join her, but with post-9/11 America closed to him, he instead plunges into a dangerous, undocumented life in London. Fifteen years later, they reunite in a newly democratic Nigeria, and reignite their passion—for each other and for their homeland.

**\*\*VOLUNTEERS NEEDED FOR COOK FOR A FRIEND – SUMMER DATES  
MONDAY EVENINGS, JULY 20 AND AUGUST 10, 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 Andy Coren, [andreajoy.coren@gmail.com](mailto:andreajoy.coren@gmail.com).

**\*\*USE THE SISTERHOOD SCRIP PROGRAM FOR ALL YOUR SHOPPING NEEDS!**

It's a busy time of the year! 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, or Nina Greberman, [zoneman@aol.com](mailto:zoneman@aol.com) – 610-733-1399 for more information.

To download an order form, copy and paste this link into your browser:

<http://www.harziontemple.org/harzion/ehighlights/14scripsform-3.pdf>.



**SHOP THE HAR ZION LANDAU GIFT BOX FOR ALL YOUR GIFT-GIVING NEEDS!**

**SUMMER HOURS:**

**Tuesday – Thursday, 9:45 AM to 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 is now accepting credit cards – giving you more flexibility to shop!**

***Like us on Facebook!***

**INNOVATION UPDATE FROM  ISRAEL IDEAS**

***New Israeli-developed Algorithm Can Help with Weight Loss***

If you follow medical trends, you know that personalized medicine – an offshoot of genomics studies – is the wave of the future. Now, research done at the Weizmann Institute in Israel indicates that a computer algorithm which creates personalized diets for individuals could drive weight loss more effectively than counting calories or exercising alone.

Results from the Weizmann Institute indicate it is the way in which the stomach's bacteria react to food that dictates what a person should and should not eat. For more information:

<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. Call 610-667-5000, ext 178 or [caring@harziontemple.org](mailto:caring@harziontemple.org). Help us help you!

**\*\*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.

**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 Leah Abrams (610-667-5000, ext 111 or labrams@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