

## UPCOMING EVENTS, ACTIVITIES AND SPECIAL ANNOUNCEMENTS

### *Building Our Spiritual Community*

FRIDAY EVENING, AUGUST 12

6 PM – Minha/Kabbalat Shabbat/Ma'ariv

7:43 PM – Candle Lighting

SATURDAY, AUGUST 13

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

1:30 PM – Minha for Shabbat – Dogole Chapel

8:43 PM – Shabbat Ends

8:45 PM – Ma'ariv/Reading of Eicha, The Book of Lamentations at Beth Am Israel

SUNDAY, AUGUST 14 – at Har Zion Temple

9 AM – Tisha B'Av Morning Service

1:30 PM – Tisha B'Av Minha

6 PM – Minha/Ma'ariv

#### **This Summer – Give a D'var Torah at Shabbat Services**

Why are Bar/Bat Mitzvah students the only Har Zion Temple members to share thoughts on the weekly Torah (or Haftarah) portion with the community? We invite all members to contact Rabbi Allen [ruallen@harziontemple.org](mailto:ruallen@harziontemple.org) to select a date to present three to five minutes of commentary for that week's Torah (or Haftarah) portion. All of our clergy are more than ready to help you prepare and present! Take advantage of this opportunity to develop stronger ties with our other members and strengthen your Judaism at the same time.

Most Shabbat services **until August 27** are currently available for D'var Torah, but dates are going quickly, so sign up today!

#### **Book of Remembrance Reminder . . .**

The deadline for the Book of Remembrance is **FRIDAY, AUGUST 19**. If you sent in your entry, we thank you! Last year's entry **WILL NOT BE AUTOMATICALLY INCLUDED**. If you have not mailed in your submission, please do so along with your check. Any questions, please contact Marcy Gubernick, 610-667-5000, ext 108.

#### **Tisha B'Av Observance – Saturday and Sunday, August 13 and 14**

*Tisha B'Av will be commemorated with our neighbors from Congregation Beth Am Israel*

##### **Saturday, August 13**

1:30 PM – Minha for Shabbat – Dogole Chapel

8:45 PM – Ma'ariv/Reading of Eicha, The Book of Lamentations at Beth Am Israel

##### **Sunday, August 14 – at Har Zion Temple**

9 AM – Minyan

1:30 PM – Tisha B'Av Minha

6 PM – Minha/Ma'ariv



#### **Talmud Study with Rabbi Alpert – Monday mornings, 10 AM**

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

#### **Minyan and TISCH with Rabbi Allen – Wednesday mornings, 7 AM**

**NO STUDY SESSION ON AUGUST 24 & 31 AND SEPTEMBER 7**

**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 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.

**Gift Shop Sensational Sidewalk Sale – Tuesday, August 16, 10 AM-3 PM**

Shop 'til you drop! **50% off** and more on all sidewalk items – cash or check only

*Please note: to help you with your pre-High Holiday shopping, the Gift Shop will resume regular hours on Tuesday, September 6!*



**Pajama-Rama – Jewish Story Time – Wednesday, August 17, 6 PM**

**Dairy Café, 321 Montgomery Avenue, Merion**

Free and open to the entire community!

This date sponsored by our very own NCCECE!

Kehillah of Lower Merion invites you to put on your pajamas, bring your teddy bear and join us.

In cooperation with and funded by the Jewish Federation of Greater Philadelphia.

**For more information and locations**, please visit <https://www.jewishphilly.org/pajama-rama-2016>, or contact Julie Colasanti, 215-832-0632, [jcolasanti@jfgp.org](mailto:jcolasanti@jfgp.org).

**Sisterhood Continuing Series – Trigger Videos That Get You Thinking  
Wednesday, August 17, 7 PM**

“Careful What You Click On: Judaism, Israel and the Internet”

A multi-media look at information and misinformation with Norman Einhorn

**No Charge – A light supper will be served – RSVP requested to Sheila Kliger, [bubbie5@comcast.net](mailto:bubbie5@comcast.net).**

**Devotion by the Ocean with Congregation Shirat Hayam in Ventnor  
Friday evening, August 26, 6 PM**

Newport Ave and the Beach in Ventnor, NJ

*Men's Club Co-President, Jack Marine, will offer cocktails at 5:30 PM at the Newport Beach seating area.*

*Members who are visiting the shore are invited to join him.*

For information about services, please call Karen at 609-822-7116 ext 101, email [info@bethjudah.org](mailto:info@bethjudah.org), or visit [www.bethjudah.org](http://www.bethjudah.org).

Co-sponsored by: Aduv Israel, Aduv 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, and Temple Sinai

**\*\*HAR ZION OPEN - ANNUAL MEN'S CLUB GOLF TOURNAMENT**

**AT BALA GOLF CLUB – TUESDAY, SEPTEMBER 20**

8:00 AM arrival – 8:30 AM tee off. Register and reserve your spot now!

\$150/golfer - \$500 for a foursome!

For more info and to RSVP, contact Josh Klein, [joshk3@verizon.net](mailto:joshk3@verizon.net).



**Volunteers are needed for Saunders House HHD Luncheon, Tuesday, September 27, 11 AM**

Volunteers are needed to hostess our Saunders House annual Rosh Hashanah Luncheon on Tuesday, September 27 at 11 AM. Come welcome residents and their families and help usher in the High Holidays in a meaningful way. Please call Maxine Waxman – 610-896-8071.

**Men's Club Opening Dinner - Wednesday, September 28, 7 PM**

\$18 - \$25 at the door

Join us for a Mexican feast of steak and chicken fajitas with margaritas! Guest speaker: Nationally known Middle East Analyst – Dr. Asaf Romirowsky. All men are welcome. We look forward to a full house.

**RSVP by September 18 to Scott Fink: [medscott@comcast.net](mailto:medscott@comcast.net)**

**\*\*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 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 – 610-519-1211 for more information.



## INNOVATION UPDATE FROM ISRAEL IDEAS

### **Great Ways to Help You Get a Better Night's Sleep**

According to the World Association of Sleep Medicine, only one-third of the world's population enjoys a good night's sleep on a regular basis. Not only is two-thirds of the world's population walking around tired and moody, but at least 30 percent of adults have insomnia, according to the American Academy of Sleep Medicine. Moreover, sleep disorders have been linked to many work- and car-related accidents, sexual dysfunction and depression.

It is no wonder that entrepreneurs are constantly trying to find a solution that makes a good snooze an accessible dream. To read more about seven Israeli-made sensors, devices and apps aimed at helping you access better sleep, go to <http://www.israelideas.org/#!current/clgqf>.

## 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 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 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. For more information, please contact Program and Events Coordinator Shonnie Lebovitz: ext 106 or [slebovitz@harziontemple.org](mailto:slebovitz@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](mailto:risey@aol.com) or 610-668-1148.

## Shop the Gift Box for all Gift-Giving and Holiday Needs!

– **SPECIAL SALE** –

**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 PM**

**Additional hours by appointment.**

**For info: 610-667-2698 or [giftbox@harziontemple.org](mailto:giftbox@harziontemple.org)**

**The Gift Box accepts credit cards – giving you more flexibility to shop!**

### **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 (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)**