

## UPCOMING EVENTS, ACTIVITIES AND SPECIAL ANNOUNCEMENTS

### *Building Our Spiritual Community*

FRIDAY EVENING, AUGUST 5

**6 PM – Minha/Kabbalat Shabbat/Ma'ariv**

**7:51 PM – Candle lighting**

SATURDAY, AUGUST 6

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

**7:50 PM – Minha/Seudah Shlishit/Ma'ariv/Havdalah**

**8:53 PM – Shabbat ends**

#### **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 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



#### **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: 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, and Temple Sinai

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

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

**Cook for a Friend – Monday evening, August 8, 5:30-7:30 PM**

**PLEASE NOTE: BECAUSE OF BUILDING 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.

**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.

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

Free and open to the entire community! 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. This date sponsored by our very own NCCECE!

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

**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!**



**\*\*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](mailto:mshoueka@hotmail.com) – 610-519-1211** for more information.



**INNOVATION UPDATE FROM  ISRAEL IDEAS**

**Multiple Diseases Can Be Detected With a Single Blood Test**

An Israeli-led international team of researchers has proof of concept for a single blood test that can detect multiple conditions in a highly sensitive and specific manner, including diabetes, cancer, traumatic injury and neurodegeneration. The novel method zeroes in on patterns of circulating DNA that is released by dying cells and traces it to specific types of tissue. The study was reported in a paper in the journal Proceedings of National Academy of Sciences USA.

Cell death can signify the early stages of pathology (such as a developing tumor or the beginning of an autoimmune or neurodegenerative disease), mark disease progression, reflect the success of therapy (such as anti-cancer drugs), and identify unintended toxic effects of treatment and more. However, until now it was not possible to measure cell death noninvasively in specific human tissues. To read more 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. Please contact Program and Events Coordinator Shonnie Lebovitz, (ext 106 or [slebovitz@harziontemple.org](mailto: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](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, please call 610-667-2698, or email [giftbox@harziontemple.org](mailto:giftbox@harziontemple.org).**

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

***Like us on Facebook!***

**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)**