

UPCOMING EVENTS, ACTIVITIES AND SPECIAL ANNOUNCEMENTS

Joy of Shabbat Dinner

Friday, September 13 following 6 PM Services

By reservation only

Parashat Hashavuah with Rabbi Moriah SimonHazani

Saturdays, September 14, 28, October 12, 10-11 AM

Join Rabbi Moriah as she helps to unpack the biblical text using literary methods and rabbinic interpretations.

The Holidays Are Upon Us...

KLM Selihot Program and Services – Saturday, September 21, 8 PM

Temple Beth Hillel-Beth El, 1001 Remington Road, Wynnewood

8:00 PM Reception and Havdalah

8:15 PM Presentation of OH GOD! A play by Anat Gov by Theatre Ariel

10:00 PM Your choice of Concurrent Worship Services:

- Participatory Traditional Davening Service
- Reform Mishkan HaLev Service with the Community Choir
- Contemplative Service: Chanting and Meditation

Participating synagogues: Adath Israel, Beth David Reform Congregation, Har Zion Temple, Main Line Reform Temple, Narberth Havurah, Temple Beth Hillel - Beth El

For more info: lowermerion@kehillah.jewishphilly.org or 484-604-0093

For the High Holiday Schedule – [click here](#)

Early Bird Sign Up!

Volunteer to be a High Holiday usher and get special perks and benefits. For more information, please contact Alan Workman, 610-649-5731 or ajworkman@aol.com.

Holiday Help from Sisterhood for Area Students

Jewish college and graduate students in our area would greatly appreciate having holiday dinner (first and second night Rosh Hashanah and Break the Fast) with you. Don't miss this opportunity to offer your hospitality to those young people who are far away from their families. For more information, please contact Madelyn Karasick, 610-505-6131.

Federation High Holiday Food Drive

You can make a difference! Please pick up a bag and flyer on Rosh Hashanah (Monday, September 30 and bring it back with you on Kol Nidre (Tuesday, October 8). Items being collected include: kosher beans (low sodium preferred), kosher nut butters, kosher canned fish (salmon, tuna, sardines, etc.)

For more info: 215-832-0509 or mitzvahfoodprogram@jewishphilly.org.

Shake a Lulav

Blessing the Lulav and Etrog is the Jewish way of thanking God for the blessings of the earth on the holiday of Sukkot. For an order form – [click here](#)

Your order needs to be submitted no later than Tuesday, September 24. To purchase a Lulav and Etrog (\$45), call Laurie Albert, 610-667-5000, ext 111.

Volunteers Needed

-Wednesday, September 25 at Inglis House for a Rosh Hashanah Luncheon at 11 AM; volunteers to arrive by 10:15 AM. Please contact Gladys Shubin (610-667-7546) and Barbara Berkowitz (610-664-8335)

-Friday, October 4 at Saunder's House for a Rosh Hashanah luncheon at 11:30 AM. Please contact Maxine Waxman, 610-896-8071.

Sisterhood Cakes and Challah Pick-up

Pick up your orders before Shabbat at Har Zion Temple on **Friday, September 27, 11 AM - 3 PM**

If you have any questions, please call or email: Sheila Schafer, 610-645-5461 or lsch@comcast.net or Fern Simon, 215-896-2062 or fernsimon@yahoo.com.

Men's Club Golf Tournament – Thursday, September 26, 8 AM

Bala Golf Club, 2200 Belmont Avenue, Philadelphia

Reserve your spot now: \$150/golfer or foursome for \$500

Continental Breakfast, Kosher Lunch and Prizes included

Make checks payable to Har Zion Men's Club

For more info: Josh Klein, joshk3@verizon.net



From the Ritual Committee...

Our Services Are Made Holier by Your Participation!

Do you know how to read Torah? Would you like to practice your skills in a low-pressure environment?

Then email us at RitualCommittee@harziontemple.org to sign up. There are readings of all sizes; we will find the right one for you!

SHOP THE GIFT BOX FOR ALL YOUR GIFT-GIVING NEEDS!

High Holiday Wine Sale

Tuesday and Thursday, September 24 and 26, 9:30 AM-4 PM

[Click here](#) for an order form.

Regular Hours:

Monday – Thursday, 9:30 AM to 4 PM; Friday, 9:30 AM to 3 PM

Sunday, 9:30 AM to 12:30 PM (when school is in session)

Additional hours by appointment.

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

This Week...

Sisterhood Board Meeting – Sunday, September 15, 10 AM

Talmud with Rabbi Sarra Lev, PhD – Mondays, 11:45 AM

The rabbinic prohibitions against shaming another often lie in stark contrast to stories of shaming and competition among those very same rabbis. This class begins by examining texts on monetary compensation for shaming (Who must pay? How much? For what kinds of shaming?) and then moves on to examine stories of rabbis shaming one another. The course asks the overarching question – what is the Talmud trying to tell us about shame/shaming?

Getting Philosophical with Rabbi Shawn – Mondays, 1 PM

Come study Jewish Philosophy with a great group of learners and together we'll read and discuss articles on topics of philosophy. This year our focus will be on Zionism, Messianism and Jewish Radicalism.

Sisterhood Mah Jongg – Mondays at 12:30 PM

Har Zion After Dark – Monday, September 16, 6:30 PM

What's Cookin'? with Rabbi Moriah SimonHazani



D'var T'filah with Hazzan Vogel – Tuesdays after 7 AM Minyan

D'var T'filah (a "teaching about prayer") – Hazzan Vogel will offer brief insights into the spiritual dynamics of prayer focusing each time on why prayer is difficult and what we can do about it.

Glass Mezuzah Workshop with Jo Anne Deglin – Tuesday, September 17

Anytime between 11 AM and 2 PM

The Art Room at 191 Presidential Blvd

For more information and to RSVP, email Jo Anne at jodeglin@yahoo.com

Shul Stitchers – Tuesday, September 17, 11:30 AM

NCCECE Shorashim and Prachim Social – Tuesday, September 17, 7 PM (out of the building)

TISCH with Rabbi Shawn – Wednesdays after 7 AM Minyan

Join Rabbi Shawn for breakfast and inspirational learning. In this class we will engage in weekly *Halakha* (legal text) study from the Rambam's Mishneh Torah. *Good food, great company, and a bisseel of learning too!*

Parashat Hashavuah for the Sandwich Generation with Rabbi Shawn – Wednesdays, 11 AM

What is The Sandwich Generation? It typically refers to those of us that are sandwiched between the needs of their children and those of their aging parents. If you are between the ages of 45ish and 65ish, together, we will focus on topics that are relevant today. Are you dealing with, aging parents, the loss of your parents, family illness, and their health, adult children, and dating just to name a few? What does the Torah teach us about our responsibilities in these areas? If you want to be a part of a study group to discuss contemporary issues, please join us!

Popular Commentaries on Genesis with Rabbi Ira Flax – Thursdays, 10 AM

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.

High Holiday Learning Series with Rabbi Ira Flax – Thursdays, September 19 and 26, 11:15 AM

Sisterhood Rosh Hodesh Group – Thursday, September 19, 7:30 PM - 9 PM

At the home of Judy Shrager, *Breast Cancer Survivors and Dragon Boats* led by Eileen Chopnick

Warm, interactive, and challenging discussions related to the holidays and themes of each month are led by group members. For more information, please contact Meryl Littman, please contact Meryl Littman, merylitt@vet.upenn.edu or Janice Katz, rhk101@hotmail.com

Men's Club Minyannaires with Rabbi Haaz – Fridays after 7 AM Minyan

Breakfast and study with Rabbi Haaz – Learn new insights to the Torah through wrestling with Rashi's interpretations and our understanding of his reasoning.

Teen Dinner, Dessert and Discussion with Rabbi Shawn and Norman Einhorn

Friday, September 20, 6:30-10 PM – hosted by Rachel Wachs

For our Post Bar/Bat Mitzvah Students

Join us for stimulating conversation and delicious desserts. Refreshments provided.

If you would like to host this program, please contact Rabbi Shawn, rabbishawn@harziontemple.org.

Sisterhood...



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Landau Gift Box Holiday Wine Sale

Tuesday and Thursday, September 24 and 26, 9:30 AM - 4 PM

These are the only dates available to purchase your Kosher Wine for the holidays.

[Click here](#) to download the order form or call the Gift Box, 610-667-2698.



Cakes and Challahs Orders/Pick Up

Pick up on Friday, September 27, 11 AM - 3 PM

[Click here](#) to download the order form. Questions? Please call or email Sheila Schafer, 610-645-5461 or lssch@comcast.net or Fern Simon, 215-896-2062 or fernsimon@yahoo.com

College Outreach Program (A free service provided by the Sisterhood of Har Zion)

During the year, the College Outreach Program sends holiday packages to those college students who are away from home. It is a small way to keep them in touch with Judaism and Har Zion Temple.

Once again we are collecting the names and addresses of our **college students**.

Please remember that each year addresses change. You can email your information to: Karen Davis, daviskjij@aol.com or Anne Stein, annestein1@comcast.net.

Men's Club...

Men's Club Golf Tournament – Thursday, September 26, 8 AM Bala Golf Club, 2200 Belmont Avenue, Philadelphia

Reserve your spot now: \$150/golfer or foursome for \$500

Continental Breakfast, Kosher Lunch and Prizes included

Make checks payable to Har Zion Men's Club

For more info: Josh Klein, joshk3@verizon.net



Tikkun Olam...

-Your Help Is Needed!

RSVP Philadelphia at Kleinlife in the Northeast needs your help. At this time, they are in need of volunteers to deliver meals to clients on the Main Line. These meals can be picked up from a remote freezer on the Main Line without travelling to the Northeast. If you can help, please contact Harrison Rothbaum, Community Services Coordinator, 215-698-7300 ext. 191

-HIAS PA has some URGENT FURNITURE needs for incoming refugee families... We are looking for these items only

Twin beds – both mattress and box spring (not futons), Small dining sets (table and 4-6 chairs) and

Dressers

Furniture must be relatively new in decent condition, from a bug-free home, repair-free and something you would feel comfortable donating to a loved one

Please share the [post from our facebook page](#) to increase our reach.

We can provide pick up in Philadelphia or just outside the city. Please email us

at communitysupport@hiaspa.org with the subject line 'Furniture Donation' and include items being donated, where pick-up will be and a timeline.

For more information on HIAS, please contact Kerry Coughlin, kcoughlin@hiaspa.org

The logo for HIAS, consisting of the letters 'HIAS' in a bold, blue, sans-serif font. The letter 'A' is stylized with a white human figure inside it, representing a person.

Welcome the stranger.
Protect the refugee.

-Volunteers Needed for Federation's Mitzvah Food Program – [Click here](#) for more information.

Kidney Donation Awareness Event presented by Renewal – Sunday, September 22, 10 AM

Kohelet Yesheva, 223 N. Highland Avenue, Merion

RSVP to Holly Cohen, hollybcohen@gmail.com

To learn how you can save a life or for more information about kidney donation, please call 718-431-9831, ext. 209 or email R24002@renewal.org. Renewal's website is www.renewal.org. All inquiries to Renewal are strictly confidential and are without any obligation. They can also put you in touch with others who have donated a kidney and are willing to share their experience. All medical costs for evaluation and surgery are covered by the recipient's insurance. Ancillary costs, such as travel expenses and lodging, may be covered by Renewal.

BRCA Founder Outreach Study

Women and men with a *BRCA* gene mutation have a greater risk of developing several types of cancer. Most of those at risk do not know that they carry a *BRCA* mutation.

The BFOR study provides genetic testing for common *BRCA* mutations for women and men of Ashkenazi (Eastern European) Jewish ancestry, age 25 or older, in four U.S. metropolitan areas. 95% of American Jews are Ashkenazi.

To learn more: [The BRCA Founder Outreach \(BFOR\) Study](http://www.bforstudy.com) (www.bforstudy.com)

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@harzientemple.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 or \$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 Floral Fund. Why not support Sisterhood while planning your shopping days? Order your Scrip cards and be prepared whenever you shop! Please contact Susan Kochman, 215-272-0475 or sbkochman@aol.com.





INNOVATION UPDATE FROM ISRAEL IDEAS

Revolutionary Patch Keeps Brain Safe after Cranial Surgery

If you're ever unfortunate enough to require brain surgery, Israeli startup Nurami Medical has got you covered – literally. The Haifa-based company has developed a patch made of synthetic, biodegradable nanofibers meant to be affixed to the dura mater – the protective membrane underneath the skull that keeps the brain and spinal cord safe – after cranial neurosurgery.

Brain surgery requires cutting through the dura, so a “bandage” of some sort must be placed to protect against bacteria, accelerate healing and keep cerebral spinal fluid from leaking. Nurami's nanofiber patches mimic the dura mater in a way that's safer and less expensive than the animal collagen-based products currently used for post-brain surgery recovery, said the company's CEO Hannoeh Marksheid.

To read more, go to: <http://www.israelideas.org/#!current/c1gqf>.

Transportation to Har Zion Temple

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 Meryl Littman, merylitt@vet.upenn.edu or 610-649-3461.

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@harzientemple.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@harzientemple.org, with your name and cell phone number for a text.