Friday, September 16 – 14 Elul

6 PM	Minha/Kabbalat Shabbat/Ma'ariv – DOGOLE CHAPEL
6:49 PM	Candle Lighting
7 PM	Congregational Oneg Shabbat – MAIN LOBBY

Saturday, September 17 – 14 Elul

9:30 AM	<i>Kol Tefilah –</i> Morning Service – MAIN SANCTUARY			
TORAH READING:	DEUTERONOMY 24:14	Page 1130		
MAFTIR:	DEUTERONOMY 25:17	Page 1135		
HAFTARAH:	ISAIAH 54:1	Page 1138		
10:30 AM	Jr. Congregation – DOGOLE CHAPEL			
10:45 AM	Parashat Hashavuah – Torah Study – BAILIS ROOM			
Bar Mitzvah:	ANDREW STRAYER, son of Michelle & Brett Strayer			
Kiddush:	Congregation and guests are cordially invited to join us in the GORSON			
	AUDITORIUM. We are grateful for this week's donation to the Shabbat Fund			
	by Sisterhood. The Extended Kiddush is sponsored by Michelle & Brett Strayer			
	and Drs. Sonia & Shotaro Imaizumi in celebration of the Bar Mitzvah of			
	Andrew Imaizumi Strayer.			
Milton Pomerantz Interactive Torah Study Group: Following the Extended Kiddush, join				
		ive Torah study session in the BAILIS ROOM.		
5:50 PM	Talmud Study – Join Rabbi Ga	ary Charlestein in the RUDOFKER LIBRARY		
6:50 PM	Minha/Seudah Shlishit/Ma'ar	iv/Havdalah		
7:45 PM	Shabbat ends			

Bimah flowers for this Shabbat are sponsored by Susan Kochman, in honor of her 70th Birthday.

IN MEMORIAM – BARUCH DAYAN HA-EMET –

The Congregation extends its deepest sympathy to the families of: STEPHEN MARK LAZOVITZ, father of Joel Lazovitz, September 8, 2016 (5 Elul 5776) PAUL SCHIMMEL, father of Roseanne Shmulevich, September 8, 2016 (6 Elul 5776) SYDNEY MAZUR, husband of Barbara Kardon, September 13, 2016 (10 Elul 5776) ALAN BOROFF, husband of Barbara Boroff, father of Lisa Berkowitz and Joan Denenberg, September 13, 2016 (10 Elul 5776)

Mi Shebeirach

Mi shebeirach avoteinu *M'kor hab'racha l'imoteinu* May the source of strength, Who blessed the ones before us, Help us find the courage to make our lives a blessing, and let us say, Amen.

Mi shebeirach imoteinu *M'kor habrachah l'avoteinu* Bless those in need of healing with r'fuah sh'leimah. The renewal of body, the renewal of spirit, And let us say, Amen

Sunday, September 18 – 15 Elul

Federation of Jewish Men's Clubs Tour de Shuls at Temple Sinai

9 A M Morning Minyan 6 PM Minha/Ma'ariv

Monday, September 19 – 16 Elul

- 6:50 AM Morning Minyan
- Talmud Class with Rabbi Alpert 10 AM
- 6 PM Minha/Ma'ariv
- NCCECE Shorashim Social 7 PM
- 7:15 PM Read for Rosh Hashanah Class with Dr. Sara Cohen

Tuesday, September 20 – 17 Elul

7 AM Morning Minyan 8 AM Men's Club Golf Outing High Holidays Adult Ed Class with Dr. Sara Cohen 11 AM Minha/Ma'ariv 6 PM 6:30 PM **Trustees Meeting** Joint Board of Directors and Trustees Meeting 7:30 PM

Wednesday, September 21 – 18 Elul

7 AM	Minyan and TISCH - Halakha Yomit (daily	
11 AM	<i>halakha</i>) with the <i>Mishnah Berurah</i> - conversation & breakfast with Rabbi Allen Hot Topics with Norman Einhorn	Calling All High School Students!
6 PM	Minha/Ma'ariv	The community is also invited!
7 PM 7:15 PM	NCCECE Prachim Social Read for Rosh Hashanah Class with Dr. Sara Cohen	Special Screening of <i>Mekonen</i> Sunday, September 25 11:30 AM
Thursday, September 22 – 19 Elul		
6:50 AM	Davening & Donuts	FREE to attend
10 AM	Popular Commentaries on Genesis with Rabbi Rosenberg	The film follows the backstory and personal journey of Mekonen Abebe,
6 PM	Minha/Ma'ariv	a young African-Israeli Jew, once a
7 PM	Shul Stitchers	young shepherd in Africa a nd now a commander in the
Friday, September 23 – 20 Elul		Israeli Defense Forces. Join us as we
7AM	Men's Club Minvannaires – Join	take a deeper look into the life

of Lt. Abebe and the ancient

Jewish Ethiopian community.

Men's Club Minyannaires – Join 7AM Rabbi Rosenberg for a study session "Jeopardy Rashi Style" 6 PM Minha/Kabbalat Shabbat/Ma'ariv

תהיינה נפשותיהם צרורות בצרור החיים:

May their souls be bound up in the bond of life.

The following yahrzeits will be observed during the coming week.

William Banks Louis Effenberg Diane Fishman Allan H. Fleisher David Gubelbank Theodore Isen Jean Kimelheim Nathan Lazarus Jack Rosenberg Polly Etta Rudolph Svlvia Price Schuman Rebecca Sherman Bertha Wagman Genia Zwirn Philip Forman Robert Kohn Cecily Levin Ruth Lichtenstein Stanley Schwartz **Benjamin Weinstein** Sydney Balis Morris J. Edelson Arthur Frankston

Martin Leibowitz Melvyn Leventhal Abraham Hershel Muchnick Miriam Polen Fanny Shapiro Minerva Dranoff Sarah Takiff Ellis Joseph Eskin Hilda Frank Mildred Fischer Landsburg Lorraine Levick Edward B. Meyers Hilda Popky Whitby **Dorothy Rotter** Jacob Soffa Caroline Alpert Rose Ayes Leon Y. Bernstein Esther Burstein Avi Bushlin Emma Diamondstein Lena Hurowitz

Rachel Katz Samuel Rosenblum Mary Tabb Barnett Workman Abraham Leis Toby Lipschitz **Tessie Oster** Louis Pokras **Benjamin Rash** Frank Becker Frances Dichter Lena Jacobs **Ruth Kochman** Shep Resnik Martin Richman **Rachel Segall** Paul Stone Gertrude Montague Dr. Steven Alan Roth Harry Shreck Louis S. Snyder Harry F. Zion

Read for Rosh Hashanah with Dr. Sara H. Cohen Monday, September 19, Wednesday, September 21, 7:15 - 9 PM

Now is your chance to do what you have always wanted to do: enjoy High Holiday Services and follow in Hebrew! Yes, in Hebrew! Join us for an eight-session course in Hebrew Phonetic Reading. Please let us know if you are interested, hzt@harziontemple.org. Sponsored by Sisterhood – All are invited!

High Holiday Highlights with Dr. Sara H. Cohen Tuesday mornings, September 20, and 27, 11 AM-12 PM

Rosh Hashanah and Yom Kippur are the most sacred, most observed Jewish holy days of the year. They are dubbed Yamim Noraim – Days of Awe, Days of Reverence. Come learn of their origins, history, development, their very essence, and how and why they have become so important to our people. We will also study (and hear on videos) select prayers from the Mahzor (our prayerbook) to gain a greater appreciation and feeling of personal relevance for this time period. *Sponsored by Sisterhood – All are invited!*

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Hot Topics with Norman Einhorn – Wednesday, September 21, 11 AM-12 PM

We will discuss topics that are 'hot' at the moment! Sponsored by Sisterhood – All are invited!

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

Volunteers Needed for Inglis House HHD Luncheon, Thursday, September 29, 10:30 AM

Please call Barbara Berkowitz, 610-664-8335 or Gladys Shubin, 610-667-7546. Say "Yes!" and put a smile on the faces of the residents at Inglis House and help serve them a Rosh Hashanah luncheon.

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Ushers Are Needed for the High Holy Days

Interested in serving as a High Holy Day usher? Please contact Alan Workman, ajworkman@aol.com or 610-649-5731.

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Caring Connection Meeting – Thursday, September 29, 7 PM

We invite you to help us! Please attend our first meeting this year. We need your ideas and your participation. **RSVP to Marcy Gubernick**, <u>mgubernick@harziontemple.org</u> to let us know you'll be with us. Help us continue to build community through acts of loving kindness. Our Caring Connection is gearing up as well and we have so many wonderful *mitzvot* to do, we are looking to expand our group, to give more of our congregants the opportunity to join us in our commitment of reaching out to our Har Zion Community. Best wishes for a sweet, healthy and happy New Year!

- Nancy Gottlieb, Charlotte Muchnick and Sheila Schafer, Co-chairs, the Caring Connection

Landau Gift Box High Holy Day Wine Sale Sun, Sept 25, 11 AM - 2 PM and Wed, Sept 28, 10 AM - 7 PM

Please return your holiday wine order by **Wednesday, September 21**. Orders can be emailed to giftshop@harziontemple.org or call 610-667-2698.

Wine must be picked up and paid for on the above dates and times.

Sisterhood New Year's Greetings

We invite you to extend good wishes to your fellow congregants and friends for the 5777/2016 High Holidays by adding your name to our New Year's greeting booklet. *Please send in your form!*

Federation of Jewish Men's Clubs Tour de Shuls – Sun, Sept 18

Benefits campers with special needs at Camp Ramah in the Poconos and Ramah Day Camp. Start and finish at Temple Sinai in Dresher. Register and donate online at www.tourseshuls.com. For more info: Bruce Fagan, 215-540-0540 or brucefagan@marfjmc.org; Matt Tanzer, 215-514-2323 or tanzer@gmail.com.

Men's Club Annual Golf Tournament – Bala Golf Club – Tues, Sept 20 8 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.

Men's Club Opening Dinner - Wed, Sept 28, 7 PM 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. \$18 in advance - \$25 at the door RSVP by September 18 to Scott Fink, medscott@comcast.net



For people who suffer from motion sickness, the revolting feeling of nausea, dizziness and unevenness can be debilitating. A ride in a car, ship, airplane or train can cause motion sickness. People also can get these unpleasant symptoms from amusement park rides or from watching fast-paced movies or video games. Most sufferers will tell you almost nothing works despite the fact that the market has numerous wearable devices and anti-nausea pharmaceuticals boasting cures or prevention. Now, an Israeli team of entrepreneurs offers a solution for some sufferers. It's called MotionCure and is developed by Sidis Labs, an Israeli startup that is pulsing away all those bad feelings. "It's a big thing for everyone who suffers from motion sickness," said Sidis Labs CEO Raz. MotionCure is a neck brace that looks like a cross between cervical collar worn after a whiplash injury and an airplane travel pillow.

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





Kehillah of Lower Merion Selichot Program and Services

Saturday, September 24, 2016 • 21 Elul 5776 7:45 PM

Adath Israel

250 N. Highland Avenue, Merion Station, PA 19066

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

We invite you to be with us for a moving and meaningful evening of study, conversation and worship. Our neighborhood clergy will challenge and enlighten us, leading us in concurrent study sessions on relevant topics related to the themes of the season. This will set the perfect stage for our Selichot (the Hebrew for forgiveness), which are special penitential services that serve as a prelude to the High Holy Day season.

7:45 pm Reception and Havdalah

8:15 pm Concurrent Learning

You choose: A variety of sessions to choose from taught by our congregational clergy

9:30 pm Concurrent Worship

- Participatory Traditional Davening Service
- Contemplative Service: Chanting and meditation
- Gates of Forgiveness Service with the Community Choir: Traditional prayers, contemporary readings and stirring High Holy Day music

10:30 pm Evening Concludes

Free and open to the community.

In Cooperation with and funded by



Jewish Federation of Greater Philadelphia