

UPCOMING EVENTS, ACTIVITIES AND SPECIAL ANNOUNCEMENTS

Building Our Spiritual Community

FRIDAY, SEPTEMBER 16

6 PM – Minha/Kabbalat Shabbat/Ma'ariv

6:49 PM – Candle Lighting

7 PM – Congregational Oneg Shabbat

SATURDAY, SEPTEMBER 17

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

**Bar Mitzvah: Andrew Strayer,
son of Michelle & Brett Strayer**

10:30 AM – Jr. Congregation

10:45 AM – *Parashat Hashavuah* – Torah Study

6:50 PM – Minha/Seudah Shlishit/Ma'ariv/Havdalah

7:45 PM – Shabbat ends

Sign Up Today for HZT Connect

What is HZT Connect? It's our new Member portal to all that is happening at Har Zion Temple, the NCCECE, the JFGRS, and more! How do I sign up? Visit harziontemple.org and click the link at the top of the page. Once you're signed up, you will be able to see and RSVP for events, send messages to other members, and more!

Sisterhood...

*** Holiday Cake/Challah Sale**

Deadline for cake/challah orders is TODAY!

Pickup on Friday, September 30, 11 AM-4 PM

*** Landau Gift Box High Holiday Wine Sale**

Place your orders for Kosher Wine to celebrate the holidays, or shop in person on:

Sunday, September 25, 11 AM - 2 PM and Wednesday, September 28, 10 AM - 7 PM

Cash or checks will be accepted. We are unable to accept credit cards for wine sales.

Please pre-order, if you desire a particular label or quantity. Include 6% sales tax to your order.

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

To pre-order, giftbox@harziontemple.org or 610-667-2698, or return your order form by **Wednesday, September 21.**

Don't forget, all proceeds benefit Sisterhood and HZT.

Federation of Jewish Men's Clubs Tour de Shuls – Sunday, September 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.toursdeshuls.com.

For more info: Bruce Fagan, 215-540-0540 or brucefagan@marfjmc.org; Matt Tanzer, 215-514-2323 or tanzer@gmail.com.

Talmud Study with Rabbi Alpert – Monday mornings, 10 AM

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

Read for Rosh Hashanah with Dr. Sara H. Cohen – 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. This course is being offered:

Monday, September 19

Wednesday, September 28

Wednesday, September 21

Thursday, September 29

Monday, September 26

Please let us know if you are interested, hzt@harziontemple.org.

Sponsored by Sisterhood – All are invited!

High Holy Day 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!

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

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.

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

Topics that are 'hot' at the moment!

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.

Men's Club...



*** Har Zion Open – Annual Golf Tournament**

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.

*** Opening Dinner - Wednesday, September 28, 7 PM**

\$18 in advance - \$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

Kehillah of Lower Merion Selichot Program and Services – Saturday, September 24, 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

Calling All High School Students! Special Screening of Mekonen – Sunday, September 25, 11:30 AM FREE to attend – The Community is also invited!

The film follows the backstory and personal journey of Mekonen Abebe, a young African-Israeli Jew, once a young shepherd in Africa and now a commander in the Israeli Defense Forces. Join us as we take a deeper look into the life of Lt. Abebe and the ancient Jewish Ethiopian community

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.

Volunteers are 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.

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, mgubernick@harzientemple.org** 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.

Our goals remain the same –

- to reach out with a card, a call or a visit to members who are ill or homebound
- to mark and share in the celebration of joyous events – weddings, births, b'nai mitzvah
- to comfort members who are experiencing difficult times due to illness, family or personal crisis, separation or loss of a loved one
- to deliver our Souper Soups where they are needed
- to provide a Shabbat meal to members in mourning
- to continue to help congregants get to Har Zion for Services and events

Best wishes for a sweet, healthy and happy New Year!

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

Current Events with Norman Einhorn

Thursday, October 6, 11 AM-12 PM

Hosted by Patty Grobman

This class will take a multi-media look into the ever-changing news cycle with emphasis on Israel, the Middle East and American Jewry. RSVP to Patty Grobman, pgrobman@comcast.net.

Sponsored by Sisterhood – All are invited!

****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.

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 (\$10 each) – To purchase your donation cards, please contact Michelle Strayer, 610-992-9371 or moibas83@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. 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.



Pulsing Away Motion Sickness

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/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, NanciG22@aol.com or 610-664-7987.

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.

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.

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

Regular hours:

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

Sunday, 9:45 AM to 1 PM (when school is in session)

Additional hours by appointment.

For info, 610-667-2698 or 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, ext 111 or 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. Visit WWW.RENEWAL.ORG