

UPCOMING EVENTS, ACTIVITIES AND SPECIAL ANNOUNCEMENTS



Extend the Summer Shabbat BBQ – Friday, September 7

Join us as we squeeze every last bit of celebration and sunshine out of summer! Come in your camp swag, your comfy "down the shore" garb, or even your hiking gear from the Poconos!

5 PM – Age-appropriate games and activities for ages K-7

5:30 PM – Age-appropriate outdoor Shabbat Services (including Shabbat Sha-Blue Jeans for our NCCECE families)

6:15 PM - Shabbat Sha-BBQ! Yum!

7 PM - Second Seating (freshly prepared and presented) for those attending our 6 PM Service in the Chapel.

Preschool families – your HSA dues cover this extra special event – email Debbie Folz, dfolz@harziontemple.org

\$15/adults, \$10/child under 13 – Reservations are required

RSVP by noon on Wednesday, September 5 to Harriet, 610-667-5000 or hzt@harziontemple.org or [click here](#).

A small service fee will be charged for online reservations.

The High Holidays Are Upon Us

Kehillah of Lower Merion Selihot Program and Services

Saturday, September 1, 8:15 PM

Beth Am Israel Congregation, 1301 Hagys Ford Road, Penn Valley, PA 19072

We invite you to a moving and meaningful evening of study, conversation and worship that will serve as a prelude to the High Holy Day season. Our format is slightly changed from previous years, so please review the schedule below.

Note: Parking at the synagogue is very limited. You may drop off passengers at the lower door and park at the church lot on the corner of Tower Lane and Hagys Ford Road. A shuttle bus will be available to transport you to the synagogue and back to the parking lot at the end of the evening.

[Click here](#) for the full schedule

Free and open to the community

For more info, 484-604-0093 or kehillahoflowermerion@gmail.com

In cooperation with and funded by Jewish Federation of Greater Philadelphia

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

WE NEED YOU!

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

Volunteers Needed

-Thursday, September 6 at Saunder's House for a Rosh Hashanah luncheon at 10:45 AM. Please contact Maxine Waxman, 610-896-8071.

-Friday, September 7 at Bryn Mawr Terrace for a Rosh Hashanah luncheon at 11:30 AM. Please contact Eileen Chopnick, 610-642-6180.

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 Thursday, September 6. To purchase a Lulav and Etrog (\$45), call Laurie Albert, 610-667-5000, ext 111.

Sisterhood Cakes and Challah Pick-up

Pick up your orders before Shabbat at Har Zion Temple on **Friday, September 7, 11 AM - 3 PM**

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

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

High Holiday Wine Sale

Wednesday and Thursday, September 5 and 6, 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.



Sisterhood Mah Jongg Mondays at 12:30 PM

Please note: In the upcoming weeks when the holidays fall on a Monday, we will be playing on Wednesdays, September 5, 12, 26 and October 3

Please bring your set. You may bring Kosher dairy/parve lunch or snacks. Questions and to RSVP, contact Phyllis Gorson, 610-667-5000, ext 112. You may bring Kosher dairy/parve lunch or snacks.

Popular Commentaries on Genesis with Rabbi Ira Flax

Thursday, September 6, 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.

Volunteers Needed to Decorate the Sukkah

Thursday, September 20, 1 PM (please note change of time)

Come help the Sisterhood decorate the Maurice Kendall Sukkah.

Email us at lpl27@harziontemple.org to let us know you'll be joining us!



Men's Club Steak & Bourbon in the Sukkah

Thursday, September 27 – 7 PM

FREE OF CHARGE

[Click Here to RSVP](#) or email Jordan Landau at jordan.landau@gmail.com

Tikkun Olam...

-Collecting Items for HIAS

Gently used, in good condition, and clean: fry pans, preferably **not non-stick**; twin comforters and sheets; queen comforters and sheets

If possible, we request that items be dropped off at Main Line Reform Temple (410 Montgomery Ave, Wynnewood)

Questions, please contact Norman Dworkin, 610-547-9448.

Note: we are **not accepting** donations between September 21 and October 14.

If you would like to help with an on-line donation, HIAS has an [Amazon wish list](#) and are especially in need of tea kettles, spiral notebooks for adult English class, and trash cans. These items would be shipped directly to HIAS upon purchase.

Thank you for all of your wonderful support of HIAS PA's work!

-Volunteers needed for Thursday, September 6 at Saunder's House for a Rosh Hashanah luncheon at 10:45 AM. Please contact Maxine Waxman, 610-896-8071.



Welcome the stranger.
Protect the refugee.

-Volunteers needed for Friday, September 7 at Bryn Mawr Terrace for a Rosh Hashanah luncheon at 11:30 AM. Please contact Eileen Chopnick, 610-642-6180.

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

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@harziontemple.org. Help us help you!

Did You Lose a Tallit?

Over the past few years, Har Zion Temple has accumulated quite a collection of misplaced *tallitot*. They are currently hanging in the coat room near the main entrance waiting to be claimed. If you are missing your *tallit*, please take a look to see if we have it. We hope to return all of them to their rightful owners by the High Holidays.

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, daviskjj@aol.com or Anne Stein, annestein1@comcast.net.

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 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

OCD Treatment Gets FDA Green Light for U.S. Marketing

OCD is a common, chronic disorder in which the sufferer has uncontrollable, recurring thoughts and feels compelled to repeat certain behaviors over and over. It is typically treated with medication, psychotherapy or a combination of the two. According to the National Institute of Mental Health, about 1 percent of U.S. adults had OCD in the past year. Although most patients respond to treatment, some continue to experience symptoms, the FDA said in a statement. As a result, the U.S. Food and Drug Administration gave the green light to U.S. marketing of a noninvasive medical device developed by Jerusalem-based Brainsway Ltd. to treat obsessive-compulsive disorder.

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

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, nancigoldman22@gmail.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 Emily Berton, ext 109 or eberton@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.

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.