

UPCOMING EVENTS, ACTIVITIES AND SPECIAL ANNOUNCEMENTS

Building Our Spiritual Community

FRIDAY, SEPTEMBER 8 – 18 ELUL

5:30 PM – Shabbat Sha-Blue Jeans Service & HSA Welcome Back Dinner

6 PM - Minha/Kabbalat Shabbat/Ma'ariv

7:02 PM - Candle Lighting

SATURDAY, SEPTEMBER 9 – 18 ELUL

9:30 AM - Kol Tefilah – Morning Service

10:45 AM – Junior Congregation

10:45 AM – Teens and Torah

11:15 AM – Kol Mishpacha

7 PM - Minha/Seudah Shlishit/Ma'ariv/Havdalah

7:59 PM - Shabbat Ends

New Procedures for the Mi Shebeirach List

In an effort to better serve the needs of our congregation, we are changing the way we maintain and update our Mi Shebeirach list (the list of people who have requested prayers for healing). To make sure our list is as current as possible, we are building a new list from scratch. So even if you have previously asked that a name be placed on this list, we ask that you call or email and request that person's name be included on the list. Moving forward, names will be kept on the list for four weeks and then removed unless you, or a member of our Clergy team specifically request that they remain longer.

To have a name added to the list or to update the status of the person named, please call or email Laurie Albert in the Clergy office at 610-667-5000 x111 or lalbert@harziontemple.org.

Important Announcement from Cantor Vogel

The opportunity to participate in the HZT High Holiday Teen Choir is open to qualified* individuals from ages 12 and up.

Rehearsals are as follows:

Tuesday, September 12, 6:45-8:15 PM

Thursday, September 14, 6:45-8:15 PM

Sunday, September 17, 1-2:30 PM

Those interested should call or e-mail Laurie Albert, our Clergy Administrator (610-667-5000 x111 or lalbert@harziontemple.org).

*Must have previous experience in either singing in a choir or playing a musical instrument. Proficiency in reading Hebrew not required.

Sisterhood Cakes and Challahs Sale

Samples will be available at the Opening Dinner on Monday, September 11.

This will be your last chance to order your honey and chocolate chip cakes and challahs.

Loaf cakes \$12 / Challahs \$8

Pick up is Tuesday, September 19, 11 AM-4 PM

Questions? Please call or email Adriene Levick, 610-664-4409 or akatzpt@aol.com or Sheila Schafer, 610-645-5461 or lssch@comcast.net



Shabbat Sha-Blue Jeans and NCCECE Welcome Back Dinner

Friday, September 8, 5:30 PM

Services with Rabbi Allen followed by an HSA-sponsored Sha-Bar-becue Dinner. Shabbat Sha-Blue Jeans is a monthly opportunity to welcome Shabbat with singing, dancing, prayer, and complimentary dinner, BYOB (Kosher). Jeans and casual attire encouraged! Shabbat Sha-Blue Jeans is geared for all Har Zion families with children

age infant to 6 years old, but all ages are welcome!

Dinner by reservation only.



**Welcome Back BBQ and First Day of School –
Sunday, September 10**

9:30 AM – Modified First Day Schedule

12 PM – Welcome Back BBQ

Hot Dogs, Hamburgers, Veggie Burgers, Kona Ice Truck, Rak-Dan Dance Party, Photo Booth, Games

Friends old and new and more!! Parents and students invited!

Volunteers Needed for Cook for a Friend

Sunday, September 10, 9:30 AM

Cooking and food packaging will be from 9:30 to 11:30 AM. Please join us in preparing meals for the needy. For more information, contact Elaine Stewart, estew23@verizon.net.

Sisterhood Opening Membership Dinner – Monday, September 11, 6:30 PM

By reservation only

Please join us for dinner and a discussion of Anti-Israel Media Bias with guests Lee Bender and Jerome Verlin. Ruth Gleit and Peggy Sterling, Co-chairs; question, please contact Ruth, 610-664-2606.

Experience the Joys of Yiddish with Gerry Spector

Tuesdays, September 12, 26; October 10, 24; November 7, 21, 10 AM and 5 PM

Do you love Yiddish language, literature, poetry, song, theater, or cinema? Then this is the class for you!

HAZAAC Program – Wednesday, September 13, 11:30 AM lunch; 1 PM program

We are pleased to announce that HAZAAC will be back this year. We are making a number of significant changes. There will no longer be annual dues; pay at the door (\$5 for lunch) per meeting. Reservations for lunch will be **REQUIRED**. Our first two meetings will be on **Wednesday, September 13 and Wednesday, October 18**. Program to be announced. **Please call Harriet Schiffer at (610) 667-5000 by Monday, September 11, and Monday, October 16, to make reservations for lunch.**

Volunteers Needed for Inglis and Saunders House Rosh Hashanah Luncheons

Inglis House – Wednesday, September 13, 11:30 AM - 1:30 PM

Please call Barbara Berkowitz, 610-664-8335 or Gladys Shubin, 610-667-7546

Saunders House – Thursday, September 14, 11:30 AM - 1:30 PM

Please call Maxine Waxman, 610-896-8071 or Shirley Swinger, 484-412-8299.

Volunteers are asked to arrive at 10:30 AM



**Har Zion Open – Annual Men's Club Golf Tournament –
Thursday, September 14**

Bala Golf Club, 2200 Belmont Ave, Philadelphia

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.



The Joy of Shabbat Dinner for Friday, September 15 has been cancelled.

Please join us on October 13, following 6 PM Services

All ages welcome! \$10/adult, \$5/child under 13

RSVP by the Monday before to Harriet, 610-667-5000 or hzt@harziontemple.org.

Kehillah of Lower Merion Selihot Program and Services

Saturday, September 16, 7:45 PM

Beth David Reform Congregation – 1130 Vaughan Lane, Gladwyne, PA

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 Selihot (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 the 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 High Holy Day music

10:30 pm – Evening Concludes

Free and open to the community

In cooperation with and funded by the Jewish Federation of Greater Philadelphia

Landau Gift Box High Holiday Wine Sale

It's not too late to order your Kosher wine to celebrate the holidays. **Stop in or call 610-667-2698** to place your order.

Wine must be picked up and paid for (cash/checks only) on

Sunday, September 17, 9:30 AM-3 PM

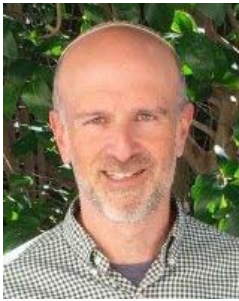
Monday, September 18, 9:30 AM-7 PM

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

Besides our wine, we have delicious hostess platters of assorted candy, nuts, dried fruits and yummy cookies, and free gift wrapping!

High Holiday Food Drive 2017 – Federation's Mitzvah Food Project

Please pick up your bags on Rosh Hashanah and bring your donations of non-perishable protein items on Kol Nidre for our High Holiday Food Drive as part of Jewish Federation's Mitzvah Food Project which feeds thousands of low-income recipients throughout the region. Our Jewish community's goal is to raise 50,000 lbs of food, which will help stretch the Mitzvah Food Project's budget to serve over 3,300 households. If together we hit this goal, these donations will supplement food packages for up to five months. We encourage you to donate kosher tuna, sardines, salmon, nut butters, chick peas, black beans, red beans, nuts, etc. Again, please bring these items on Kol Nidre when you come for services.



Learning Wisdom from the Gentiles – Benjamin Franklin's Impact on the Mussar Movement with Dr. Josh Kulp

Monday September 25, 6:30-8 PM – Open to the community

Dr. Joshua Kulp is the Rosh Yeshiva of the Conservative Yeshiva in Jerusalem, located in the Fuchsberg Center of the United Synagogue of Conservative Judaism. He is the author of *Reconstructing the Talmud* and *The Schechter Haggadah*, and writes the material for the CY's Daf Shevui and Mishnah Yomit programs. During the summer he is Rosh Bet Midrash at Camp Ramah in New England. Dr. Kulp is originally from Margate, New Jersey and lives in Modiin, Israel with his wife and four kids. During his spare time he is a runner, tri-athlete and craft beer aficionado.

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.

Popular Commentaries on Genesis with Rabbi Rosenberg

Thursday mornings, 10 AM – Classes will resume on October 19

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.

ISRAEL ADVENTURE – DECEMBER 20 TO DECEMBER 31, 2017

DEADLINE EXTENDED TO FRIDAY, SEPTEMBER 15

Trip officially a go – spaces are still available!

Join Rabbi Rosenberg and Norman Einhorn for an amazing trip to Israel

- * Family friendly itinerary
- * Bar/Bat Mitzvah celebrations
- * First-timer and veteran tracks
- * A very "hands on" itinerary
- * Wonderful hotels and amazing food!

For more information, contact Norman Einhorn, 610-667-5000, ext 150 or neinhorn@harziontemple.org



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!

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 or 610-519-1211 for more information.



INNOVATION UPDATE FROM ISRAEL IDEAS **Look Into My Eyes For Early Signs of Alzheimer's**

The burden of treating Alzheimer's is clear: It is the most expensive disease in North America, costing an estimated \$247 billion in healthcare system and out-of-pocket costs in 2016. (Globally, it's over \$800 billion.) The number of patients worldwide is expected to double to 75 million by 2030 and nearly double again to 130 million by 2050. Diagnosing Alzheimer's today is an expensive, invasive and not always readily available process, mainly utilizing PET brain imaging and lumbar puncturing.

The same biomarkers that accumulate in the brain – proteins called beta-amyloids that clump together into sticky "plaque" that are the signs of Alzheimer's disease – appear in the retina of the eyes up to 15 years before the onset of any symptoms. What if all a physician had to do was plug in a portable scanner and train it on a patient's eyes? That would save money, minimize patient discomfort and make earlier testing much more common.

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, 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 Executive Director Gavi Miller, ext 105 or [gmiller@harziontemple.org](mailto:gmilller@harziontemple.org).

SHOP THE GIFT BOX FOR ALL GIFT-GIVING NEEDS!

Regular hours:

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

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

Additional hours by appointment.

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

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.