



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with the Union of Orthodox Jewish Congregations of America

650 North Price Road, Saint Louis, Missouri

314.991.2100 www.nhbz.org

Rabbi Ze'ev Smason

President Robert Kaiser

Shabbos May 14, 2016

6 Iyar, 5776

Torah Portion:
Haftorah:

Kedoshim Leviticus 19:1-20:27
Ezekiel 20:20

Stone Chumash: pages 656-671
Stone Chumash: pages 1175-1176

Candle Lighting ~ 7:46 pm

Shabbos Concludes ~ 8:56pm

Our Generous Sponsors This Shabbos . . .

*Thank you to **Ron and Sandra Segall** for sponsoring the soda this week.*

Erev Shabbos, Friday, May 13, 2016

- Mincha & Ma'ariv ~ 7:00 pm

Synaplex Shabbos, Saturday, May 14, 2016

- Shachris & Musaf ~9:00 am ~ *Thank You for Leading Davening!*

- Pesukei D'Zimra: **Howard Sandler**
- Shacharis: **Dr. Ethan Schuman**
- Leyning: **Aryeh Needle**

- Haftorah: **Kenny Bressler**
- Drasha: **Rabbi Ze'ev Smason**
- Musaf: **Dr. Ethan Schuman**

- Tefillah/Prayer Learners' Service ~ 9:30 am Led by **Rabbi Yosef David** in the Rivkin Chapel.
- Learners' Service ~ 10:15 am Led by **Rabbi Ze'ev Smason** in the Rivkin Chapel.
- Mincha, Shalosh Seudos, Ma'ariv ~ 7:30pm

Happy Birthday: Jill Starr, Sarah Beth Waxman, Zachariah Mantinband, & Eleanor Kaiser

SHUL NEWS. ..

- **May 21~ Family Shalosh Seudos Program with Guest speakers Eitan and Adi Salomon** of Torah MiTzion. Program begins at 6:50pm with Mincha at 7:35pm. We will offer separate "family friendly" services and Adult services, but we will be eating the Shalosh Seudos meal together. Everyone is welcome. **Please consider becoming a sponsor!** Families or individuals can sponsor the event for \$18. RSVP by May 17 to Jeff at 314-991-2100 or jeff@nhbz.org
- **Cash Cards ~ Orders for May are now being taken through Monday, May 16.** Please help raise money for NHBZ and place your order for May! The order form is attached to this week's bulletin. Every order makes a difference to our shul. You probably will be shopping at Dierbergs, CVS, or Walgreens (just to name a few cash card possibilities) this month, so why not benefit NHBZ as you shop? Also, don't forget Father's Day, and Graduation Day shopping

can all be easily done using the cash cards you got through our NHBZ cash card program! Thank you for buying cash cards in April - **Dr. Alan & Marcie Brook, Dr. Faye Cohen & Brian McCary, Terree Farbstein, Scott & Leslie Gitel, Bob & Joni Kaiser, Jacob & Judy Levin, Howard & Phyllis Loiterstein, Dr. Daniel & Marcela Mogensztern, Lana Weinbach, and Rich & Mindy Woolf.**

- **Graduation Shabbat & Lunch and Learn is June 4 ~ CALL US WITH YOUR GRADUATES!** Do you have a graduate in your family? Please call or email Jeff, 314-991-2100, ext. 2, jeff@nhbz.org and give us your graduates' names and schools so we can wish you and your graduates a big Mazel Tov!
- **Pizza Night ~ May 29** All you can eat buffet, a NHBZ signature event.
- **Sponsorships** - If you would like to sponsor a Kiddush or Luncheon, Soda, Shalosh Seudos, or this Bulletin, in honor of a special occasion or the memory of a loved one, please call 314-991-2100, ext. 2, to make arrangements.
- **SHAVUOS ~ Begins the night of June 11 ~** Cold Buffet Dinner at 9:15 p.m. followed by Early-Bird Learning at 10:30 p.m. The two days of Shavuos are - Sunday & Monday, June 12-13. Yizkor will be recited on Monday, June 13. **Be a Shavuos Dinner Sponsor for \$25.00;** and RSVP for dinner reservations, 314-991-2100, ext. 2. or email jeff@nhbz.org . Adults: \$12.00; Kids 4-10: \$5.00; Kids 3 & Under: FREE.
- Don't put your Passover recipes away just yet...The NHBZ Sisterhood is considering putting together a Passover Cookbook using your family's precious and tasty recipes from the past. Please send your recipes to Shayna Scribner at drsusan84@att.net for inclusion in our Passover cookbook.

Upcoming NHBZ Classes

Discover the Shabbat Morning Service: Meaning, Music and Magic ~ A four-part class continuing on Wednesdays: **May 18, and 25 from 7:30 pm – 9:00 pm** at NHBZ, lower level. Have you ever gotten lost while trying to follow along in the Siddur? Guess what - you're not alone! This course will help you be able to participate in the prayer service, and follow the Torah service. The class will be led by Rabbi Ze'ev Smason. Call the office at 991-2100 x 2 to sign up.

"Amud-A-Week" Program at NHBZ!

Starting on Monday, May 16, join Rabbi Daniel Freund at 7:30 P.M. for a weekly Talmud class/shiur. Rabbi Freund's class, which will take place every Monday at NHBZ, is an opportunity for those unacquainted with Talmud, as well as those on a basic and intermediate level, to participate in an exploration of relevant Torah topics. A project of the St. Louis Kollel, the "Amud-A-Week" program will be taking place at multiple synagogues and with different instructors throughout St. Louis. So almost literally, the whole St. Louis Jewish community will be 'on the same page.' For questions, please contact Rabbi Smason.

Interested in studying the Jewish Perspective on contemporary issues in a relaxed home setting? Then you will want to join this "Home Discussion Class" to explore the issues.

Led by Rabbi Ze'ev Smason, groups meet at the homes of our members and friends. This ongoing project meets from 7:00 -8:30 p.m. on the Second Monday of the month:

- **June 20th- Loiterstein home TBA**
- **July 11th- Goldfader home TBA**

Light refreshments will be served

Please RSVP to Jeff at 314-991-2100 or jeff@nhbz.org by the Wednesday before the gathering. (Addresses and phone numbers will be given at the time of your RSVP)

NHBZ TRIBUTES for April
(not listed previously)

IN MEMORY OF:

Adam Kram, beloved grandson of Morris and Estelle Kram -David and Norma Rubin

IN HONOR OF:

Teree Farbstein on the birth of her grandson- David and Norma Rubin

Howard and Anita Tissler on the birth of a grandson- Joann Raskas and Ron Rosen

Libby Needle Fund

IN MEMORY OF:

Adam Kram, beloved grandson of Morris and Estelle Kram- Dr. Craig and Jackie Berkin

Wednesday Lunch & Learn Online

Rabbi Smason's Pirkei Avos / Ethics of the Fathers class – Live Video!

Available to view from your computer on **Wednesday's at 12:15 P.M. CST**. Visit our website at www.nhbz.org - click on 'media', then 'online classes', then 'ustream_graphic'. Enjoy!

In the Community

May 17, Tuesday ~You are invited to an evening of active listening and learning to explore how the movement to boycott, divest and sanction Israel (BDS) is affecting students and professors on college campuses today. **7:00 PM:** Wine & Dessert Reception (Dietary Laws Observed) **7:45 PM:** Program. **The Ritz Carlton, St. Louis** Individual Tickets \$36. For more information, e-mail stlouis@ajc.org or call the AJC St. Louis office at 314-721-8866.

May 29, Sunday ~ You are invited to be an audience participant in the rehearsal of a presentation of "**The Wake Up Call**" by our own Cheryl Ring. Light refreshments will be served from 2:30-3 pm and the presentation will begin promptly at 3:30. R.S.V.P. requested to reserve your seat to cheryldring@gmail.com. Thank you for your support! Cheryl D. Ring (Mantiband)

Getting Ready for the JCC Maccabi Games ~ 2016!

July31 – August 5, 2016 ~ JOIN THE TEAM! More than 1,000 volunteers are needed . . . Athletes to compete, Volunteers, Host Families, Sponsors. You can be part of a life-changing program for Jewish teens! Questions? Ready to sign up? Contact Fanchon Auman, Games Director, 442-3420, maccabistlouis.org,

Memorial Plaques ~ Memorial plaques are lovingly mounted in our new building. Remember your loved ones with a plaque; prices are \$180 and \$360. Please call the office for details, 314-991-2100, ext. 2.

Beyond Twelve Gates by Rabbi Ze'ev Smason

Parshas Kedoshim May 14, 2016

"Life Tastes Better When Shared"

Brock Boeser piled up 60 points as a freshman on the University of North Dakota hockey team, won a national championship, and was a first-round draft choice of an NHL team. But the Vancouver Canucks, who drafted Brock, landed themselves a prospect with a lot more than just on-ice depth. This past Saturday night Brock took Baylee Borge, a big fan who was born with Down syndrome, to her prom. Baylee created a Twitter account and asked Brock if he would go to the prom with her. But Baylee's mother, Katie, shut down her social media accounts, unaware that she had asked Brock to the prom. Brock tracked down a mutual friend to get a phone number for Katie, and texted her asking if he could still take Baylee to prom. Katie didn't know much about Brock, though. She asked her oldest son, "Who is this kid?" "He said, 'Are you serious? He's one of the best hockey players in the country.'" Katie said: "I just couldn't believe how he went way out of his way to track us down."

During Baylee's prom, the 19-year-old hockey player was "bombarded" with teens asking for his autograph and photos, but he made sure it was all about Baylee. Katie said, "I told him, you should leave, it's going to get crazy and he said, 'It's okay, I'll do whatever Baylee wants.' He's just incredible. I can't say enough about him." As flattered as he was, Brock wasn't looking for the attention. After word got out about the date, he was surprised by all the media fuss. "I didn't tell anyone about it really, except a few of my friends," he said. "It was just something I wanted to do from the bottom of my heart." As for Baylee, she continues to relive the memories from her prom night, smiling as she thought of her two favorite moments from the evening. The first was when their names were announced during their entrance parade, and the crowd went wild. "He also spun me around at the grand march," giggled Baylee. It was a "signature move" that she and Brock came up with together.

The Torah provides guidance how we should treat those with disabilities: Ethics of the Fathers says, "Do not look at the container, but what is in it." (4:27) Genesis states that each of us is created B'tzelem Elo-him, in the Image of G-d. (1:27) And if someone with a disability is being mistreated or bullied -- "Speak up for those who cannot speak...speak up, judge righteously, champion the poor and the needy." (Proverbs 31:8) Even if we have nothing material to share with someone who is disabled, we have in our possession something far more powerful to share; love and respect. Kudos to Brock Boeser, a top-notch hockey player and a champion human being.

Parshas Kedoshim Leviticus 19:1 - 20:27

The portion begins with G-d's command to the entire nation of Israel to be holy, emulating the supreme sanctity of G-d Himself. The Torah goes on to delineate a multitude of mitzvos through which we can achieve sanctity. We are commanded to revere our parents, to guard Shabbat from being desecrated, and to refrain from the worship of idols. G-d instructs us to leave various gifts from our harvest for the poor and downtrodden, including the edge of the field and the sheaves which were unintentionally dropped while being gathered. We must maintain justice, have honest dealings with our neighbors, refrain from gossip, not stand by while another's life is in danger, and not hate another in our heart.

One of the most famous mitzvos in the Torah appears in this week's portion: "You shall love your friend as yourself." We are commanded to admonish our neighbor if he does wrong, and forbidden to take revenge or bear a grudge. The portion continues with a listing of the punishments to be meted out

against people who transgress and participate in various forbidden relationships. Parshas Kedoshim concludes with the commandment, once again, that we be a holy and distinct people from among the nations of the world.

Rabbinic Ruminations

Does chocolate taste better when shared? Absolutely. We all intuitively know this and now [research](#) backs it up. Sharing an experience with another intensifies it. According to the study's lead researcher, Erica Boothby of Yale University: *When people are paying attention to the same pleasant thing, whether the Mona Lisa or a song on the radio, our research shows that the experience is much more pleasurable.* In the study, participants rated chocolate as tasting better when they ate it at the same time as another, rather than when they ate it by themselves. The results suggest that undergoing an experience with another person — even if we do it in silence, with someone we met just moments ago — seems to intensify that experience.

A second study in Belgium surveyed 466 Belgian students, asking them how often they ate home-cooked family meals during childhood and their current prosocial behavior, or altruistic acts towards others. Those who had shared meals more frequently in childhood scored better for altruistic behaviors, particularly giving directions to strangers, offering their seats on public transportation, helping their friends move, and volunteering. Researchers found a difference between “sharing a meal” and sharing food, however. Simply grabbing dinner with friends and ordering your own entrees didn't have the same bonding effect. But when food is served “family style” or on a large platter meant to share, we seem to engage with our more prosocial selves.

From our father Abraham we inherited not only true ideas but also wonderful character traits. His love of people expressed itself in many ways, not least in hospitality, which he practiced daily to perfection. The story of the three angels who came to him disguised as wayfarers, is well known. The Torah tells us that he and Sarah prepared a banquet for the visitors, and encouraged his entire extended family to join them for the meal. Our Sages have noted this as an example of a wonderful quality which we should emulate. Chocolate -- and life -- tastes better when shared.

Quote of the Week

Criticism may not be agreeable, but it is necessary. It fulfills the same function as pain in the human body. It calls attention to an unhealthy state of things. -- Winston Churchill

Joke of the Week

The beloved rabbi was on his deathbed, and life was slowly ebbing away. Around the bed was a group of his saddened students, anticipating their great loss.

One said, "So pious, so pious! Which of the many commandments of the Torah did he fail to keep?" And another mourned, "And so learned. The vast commentaries of the rabbis of the past were imprinted on his brain!" Still a third said, "And so charitable, so generous. Where was the poor man whom he did not help?"

But as this outpouring of praise continued, a faint tremor appeared on the rabbi's face. It became obvious that he was trying to say something. All the students leaned forward, straining to hear the last words of their beloved, pious teacher.

Faintly, from the rabbinical lips, there came the words: "Piety, learning, charity! And of my great modesty you say nothing?"

Join the Minyan - It's good for us, it's good for you!

This Week's Schedule	Shabbos May 14	Sunday May 15	Monday May 16	Tuesday May 17	Wednesday May 18	Thursday May 19	Friday May 20	Shabbos May 21
Shacharis	9:00am	8:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	9:00 am
Mincha/Ma'ariv	7:30 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00pm	7:35pm

NHBZ Event Planner

(Check "[Shul News...](#)" for time, date or location changes.)

Call the office, 314-991-2100, ext. 2, to confirm the date and time of any event.

All events will be at NHBZ unless otherwise noted.

WEEKLY at NHBZ

SHABBOS

- Tefillah Class (9:30 am) led by Rabbi Yosef David in the Rivkin Chapel.
- Child Care (10:15 am – Noon) for kids 3 & under in the Children's Room.
- Learners Service (10:15 am) led by Rabbi Ze'ev Smason in the Rivkin Chapel.
- Shabbos Tanach (Bible) (One hour before Mincha)

SUNDAY

- Mishna Learning (after Shacharis) with Rabbi Chanan Swidler.
- "Mystical Moments" with Rabbi Max Weiman. (between Mincha & Maariv.)
- Tanya (8:00 pm) with Rabbi Shaya Mintz, of the St. Louis Kollel.

MONDAY

- Mah Jongg (Mondays, 4-6:00 pm) NHBZ Lower Level. Proceeds benefit The NHBZ Chesed Fund.

WEDNESDAY

- Rabbi Smason's Lunch & Learn (12:15-1:00 pm) Studying Pirkei Avos.

BI-MONTHLY at NHBZ

JUNIOR CONGREGATION & TOT SHABBAT ~

MONTHLY at NHBZ

- Mussar Mondays (First Monday) 7:00-7:45 pm. at the home of Richard & Mindy Woolf.
- Women's Home Study Group (First Tuesday) 2:30 pm with Rabbi Shaya Mintz, of the St. Louis Kollel, at the home of Jackie Berkin.
- Morris Lenga Yiddish Club (First Thursday) 7:30 pm at NHBZ.
- Sisterhood (Third Tuesday)
- Dine-In Pizza Night (Last Sunday) 5:00 – 7:00 pm
Place Carry-Out Pizza orders by 10:00 am, 314-991-2100, ext 2. Pick up time 4:30–4:45 pm.

NHBZ Signature Events

- Synaplex Shabbos- Services begin at 8:30am
- Shabbos Lunch & Learn

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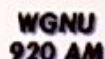
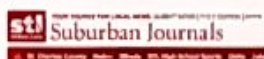
YOU ARE INVITED



You are personally invited to take part as an audience participant in Cheryl's rehearsal and recorded presentation of *The Wake Up Call*. Your support is appreciated! Please feel free to bring your friends and family.

***For mature audiences only**

As Seen On:



WHEN: Sunday, May 29, 2016
WHERE: 650 North Price Rd. in Olivette (Nusach Hari-B'nai Zion)
RECEPTION: 2:30-3:00 (join us for light refreshments)
PRESENTATION: 3:30-5
R.S.V.P. requested by May 14, 2016 to cheryldring@gmail.com
(to reserve seats please indicate number of guests)

You will learn:

- How to tell when someone is lying and telling the truth
- Scams and how to avoid them
- Techniques used by PI's that can help you
- AND more!

Cheryl will take you behind the scenes of her most compelling story that was revealed on Lifetime Television in 2004. Go along for the ride of a cat and mouse game and learn the skill, tools, and techniques that Cheryl used to beat a criminal at his own game.

It's an EXPERIENCE not a speech!

Associated Promotions, Inc. is a proud sponsor for Cheryl D. Ring and her presentation of *The Wake Up Call*

Connect With Cheryl on Social Media:



[Facebook.com/Diaryofapi](https://www.facebook.com/Diaryofapi)



[Twitter.com/Diaryofapi](https://twitter.com/Diaryofapi)



[LinkedIn.com/Diaryofapi](https://www.linkedin.com/Diaryofapi)

NHBZ Cash Card Order Form

What is scrip, and how does it work?

- You purchase gift cards from NHBZ at face-value and NHBZ receives a percentage of your purchase from each card as listed below. It's that simple.
- When you use scrip gift cards at your favorite retailers, you're fundraising while you shop. It's time to put your shopping dollars to work!
- Cards are ordered on the 15th of each month, and the cards are usually available to pick up in the office within 5 business days.
- Just fill out a form and mail or drop off at the office . (Questions? Call Laura at 991-2100 x3)

Retailer	Denomination (in Dollars)	%	Qty	Total Amount	Retailer	Denomination (in Dollars)	%	Qty	Total Amount
Amazon.com	\$ 25.00	3.0%			Jewel-Osco	\$ 25.00	4.0%		
	\$ 100.00	3.0%				\$ 100.00	4.0%		
AMC Theatres	\$ 25.00	8.0%			Kohl's	\$ 25.00	4.0%		
AMC Single Admit	\$ 10.50	10.0%				\$ 100.00	4.0%		
Barnes & Noble	\$ 10.00	9.0%			Lowe's	\$ 25.00	4.0%		
	\$ 25.00	9.0%				\$ 100.00	4.0%		
Bath & Body Works	\$ 10.00	13.0%			Macy's	\$ 25.00	10.0%		
	\$ 25.00	13.0%				\$ 100.00	10.0%		
Bed, Bath & Beyond	\$ 25.00	7.0%			Office Max/	\$ 25.00	5.0%		
	\$ 100.00	7.0%			Office Depot	\$ 100.00	5.0%		
Best Buy	\$ 25.00	3.0%			Petco*	\$ 10.00	5.0%		
	\$ 100.00	3.0%			PetSmart	\$ 25.00	4.0%		
BP Gas Card	\$ 50.00	1.5%			Pier 1*	\$ 25.00	9.0%		
Build A Bear	\$ 25.00	8.0%			REI*	\$ 25.00	8.0%		
Container Store*	\$ 25.00	9.0%			Shell Gas Card	\$ 25.00	2.0%		
	\$ 100.00	9.0%			Starbucks	\$ 10.00	7.0%		
CVS	\$ 25.00	6.0%				\$ 25.00	7.0%		
	\$ 100.00	6.0%			Stein Mart*	\$ 10.00	7.0%		
Dierberg's*	\$ 25.00	2.5%			Target*	\$ 25.00	2.5%		
	\$ 100.00	2.5%			Talbots	\$ 25.00	13.0%		
Dillards	\$ 25.00	9.0%			T.J. Maxx/Marshall's/				
	\$ 100.00	9.0%			Home Goods	\$ 25.00	7.0%		
Famous Footwear*	\$ 25.00	8.0%			Ulta Beauty*	\$ 25.00	4.0%		
Gap/Old Navy/ Banana Republic	\$ 25.00	14.0%			Walgreens	\$ 25.00	6.0%		
	\$ 100.00	14.0%				\$ 100.00	6.0%		
Home Depot	\$ 25.00	4.0%			Walmart/	\$ 25.00	2.5%		
	\$ 100.00	4.0%			Sam's Club	\$ 100.00	2.5%		
iTunes	\$ 15.00	5.0%			Whole Foods*	\$ 25.00	3.0%		
	\$ 25.00	5.0%				\$ 100.00	3.0%		
JC Penney	\$ 25.00	5.0%			Other**:				
	\$ 100.00	5.0%							

TOTAL THIS ORDER: \$ _____

- Orders & payments to NHBZ may be made by **check or cash only**, and MUST accompany your order form.
- Payments received after the 15th of the month will automatically be placed on the next order date.

**New additions to our list*

****A complete list of participating businesses can be found at ShopWithScrip.com. If you do not have access to a computer or internet, please contact our office. Please do NOT order directly from the website.**

NAME _____
ADDRESS _____ **CITY** _____ **STATE** _____ **ZIP CODE** _____

And please remember to use your Schnuck's Card for NHBZ credit!!!



Join us for the Inaugural Family Shalosh Seudos (Third Meal)

Shabbat, May 21

with Guest speakers

Eitan and Adi Salomon of Torah MiTzion

Eitan and Adi's classes at 6:50 P.M.

TORAH תורה
מציון MITZION
ST. LOUIS



Eitan will speak on the topic of:

"Purim, Teshuvah, and Yom Ha'Atzmaut"

Adi will present a Women's Shiur/Class

Mincha at 7:35 P.M. We will offer separate "family friendly" services and Adult services, but we will be eating the Shalosh Seudos meal together.

Everyone is welcome

Please consider becoming a sponsor! Families or individuals can sponsor the event for \$18

RSVP by May 17 to Jeff at 314-991-2100 or jeff@nhbz.org



NHBZ Sisterhood presents.....

DINE 'N STYLE

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With colorful, stylish, upbeat Fashions for 2016

ENJOY A DELECTABLE LUNCHEON,
A TRENDY FASHION SHOW,
LIVELY MUSIC, SOCIAL FUN, AND OF COURSE, SHOPPING



Sunday - June 5, 2016

11:30 a.m.

Nusach Hari B'Nai Zion synagogue

Food, Fashion, Fun - \$18



Fashions by Orli's Store

Hats by Dianne Isbell

Purses by Indian Summer Designs

Jewelry by Sage Chic

For reservations, please call Jeff at NHBZ, 314-991-2100 ext 2

Women only

