



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 63132

314.991.2100 www.nhbz.org

Rabbi Ze'ev Smason

President Robert Kaiser

Shabbos May 28, 2016

20 Iyar, 5776

Torah Portion:

Behar Leviticus 25:1 -- 26:2

Stone Chumash: pages 696-707

Haftorah:

Haftorah: Jeremiah 32:6-22

Stone Chumash: pages 1177-1178

Candle Lighting ~ 7:58 pm

Shabbos Concludes ~ 9:01 pm

Our Generous Sponsors This Shabbos . . .

*~This week's Shabbos bulletin is sponsored by **David and Norma Rubin** in honor of their son, **Yitzchak's** first Torah reading and D'Var Torah at the Mirowitz Community Jewish School.*

*~Thank you to **Leo Bressler** for sponsoring this bulletin in memory of his beloved wife **Geraldine Bressler z"l**.*

*~Thank you to **June Cohen** for sponsoring the bulletin on her birthday! Happy Birthday **June**!*

Erev Shabbos, Friday, May 27, 2016

- Mincha & Ma'ariv ~ 7:00 pm

Shabbos, Saturday, May 28, 2016

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

- Pesukei D'Zimra: **Howard Sandler**
- Shacharis: **Menachem Szus**
- Leyning: **Moshe Leib Cohen**

- Haftorah: **Brent Waxman**
- Drasha: **Rabbi Ze'ev Smason**
- Musaf: **Alan Haber**

- 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.
- Tot Shabbat ~ 10:00 am Led by Kate Freidman, meets from 10-11:30 am, lower level.
- Mincha, Shalosh Seudos, Ma'ariv ~ 7:40pm

Happy Birthday: Adina Belasen, Dr. Eliot Katz, Lester Figus, June Cohen, Debra Barash, Julie Friedman, Rafi Yishai Zev Minoff, and Ed Lyss!

Happy Anniversary: Dr. Erol & Sally Amon, Lawrence & Carol Abrams, Bruce & Faith Waxman, Robert & Joni Kaiser, and Don & Julie Eisenberg!

SHUL NEWS. ..

- **May 29, Sunday ~ Pizza Night ~ PIZZA NIGHT ~ 5:00pm - 7:00pm ~ All-You-Can-Eat Pizza Buffet ~ Credit Card Payments Accepted!!!** Bring your family and friends to enjoy a delicious dinner of pizza, pasta, salad and garlic bread, dessert and beverage! Reservations are not needed - just show up, eat to your heart's content, have fun schmoozing and have a great time!!! Plus a movie for the kids every month!!!! Are you new to NHBZ, looking to meet more members...sign up to help on our Pizza Buffet Line! It's a great way for everyone to say "Hi." (Please place carry-out orders by 10:00 a.m. on Sunday morning, February 28, 314-991-2100, ext. 2. Pick up time for carry out pizzas is 4:30-4:45 p.m.)
- **May 29, Sunday ~ Monument dedication for Laverne (Bunny) Farbstein, dear mother of Teree Farbstein,** will take place at Chesed Shel Emes Cemetery (Hanley & Olive) at 1:00pm.
- **June 4, Shabbos~ Lunch and Learn, Graduation, and Birthday & Anniversary Shabbos** Rabbi Smason's topic will be " **Five Torah Tips for Today's Graduates**" **Do you have a graduate in your family?** Elementary, junior high school, high school, or college? 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!
- **June 4, Shabbos ~ Family Shalosh Seudos Program with guest speakers Rabbi Yosef & Mimi David.** We will offer separate "family friendly" services and Adult services, but we will be eating the Shalosh Seudos meal together. The David's will speak at 7:00pm. Mincha will be at 7:45pm. **Please consider becoming a sponsor!** Families or individuals can sponsor the event for \$18. RSVP by June 1st, call 314-991-2100 or jeff@nhbz.org
- **June 5, Sunday ~ Sisterhood Fashion Show and Luncheon at 11:30 am.** ENJOY A DELECTABLE LUNCHEON, A TRENDY FASHION SHOW, LIVELY MUSIC, SOCIAL FUN, AND OF COURSE, SHOPPING! Women only. \$18.00. To RSVP call 991-2100 Ext. 2.
- **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.
- **Synagogue Honors** ~ It is customary to make a donation to the shul for Aliyos or other honors received.

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; Thank you to our sponsors so far: Bob & Sandie Abrams, Sam & Shirley Bluestein, Don & Julie Eisenberg, Teree Farbstein, Dr. Susan Feigenbaum & Dr. Jay Pepose, Irwin & Arlene Fredman, Bob & Joni Kaiser, Dr. Daniel & Marcela Morgensztern, Mark Ragin & Gail Rose, Alice Sudin, Gary & Trudy Sudin, Menachem & Linda Szus and Mayer Taller.**

RSVP for dinner reservations, 314-991-2100, ext. 2. or email jeff@nhbz.org . Adults: \$12.50; Kids 10: \$8.00; Kids 3 & Under: free.

Mazal tov to **Sarah Beth Waxman** on her engagement to **Gavriel Matt**, of Berkeley, CA !
Mazal tov to parents **Bruce and Faith Waxman**, dear grandparents **Gloria Waxman** and **Marvin and Sandy Greenberg**, and to the entire Waxman and Matt families.
May the newly-engaged couple merit to build a Bayis Ne'eman B'Yisrael -- a faithful home among the Jewish people!

Adult Learning at NHBZ

Due to the Memorial Day holiday, Rabbi Freund's Monday evening Talmud class will take place on Wednesday, June 1 at 7:30 P.M. The change is for this week only.

"Amud-A-Week" Program ~ Join Rabbi Daniel Freund every Monday at 7:30 pm for a weekly Talmud class/shiur. Rabbi Freund's class is an opportunity to participate in an exploration of relevant Torah topics. This class is open to everyone, whether you are unacquainted with Talmud or are on a basic or intermediate level. 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: Next class

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

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)

Every Wednesday at 12:15 pm Lunch & Learn with Rabbi Smason. Study Pirkei Avos / Ethics of the Fathers. This class is also available to view from your computer on Wednesday's at 12 pm CST. Visit our website at www.nhbz.org - click on 'media', then 'online classes', then 'ustream_graphic'.
Enjoy

In the Community

On Sunday May 29, the Jewish War Veterans hold a Memorial Day ceremony at 11 a.m. at the Jewish Federation building, 12 Millstone Campus Drive. Rabbi Ze'ev Smason of Nusach Hari B'nai Zion will conduct the service. Names of departed Jewish Veterans will be read by members of Jewish War Veterans Post 644. The public is welcome to attend the ceremony. The service will conclude with the playing of TAPS at the flag in the front of the building.

WOMENS' TEHILLIM GROUP: Will meet this week at Marcia Esrig's house, 958 Briarwood Lane, this Sunday, May 29. If you cannot participate in person, please call or text her cell phone number 314-313-3677. On Sunday, June 5th, Tehillim will return to 8032 Amherst Ave, (314) 863-5438. The group meets at 9:15 am. The Tehillim hotline (names and updates) is: (314) 441-6460.

"The Torah Wrote Me, More Than I Wrote the Torah"

Beyond Twelve Gates Parshas Behar

Running his own private practice in general psychiatry by day, he devoted his nights and weekends to crafting something exceptionally special -- and exceptionally holy. Richard Epstein of Potomac, Maryland, completed a handwritten Torah (that's 304,805 letters) for the Chabad School of Potomac. What type of skills were needed to write the Torah scroll? Among others, patience, consistency and dedication. The then-74-year-old synagogue member began the scroll in 2006, slowly and meticulously penning each letter of the Torah over the next eight years. Dr. Epstein said each word and letter aloud before committing it to the scroll, sometimes taking 15 minutes to write a single line of text. The accomplishment was lauded by his Chabad, which held a Grand Torah Celebration to honor Dr. Epstein's work.

Dr. Epstein, who is also an author and professor, said that he feels as if the "Torah wrote me, more than I wrote the Torah -- that it really shaped me." The painstaking process helped him appreciate the Torah precepts in a way he never had before, he said. He found that he was thinking more deeply about the familiar stories and even dreaming about the passages he had penned that day. Dr. Epstein said, "A lot of the things we think we can't do, (think that) really they are possible work at it, and little by little, you can do more than you think you can do." As for why Dr. Epstein took on such a monumental task, he said, "I felt I wanted to be closer to G-d, and I felt, 'What better way to be closer to G-d than the gift that He made to the Jewish people?'"

Parshas Behar Leviticus 25:1 -- 26:2

Behar focuses primarily on mitzvos concerning the land of Israel, beginning with the command to observe a Sabbatical (Shemitta) year. During Shemitta, one's fields are to remain uncultivated every seventh year, refraining from the normal cycle of planting and harvesting. Instead, anything that grows becomes free for anybody who wants to just pick and enjoy. Similarly, the land in Israel is to remain unworked in the Jubilee (Yovel) or 50th year, at which time the ownership of all land automatically returns to its ancestral heritage. A quote on the Liberty Bell, "And you should sanctify the fiftieth year, and proclaim liberty throughout the land ..." is taken from the passage describing the Jubilee year.

Behar tells us not to worry that we won't have enough to eat during Shemittah and the following year because we can't plant and harvest. Promising an open miracle, G-d says that the year before Shemitta, the sixth year, will produce enough food for three entire years -- enough for the sixth year, the year of Shemitta, and the following year, when things won't grow because there was no planting during Shemitta. The parsha also speaks about the poor and downtrodden. Not only are we commanded to give them tzedaka and do acts of loving kindness for them, but ideally we are to provide them with the means to raise themselves out of their poverty-stricken state.

Rabbinical Ruminations

Picture Earth at the center of a frame. The planet looks unassuming, a blue-and-white marble stark against a black interstellar backdrop. Yet the image likely evokes some reaction. Now imagine seeing this view from space. Astronauts who see the Earth from space could provide a clue as to how we can all feel more awe and wonder, new research suggests. The view from so far away from the Earth provokes a special phenomenon called the Overview Effect. The Overview Effect is a cognitive shift in awareness due to the experience of seeing firsthand the reality of the Earth in space, which is

provokes a special phenomenon called the Overview Effect. The Overview Effect is a cognitive shift in awareness due to the experience of seeing firsthand the reality of the Earth in space, which is immediately understood to be a tiny, fragile ball of life, "hanging in the void", shielded and nourished by a paper-thin atmosphere. From space, national boundaries vanish, the conflicts that divide people become less important, and the need to create a planetary society with the united will to protect this "pale blue dot" becomes both obvious and imperative.

Researchers analyzed the reports of many astronauts from all over the world. Each had documented their own experience of seeing the Earth from space for extended periods. They frequently described it as a life-changing experience, and mentioned ideas like connectedness, vastness, perception and unity. Here's how James B. Irwin, astronaut on Apollo 15, described the view: "As we got further and further away, it [the Earth] diminished in size. Finally it shrank to the size of a marble, the most beautiful you can imagine. That beautiful, warm, living object looked so fragile, so delicate, that if you touched it with a finger it would crumble and fall apart. Seeing this has to change a man." Dr. David Yaden, the study's first author, said: "We watch sunsets whenever we travel to beautiful places to get a little taste of this kind of experience. These astronauts are having something more extreme. By studying the more-extreme version of a general phenomenon, you can often learn more about it."

We've all had moments of awe: Witnessing the sheer power of a hurricane, tornado, avalanche, 50-foot waves. Or experiencing the awesome drama of the Grand Canyon, or the quiet awe of a darkened starry night sky. King David understood that the complexity and beauty of nature can bring a person to experience feelings of awe -- the awe of G-d. "The heavens declare the glory of G-d, and the sky tells of the work of His hands." (Psalm 19:2) We all need the power of awe in our lives. A look at nature here on Earth and to the cosmos above can give us a sense of the majesty of the Almighty.

Quote of the Week

It's so simple to be wise. Just think of something stupid to say and then don't say it. --Sam Levenson

Joke of the Week

A math teacher was giving a lesson on fractions and wrote an example on the chalkboard. He explained that the numerator was the top and the denominator the bottom. Leaning against the board, he asked the class, "Are there any questions?"

When he turned back to face the board, laughter filled the room. "Mr. Alexander," one student giggled, "you have chalk dust all over your denominator!"

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

This Week's Schedule	Shabbos May 28	Sunday May 29	Monday May 30	Tuesday May 31	Wednesday June 1	Thursday June 2	Friday June 3	Shabbos June 4
Shacharis	9:00am	8:00 am	8:00 am	7:00 am	7:00 am	7:00 am	7:00 am	9:00 am
Mincha/Ma'ariv	7:40 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00pm	7:45pm
			Memorial Day					

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



NHBZ Sisterhood presents.....

DINE 'N STYLE

Spring into Summer

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





**Join us for a
Family Shalosh Seudos (Third Meal)**

Shabbat, June 4, 2016

with Guest speakers

**Rabbi Yosef and Mimi David of
Aish HaTorah**



The Davids' classes start at 7:00 P.M.

**Rabbi David will speak on "A Second Look at the Ten
Commandments"**

**Mimi David will present a Women's Class on "Ruth and
Shavuot"**

*Mincha at 7:45 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 to Jeff at 314-991-2100 or jeff@nhbz.org



DINE IN PIZZA NIGHT

Sunday, May 28

5:00 - 7:00 P.M.

All-You-Can-Eat Buffet of Pizza, Spaghetti,

plus Dessert & Beverage

Adults: \$12.00 Kids 4-12: \$6.00

Kids 3 & under: FREE

(Movie for the kids in the Lower Level)

All Food Served will be under the Supervision of Rabbi Ze'ev Smason

Nusach Hari B'nai Zion

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