



# NHBZ Shabbos Bulletin

## Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America  
650 N. Price Road, St. Louis, Missouri  
314.991.2100 [www.nhbz.org](http://www.nhbz.org)  
Rabbi Ze'ev Smason President -Robert Kaiser

*Shabbos*  
May 7, 2016  
29 Nisan, 5776

Torah Portion:  
Haftorah:

Acharei Mos Leviticus 16:1 - 18:30  
1 Samuel 20: 18-42

Stone Chumash: pages 636-655  
Stone Chumash: pages 1207-1208

*Candle Lighting ~ 7:46 pm*

*Shabbos Concludes ~ 8:50 pm*

### Our Generous Sponsors This Shabbos . . .

Thank you to **Leonid and Stella Vladimirov** for sponsoring the bulletin in honor of the birth of their grandson **Noah Joseph Vladimirov**.

Thank you to **Victor & Anna Rose Tendler** for sponsoring the soda in honor of their anniversary.

*Morris and Estelle Kram would like to thank everyone at Nusach Hari B'nai Zion for their condolences and tribute cards in memory of our beloved grandson Adam.*

**Erev Shabbos, Friday, May 6, 2016**

- Mincha & Ma'ariv ~ 7:00 pm

**Synaplex Shabbos, Saturday, May 7, 2016**

- Shachris & Musaf ~ 8:30 am ~ *Thank You for Leading Davening!*

- Pesukei D'Zimra: **Howard Sandler**
- Shacharis: **Dr. Ethan Schuman**
- Leyning: **Max Gornish**

- Haftorah: **David Rubin**
- Drasha: **None**
- Musaf: **Dr. Ethan Schuman**

### **~ Synaplex Schedule ~**

- Tefillah/Prayer Learners' Service ~ 9:15 am Led by **Rabbi Yosef David** in the Rivkin Chapel.
- Learners' Service ~ 10:00 am Led by **Rabbi Ze'ev Smason** in the Rivkin Chapel.
- Tot Shabbat and Junior Congregation ~ 10:00 am Led by Kate Freidman and Sammy Chervitz.
- Mincha, Shalosh Seudos, Ma'ariv ~ 7:25pm

### **~ Break-out sessions beginning at 11:15 am ~**

**"The Power of Patience: How to Slow the Rush and Enjoy a Better Life"**  
(Led by Rabbi Ze'ev Smason)

**"A Choice for Israel: Middle Eastern Country or a European Implant?"** (Led by Repps Hudson, MA, Journalism Coordinator, Adjunct Instructor and Freelance Journalist)

**"Lag B'Omer: Bar Yochai, the Light of the Zohar and the Cave"** (Led by Rabbi Joey Rosenfeld)

*Following those sessions, at approximately 12:15 pm, all attendees will then re-gather together for a Kiddush lunch.*

We will celebrate **Yom Ha'Atzmaut, Israel Independence Day**, next Thursday, May 12th. In honor of the holiday, we have included some Israeli-style items, in the luncheon menu, this Shabbos, May 7th.

## SHUL NEWS. ..

- **May 8, Sunday is Mother's Day! Happy Mother's Day to all Mothers!**
- **May 8-9** is Rosh Chodesh Iyar.
- **May 9, ~ "Jewish Perspective on Contemporary Issues"**. This is a "Home Group Discussion Series" starting next week, but it is not too late to sign up! Flyer in back of this bulletin.
- **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!
- **Mazel Tov** to our **NHBZ Passport to Israel Program** students who will be visiting Israel this summer. **Sidney Starr** will participate in the Israel Bound program and **Madeline Hartranft** is going on a NCSY trip. The generous funding by the **NHBZ Sisterhood** and **The Irv Alper Social Club** in conjunction with the Jewish Federation makes these trips possible for the students of our families.
- **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](mailto:jeff@nhbz.org) and give us your graduates' names and schools so we can wish you and your graduates a big Mazel Tov!
- 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.
- **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.

**Happy Birthday to: Aida Greenberg, Daniel Chayet, James Pollock, Dennis Feit, Linda Szus, Lou Edelstein, Nathan Avi Scheer, Milton Sallis, Monti Mantinband, Donald Eisenberg, Hershel Tendler, Nava Danielle Scheer, and Dana Szus!**

**Happy Anniversary to: Victor & Anna Rose Tendler - Dr. Eliot & Sally Katz  
Dr. Mordecai & Beverly Magency**

## **YET ANOTHER REASON TO MOVE NEAR NHBZ!!**

We are fortunate in St. Louis to have several fine Jewish high schools to choose from, and each provides a top notch religious and secular education. However, for those seeking a public school option, we are very pleased to have the top public high school in Missouri in our own backyard!

Each year, U.S. News & World Report releases its list of best high schools in America. **Ladue Horton Watkins High School (LHWHS)** is again among the very top Missouri schools (public and private). **LHWHS ranked 3rd in Missouri and was the top rated public school.** Of the 28,561 schools ranked nationwide, LHWHS was ranked 346!

## **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](http://www.nhbz.org) - click on 'media', then 'online classes', then 'ustream\_graphic'. Enjoy!

## **Upcoming NHBZ Classes**

**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:

- **May 9th- Tzadok home: Topic “What is the Jewish perspective on the upcoming elections?”**
- **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](mailto:jeff@nhbz.org) by the Wednesday before the gathering. (Addresses and phone numbers will be given at the time of your RSVP)

**Discover the Shabbat Morning Service: Meaning, Music and Magic ~** A four-part class continuing on Wednesdays: **May 11, 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. Suggested donation is \$25 for the entire series.

## **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](mailto: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 my presentation of "**The Wake Up Call**" on Sunday, May, 29. Light refreshments will be served from 2:30-3 and the presentation will begin promptly at 3:30. R.S.V.P. requested to reserve your seat to [cheryldring@gmail.com](mailto:cheryldring@gmail.com). Thank you for your support! Cheryl D. Ring (Mantiband)

## **Beyond Twelve Gates by Rabbi Ze'ev Smason Parshas Achrei Mos May 7, 2016**

### **"Smile, and the World Smiles With You."**

Which way does your name lean? Recent studies of voting records and campaign contributions show that those with certain names tend to vote for certain parties or candidates. Here are a few interesting findings:

- \* If you're a Duane, Billy, Brent or Chad, chances are you vote Republican
- \* If you're a Kate, Alison, Jessica or Rachel, chances are you vote Democratic
- \* Donors named Liz, Juan and Mohammed favor Hillary Clinton
- \* Donors named Bobby, Curtis and Kent favor Donald Trump

Per campaign contributions, most Dylans are Democrats and most Duanes are Republicans.

- \* Donors with the highest median campaign contributions are named Akram, Chaim and Chana
- \* Donors with the lowest median campaign contributions are named Agatha, Alberta and Alfreda

The Talmud asks: How do we know that a person's name is a profound influence upon them? Answer: A person's name causes certain actions and tendencies. A name sets perspective, and gives the child something to grow into. A child named Ya'akov will be affected differently than that same child who might otherwise have been named Attila, Genghis or Nimrod. What's in a name? In the end, it's what you make of your name that counts. For at the beginning we are given a name, and at the end of our life a "good name" is all we take with us.

### **Parshas Acharei Leviticus 16:1 - 18:30**

Acharei Mos begins with a lengthy description of the special Yom Kippur service to be performed in the Mishkan by the Kohen Gadol. The service included the lottery selection from among two identical goats, one of which would become a national sin offering and the other which would be pushed off a cliff in the desert as the bearer of the people's sins (the 'scapegoat'). We also find described the command that Yom Kippur and its laws of fasting and refraining from work be observed eternally by the Jewish people as a day of atonement. Acharei Mos concludes with a listing of immoral and forbidden

sexual relationships, and the command that the Jewish people maintain and ensure the holiness of the land of Israel.

## **Rabbinic Ruminations**

The late great Yankee catcher, Yogi Berra said, "you can observe a lot by just watching." It is well known that other peoples' emotions provide information. In a recent [study](#) published in the scientific journal *Frontiers in Psychology*, the researchers sought to examine the interpersonal ramifications of emotions in the context of baseball. Do the gaze and body language of the batter influence the pitcher? The players stand opposite each other, looking each other in the eye; one makes a move, and the other responds to it. Does the expression of emotions offer clues about the moves both pitcher and batter will make?

In video clips from several Major League baseball games, instances were selected in which it was possible to see the pitcher before the throw. The clips were edited so that it was only possible to see the pitcher's preparations before the pitch, and the picture was frozen once the ball left the pitcher's hand. In the next stage of the study, participants were asked to evaluate the pitcher's face and body language for signs of anger, happiness, and worry. The study results showed that when the pitcher showed anger, this led to the prediction of faster and more difficult pitches. The expression of happiness led to predictions of more precise pitches and a higher probability that the batter would attempt to hit the ball. The expression of worry led to predictions of imprecise pitches and fewer attempts to hit the ball.

Our facial expressions provide information. What message does a smile transmit? Before Jacob died, he blessed his son Judah with the words "His eyes shall be red with wine; and his teeth white with milk." (Genesis 49:12). The Talmud states that the phrase 'his teeth white with milk' can be understood to mean 'when one shows his teeth (in a smile) to his fellow man, it's better than giving him milk to drink.' Just as milk provides essential nourishment, a smile enters the recipient's mind and body to nourish their spirit and soul. We underestimate the power and importance of a smile. A smile isn't simply a 'nice thing'; it's an essential ingredient in the healthy continuity of the world.

## **Quote of the Week**

The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind. -- William James

## **Joke of the Week**

When his eyes began to give him trouble, a man went to an ophthalmologist in Prague.

The doctor showed the patient the eye chart, displaying the letters CVKPNWXSCZ.

"Can you read that?" the doctor asked.

"Can I read it?" the Czech replied. "I dated his sister!"

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

| This Week's Schedule | Shabbos May 7 | Sunday May 8 | Monday May 9 | Tuesday May 10 | Wednesday May 11 | Thursday May 12 | Friday May 13 | Shabbos May 14 |
|----------------------|---------------|--------------|--------------|----------------|------------------|-----------------|---------------|----------------|
| Shacharis            | 8:30am        | 8:00 am      | 6:45 am      | 7:00 am        | 7:00 am          | 7:00 am         | 7:00 am       | 9:00 am        |
| Mincha/Ma'ariv       | 7:25 pm       | 7:00 pm      | 7:00 pm      | 7:00 pm        | 7:00 pm          | 7:00 pm         | 7:00pm        | 7:30pm         |
|                      |               | Rosh Chodesh | Rosh Chodesh |                |                  |                 |               |                |

## 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

May Order  
Deadline:  
**May 16**

## NHBZ Cash Card Order Form

*What are Cash Cards, and how do they work?*

- You purchase Cash 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 Cash cards at your favorite retailers (or give them as gifts), 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<br>(in Dollars) | %     | Qty | Total<br>Amount | Retailer                            | Denomination<br>(in Dollars) | %     | Qty | Total<br>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/<br>Office Depot         | \$ 25.00                     | 5.0%  |     |                 |
|                                  | \$ 100.00                    | 7.0%  |     |                 |                                     | \$ 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%  |     |                 | Stein Mart*                         | \$ 10.00                     | 7.0%  |     |                 |
|                                  | \$ 100.00                    | 6.0%  |     |                 | Target                              | \$ 25.00                     | 2.5%  |     |                 |
| Dierberg's*                      | \$ 25.00                     | 2.5%  |     |                 | Talbots                             | \$ 25.00                     | 13.0% |     |                 |
|                                  | \$ 100.00                    | 2.5%  |     |                 | T.J. Maxx/Marshall's/<br>Home Goods | \$ 25.00                     | 7.0%  |     |                 |
| Dillards                         | \$ 25.00                     | 9.0%  |     |                 | Ulta Beauty*                        | \$ 25.00                     | 4.0%  |     |                 |
|                                  | \$ 100.00                    | 9.0%  |     |                 | Walgreens                           | \$ 25.00                     | 6.0%  |     |                 |
| Famous Footwear*                 | \$ 25.00                     | 8.0%  |     |                 |                                     | \$ 100.00                    | 6.0%  |     |                 |
| Gap/Old Navy/<br>Banana Republic | \$ 25.00                     | 14.0% |     |                 | Walmart/<br>Sam's Club              | \$ 25.00                     | 2.5%  |     |                 |
|                                  | \$ 100.00                    | 14.0% |     |                 |                                     | \$ 100.00                    | 2.5%  |     |                 |
| Home Depot                       | \$ 25.00                     | 4.0%  |     |                 | Whole Foods*                        | \$ 25.00                     | 3.0%  |     |                 |
|                                  | \$ 100.00                    | 4.0%  |     |                 |                                     | \$ 100.00                    | 3.0%  |     |                 |
| iTunes                           | \$ 15.00                     | 5.0%  |     |                 | Other**:                            |                              |       |     |                 |
|                                  | \$ 25.00                     | 5.0%  |     |                 |                                     |                              |       |     |                 |
| JC Penney                        | \$ 25.00                     | 5.0%  |     |                 |                                     |                              |       |     |                 |
|                                  | \$ 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 no-cost 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](mailto:jeff@nhbz.org)





An open invitation to NHBZ's



Saturday

Shabbat Morning

**May 7, 2016**

**Regular services** begin at **8:30 a.m.**

**Tefillah/Prayer Learners Service** at **9:15 am** in the Chapel

(led by Rabbi Yosef David of Aish HaTorah)

**Learners Service** at **10:00 a.m.** in the Chapel

(led by Rabbi Smason)

**Tot Shabbat** (for kids 1-6) begins at **10 a.m.**

**Junior Congregation** (for kids 7-11) begins at **10 a.m.**

(Babysitting provided for younger kids)

**Break-out sessions beginning at 11:15 a.m.**

☆ *"The Power of Patience: How to Slow the Rush and Enjoy a Better Life"*

(Led by Rabbi Ze'ev Smason)

☆ *"A Choice for Israel: Middle Eastern Country or a European Implant?"*

(Led by Repps Hudson, MA, Journalism Coordinator, Adjunct Instructor and Freelance Journalist)

☆ *'Lag B'Omer: Bar Yochai, the Light of the Zohar and the Cave'*

(Led by Rabbi Joey Rosenfeld)

**Following those sessions, at approximately 12:15 pm, all attendees will then re-gather together for a Kiddush lunch.**

*NHBZ's Synaplex Shabbat is free and open to the Jewish public. Home hospitality for the weekend is available.*