



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 -Yom Tov June 11, 2016

5 Sivan, 5776

Torah Portion:
Haftorah:

Bamidbar 1:1—4:20
Hosea 2:1-22

Stone Chumash: pages 726-747
Stone Chumash: pages 1180-1181

Candle Lighting ~8:07 pm

Shabbos Concludes ~ 9:10 pm

Our Generous Sponsors This Shabbos . . .

Thank You to Rebecca, Louis, and Max Goldman for adding a Luncheon menu to our Shabbos Kiddush, in loving memory of their beloved son and brother Joseph, z"l, on the observance of his yahrzeit. Included in the lunch are miniature challas over which everyone will say HaMotzei. These challas are in tribute and remembrance of Joseph, who loved to help his mother bake challa for Shabbos!

Thank you to Sarah Klein for the lovely cake she sponsored for her birthday!

Erev Shabbos, Friday, June 10, 2016

- Mincha & Ma'ariv ~ 7:00 pm

Shabbos & Yom Tov, Saturday, June 11, 2016

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

- Pesukei D'Zimra: **Howard Sandler**
- Shacharis: **Louis Goldman**
- Leyning: **Aryeh Needle**

- Haftorah: **Alan Haber**
- Drasha: **Rabbi Ze'ev Smason**
- Musaf: **Louis Goldman**

- 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 7:50 pm

~ SHAVUOS~

Motzei Shabbos – June 11, 2016

Yom Tov Candle Lighting ~ after 9:10 pm

Our Shavuos Seudah will begin at 9:15 pm

Early-Bird Learning will begin at 10:30 p.m. Speakers and Topics:

- **Rabbi Ze'ev Smason**—"Three steps to Heaven: The Shabbat Amidah"
- **Richard Woolf & Michael Minoff** "The 15 Greatest Lies about Israel and How to Combat Them"
- **Keith Zeff** "Fifty Year Perspective"

All Nighter Session from 11:30 pm to Morning Services with Rabbi Shaya Mintz.

Sunrise Morning Service at 5:05 am.

~ Shavuos ~

First Day 9:00 am – Sunday, June 12.

Thank you for leading services:

- Pesukei D'Zimra: **Howard Sandler**
- Shacharis: **Dr. Ethan Schuman**
- Akdamus: **Rabbi Ze'ev Smason**

- Leyning: **Max Gornish**
- Sermon: **No Sermon Today**
- Musaf: **Dr. Ethan Schuman**
- Haftarah: **Louis Goldman**

Torah Portion: **Exodus 19:1 – 20:26;**
Maftir: **Numbers 28:26 – 28:31;**
Haftarah: **Ezekiel 1:1 – 1:28; 3:12**

Siddur: **pages 520-522;** Chumash: **pp. 400-415**
Siddur: **page 522;** Chumash: **pp. 892-893**
Siddur **pages 522-523;** Chumash: **pp. 1228-1229**

Kiddush ~ Following Musaf
Mincha & Ma'ariv ~ 8:05 pm
Yom Tov Candle Lighting ~ 9:11 pm

~ Shavuos ~

Second Day 9:00 am – Monday, June 13.

Thank you for leading services:

- Pesukei D'Zimra: **Howard Sandler**
- Shacharis: **Aryeh Needle**
- Leyning: **Aryeh Needle**

- Haftarah: **Kenny Bressler**
- Drasha: **Rabbi Ze'ev Smason**
- Musaf: **Aryeh Needle**

Torah Portion: **Deuteronomy 15:19 – 16:17;**
Maftir: **Numbers 28:26 – 28:31;**
Haftarah: **Habakkuk 2:20 – 3:19**

Siddur: **pp. 525-526;** Chumash: **pp. 1018-1023**
Siddur: **page 522;** Chumash: **pp. 892-893**
Siddur **pages 526-527;** Chumash: **pp. 1229-1231**

Yizkor ~ (Approx. 10:30 a.m.)

Kiddush ~ Following Musaf
Mincha & Ma'ariv ~ 8:05 pm
Yom Tov Concludes ~ 9:11pm

Many thanks to our Shavous Dinner Sponsors:

Alan & Janet Haber, Bob & Sandie Abrams, Lenny & Fran Alper, Dr. Craig & Jackie Berkin, Sam & Shirley Bluestein, Don & Julie Eisenberg, Terec Farbstein, Drs. Susan Feigenbaum & Jay Pepose, Irwin & Arlene Fredman, Bob & Joni Kaiser, Howard & Phyllis Loiterstein, Dr. Daniel & Marcela Morgensztern, Mark Ragin & Gail Rose, Alice Sudin, Gary & Trudy Sudin, Menachem & Linda Szus, Richard & Mindy Woolf, Kenny & Barbara Bressler, Jesse & Debbie Barash, Irwin & Arlene Fredman, and Mayer Taller.

Special Thanks to Jessica Fadem for the lovely floral arrangements on the Bimah!
Special Thanks to Libby Sorkin Routman for sponsoring the cheesecake!

Happy Anniversary to: Ed & Jane Lyss

Happy Birthday to: Julie Rosenbluth, Nathan Brook, Barb Bressler, David Simon, Pearl Borow, Levi Simon, Yitzchak Rubin, and Richard Woolf

SHUL NEWS. ..

- **Cash Cards ~ Orders for June are now being taken through Wednesday, June 15. Buy your cash card and you will be entered in our drawing for a cash card surprise.** Please help raise money for NHBZ and place your order for June! 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? **Thank you for buying cash cards in May - Dr. Alan & Marcie Brook, Dr. Faye Cohen & Brian McCary, Teree Farbstein, Scott & Leslie Gitel, Bob & Joni Kaiser, Jacob & Judy Levin, Howard & Phyllis Loiterstein, Dr. Daniel & Marcela Morgensztern, Lana Weinbach, and Richard & Mindy Woolf.**
- **June 20, Monday ~ Home Discussion Class: Topic-"The Battle of the Sexes- Jewish Style!"**
- **June 26, Sunday ~ Pizza Night!**

Adult Learning at NHBZ

Special Note- Rabbi Freund's class will not meet Monday, June 13.

"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 topic "The Battle of the Sexes- Jewish Style!"**
- **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!

A special thank you to our committed minyan men!

Each of the men listed have made a commitment to attend at least one weekday minyan each week. We know we can count on them to be there week in and week out helping to make our minyan.

But, we still need you! Let us add your name. Please contact the Rabbi, Howard Sandler, or Alan Zarkowsky to let us know which minyanim you will attend. Your commitment is vital to a strong minyan which makes a strong Shul. You **will** make a difference.

(If you are a committed minyan man and we didn't get you on the list, please accept our apology and contact Alan Zarkowsky - gabbai@nhbz.org - so we can correct our error.)

Lenny Alper
Fabian Attoun
Jeff Baker
Dr. Craig Berkin
Jesse Barash
Eldad Bialecki
Howard Sandler
Dr. Ethan Schuman
Eliyahu Sheinbien
Sid Silverman
Rabbi Smason
David Stein
Marvin Stein
Rabbi Swidler
Menachem Szus
Mayer Taller
Victor Tandler
Leonid Vladimirov
Brent Waxman
Bruce Waxman
Scott Waxman
Alan Zarkowsky
Keith Zeff

Sam Bluestein
Kenny Bressler
Marshall Brockman
Larry Chervitz
Jerry Cohen
Moishe Leib Cohen
Lou Edelstein
Don Eisenberg
Andy Epstein
Denny Feit
Robert Freidman
Louis Goldman
Larry Gornish
Alan Haber
Harold Hoffman
Larry Hollander
Bob Kaiser
Dr. Eliot Katz
Bob Levine
Howard Loiterstein
Rabbi Mintz
Mark Ragin
Dr. David Reisler
Irwin Rosen

Beyond Twelve Gates

Parshas Bamidbar / Shavous

June 11, 2016

Sarah Spaans Carlson is from Muskegon, MI, and her birthday is in in the fall. Her present was finally meeting her friend Terry Zwerlein from New York. They saw each other for the first time this past October. "We gave each other a big hug," Terry said. Sarah and Terry have been friends since 1967. "It started with us being on a pen pal list," Terry said. When they were in seventh grade, they found each other through a teen magazine. Sarah said, "There was a bunch of names in there and addresses and I said, 'OK. I will pick Terry.'" Over the following decades, the now 62-year-old women wrote about falling in love, children and exchanged photographs.

With their recent meeting, the two women have finally met face-to-face after 48 years of being strictly pen pals. "I was excited," Terry said. "I gave her a big hug. It took a long time for it to happen so it was fun. I think we are very close. Over the years I think we became much closer. The distance didn't mean anything. We talked about everything." In lieu of long letters, the two friends now send holiday and birthday cards and chat via Facebook. Let's hope they don't wait another 48 years to meet again! (See a brief video of the two friends: <https://www.youtube.com/watch?v=f8Z-grcxGlg>)

All over the world people are fighting. Religious fighting, national fighting, family fighting. Some are even ready to die because they think they're right. How are we ever going to put this world back together? Judaism speaks of *dikduk chaverim*, which literally means fine-tuning with friends. See others not as adversaries, but as a welcome counterbalance to your own perspective. In choosing a friend, choose one who will challenge you to become better in life. Someone once said, "*Friends should be like books, few, but hand-selected.*" Friends are good, but lifelong friends are a treasure.

Parshas Bamidbar 1:1 -- 4:20

This week we begin reading Sefer Bamidbar -- known in English as 'The Book of Numbers'. Bamidbar ('in the wilderness') begins with G-d telling Moses to take a census of all men over the age of 20. If you like names and numbers, you'll love this week's portion. The count reveals just over 600,000, excluding the Levites who weren't included in the census. We also find described the manner in which the Jewish People camped around the Mishkan (Tabernacle), and the order in which they traveled during the 40 years in the desert. The Jewish People were arranged in four sections around the Mishkan; east, south, west and north. The Levites are singled out for special responsibilities. A formal transfer is made between the first-born and the Levites, whereby the Levites take over the role the first-born would have served. The sons of Levi are divided into three main families; Gershon, Kehas and Merari. Each is given a special task in transporting the Mishkan.

Shavous

The major festival of Shavous begins on Saturday evening, June 11 and concludes Monday evening, June 13. You may remember Cecil B. DeMille's film 'The Ten Commandments', starring Charlton Heston. Good film; however, the book was better than the movie! On Sunday morning the Torah reading (Exodus 19:1 - 20:23) contains the narrative of giving of the Torah and the *Aseres HaDibros* --

inaccurately translated as 'The Ten Commandments.' On the second day of Shavous, Monday, the Torah reading (Deut. 15:19 - 16:17) contains a brief description of the Shalosh Regalim - Passover, Shavous and Succos. An argument can be made that Shavous is THE most important holiday of the Jewish year. After all, without the Torah, what is Judaism?

Rabbinic Ruminations

Walking barefoot through the warm summer grass. Who doesn't feel a bit nostalgic remembering the childhood pleasure of going around barefoot? While walking short distances in grass feels good, according to a new study *running* barefoot has a surprising benefit. Researchers at the University of North Florida (UNF) found that running barefoot leads to better cognitive performance than running with shoes. Who runs barefoot, you ask? Barefoot running is becoming increasingly popular and has been featured in best-selling books, on national television, in running magazines, as well as in teacher resource materials. There has also been a growing scientific interest in barefoot running, with research comparing physiological differences between barefoot versus shod running.

The UNF researchers enlisted 72 participants between the ages of 18 and 44, who ran both barefoot and wore shoes at a comfortable, self-selected pace for approximately 16 minutes. Working memory was measured before and after running. The results of this research found a significant increase -- approximately 16 percent-- in working memory performance in the barefoot-running condition. There was no significant increase in working memory when running with shoes. "The little things often have the greatest impact. This research shows us that we can realize our cognitive potential and enjoy ourselves at the same time," said Dr. Ross Alloway, lead researcher. "If we take off our shoes and go for a walk or run, we may finish smarter than when we started."

When Moses turns aside to look at the burning bush, G-d tells him, "*Take your shoes off your feet, the place you are standing on is holy ground.*" (Exodus 3:5) Why did G-d command Moshe to take off his shoes, and not to cover his head or prepare his heart? With shoes one can walk over stones and even glass, and not feel a thing. Without shoes, even in the comfort of one's own home, one can feel everything. G-d told Moses 'if you want to lead My people, you must take off your shoes. Feel your surroundings, and feel the suffering of your people.'

Quote of the Week

Patience serves as a protection against wrongs as clothes do against cold. For if you put on more clothes as the cold increases it will have no power to hurt you. So in like manner you must grow in patience when you meet with great wrongs, and they will then be powerless to vex your mind. -- Leonardo da Vinci

Joke of the Week

From the files of "*Newspaper Errors*"

IMPORTANT NOTICE: If you are one of the hundreds of parachuting enthusiasts who bought our Easy Sky Diving book, please make the following correction: on page 8, line 7, the words "state zip code" should have read "pull rip cord."

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

This Week's Schedule	Shabbos June 11	Sunday June 12	Monday June 13	Tuesday June 14	Wednesday June 15	Thursday June 16	Friday June 17	Shabbos June 18
Shacharis	9:00am	9:00 am	9:00 am	6:45 am	7:00 am	7:00 am	7:00 am	9:00 am
Mincha/Ma'ariv	7:50pm	8:05 pm	8:05 pm	7:00 pm	7:00 pm	7:00 pm	7:00pm	7:55pm
	Erev Shavous	Shavuot	Shavuot					

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



Join us at any of the upcoming Home Discussion Groups

**Interested in studying the Jewish Perspective on
contemporary issues in a relaxed home setting?**

Come Grow with Us!

Led by Rabbi Ze'ev Smason, Groups
meet at the homes of our members and
friends.

This ongoing project plans to meet from 7:00 -
8:30 p.m. on the **Second Monday of the
month** (unless there is a holiday and then it
will be the 3rd Monday.)



The current schedule is as follows:

June 20th- Loiterstein home

Topic-“The Battle of the
Sexes- Jewish Style!”

July 11th- Goldfader home

Aug. 8th- To be announced

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 Cash Card Order Form

Orders Due

Wednesday June 15

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%			Mobil	\$ 50.00	1.0%		
	\$ 100.00	7.0%			Office Max/	\$ 25.00	5.0%		
Best Buy	\$ 25.00	4.0%			Office Depot	\$ 100.00	5.0%		
	\$ 100.00	4.0%			Petco*	\$ 10.00	5.0%		
BP Gas Card	\$ 50.00	1.5%			PetSmart	\$ 25.00	4.0%		
Build A Bear	\$ 25.00	8.0%			Pier 1*	\$ 25.00	9.0%		
Container Store*	\$ 25.00	9.0%			REI*	\$ 25.00	8.0%		
	\$ 100.00	9.0%			Shell Gas Card	\$ 25.00	2.0%		
CVS	\$ 25.00	6.0%			Starbucks	\$ 10.00	7.0%		
	\$ 100.00	6.0%				\$ 25.00	7.0%		
Dierberg's*	\$ 25.00	2.5%			Stein Mart*	\$ 10.00	7.0%		
	\$ 100.00	2.5%			Target*	\$ 25.00	2.5%		
Dillards	\$ 25.00	9.0%				\$ 50.00	2.5%		
	\$ 100.00	9.0%			Talbots	\$ 25.00	13.0%		
Famous Footwear*	\$ 25.00	8.0%			T.J. Maxx/Marshall's/	\$ 25.00	7.0%		
Gap/Old Navy/	\$ 25.00	14.0%			Home Goods	\$ 100.00	7.0%		
Banana Republic	\$ 100.00	14.0%			Ulta Beauty*	\$ 25.00	4.0%		
Home Depot	\$ 25.00	4.0%			Walgreens	\$ 25.00	6.0%		
	\$ 100.00	4.0%				\$ 100.00	6.0%		
iTunes	\$ 15.00	5.0%			Walmart/	\$ 25.00	2.5%		
	\$ 25.00	5.0%			Sam's Club	\$ 100.00	2.5%		
JC Penney	\$ 25.00	5.0%			Whole Foods*	\$ 25.00	3.0%		
	\$ 100.00	5.0%				\$ 100.00	3.0%		
TOTAL THIS ORDER: \$					Other**:				

- 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!!!