



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 June 18, 2016

12 Sivan, 5776

Torah Portion:
Haftorah:

Naso 4:21-7:89
Judges 13:2-25

Stone Chumash: pages 748-773
Stone Chumash: pages 1181-1182

Candle Lighting ~8:10 pm

Shabbos Concludes ~ 9:13 pm

Our Generous Sponsors This Shabbos . . .

Thank you to Sam and Shirley Bluestein for sponsoring this bulletin in honor of Sam's birthday!

Thank you to Dr. Alan and Marcie Brook for sponsoring the soda for their son's Nathan's 16th birthday!

Erev Shabbos, Friday, June 17, 2016

- Mincha & Ma'ariv ~ 7:00 pm

Shabbos Saturday, June 18, 2016

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

- Pesukei D'Zimra: **Ed Lyss**
- Shacharis: **Menachem Szus**
- Leyning: **Max Gornish**

- Haftorah: **Bruce Waxman**
- Drasha: **Rabbi Ze'ev Smason**
- Musaf: **Menachem Szus**

- 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 7:55 pm

Happy Anniversary to: Richard & Mindy Woolf and Alan & Vivian Zarkowsky!

Happy Birthday to: Sam Bluestein, Joni Kaiser, Natalia Wallman, Amy Feit, Sarah Klein, Teree Farbstein, & Esther Gelb!

SHUL NEWS. ..

- June 19, Sunday ~ Happy Father's Day to all the Fathers!
- June 20, Monday ~ Home Discussion Class: Topic-"The Battle of the Sexes- Jewish Style!"
Where: Loiterstein's home from 7:00-8:30 pm. For address, please contact the office at 991-2100.

- **June 26, Sunday, ~ 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, cucumber 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, June 26, 314-991-2100, ext. 2. Pick up time for carry out pizzas is 4:30-4:45 p.m.
- **Volunteers needed for Pizza Nights!** *Only one hour shifts- just enough time to really help NHBZ. Call Jeff at 991-2100 ext. 2.*
- **June 26, Sunday ~ 3:00 to 5:00 pm ~** The Irv Alper Social Club is having an all games party! Get your group together. Come and play Bridge, Mah Jong, and Poker. NHBZ, lower level, no charge, and no reservations required.
- ***Friendly Reminder:*** Please consider paying your Dues and/or Building Fund before the holidays! It helps us through the "lean months" of summer. Thank you for your support!!

Thank you to everyone who led services and were sponsors for Shavous. Belated thanks to Dr. David & Fran Reisler for also being Shavous dinner sponsors.

Adult Learning at NHBZ

"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!

Beyond Twelve Gates

"What's in a Name? "

Parshas Naso

June 18, 2016

The town of Blenheim in New Zealand has been advised to change its name in a bid to lure more tourists. A group of business leaders believe the moniker "Marlborough City" will help it take advantage of the global success of the region's wine industry – and encourage overseas visitors. It wouldn't be the first time a town changed its name, however. Here are several others:

Truth or Consequences, New Mexico: The Fifties game show Truth or Consequences saw contestants asked impossible questions, and – if they got the answer wrong – they were made to perform a wacky stunt. Its producers offered to host the show in the first town that would change its name to Truth or Consequences. The fortunate winner was Hot Springs, New Mexico.

DISH, Texas: Formerly Clark, this Texan town became DISH in 2005 in a deal with a satellite TV company. All the residents were given a free 10-year subscription in return.

Sleepy Hollow, New York: In an effort to cash in on its fame as the setting for Washington Irving's short story "The Legend of Sleepy Hollow", residents of North Tarrytown, New York, chose to officially adopt the name in 1996.

Changing one's name to create a change of fortune actually has its roots in Judaism. That's why if someone is dangerously ill, we might provide him or her with an additional name, like Chaim or Chaya, meaning "life," or Refael or Refaela, "cure." The first recorded story of a name change that led to an incredible change of destiny was that of Sarah and Abraham. A name connects us to our soul. It provides us with spiritual ammunition, allowing us to access spiritual strengths we may have never known we had.

So what's in a name? A name connects us to our soul

Parshas Naso Numbers 4:21 - 7:89

Among the topics appearing in Naso is the mitzvah of the 'Sotah'. When compelling circumstantial evidence suggests an act of marital infidelity may have taken place, the Torah provides a means to clarify the hoped-for innocence of the suspect parties. Contained in this mitzvah is dissolving G-d's name that was written on a parchment. We learn from this the supreme importance of shalom bayis -- peace in the home. If G-d allows His Holy Name to be erased for the sake of peace between husband and wife, certainly each of us should seek shalom bayis with our spouses and other family members. What can each of us do to increase shalom bayis with those whom we love? Parshas Naso also describes the nazir -- an individual who takes a vow to refrain from drinking wine, cutting his hair, and other restrictions. Remember the story of Samson? Samson -- who was a nazir -- was the great Jewish judge and hero who 'brought down the house.'

Rabbinic Ruminations

Want to know how long you'll live? The average life expectancy in the U.S. is 78.5 years -- and by now we all know that certain healthy behaviors might help to extend that figure, whether it's exercise, nutrition, or little everyday habits, like cooking more meals at home. And scientists have long known that your personality can affect how many birthdays you celebrate. Character traits such as extroversion, optimism, agreeableness and conscientiousness have been shown to be better prognosticators than either intelligence or socioeconomic status for poor health and early death. But personality isn't easy to measure in a reliable way, since self-reports are notoriously biased and misleading. However, research out of Washington University in St. Louis suggests a simpler method may work best: asking your friends.

A [recent study](#) in *Psychological Science* notes that friends possess tremendous insight into each other's personalities -- your closest pals probably know you better than you know yourself. "Really simple ratings of your personality ... predict decades in advance how healthy you're going to be and how long you're going to live," says Dr. Joshua Jackson, the assistant professor of psychology who led the study. In particular, friends' ratings frequently pick up on traits we ignore. "You expect your friends to be inclined to see you in a positive manner, but they also are keen observers of the personality traits that could send you to an early grave." Dr. Benjamin Le, an associate professor of psychology at Haverford College in Pennsylvania, echoes Dr. Jackson's findings that friends can see things people miss in themselves. "Outsiders have a more accurate view because their perceptions aren't colored by self-serving biases," he says. "When I look at myself, I have to maintain my self-esteem," but a friend doesn't need to preserve that rosy perspective.

During a public talk given on his 80th birthday in 5762 (1982), the Lubavitcher Rebbe said that it is obvious that if a person is blessed with long life, it is because the Almighty wants him or her to focus on the main aspects of their life, those aspects connected to their soul, to spiritual things. G-d created each and every individual with a specific purpose in order to reveal G-dliness in the world. If a person is blessed by the Creator with long life, it should be clear that they still have much to accomplish.

Quote of the Week

He who can no longer pause to wonder and stand rapt in awe, is as good as dead; his eyes are closed.
-- Albert Einstein.

Joke of the Week

As Morris and his wife, Sheila, were planning a vacation, they ended up in an argument, "It's 'Hawaii', I'm telling you!" Sheila said. Morris: "I never KNEW someone so stubborn! 'Havaii' is how it's pronounced!" And so it went all the way to the vacation...

Shortly after picking up their bags in the Honolulu airport, they approached a tall, brown-skinned man. Morris said, 'Good afternoon, Sir. We're tourists from Brooklyn, New York. My name is Morris and my wife's name is Sheila.'

"Welcome to the Islands," the man said. "My name is Kamaka'eha Waiwai'ole."

Excited to meet a native, Sheila blurted out, "Would you mind telling us the name of your state?"

"Havaii!" the man replied.

"Thanks!!" answered Morris.

"You're Velcome," said the native.

NHBZ TRIBUTES for May

IN MEMORY OF:

Adam Kram, grandson of Morris and Estelle Kram- Fabian & Francine Attoun, Ron & Sandra Segall, Irwin & Arlene Fredman, Gary Benson, Sid & Phyllis Silverman, Menachem, Linda, & Micky Szus,

Toby Weiner, wife of Norwin Weiner and sister-in-law of Phyllis Silverman - Ron & Sandra Segall, Fabian & Francine Attoun, David & Sharon Silverman

Morris Roth- Marian Walters

Mel Schwartz, brother in-law of Ruth Cohen –Jerry & Frances Cohen

The Mother of Ellen Stein – Menachem, Linda, & Micky Szus

IN HONOR OF:

New Grandson of Leonid and Stella Valdimirov – Bob & Joni Kaiser

Victor and Anna Rose Tendler's Anniversary – Bob & Joni Kaiser

Engagement of Sarah Beth Waxman, daughter of Bruce and Faith Waxman- Bob & Joni Kaiser, Alan & Janet Haber

Engagement of Sarah Beth Waxman, granddaughter of Gloria Waxman- Alan & Janet Haber, Bob & Joni Kaiser

Dr. Erol and Sally Amon's Anniversary –Alan & Janet Haber

Bob and Joni Kaiser's Anniversary- Alan & Janet Haber

Don and Julie Eisenberg's Anniversary –Alan & Janet Haber

Drs. Jay Pepose and Susan Feigenbaum's Anniversary – Alan & Janet Haber

Yitzchak Rubin's D'Var Torah- Fabian & Francine Attoun

SISTERHOOD TRIBUTES

IN HONOR OF

Stanley & Rhonnie Goldfader Anniversary - Jerry & Francis Cohen

IN MEMORY OF

Adam Kram Grandson of Morris & Estelle Kram- Rachael Pevnick & Family, & Anita & Lenny Korman

Shelly Gold - Esther Gelb & Family and Stanley Gelb & Family

Toby Weiner Wife of Norwin Weiner- Rachael Pevnick

PACK OF CARDS

Esther Gelb, Sarah Klein, Marian Walters, and Vivian Zarkowsky

NHNZ LIBBY NEEDLE FUND

Engagement of Sarah Beth Waxman, granddaughter of Gloria Waxman- Jackie & Dr. Craig Berkin

Engagement of Sarah Beth Waxman, daughter of Bruce and Faith Waxman- Jackie & Dr. Craig Berkin

In honor of the birth of your grandson, Mr. & Mrs. Barry Needle - Jackie & Dr. Craig Berkin

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

This Week's Schedule	Shabbos June 18	Sunday June 19	Monday June 20	Tuesday June 21	Wednesday June 22	Thursday June 23	Friday June 24	Shabbos June 25
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	7:55pm	8:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00pm	7:55pm

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



DINE IN PIZZA NIGHT

Sunday, June 26

5:00 - 7:00 P.M.

All-You-Can-Eat Buffet of Pizza, Spaghetti,
Garlic Bread, and Cucumber & Onion
Salad!

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

650 North Price Rd, Olivette

(314) 991-2100 ♦ ♦ ♦ www.nhbz.org





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)

SAVE THE DATE!



September 11, 2016

2-6pm

This event is being patterned after very successful Kosher Barbecue competitions held yearly not only in Kansas City, but now in Chicago, Memphis, NYC, Dallas, & Charlotte. Because this is a Kosher Barbecue competition, all teams will purchase meat and use grills, smokers and utensils provided by NHBZ.

The St. Louis competition will be a family oriented community wide event meant to bring people together for a fun filled afternoon. In addition to the attraction of the fierce competitors, there will be sponsor booths, tasting booths, kid activities, live music, activities honoring both the victims and heroes of 9/11, and more. After all, who doesn't like barbecue?

Interested in being one of the select Teams in the cook off?

Officially Sanctioned by



Apply on-line at www.nhbz.org. Limited spots available.

For more information, please contact Mindy Woolf at mwoolf2002@gmail.com.



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