



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 25, 2016

19 Sivan, 5776

Torah Portion:
Haftorah:

Beha'aloscha Numbers 8:1-12:16
Zechariah 2:14-4:7

Stone Chumash: pages 774-797
Stone Chumash: pages 1182-1184

Candle Lighting ~8:11 pm

Shabbos Concludes ~ 9:14 pm

Erev Shabbos, Friday, June 24, 2016

- Mincha & Ma'ariv ~ 7:00 pm

Shabbos Saturday, June 25, 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.
- Shalosh Seudos with Guest Speaker: **Rabbi Josh Boretsky** from Jerusalem! 7:00pm
- Mincha 7:55 pm

Next week's Shalosh Seudos, July 2nd, is being sponsored by Jackie & Dr. Craig Berkin in observance of the first Yahrzeit of their brother Barry Pessin.

Happy Anniversary to: Boris & Alla Yasinev and Jeff & Irena Scheer!

Happy Birthday to: Vivian Zarkowsky!

SHUL NEWS. ..

- 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.



- **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 Jongg, and Poker. NHBZ, lower level, no charge, and no reservations required.

The Monument Dedication for Laura (Lilly) Levi will take place on Sunday, June 26 at 11:30 A.M. at Beth Hamedrosh Hagodol Cemetery.

- **July 16, Shabbos ~ Synaplex Shabbat, Kiddush Luncheon, July Birthday and Anniversary Celebration.** Preview of speakers and topics not to be missed:
 - ✓ "Abracadabra: The Power of the Spoken Word" by Rabbi Ze'ev Smason
 - ✓ "Jews & Baseball" by Dr. Burton and Benita Boxerman
 - ✓ "Mazel Tov! Does Judaism Believe In Luck, And Can It Change?" Rabbi Yaakov Berkowitz of the St. Louis Kollel

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!!

Adult Learning at NHBZ

~The 15 Worst Lies about Israel and How to Combat Them~

Please join us for a new series at NHBZ with stand-alone presentations from strong community advocates for Israel and Jews, focusing *on the lies told about Israel and providing the facts necessary to overcome them.*

WHEN: Wednesdays, June 29 through August 3, 2016

TIME: 7:30 – 8:30 p.m.

Class 1 (June 29): "The UN is an honest broker between the Israelis and Palestinians," & "Mahmoud Abbas is a true partner for peace." - (*Nancy Lisker, AJC*)

Class 2 (July 6): "The Jews have no historical connection to the land of Israel," "Zionism = Racism," & "If Israel laid down its weapons, there'd be peace." – (*Rabbi Yosef David, Aish HaTorah*)

"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.

July 23, Shabbos ~ 7:00pm ~ Family Shalosh Seudos Program with guest presenter Rabbi Levi Landa. The topic will be **"Tisha B'Av and the 3 Weeks"**.

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.

Next class

- 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!

SAVE THE DATE!



September 11, 2016

"1,000 Baseball Games in a Row?"

Every summer, professional baseball teams host 81 home games. And while some fans would love to attend every game, things come up: family vacations, bosses asking you to work late, not feeling well. But for Kansas City Royals fan Chris Coats from Raytown, Mo., none of those excuses fly. When the Royals beat the Tigers, 10-3, on Friday, it was Chris Coats' 1,000th consecutive home game. The streak started on May 25, 2004, when the Royals were still struggling to rebuild after nearly two decades of futility. Through many personal trials and tribulations, including a battle with a brain tumor, the Royals superfan hasn't missed a single game. Chris's loyalty eventually paid off, enabling him to see his beloved Royals win the World Series last year in 2015.

Chris, who makes sure to request off work when the Royals play weekday matinees, has stuck with his team through thick and thin. A model of consistency, the true-blue Mr. Coats said, "I just love Royals baseball, I love coming out to Kauffman Stadium. Just the atmosphere, coming out to watch a ballgame -- no matter how good or bad they play, it was always fun to watch." Has Chris ever thought of spending his recreational time elsewhere? "We don't have mountains or beaches, so our sports teams are one of our biggest community events around here," Chris said.

The *Korban Tamid*, the perpetual offering in the Holy Temple, was brought morning and afternoon every day of the year. Weekdays. Shabbos. Holidays. Every day of the year without fail. It had 'perfect attendance'! *Consistent* is an important word in our social, psychological and spiritual dictionary. It means to be reliable, to always be there – for our spouses, our friends, our synagogues and our communities. There are only good things to be said about individuals who are consistent, dependable and reliable.

Parshas Beha'aloscha Numbers 8:1 - 12:16

Beha'aloscha (Hebrew for "when you step up") is thematically diverse, beginning with the daily lighting of the golden menorah in the Mishkan. The Levites are initiated into the Tabernacle service. The Torah then describes the celebration of Passover in the second year in the desert, complete with the bringing of the Korban Pesach (Passover offering). Some men could not bring the offering due to ritual impurity, and were thus commanded to celebrate Pesach Sheni, a 'make-up Passover' a month later. Lesson: Second chances are available. Additionally, the standard procedure by which the Jewish people would break camp to travel in the desert is described. Soon after leaving Mt. Sinai, the people begin to kvetch. Spurred by the mixed multitude of insincere converts who joined the Jewish people upon leaving Egypt, the complaining is directed toward the manna, their daily miraculous portion of heavenly bread. G-d sends a massive flock of quail which the people gather to eat; those who had complained about the lack of food overstuff themselves and die during this supernatural event. The portion concludes with Miriam speaking loshon hara (defamatory words) to Aaron about their brother Moses. She is punished by G-d with tzaraas (a skin condition indicating a spiritual deficiency) and is quarantined outside the camp for seven days.

Rabbinic Ruminations

Have you ever felt buyer's remorse? Does your brain freeze when offered too many options? When

you eat out, do you often second-guess your menu choice? Have you ever stumbled around a superstore numbed by the quantity of options? If so, perhaps you've seen the [Paradox of Choice](#) in effect. When we get offered *too many choices* we shut down, unable to decide. Often, we end up simply choosing anything, just to get the process over and done with.

To prove this paradox, psychologists Mark Lepper and Sheena Iyengar conducted an experiment on supermarket jam. At a gourmet food store a display of high-quality jams and taste samples was set up. In one test, they offered six varieties; another test, they offered 24. The results of the study showed that 30 percent of people exposed to the smaller selection ended up purchasing a jar of jam. Only 3 percent of the people exposed to the larger selection purchased jam. Decision fatigue can wear down our decision-making abilities from overuse in a short period of time. The more decisions we make, the more tired our brain gets, leading us to either give less thought to our decisions or choose lower-risk, "safe" options simply to avoid the effort of making a difficult decision. A simple solution to the paradox of choice: Give yourself fewer options.

The quality of our life is dependent upon the choices we make. Created *B'tzelem Elokim*, in the image of G-d, Judaism teaches that our soul enables us to identify right and wrong and make choices in accordance with our understanding. The main choices we make at every moment are:

- 1) Which thought and memories we focus on
- 2) How we evaluate each and every situation
- 3) What we will or will not do and say.

Life is about choices. Choose wisely.

Quote of the Week

"Dear George: Remember no man is a failure who has friends. Thanks for the wings! Love, Clarence." -- *It's a Wonderful Life*

Joke of the Week

A rabbi was called away unexpectedly by the illness of a close family member. He entrusted his new assistant with leading Shabbat services. The rabbi's wife stayed home and attended services. When he returned, the rabbi asked his wife how things went in his absence.

"The sermon was poorest I've ever heard," she said. "There was nothing in it, nothing at all. It didn't even make sense. It was very unorganized. I was disappointed."

Later that day, the concerned rabbi met his assistant and asked him, "How'd the Shabbos service and sermon go? Did all go well? How did you manage?"

"All went very well, absolutely wonderful," he said. "I didn't have time to prepare a new sermon of my own on such short notice, so I got on your computer and pulled up one of your old sermons from last year."

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

This Week's Schedule	Shabbos June 25	Sunday June 26	Monday June 27	Tuesday June 28	Wednesday June 29	Thursday June 30	Friday July 1	Shabbos July 2
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	7:00 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





The 15 Worst **Lies** about *Israel*...

AND THE **TRUTH** TO COMBAT THEM!

Please join us for a new series with stand-alone presentations from strong community advocates for Israel and Jews, focusing on the lies told about Israel and providing the facts necessary to overcome them.

Open to the Jewish public ...

WHEN: Wednesdays, June 29 through August 3, 2016

TIME: 7:00 – 8:00 p.m.

WHERE: Nusach Hari B'nai Zion Congregation, 650 N. Price Rd., 63132

Class 1 (June 29): "The UN is an honest broker between the Israelis and Palestinians," & "Mahmoud Abbas is a true partner for peace." – (Nancy Lisker, AJC)

Class 2 (July 6): "The Jews have no historical connection to the land of Israel," "Zionism = Racism," & "If Israel laid down its weapons, there'd be peace." – (Rabbi Yosef David, Aish HaTorah)

Class 3 (July 13): "Settlements are an impediment to peace," & "If Israel withdrew from the West Bank to the 1967 borders, there would be peace." – (Galit Lev-Harir)

Class 4 (July 20): "BDS helps Palestinians and promotes peaceful co-existence between Israel and Palestinians," & "Israeli policies are the cause of worldwide antisemitism and terrorism." – (Karen Aroesty, ADL)

Class 5 (July 27): "Intifadas are the result of failures in the peace process and Palestinian frustration," & "Israel uses excessive or disproportionate force in responding to Palestinian militants."

Class 6 (August 3): "The media honestly portrays the Israel-Palestinian conflict." "Israel caused the Palestinian refugee problem."

To RSVP, contact Jeff at 314-991-2100 ext 2 or jeff@nhbz.org.

RSVPs are appreciated, but not necessary.



An open invitation to NHBZ's



Saturday

Shabbat Morning

July 16, 2016

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

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.**

(Babysitting provided for younger kids)

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

☆ *"ABRACADABRA~The Power of the Spoken Word"* (Led by Rabbi Ze'ev Smason)

☆ *"Jews and Baseball"* (Led by Dr. Burton and Benita Boxerman)

☆ *"Mazel Tov! Does Judaism Believe In Luck, And Can It Change?"* (Led by Rabbi Yaakov Berkowitz of the St. Louis Kollel)

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.



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

Shabbat, July 23, 2016

with Guest speaker

**Rabbi Levi Landa of Chabad of Greater
St. Louis**



***Rabbi Landa's class, on "Tisha B'Av and the
3 Weeks," starts at 7:00 P.M.***

*Mincha at 7:40 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