



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 July 2, 2016

26 Sivan, 5776

Torah Portion:
Haftorah:

Shelach Numbers 13:1-15:41
Joshua 2:1-24

Stone Chumash: pages 798-819
Stone Chumash: pages 1184-85

Candle Lighting ~8:11 pm

Shabbos Concludes ~ 9:14 pm

Our Generous Sponsors This Shabbos . . .

This week's bulletin is sponsored in honor of the birthday of Vivian Zarkowsky by Alan Zarkowsky, their children and grandchildren. Thank you!

Thank you to Jerry Cohen and his children, Faye, Bruce, and Barbara for sponsoring the birthday cake in honor of Fran's birthday!

Thank you to Jacob and Judy Levin for enhancing our Kiddush today and the July 4th birthday cake in honor of Judy's birthday!

Thank you to Lenny and Fran Alper for also enhancing the Kiddush today in honor of the birthdays of Caryn, Joanna, and Fran.

Shalosh Seudos is being sponsored by Jackie & Dr. Craig Berkin in observance of the first Yahrzeit of their brother Barry Pessin.

Erev Shabbos, Friday, July 1, 2016

- Mincha & Ma'ariv ~ 7:00 pm

Shabbos Saturday, July 2, 2016

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

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

- Haftorah: **Sid Silverman**
- Drasha: **Rabbi Ze'ev Smason**
- Musaf: **Richard Woolf**

- **Learners' Service** ~ 10:15 am Led by **Rabbi Ze'ev Smason** in the Rivkin Chapel.
- **Mincha** 7:55 pm

Happy Anniversary to: Kurt & Sandy Kahn, Loren & Ileana Abrams, and Louis & Shirley Osheroff

Happy Birthday to: Jessica Fadem, Joanna Alper, Frances Cohen, Melanie Sallis, Fran Alper, Judy Levin, Caryn Alper, Frieda Smason Aronson, Jane Lyss, and Dvir Tzadok

SHUL NEWS....

- July 4th, Monday ~ Independence Day.
- July 6-7, Wednesday and Thursday ~ Rosh Chodesh Tammuz.

Cash Cards ~ Orders for July are now being taken through Friday, July 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 July! 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 June – Shirley & Sam Bluestein, Marcie & Dr. Alan Brook, Dr. Faye Cohen & Brian McCary, Alan & Janet Haber, Joni & Bob Kaiser, Phyllis & Howard Loiterstein, Marcela & Dr. Daniel Morgensztern, Lana Weinbach, and Richard & Mindy Woolf.**

- July 9, Shabbat ~ 10:00am Tot Shabbat and Junior Congregation are back!
- 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
- July 17, Sunday ~ 5:00-7:00pm ~ NEW !!!Restaurant Night Out at NHBZ - Grilled Hamburgers & Hot Dogs! "Stay Tuned . . . Details to follow!"
- 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".
- Sunday, August 7th - **SAVE THE DATE!** Israeli Falafel Night presented by Special Guest Chefs Dror Sheleg and Amir Noy, 5:00-7:00 p.m.

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, through August 3, 2016

TIME: 7:30 – 8:30 p.m.

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)

Rabbi Freund's Monday Talmud class will not meet this coming Monday, July 4. The class will resume the following Monday, July 11.

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 –Topic “Coincidence: Is that G-d Winking?”**

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

“Move Over, Bingo, There’s a New Game in Town!”

Move over, Bingo, there’s a new game in town! Cane-Fu, a new self-defense art form for senior citizens, has seen its popularity enhanced by the YouTube video, "Granny C. Takes on the Bullet Man." It depicts an agile woman in her seventies jabbing and taking down a man in a helmet pretending to be an intruder. Mark Shuey, a martial arts expert who founded Cane Masters, an Incline Village, Nevada, school for senior cane fighting, has also done much to propel Cane-Fu fighting to its current "star" status. He started studying cane moves about a decade ago while practicing his own personal form of self defense (hapkido), which incorporates stick fighting at advanced levels. (See a Cane-Fu video here: <https://www.youtube.com/watch?v=GuZY1RWO2dw>)

The beauty of Cane-Fu fighting is the idea that something one already owns and is likely to have on hand can be used as an effective weapon. Senior centers and retirement communities see this as a new way to promote healthful exercise as well. According to Lena Mast, manager of an independent living complex for seniors in Salisbury, Maryland, who began offering cane classes earlier this year: "It's a huge hit. And now it's the top thing our seniors look forward to." Although many seniors take Cane-Fu classes, it is rare that they ever use the skills they have honed. Last year, Bill Carter from Jacksonville, Florida, however, found his instruction came in handy when he returned to his home one spring day only to find an intruder in his kitchen who was stealing TV dinners from his freezer. Bill said: "As the man approached, I popped him on the kneecap and hooked him behind the neck. I was then able to guide him to the door."

Is Cane-Fu Kosher? The Rambam (Maimonides) writes: "It is a positive commandment to remove, guard against, and warn against any life-threatening obstacle, as it says: '*Take utmost care and guard yourself scrupulously*' (Deuteronomy 4:9)." So perhaps seniors can invoke Teddy Roosevelt's old adage to "walk softly but carry a big stick."

Parshas Shelach Numbers 13:1 - 15:41

Moses is pressed by the Jewish people to send twelve spies to the Land of Canaan (later to be called the Land of Israel). Forty days later they return carrying a gigantic cluster of grapes and two other large fruits. Ten of the spies warn that the inhabitants of the land are enormous in size and that the land 'consumes its inhabitants'. They convince the people that the land can't be conquered. Caleb and Joshua retain their faith in G-d, insisting that the Jewish people can, indeed, conquer the land. The people weep and proclaim that they'd rather return to Egypt. This tenth expression of a profound lack of faith in G-d prompts a Divine decree that entry into the Land should be delayed forty years. This decree was made on the ninth of the Hebrew month of Av -- known as Tisha B'Av. Numerous other tragedies occurred on Tisha B'Av, including the destruction of the first and second Temples and the expulsion of Spanish Jewry in 1492. Parshas Shelach concludes with the command to place fringes (tzitzis) on the

corners of a four-cornered garment. Tzitzis help us to remember to fulfill all of the Divine commandments.

Rabbinic Ruminations

Bio-Bee Biological Systems Ltd. is a small company that provides natural forms of biological pest control, in a variety of novel ways, to farmers all over the world from its base in northern Israel. Founded in 1984 in Kibbutz Sde Eliyahu, BioBee's facility mass-produces eight different species of biological control agents, plus pollinating bumblebees, to 32 nations from Japan to Chile. About 45 percent of its market is domestic. Subsidiary BioFly produces sterile male Mediterranean fruit flies for release among crops. One of Bio-Bee's latest projects is to provide "predatory bugs" to help its farmers get rid of pests – the natural way. By employing predatory bugs that attack and kill harmful insects, BioBee has developed a technique free of chemicals.

Farmers in the South American country of Colombia recently received 600 million spider mites from Bio-Bee. Also dubbed "Bio Persimilis," each spider is double the size of the harmful mites it attacks, and moves around faster too which helps it find lunch: the daily menu for each mite consists of as many as 7 of its smaller victims, which it gobbles up with gruesome relish, sucking out their insides and leaving only the outer skin behind. Bottles of the mites, each containing several thousand of the little critters, are distributed to farmers who then scatter them over their farms, in their greenhouses and among their fruit orchards. Bio-Bee's Mighty Mites cost more than their own weight in gold, selling for several thousands dollars just for a few grams.

The Torah teaches that Man has an obligation to improve the world. To teach this to us, G-d purposely left the world imperfect, in a sense, so that Man would be forced to further perfect the world. For example, when a person plants wheat seeds, G-d could have created the world in a way that the seeds grow and develop into Double Chocolate Goopy Brownies. Yum! But why do wheat seed ends up as a kernel of wheat that has to be ground up and made into flour? Just as the natural world requires further constructive work, so too Man himself requires further constructive work. G-d wants us to be a partner in the creative process, and that ultimately we should focus on recreating ourselves into better people.

Quote of the Week

An optimist is someone who goes after Moby Dick in a rowboat and takes the tartar sauce with him -- Zig Ziglar

Joke of the Week

A bank robber pulls out a gun, points it at the teller, and says, "Give me all the money or you're geography!"

The puzzled teller says, "Do you mean to say 'or you're history?'"

The bank robber says, "Don't change the subject!"

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

| This Week's Schedule | Shabbos July 2 | Sunday July 3 | Monday July 4 | Tuesday July 5 | Wednesday July 6 | Thursday July 7 | Friday July 8 | Shabbos July 9 |
|----------------------|----------------|---------------|---------------|----------------|---------------------------|---------------------------|---------------|----------------|
| Shacharis | 9:00am | 8:00 am | 8:00 am | 7:00 am | 6:45 am | 6:45 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 | 7:50pm |
| | | | 4th of July | | Tammuz Rosh Chodesh | Tammuz 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



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 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:

July 11th- Goldfader home Topic- "Coincidence: Is that
G-d Winking?"

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)



**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



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: 7:30 – 8:30 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.

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.



Thanks to the following Sponsors of this event:



NHBZ Cash Card Order Form

Due Friday, July 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/ Office Depot | \$ 25.00 | 5.0% | | |
| Best Buy | \$ 25.00 | 4.0% | | | | \$ 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* | \$ 25.00 | 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/ Home Goods | \$ 25.00 | 7.0% | | |
| Gap/Old Navy/ Banana Republic | \$ 25.00 | 14.0% | | | | \$ 100.00 | 7.0% | | |
| Home Depot | \$ 25.00 | 4.0% | | | Ulta Beauty* | \$ 25.00 | 4.0% | | |
| | \$ 100.00 | 4.0% | | | Walgreens | \$ 25.00 | 6.0% | | |
| iTunes | \$ 15.00 | 5.0% | | | | \$ 100.00 | 6.0% | | |
| | \$ 25.00 | 5.0% | | | Walmart/ Sam's Club | \$ 25.00 | 2.5% | | |
| JC Penney | \$ 25.00 | 5.0% | | | | \$ 100.00 | 2.5% | | |
| | \$ 100.00 | 5.0% | | | Whole Foods* | \$ 25.00 | 3.0% | | |
| | | | | | | \$ 100.00 | 3.0% | | |
| | | | | | Other**: | | | | |

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 Schnuck's Card for NHBZ credit!!!