



# NHBZ Shabbos Bulletin

*Welcome to Nusach Hari B'nai Zion*  
Affiliated with Union of Orthodox Congregations of America

August 12, 2017 ~ 20 Av 5777 ~ Candle Lighting 7:42 pm ~ Shabbos Ends 8:44 pm

Torah Portion: Eikev -- Deuteronomy 7:12 - 11:25  
Haftorah: Isaiah 49:14 - 51:3

Chumash pages 980-997  
Chumash pages 1197-99

## Thanks to Our Generous Sponsors This Shabbos ...

Thank you to **Stuart Klamen** for preparing and sponsoring the Kiddush luncheon in observance of the yahrzeit of his father, Edward Klamen.

Thank you to **Richard, Mindy, Corey and Evan Woolf** for sponsoring Shalosh Seudos in memory of Richard's mother and Corey and Evan's Bubby, Sandra Woolf, on her yahrzeit.

This Shabbos bulletin is also sponsored by **Vivian and Alan Zarkowsky** to thank everyone for their kind words, visits, meals and tributes in memory of our Mother, Marian Walters z'l. You were all of great comfort during this difficult time. A special thank you to Rabbi Smason.

Thank you to **Jennifer and Bryson Hartranft** for sponsoring the soda in honor of their daughter, **Madeline** returning from her summer in Israel.

## Erev Shabbos, Friday, August 11

- Mincha & Ma'ariv 7:00 pm

## Shabbos, Saturday, August 12

- Shachris & Musaf 9:00 am ~ Thank You for Leading Davening!
  - Pesukei D'Zimra: **Menachem Szus**
  - Shacharis: **Menachem Szus**
  - Leyning: **Moshe Leib Cohen**
  - Haftorah: **Louis Goldman**
  - Drasha: **Rabbi Ze'ev Smason**
  - Musaf: **Louis Goldman**
- "Shabbos Morning Live!" Led by **Rabbi Ze'ev Smason & Louis Goldman** (upstairs)
- Tot Shabbat and Junior Congregation ~ 10:00 am (lower level)
- Mincha/ Ma'ariv/ Shalosh Seudos ~ 7:25 pm

## This Week & Beyond

Minyan Times	Shabbos Aug 12	Sun. Aug 13	Mon. Aug 14	Tues Aug 15	Wed. Aug 16	Thu. Aug 17	Fri. Aug 18	Shabbos Aug 19
Shachris*	9:00 am	8:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	9:00 am
Mincha/Ma'ariv	7:25 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:10pm


Please note that Morning Blessings and the first Kaddish are started five minutes prior to Shachris

## Today's Shabbos greeters ~ Robin Rickerman and Menachem Szus

Anniversaries this week ~ Robert & Sandra Abrams, Ari & Lila Belasen, Alan & Janet Haber, Carl & Gloria Sussman, Ephraim & Michelle Mufson, Reuven & Margo Tzadok, David & Norma Rubin, and Jesse & Debbie Barash

Birthdays this week ~ Isaac Amon, Leah Waxman, Judy Ziegelman, Robert Levine, Michael Morgensztern David Rubin, Nesya Leia Friedman, Jacob Levin, and Nancy Rush

- **Monday, August 14 ~ The Home Discussion Group** meets at the home of **Scott & Leslie Gitel** from 7:00 - 8:30 pm. The topic, led by **Rabbi Smason**, is "Good Conversation: Is Anyone Really Listening?" RSVP to [Jeff@nhbz.org](mailto:Jeff@nhbz.org) or 991-2100.
- **Tuesday, August 15 ~ Sing a Song of Shabbos! ~ 7:30 pm** ~ Brush up on (or learn for the first time!) words and melodies from the Shabbos service such as "Eitz Chaim," "U'vYom HaShabbos," "Yismachu," and more. Led by Louis Goldman. Hebrew reading is not necessary... just be ready to sing!
- **Shabbos, August 19 ~ David and Norma Rubin's Anniversary Kiddush luncheon prepared by Norma!**
- **Sunday, August 20 ~ 11:30 am - 2:00 pm ~ Sisterhood Dine and Style Fashion Show** see the flyer in this issue.
- **Sunday, August 27 ~ 5:00 -7:00 pm ~ Pizza Night**
- **Shabbos, September 9 ~ SYNAPLEX** ~ Stay tuned for the announcement of our featured speakers.
- **Sunday, September 10 ~ Rabbi Ride Around in Forest Park**

 **Note: Rabbi David** will be gone for 3 weeks, beginning August 5 -- his Shabbos Learners' Service will not take place starting Aug. 5, and will resume on Aug. 26.

**Rabbi Smason is collecting back to school items to give to needy families. Paper, pens, pencils, binders, and other school items are needed. Please drop them off at the shul office!**

## **Parshas: Eikev**

Moses continues to encourage the Children of Israel to trust in G-d and in the prosperity and health which will follow if they keep the Torah. If they are careful to observe even those 'minor' mitzvos that are usually 'trampled' underfoot, he promises that they will be the most blessed of the nations of the Earth. Moses reminds them of their numerous transgressions in the desert, including the mystifying sin of the Golden Calf. Moses describes the bountiful Land of Israel filled with wheat, barley, grapes, figs and pomegranates, a land of oil-yielding olives and date-honey. He teaches the people the second paragraph of the Shema which stresses the fundamental doctrine of reward for keeping the mitzvos and the consequences of non-compliance. All that G-d requires of us, Moses says, is to love G-d, revere Him, and to observe His Torah. Easier said than done!

Parshas Eikev concludes with the promise that G-d will provide the Jewish people with protection if they observe the laws of the Torah. Many are familiar with the famous phrase (found in this week's portion), "Man does not live by bread alone." The less-familiar second half of the verse says, ". . . but by all that comes from the mouth of G-d." This important idea teaches that physical nourishment and external pleasures aren't sufficient for a satisfied life. Every human being has spiritual needs that must also be met.

## **Adult Learning at NHBZ**

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

**Every Shabbos ~ Starting Points: "Wisdom for Daily Living" with Rabbi Ze'ev Smason ~ A** program tailor-made for those, regardless of prior educational or observance level, interested in growing Jewishly. Each freestanding session (at 10:15 am every Shabbos, unless otherwise noted) explores a distinct Jewish concept in practical, understandable terms. Join us to learn, explore, and raise your Jewish soul with the following eye-opening sessions:

- Aug. 19   Habits that Make You Happier**
- Aug. 26   Single or Married: Which is the Most Fulfilling Life?**
- Sept. 2   How to Get Out of a Bad Mood**
- Sept. 9   What Makes You a More Productive Person?**
- Sept. 16   Courage: Is it Relative?**
- Sept. 23   The Perfect Apology: What Ingredients Matter Most?**

**Amud-A-Week Program.** Join Rabbi Daniel Freund every Monday following Ma'ariv (please note the time change) for a weekly Talmud class/shiur. This class is open to everyone, whether you are unacquainted with Talmud or are on a basic or intermediate level.

## **In the Community**

**Wednesday, August 16 ~ 4:00 pm~ St. Louis Kollel Senior Division** presents: "Audiology update for Ages 50 Ears and Above" with Dr. Jacques Herzog, MD. This program will be held at NHBZ.

## NHBZ Event Planner

(Check “This Week and Beyond . . .” 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.
- **Starting Points (10:15 am)** led by Rabbi Ze'ev Smason in the Rivkin Chapel.
- **Child Care (10:15 am – Noon)** for kids 3 & under in the Children's Room.
- **Shabbos Tanach (Bible)** (3/4 hour before Mincha)

#### SUNDAY

- **Mishna Learning** (after Shacharis) with Rabbi Chanan Swidler.
- **“Mystical Moments”** with Rabbi Max Weiman. (Between Mincha & Maariv.)
- **Tanya** with Rabbi Shaya Mintz, of the St. Louis Kollel at 8:00pm.

#### MONDAY

- **Mah Jongg** (Mondays, 4-6:00 pm)  
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

- **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.
- **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





*From Our Families  
to Yours...*

# Tot Shabbat & Junior Congregation

**Shabbat, August 12, 2017**

**From: 10:00-11:30am**

All Kids (age 6 and under, siblings and friends welcome!) come enjoy a fun, engaging, activity-filled educational Tot Shabbat Family Service. Join together and participate in songs, stories, games, snacks, dancing, puppets, and much more! Bring your Parents and come enjoy the fun!

NHBZ KidsZone welcomes EVERYONE, members and non-members, to our Tot Shabbat! No RSVP necessary, no cost! Snacks provided!

*While we encourage all age-appropriate kids to attend Tot Shabbat,  
Babysitting is available from 10:00 a.m. to 12:15 p.m.*



## *Join us at the upcoming Home Discussion Group*

*The latest in a series of discussions  
at the homes of our members and  
friends.*

Led by Rabbi Ze'ev Smason



**"Good Conversation: Is Anyone Really  
Listening?"**

**Please join us on  
Monday, August 14, 2017  
at the home of Scott and Leslie Gitel  
for a lively discussion!**

**7:00 – 8:30 pm**

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.*



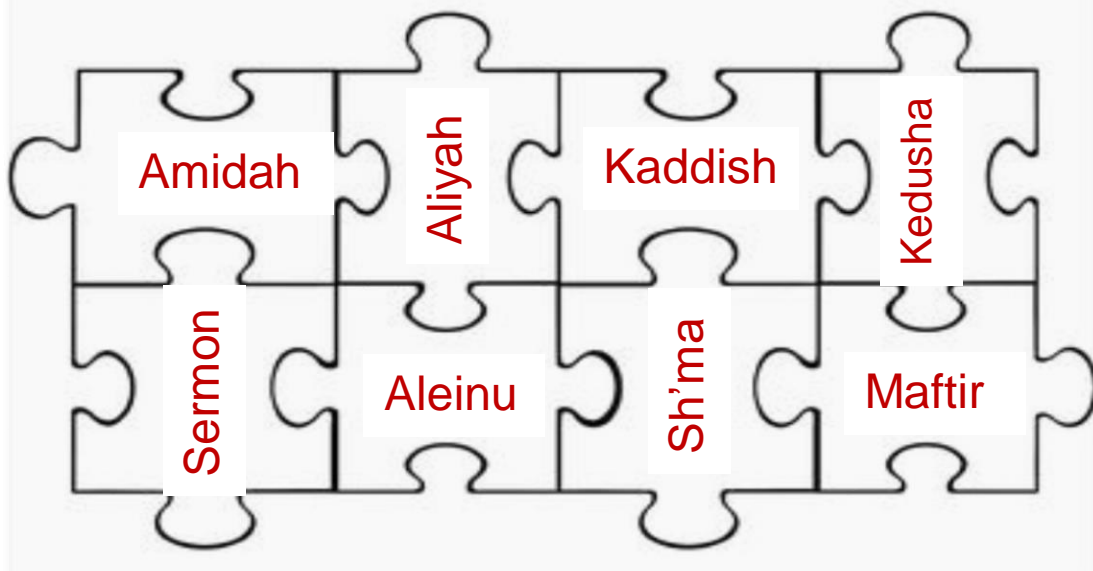


**New! New! New!**  
**Shabbos, August 12,**  
**9:00 am**

# SHABBOS MORNING LIVE!

**with Rabbi Ze'ev Smason**  
**and special guest songmaster Louis Goldman**

Join us for a complete Shabbos morning service with commentary and explanations that will provide an enhanced understanding of the order and meaning of the prayers, with helpful tips, questions and answers





# SING A SONG OF SHABBOS



**Come in mumbling,  
and leave singing  
like a pro!**

Brush up on (or learn for the first time!) words and melodies  
from the Shabbos service.

*Hebrew reading is not necessary! Just be ready to sing!*

We'll work on the words and classic tunes for:

Eitz Chaim  
U'vYom HaShabbos  
Yismachu  
Sim Shalom

Ein Kelokein  
Aleinu  
Adon Olam  
And more!

**TUESDAY, AUGUST 15, 2017  
7:30 TO 9:00 PM AT NHBZ, LOWER LEVEL**

**LED BY LOUIS GOLDMAN**

**THIS PROGRAM IS FREE, BUT PLEASE CALL JEFF AT 314-991-  
2100 EXT 2 TO RSVP**





NHBZ Sisterhood presents  
***Dine 'n Style***

# FALLING FOR FASHION

Featuring colorful, stylish, upbeat fashions for Fall/Winter 2017

Enjoy a delectable luncheon, a trendy fashion show,  
lively music, social fun and, of course, shopping

Be inspired by Anna Altman's presentation

***"Outer Beauty Begins with Inner Strength:  
Building Confidence Within"***

**Sunday, August 20, 2017**

**11:30 am – 2:00 pm**

**Nusach Hari B'nai Zion**

- 🌀 Fashions by Orli's Boutique
- 🌀 Jewelry by Sage Chic
- 🌀 Essential Oils by Meredith Daniels
- 🌀 Guided Meditations for Stress Relief  
with Vicki Atlas

**Registration \$18 by August 11**

*Check out this fall fashion preview and  
take advantage of end-of-season clearance sale items!*

For reservations, please call Shayna at 314-913-1200  
Women only





Saturday

# Starting Points:

## *Wisdom for Daily Living*

Shabbat Morning

Join us for each of these tailor-made sessions for those, regardless of prior educational or observance level, interested in growing Jewishly. Together we will explore distinct Jewish concepts in practical, understandable terms.



Every Shabbat at 10:15 a.m. (unless otherwise noted) we learn, explore, and raise our Jewish souls with the following eye-opening sessions led by Rabbi Smason:

**Aug. 19**    **Habits that Make You Happier**

**Aug. 26**    **Single or Married: Which is the Most Fulfilling Life?**

**Sept. 2**    **How to Get Out of a Bad Mood**

**Sept. 9**    **What Makes You a More Productive Person?**

**Sept. 16**    **Courage: Is it Relative?**

**Sept. 23**    **The Perfect Apology: What Ingredients Matter Most?**

# NHBZ Cash Card Order Form

*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!
- Orders are due 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 with your payment. (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	2.5%			Jewel-Osco	\$ 25.00	4.0%		
	\$ 100.00	2.5%				\$ 100.00	4.0%		
AMC Theatres	\$ 25.00	8.0%			Kohl's	\$ 25.00	4.0%		
Barnes & Noble	\$ 10.00	8.0%				\$ 100.00	4.0%		
	\$ 25.00	8.0%			Lowe's	\$ 25.00	4.0%		
Bath & Body Works	\$ 10.00	13.0%				\$ 100.00	4.0%		
	\$ 25.00	13.0%			Macy's	\$ 25.00	10.0%		
Bed, Bath & Beyond	\$ 25.00	7.0%				\$ 100.00	10.0%		
	\$ 100.00	7.0%			Mobil	\$ 50.00	1.0%		
Best Buy	\$ 25.00	4.0%			Office Max/ Office Depot	\$ 25.00	5.0%		
	\$ 100.00	4.0%				\$ 100.00	5.0%		
BP Gas Card	\$ 50.00	1.5%			PetSmart	\$ 25.00	5.0%		
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%		
Crate & Barrel	\$ 25.00	8.0%			Starbucks	\$ 10.00	7.0%		
CVS	\$ 25.00	6.0%				\$ 25.00	7.0%		
	\$ 100.00	6.0%			Stein Mart	\$ 25.00	7.0%		
Dierberg's	\$ 25.00	2.5%			Target	\$ 25.00	2.5%		
	\$ 100.00	2.5%				\$ 50.00	2.5%		
Dillards	\$ 25.00	9.0%			Talbots	\$ 25.00	13.0%		
	\$ 100.00	9.0%			T.J. Maxx/Marshall's/ Home Goods	\$ 25.00	7.0%		
Famous Footwear	\$ 25.00	8.0%				\$ 100.00	7.0%		
Gap/Old Navy/ Banana Republic	\$ 25.00	14.0%			Ulta Beauty	\$ 25.00	4.0%		
	\$ 100.00	14.0%			Walgreens	\$ 25.00	6.0%		
Home Depot	\$ 25.00	4.0%				\$ 100.00	6.0%		
	\$ 100.00	4.0%			Walmart/ Sam's Club	\$ 25.00	2.5%		
iTunes	\$ 15.00	5.0%				\$ 100.00	2.5%		
	\$ 25.00	5.0%			Whole Foods	\$ 25.00	3.0%		
JC Penney	\$ 25.00	5.0%				\$ 100.00	3.0%		
	\$ 100.00	5.0%			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.

\*\*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!!!*