



# NHBZ Shabbos Bulletin

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

August 5, 2017 ~ 13 Av 5777 ~ Candle Lighting 7:51 pm ~ Shabbos Ends 8:52 pm

Torah Portion: Va'eschanan Deuteronomy 3:23 - 7:11  
Haftorah: Isaiah 40: 1-26

Chumash pages 958-979  
Chumash pages 1196-97

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

~Thank you to **Joni & Bob Kaiser** for sponsoring this bulletin to joyfully welcome the Bromberg and Kaiser family and friends (from near and far!) to celebrate the wedding of **Rebecca & Yehuda**. We are extremely thrilled to have everyone here to celebrate this wonderful simcha!

~Thank you to **Ellie Kaiser, Carolyn Koppel, Sylvia Mintzer, & Blanche Simon**, the grandmothers of the bride and groom, for sponsoring Shalosh Seudos in their honor.

~Thank you to **Sam & Shirley Bluestein** for sponsoring the bulletin in observance of the yahrzeit of Shirley's parents Hyman Max and Esther Mindel.

~Thank you to **Ed & Helayne Levitt** for sponsoring the bulletin in honor of their anniversary!

~~Thank you to **Rebecca, Louis and Max Goldman** for sponsoring the bulletin in observance of the yahrzeit of Rebecca's mother, Sara Ann Morris.

## Shabbos Nachamu

### Erev Shabbos, Friday, August 4

- Mincha & Ma'ariv 7:00 pm

### Shabbos, Saturday, August 5

- Shachris & Musaf 9:00 am ~ Thank You for Leading Davening!
  - Pesukei D'Zimra: **Howard Sandler**
  - Shacharis: **Louis Goldman**
  - Leyning: **Stuart Klamen**
  - Haftorah: **Alan Haber**
  - Drasha: **Rabbi Ze'ev Smason**
  - Musaf: **Avi Bromberg**
- Starting Points: Wisdom For Daily Living 10:15 am ~ topic: "**Comforting the Pained**" led by **Rabbi Ze'ev Smason** in the Rivkin Chapel
- Tot Shabbat with Kate Friedman ~ 10:00 am ~ Kid's Room
- Mincha/ Ma'ariv/ Shalosh Seudos ~ 7:30 pm

## This Week & Beyond

Minyan Times	Shabbos Aug 5	Sun. Aug 6	Mon. Aug 7	Tues. Aug 8	Wed. Aug 9	Thu. Aug 10	Fri. Aug 11	Shabbos Aug 12
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	7:30 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:25 pm

Shabbos greeters ~ Jim Pollock and Mark Ragin

Anniversaries this week ~ Edward & Helayne Levitt, Jeff & Terri Schnitzer, and Larry & Shirley Hollander

Birthdays this week ~ Julie Eisenberg, Allen Swan, Jonah Shifren, Edward Ziegelman, Jason Klarfeld, Matthew Rosenbluth, and Jennifer Rosenbluth

- **Tuesday, August 8 ~ Board Meeting 7:30 pm**
- **Shabbos, August 12 ~ Stuart Klamen's Kiddush Luncheon prepared by Stuart!**
- **Shabbos, August 12 ~ 9:00 am ~ 'Shabbos Morning Live!' Returns!**
- **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** ~ thank you to all the volunteers who stepped up last week, NHBZ had a record breaking Pizza Night!
- **Shabbos, September 9 ~ SYNAPLEX** ~ Stay tuned for the announcement of our featured speakers.
- **Sunday, September 10 ~ Rabbi Ride Around**

➡ Note: **Rabbi David** will be gone for 3 weeks, beginning August 5 -- his Shabbos Learners' Service will resume on Aug. 26.

➡ Note: Jeff Miller, Shul Administrator, will be out of the office August 7-12. If you need assistance please contact Laura at 991-2100 ext. 3.

## **Parshas: Va'eschanan**

Moses continues his final speech to the Children of Israel. He tells them how he entreated G-d to allow him to enter the land of Israel, but his request was denied. Moses was allowed, however, to see the Promised Land from the peak of Mount Pisgah. Moses appeals to the people to keep the Torah, telling them to neither add to nor subtract from its mitzvos. They are told to always remember the Revelation at Mt. Sinai where every man, woman and child heard the presentation of the Ten Commandments. Moses repeats the Ten Commandments, with subtle differences between this version and that of the Book of Exodus. The Shema, found in this week's Torah portion, expresses our belief that G-d is One and states our commitment to love and serve Him. It exhorts us to transmit Torah to the next generation, and its laws should be remembered by a 'sign' upon one's hand and forehead (tefillin) and written on the doorposts of one's home (mezuzah). Finally, Moses encourages the people to trust in G-d and remain faithful to the Torah. Intermarriage is prohibited, and the source that Jewish identity is transmitted through the mother is stated.

## **NHBZ TRIBUTES for July**

**2017**

### **IN MEMORY OF:**

**Marian Walters, mother and mother  
in law to Vivian and Alan Zarkowsky**

*-Eleanor Kaiser, Irwin & Arlene  
Fredman, Sarah Klein, Ruth Novack,  
Helayne & Ed Levitt, Boris & Alla  
Yasinev, Sam & Shirley Bluestein, Jay  
& Peggy Umansky, Dr. Eliot & Sally  
Katz, Dr. Alan & Marcie Brook,  
Ephraim & Michelle Mufson, Drs.  
Vita Land & Harold Zarkowsky, Jacob  
& Judy Levin*

**Shirley Osheroff, wife of Louis  
Osheroff - Ephraim & Michelle  
Mufson**

### **IN HONOR OF:**

**Sandy Kahn on her birthday – Jacob  
& Judy Levin**

**Craig Feenberg on his birthday-**  
*Jacob & Judy Levin*

**Murray and Joyce Hochberg on their  
anniversary - Jacob & Judy Levin**

**Ari & Lila Belasen on their new baby  
– Bob & Joni Kaiser**

**Boris Yasinev on his birthday – Bob  
& Joni Kaiser**

**Irwin & Roz Rosen on their  
anniversary – Bob & Joni Kaiser**

**Frances Cohen on her birthday –  
Gloria Sirkin**

### **REFUAH SHELEMAH TO:**

**Julie Eisenberg – Eleanor Kaiser, Faye  
Cohen & Family**

**Rhonnie Goldfader – Eleanor Kaiser**

## **Shabbos Nachamu**

Literally the "Sabbath of Consolation", Shabbos Nachamu is the Shabbos following the fast of Tisha B'Av. Called Shabbos Nahamu (Console) after the first line of the day's prophetic reading (Nachamu, nachamu ami, Console, console my people...) (Isaiah 40:1-26), it is also the first of seven haftaros of consolation, all drawn from the book of Isaiah, that deliver a message of comfort in the seven weeks following Tisha B'Av and lead us to the period of Rosh Hashanah. Nahamu which provides words of consolation in the aftermath of Tisha B'Av, cushioning the blow of the day of destruction, allowing the mourners to go into it knowing there is salvation and emerge from it reassured that redemption will come.

## **Adult Learning at NHBZ**

### **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. 12: No class, instead "Shabbos Morning Live!"**

**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?**

### **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'.

**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**

**Sunday, August 6 ~ 10:30 -11:30 am** ~ Chesed Shel Emeth Cemetery is having a gathering to mark the restoration of headstones which were desecrated in February 2017. Please join us at 7550 Olive in University City.

**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

*A Program of the NHBZ KidsZone*



**WHEN: Shabbat, August 5, 2017**

**Special theme just announced for this week!**

**Teddy Bear Tot Shabbat    Please bring a furry friend**

**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.***



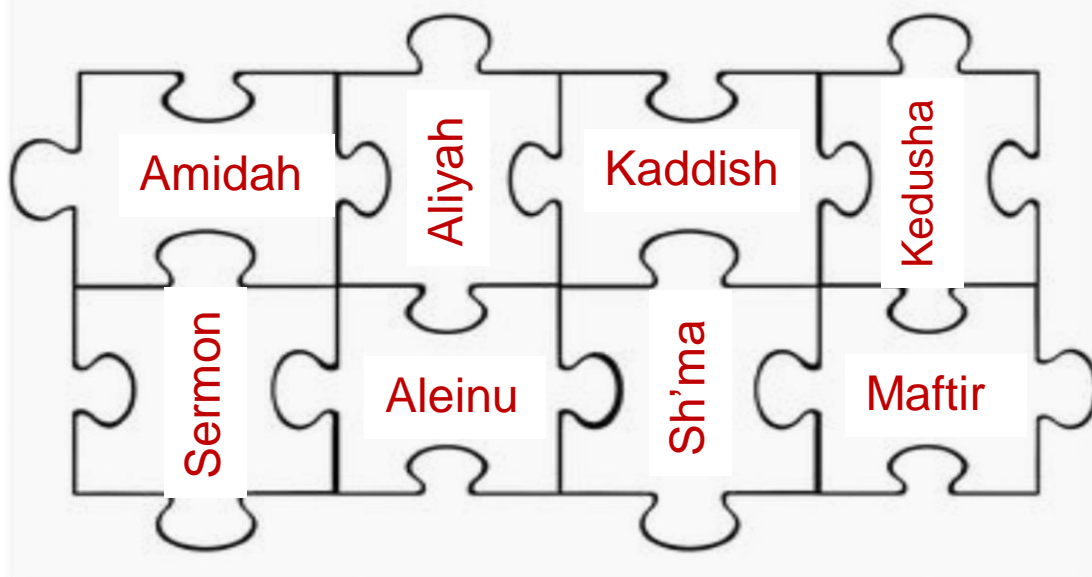


**New! New! New!**  
**Shabbos, August 12,**  
**9:00 am**

# 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





## *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.*



# 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?**



# ***Rabbi Ride-Around Rally & Picnic***

## ***Sunday, September 10, 2017***

*JOIN US (and tell all your friends) FOR THIS AMAZING EVENT*

*as*

***Rabbi Smason bikes 50 miles***

*on Forest Park's bike trail*

*You can find us at Forest Park Shelter # 8*

*(Southwest corner of the Park, on Wells Drive off Skinker  
Blvd.)*



The **Ride** begins at **10 a.m.**

**Plus, Fun Kid Activities**

**(Visit from Mike at Way Cool Balloons from 11-1!)**

**Plus, Picnic Lunch at Noon**

Call 314-991-2100 ext. 2 to Pledge/Sponsor Rabbi Smason

[www.nhbz.org](http://www.nhbz.org)

# 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!!!*