



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

June 23, 2018 ~ 10 Tammuz 5778

Candle Lighting 8:11 pm Shabbat Ends 9:14 pm

Torah Portion: Parshas Chukas Numbers 19:1 - 22:1

Chumash pages 838-855

Maftir: Judges 11:1-33

Chumash pages 1187-1189

Thank you to our Sponsors:

The Shabbos Bulletin is sponsored in honor of the 50th wedding anniversary of **Keith and Karen Zeff** by their children--**Sarah, Benjamin, Dana, and Molly** - and grandchildren - **Akiva, Yaakov, Ayelet, Eli, Yeshaya, Noa, Isaac, Yosef, Izzy, Nava, and Aryeh**.

Thank you to **Sam & Shirley Bluestein** for sponsoring the bulletin in honor of the marriage of their grandson **Joshua Adam Barron** to **Sunitha Cohen**. Mazel Tov to all!

Erev Shabbos, Friday, June 22

- Mincha & Ma'ariv ~ 7:00 pm

Shabbos, June 23

- Shachris & Musaf ~ 9:00 am

- Pesukei D'Zimra: **Howard Sandler**

- Haftarah: **Moshe Pinto**

- Shacharis: **Menachem Szus**

- Drasha: **Rabbi Ze'ev Smason**

- Leyning: **Stuart Klamen**

- Musaf: **Stuart Klamen**

- **Learners' Service led by Rabbi Yosef David (No Learners' Service this Week)**
- **Starting Points: "Wisdom for Daily Living" led by Rabbi Ze'ev Smason ~10:15 am**
Topic: "Making Decisions: Is Life More Like Chess or Poker?"
- **7:55 pm ~ Mincha/ Ma'ariv/ Shalosh Seudos**

Mashgiach: **Norma Rubin**

Today's Shabbat Greeters: **Bob & Joni Kaiser**

This Week and Beyond....

Minyan Times	Shabbos June 23	Sun. June 24	Mon. June 25	Tues. June 26	Wed. June 27	Thurs. June 28	Fri. June 29	Shabbos June 30
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	7:55 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:55 pm

Birthdays: **Sanford Koenig, Joel Sher, Daniel Givon, and Gary Benson**

Anniversaries: **Richard & Mindy Woolf, Keith & Karen Zeff, Alan & Vivian Zarkowsky,
Boris & Alla Yasinev, and Jeff & Irena Scheer**

- **Sunday, June 24 ~ Pizza Night ~ 5:00 -7:00 pm ~ \$12.00** ~Bring your family and friends to enjoy a delicious dinner of pizza, pasta, salad, and garlic bread, dessert and beverage! Also, a movie for the kids! Please place your carry-out orders by 10:00 am on Sunday morning. Email orders preferred to jeff@nhbz.org (you will receive an email confirmation) or as a last resort, call 314-991-2100, ext.2.
- **Sunday, June 24 ~ 7:45 pm ~ Birkat Hamazon Class ~ Back by Popular Demand!**
Newcomer's Welcome! Have you wanted to improve your ability to say the blessings after meals? Well here's your opportunity! Our own **David Rubin** is leading a class for men and women to **learn Birkat Hamazon, the blessings after meals.**
- **Shabbos, June 30** ~ Kiddush Luncheon sponsored by the Cohen Family in celebration of Fran's birthday!.
- **Shabbos, June 30** Discover the Shabbos Morning Service with Rabbi David! Have you ever gotten lost while trying to follow along in the Siddur? Does everyone else seem to know what they're doing while you're looking for the page? Guess what... you're not alone! Rabbi Yosef David will help you learn the "how's" and "why's" of the Shabbat morning service. **The topic will be: Musaf.**
- **Shabbos, July 7 ~ SYNAPLEX and Kiddush Luncheon** ~ Topics and Speakers:
 1. "The Israeli-Palestinian Conflict: A View from Outer Space," Dr. Martin Rochester, Curators' Distinguished Teaching Professor of Political Science, University of Missouri-St. Louis.
 2. "The Power of Expectation: The Spiritual Gifts of Exile" Rabbi Joey Rosenfeld
- **Wednesday, July 12 ~ 2:00 pm ~ Balance for Balabustes**, an **NHBZ Sisterhood** and Senior Kollel Event that will get you moving!
- **Sunday, July 29 ~ KidsZone** will be having a fun, family, water-filled afternoon at the park. Brush up on your baseball skills as we will try and get a family game going! Then come to pizza night! Time TBA.

Parshas: Parshas Chukas

This week's action-packed portion begins with the paradox of the Red Heifer, a mitzvah we are asked to perform though unable to understand its purpose and reason. The narrative jumps to the death of the prophetess Miriam. The Jewish people are then left without water, since the miraculous well which had accompanied them in the desert existed only in her merit. G-d commands Moses and Aaron to speak to a particular rock so it will miraculously produce water; Moses strikes it with his staff instead, and G-d tells the two leaders they will not enter the Promised Land. What did Moses do wrong? One classic approach suggests that Moses' sin was that he became angry (he said to the Jewish people, 'Listen now, you rebels'). Although the best among us can occasionally lose our temper, teachers and parents carry a special responsibility to be good role models for their students and children. Little pitchers have big ears! Later in the portion, the king of Edom refuses to let the Jewish people pass through his borders, causing them to take a longer route. Aaron dies and is buried on Mount Hor. The Children of Israel sing a song of praise about the well of Miriam. The portion concludes with the battles and victories over Sichon, the king of Emori, and Og, the king of Bashan.

Monument Dedications ~ Sunday, June 24

**12:15 pm ~Shirley Goldenberg
z"l Mother of Janet
Goldenberg, Larry Goldenberg,
and Anna Rose and Victor
Tendler.
Chesed Shel Emeth Cemetery,
White Rd.**

Adult Learning at NHBZ

Every Wednesday 12:15 pm ~ Lunch & Learn with Rabbi Smason
Study Pirkei Avos / Ethics of the Fathers.

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:

June 23: "Making Decisions: Is Life More Like Chess or Poker?"

June 30: "Is Life Really Supposed to Be This Hard?"

July 7: "A Theory of Relative-ity: Getting Closer to Difficult
Family Members" (at 10:00 am due to SYNAPLEX)

July 14: "Finding Joy Again"

July 21: "Resilience: Rising Strong After Falling Hard"

July 28: "How to Discuss Politics Without Losing Friends"

KIDSZONE News by Alana Umansky

I hope you are having a wonderfully warm week! This week we will have **Junior Congregation and Tot Shabbat!** Morah Kate will be back to teach the little ones and Rich will be teaching Junior Congregation. Our wonderful babysitter, Julia will be here this Shabbos as well.

As a reminder, these are the future dates for Tot Shabbat and Junior Congregation over the summer. Babysitting will be available the other weeks over the summer.

July 7, 28 and August 11, 25

In the Community

The Holocaust Museum and Learning Center will screen a special film, commemorating Tisha B'Av, the ninth day of the Jewish month of Av, Sunday, July 22nd at 2:00 p.m. in the HMLC theatre, Jewish Federation Kopolow Building, 12 Millstone Campus Drive. This date in the Hebrew calendar marks the destruction of both the first and second Temples in Jerusalem, and several other tragic events in Jewish history. The film is ***Besa: The Promise***, a 2012 documentary directed by Rachel Goslins, presents the powerful, largely unknown story of the Muslim men and women of Albania, who courageously save nearly 2,000 Jews from the Nazis during World War II.

Besa: The Promise is in English and has a running time of 90 minutes. **Rabbi Ze'ev Smason** will lead a discussion following the screening. This program is free of charge and open to the public. For information please call 442-3711 or email agoldfeder@jfedstl.org.



THE SISTERHOOD SCOOP JUNE

Volume I

Number 16

June 23, 2018

NHBZ Sisterhood presents the 3rd Annual

Dine 'n' Style

Luncheon & Fashion Show

SAVE THE DATE

Sunday, August 19

FALLING FOR FASHION

Featuring

Fall/Winter 2018 Fashions

from Orli's Boutique,

Luncheon at 11:30AM

**and of course,
lots of Shopping**

starting at 10:00AM

For more information
or to volunteer contact
Debbie Sher at 314-753-2261,
or email: ddaps114@gmail.com



Did you know that our Sisterhood ensures that the NHBZ kitchens are professionally cleaned each week?

Help support our Sisterhood!

- ☒ Join us!
- ☒ Become a Member
- ☒ Volunteer for a Committee
- ☒ Buy Sisterhood Tributes

Excerpts from Rabbi Jonathan Sacks on Chukat - the Consolations of Mortality

In Chukat we read of the death of Miriam and Aaron. To counter the sense of loss the Torah instructs us on the strange ritual of the red heifer to purify people who had been in contact with death – the archetypal source of impurity.

...We are dust of the earth but there is within us the breath of G-d. We fail, but we can still achieve greatness. We die, but the best part of us lives on. The Hasidic master R. Simcha Bunim said we should each have two pockets. In one should be a note saying: "I am but dust and ashes." In the other should be a note saying: "For my sake was the world created." Life lives in the tension between our physical smallness and our spiritual greatness, the brevity of life and the eternity of the faith by which we live. Defeat, despair and a sense of tragedy are always premature. Life is short, **but when we lift our eyes to heaven, we walk tall.** - excerpted from rabbisacks.org

Sisterhood's NEW Book Club Meets this Monday,

June 25, 7:15–8:45 pm

at the office of Peggy Umansky – 12460 Olive Blvd. in Creve Coeur

**Discussion of *Bread Givers*
by Anzia Yezierska**

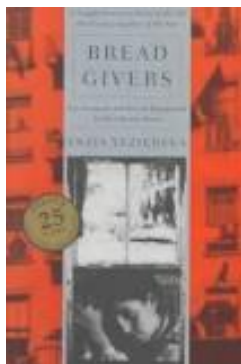
FOR MORE INFORMATION CONTACT:

Fran Alper at 314-993-4024

fran.alper@outlook.com

or Peggy at 314-306-4357

peggyumansky@gmail.com



Next book is ***Eternal Life*** by Dara Horn

Book Club will meet **August 27**

Sisterhood

**NEXT ^ BOARD MEETING:
Tuesday, July 24, 6:00 pm**



Pizza Night

Sunday, JUNE 24

5:00 pm – 7:00 pm

All You Can Eat Buffet

**Includes Pizza, Pasta, Salad and Garlic Bread
plus a Dessert and a Beverage**

**Cheese is Cholov Yisroel; pareve & gluten free crusts available while
supplies last**

All food under the supervision of Rabbi Ze'ev Smason

Dine-In Buffet

Movies for kids on lower level

Adults: \$12.00 ~ Kids 4-10: \$6.00 ~ Kids 3 & under: FREE

WE ACCEPT CREDIT CARDS

Or Carry Out

Cheese Pizza \$12 plus \$.75 for each topping

**Place orders by 10:00 am Sunday: email orders preferred to
jeff@nhbz.org or as a last resort call 314-991-2100, ext. 2**

Pick up between 4:30 pm - 4:45 pm (pre-paid orders only)

**Nusach Hari B'nai Zion
650 North Price Road
Olivette, MO 63132
314-991-2100**



**NEXT
PIZZA NIGHT:
SUNDAY
JULY 29**



Shabbat July 7, 2018

8:30 am - Traditional Services - in the Sanctuary

9:15 am - Prayer Learners Service – in the Chapel
led by *Rabbi Yosef David of Aish HaTorah St. Louis*

10:00 am - Starting Points - in the Chapel
Topic: "A Theory of Relative-ity: Getting Closer to Difficult Family Members" led by *Rabbi Ze'ev Smason*

10:00 am - Children's Programming – Lower Level
Tot Shabbat for ages 1-6, babysitting for younger children,
Junior Congregation for ages 7 and up

11:15 am Synaplex Breakout Sessions

1. "The Israeli-Palestinian Conflict: A View from Outer Space" *Dr. Martin Rochester, Curators' Distinguished Teaching Professor of Political Science, University of Missouri-St. Louis.*

2. "The Power of Expectation: The Spiritual Gifts of Exile"
Rabbi Joey Rosenfeld

12:15 pm Kiddush Lunch for All - in the Social Hall
Kiddush Luncheon Sponsored by Bob and Joni Kaiser

*NHBZ Synaplex Shabbat is free and open to the Jewish public.
Home hospitality is available. Call the NHBZ office at 314-991-2100 ext. 2 for details.*



Starting Points:

Wisdom for Daily Living

Join us for these sessions designed for those who are interested in growing Jewishly, regardless of education or level of observance. Each session explores Jewish concepts in practical, understandable terms.

Sessions are held every Shabbat at 10:15 in the NHBZ chapel on the lower level, unless otherwise noted.

Schedule for June and July, 2018

June 23: "Making Decisions: Is Life More Like Chess or Poker?"

June 30: "Is Life Really Supposed to Be This Hard?"

July 7: "A Theory of Relative-ity: Getting Closer to Difficult Family Members" (at 10:00 am due to SYNAPLEX)

July 14: "Finding Joy Again"

July 21: "Resilience: Rising Strong After Falling Hard"

July 28: "How to Discuss Politics Without Losing Friends"

Watch for future Starting Points Topics!

For questions, call Jeff in NHBZ's office at (314) 991-2100, ext. 2



Shabbat Children's Programming (Summer)

June 23 - July 7 & 28 - August 11 & 25

Junior Congregation for children ages 7 to 11

10:00 am – 12:00 pm in the Youth Lounge

- Learn the key Shabbat prayers and tunes
- Review the weekly Torah portion
- Discuss cool facts about Israel
- Absorb Israeli culture and spoken Hebrew
- Hang out with old friends and make new ones

Tot Shabbat for Children ages 6 and under

10:00 am – 11:30 am in the *Eli Ragin Kids' Play Room*

- Enjoy a fun, engaging, activity-filled Shabbat with songs, stories, games, dancing, puppets & more
- Parents and grandparents are invited to stay

Babysitting is also available **10:00 am - 12:00 pm**

All children welcome – no RSVP, no cost, no worries!

***All programs are on the NHBZ lower level,
and include delicious snacks!***

For questions, please email *Alana Minoff*
at alanaumansky@gmail.com



ST. LOUIS *senior*



Balance for Balabustes

Senior Kollel and Eishes Chayil Women's Division
in Cooperation with Nusach Hari B'nai Zion Sisterhood
present

"Balance for Balabustes"

Strength Training ~ Bone Health
~ Flexibility for Females ~

with

Dr. Jill Abrams

Chiropractic Physician • Personal Fitness Trainer • Massage Therapist

Next Class: Wednesday, July 11th

2:00 pm

at NHBZ

**650 N. Price Road
Olivette, Missouri**

**Bring a Friend!
Refreshments served!**



For more info: office@stlkollel.com

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.
- **Tanya** with Rabbi Shaya Mintz, of the St. Louis Kollel at 8:00pm.

MONDAY

- **Amud-A-Week Program** with Rabbi David Freund after Ma'ariv, weekly Talmud class/shiur.

WEDNESDAY

- **Rabbi Smason's Lunch & Learn (12:15-1:00 pm)** Studying Pirkei Avos.

Shabbat 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

