



# NHBZ Shabbos Bulletin

*Welcome to Nusach Hari B'nai Zion*

Affiliated with Union of Orthodox Congregations of America

July 21, 2018 ~ 9 Av 5778

Candle Lighting 8:04 pm

Shabbat Ends 9:06 pm

Torah Portion: Devarim -- Deuteronomy 1:1 - 3:11  
Maftir: Isaiah 1: 1-27

Chumash pages 938 - 957  
Chumash pages 1195-1196

## Thank you to our Sponsors:

Thank you to **Jacob & Judy Levin** for enhancing our kiddush today in honor of their wedding anniversary

Thank you to the **Ring Family** for sponsoring the Shabbat bulletin in honor of their parents, Bobbie z"l and Fred Ring z"l, for what would have been their 56<sup>th</sup> wedding anniversary, July 15th, 2018. "May you rest in peace together for eternity."

Thank you to **Racheal Pevnick and Family** for also sponsoring the bulletin in observance of the yahrzeit of Ted Pevnick z"l.

## Shabbos Chazon

### Erev Shabbos, Friday, July 20

- Mincha & Ma'ariv ~ 7:00 pm

### Shabbos, July 21

- Shachris & Musaf ~ 9:00 am

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

- Shacharis: **Menachem Szus**

- Leyning: **Max Gornish**

- Haftorah: **Kenny Bressler**

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

- Musaf: **Max Gornish**

- **Starting Points: led by Rabbi Ze'ev Smason ~10:15 am ~ Topic: "Resilience: Rising Strong After Falling Hard"**

- Mincha ~ 1:45 pm

- Ma'ariv ~ 9:30 pm ~ **Reading of Megillas Eicha/Book of Lamentations**

Tisha B'Av: Fast begins at 8:20 pm Saturday night.

Fast ends at 9:02 pm July 22, Sunday night.

Mashgicha: **Norma Rubin**

Today's Shabbat Greeters: **Mark Ragin & Robin Rickerman**

### This Week and Beyond....

Minyan Times	Shabbos July 21	Sun. July 22	Mon. July 23	Tues. July 24	Wed. July 25	Thurs. July 26	Fri. July 27	Shabbos July 28
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	1:45 pm* 9:30 pm*	7:45 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:35 pm

\* Mincha

\* Ma'ariv

**Birthdays: Larry Freistein, Sandy Kahn, and Craig Feenberg**

**Anniversaries: Moshe & Louise Givon**

- **Tuesday, July 24 ~ 12:00 pm ~ BINGO** sponsored by the NHBZ Sisterhood. Lunch and BINGO for \$9.00.
- **Sunday, July 29 ~ 3:00 -5:00 pm ~ Pop Flys & Popsicles ~ KidZone** will be having a fun, family, water-filled afternoon at the park next to NHBZ. Brush up on your baseball skills as we will try and get a family game going! Bring your glove! Then come to pizza night!
- **Sunday, July, 29 ~ 4:00- 5:00 pm ~ Shaving Israel Speaker Event with Talia Wolkowitz**, a native St. Louisan who joined the IDF in December of 2015.
- **Sunday, July 29 ~ 5:00- 7:00 pm ~ Pizza Night \$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](mailto:jeff@nhbz.org) (you will receive an email confirmation) or as a last resort, call 314-991-2100, ext.2.
- **Shabbat, August 11 ~ Mitzvah Adventure and Baseball Themed Kiddush Luncheon**  
**Topics for the Mitzvah Adventure:**
  1. *Bikur Colim* "How to Visit the Sick" by *Rabbi Ze'ev Smason*
  2. *Nichum Avelim* "How to Pay a Shiva Call" by *Rabbi Yitzchok Kowalsky, St. Louis Kollel*
  3. *Hachnasas Orchim* "How to Host Shabbos Guests" by *Alex Lyss*

**Rabbi Smason** was interviewed by Ciao Radio this past Monday about the Rabbi Ride Around. You can watch the interview at: <https://www.facebook.com/ciaostl/videos/889081977961336/> This year's Ride-Around will take place on August 26. Rabbi Ride Around details to follow!

**Parshas: Parshas Devarim** This week we begin the fifth and final book of the Torah, Deuteronomy. This book is also called Mishna Torah, "Repetition of the Torah" - thus the Greek title 'Deuteronomy.' Its contents were spoken by Moses to the Jewish people during the final five weeks of his life as the people prepared to cross the Jordan River into the land of Israel. A central theme of Deuteronomy is Moses' review of the mitzvos, and his emphasis on the change of lifestyle the Jewish people were to undergo. The transition was to be made from a supernatural existence in the desert to a natural life to be experienced in the Land of Israel. The portion begins with Moses' veiled rebuke in which he makes reference to the many sins and rebellions of the past forty years. Moses spends significant time discussing the failed mission of the spies; ten of the twelve men sent to scout out the land returned with a bad report, resulting in the entire nation wandering in the desert for forty years. Moses later discusses the Children of Israel's conquest on the eastern bank of the Jordan River. This Torah portion concludes with words of encouragement for Moses' successor, Joshua.

## **Shabbos Chazon**

The Shabbos preceding the Ninth of Av is called *Shabbos Chazon*—"Shabbas of the Vision." This Shabbos' reading from the Prophets begins with the words *Chazon Yeshayahu*, the "vision of Isaiah" regarding the destruction of the Holy Temple. The legendary chassidic master Rabbi Levi Yitzchak of Berdichev said that on this special Shabbos, every Jewish soul is shown a vision of the third Holy Temple. The purpose of this vision is to arouse within every Jew a yearning to actually see this edifice which will be built by G-d, and to do as many mitzvos as possible in order to realize this dream. While this vision may not be sensed with the physical eyes, the soul certainly experiences this vision, and it affects the person on the subconscious level.

There is no mourning on Shabbos, and eating meat and drinking wine is permissible.

## **Tehilim Prayer Group**

We are looking for more people to say Tehilim for those in need. Please call **Julie Eisenberg** for more information – 314.494.8437.

## **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:

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

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

## **KIDSZONE News by Alana Umansky**

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 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. **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](mailto:agoldfeder@jfedstl.org).

# Slices for Soldiers



Dear NHBZ Members,

As you know, Israel is embroiled in conflict with Syria and ultimately Iran on its northern borders. If you've found yourself asking "What can I do?" or "In what way can I help?" **The Israel Committee of Nusach Hari B'nai Zion is bringing back the Slices for Soldiers project that was so successful in 2014.** This seemingly small gesture will go a long way toward providing Israeli soldiers with a little smile and respite from the battle field. Previously the project raised \$2,500 to feed front line Israeli Soldiers, so let's come together and make this campaign even more successful!

**We will be collecting money from today until July 30th, with every dollar used for the purchase of pizza from local Israeli pizzerias for troops on the front lines.** Receiving pizza on the battlefield from people half way around the world goes a long way to encourage our soldiers. May Hashem guard and protect them and all of Israel, and may they be successful in their mission and return home quickly and safely.

**Please mail your check, made out to NHBZ to: Nusach Hari B'nai Zion, 650 North Price Road, Olivette, MO 63132 ~ Sorry, no credit cards for this campaign.**

Thank You,  
Jason Loiterstein  
NHBZ Israel Committee



## **Nusach Hari B'nai Zion TRIBUTES for May - June**

### **IN MEMORY OF:**

**Lou Edelstein , father of Rabbi Chaim Edelstein and Michael Edelstein-** Bob & Sandie Abrams, Sam & Shirley Bluestein, Bob & Joni Kaiser

**Samuel Frankel –** Dr. Stan & Jean Margul

**Don Kleiman, father of Paul Kleiman -** Bob & Sandie Abrams, Robert Newmark, Gary Benson, Scott Rothman, Robert & Myra Perlman, David Wolter

**Rose Ragin, mother of Mark Ragin and Sally Katz-** The Feigenbaum/ Pepose Family

**Marian Walters, mother of Vivian Zarkowsky –** The Feigenbaum/ Pepose Family

### **IN HONOR OF:**

**Ephraim & Michelle Mufson and Sam and Shirley Bluestein on the engagement of their daughter and granddaughter –** Bob & Joni Kaiser, Bob & Sandie Abrams

**Teree Farbstein on her birthday-** The Feigenbaum/ Pepose Family

**Richard Woolf on his birthday-** The Feigenbaum/ Pepose Family

**Joni Kaiser on her birthday -** The Feigenbaum/ Pepose Family, Amy & Denny Feit, Irwin & Arlene Fredman

**Bruce & Faith Waxman and Gloria Waxman for their new grandson and great grandson -** Alan & Janet Haber, Bob & Joni Kaiser, Bob & Sandie Abrams

**Dr. Erol & Sally Amon on the engagement of their son -** Alan & Janet Haber, Bob & Joni Kaiser

**Rabbi Ze'ev & Chani Smason and Don & Julie Eisenberg on the engagement of their son and daughter-** Bob & Joni Kaiser

**Jo Ann Raskas on the engagement of her granddaughter-** Bob & Joni Kaiser

**Shirley Bluestein on her birthday-** The Feigenbaum/ Pepose Family

**Fran Cohen on her birthday-** Jacob & Judy Levin, Gloria Sirkin

**Janet Haber on her birthday -** The Feigenbaum/ Pepose Family

**Victor Tendler on his birthday -** The Feigenbaum/ Pepose Family

**Alan & Janet Haber, for all you do –** Jason and Nancy Rush

**Gary & Trudy Sudin on their anniversary-** The Feigenbaum/ Pepose Family

### **A Refuah Shelemah**

**To Phyllis Silverman-** Bob & Joni Kaiser, Irwin & Rosalind Rosen, Irwin & Arlene Fredman

**To Jean Margul –** Amy & Denny Feit, Bob & Joni Kaiser

**To Ron Makovsky-** Mayer Taller

**To Rhonnie Goldfader-** Alan & Janet Haber

**To Carolyn Koppel-** Alan & Janet Haber

**To Sid Silverman-** Dr. Milton And Sally Tofle





# THE SISTERHOOD SCOOP JULY

Volume I

Number 20

July 21, 2018

**NHBZ Sisterhood presents the 3<sup>rd</sup> Annual  
Dine 'n' Style**



**Luncheon & Fashion Show**

**Sunday, August 19**

Shopping opens at 10:00 AM

Luncheon & Fashion Show promptly at 12:00 PM

## FALLING FOR FASHION

Featuring 2018 Fashions from **Orli's Boutique**,  
and of course, lots of Shopping, including:

**Accessories, Jewelry, Fused Frameworked Glass,  
Sculpted Silverware, Fashionable Headscarves,  
Israeli Jewelry, Purses, & more...**

**Registration NOW OPEN – \$20**

(RSVP by August 12, please)

Call 314-991-2100, ext.3, or  
email: [FashionShow@NHBZ.org](mailto:FashionShow@NHBZ.org)

For more information contact

Debbie Sher at 314-753-2261,  
or email: [ddaps114@gmail.com](mailto:ddaps114@gmail.com)



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

**NHBZ Sisterhood Luncheon**



**THIS Tuesday, July 24, 12:00 NOON**

*Delicious Lunch*

**Everyone is Welcome**

**Men & Women of all Ages**

**ATTENDANCE PRIZES!!**

**\$9 Donation**

**RSVP Rachael: 314-395-6017**



**The Third Meal on Shabbos-Erev Tisha b'Av**

This year, Tisha B'Av, a day of mourning for the Jewish people, falls out on Shabbat, which means the fast day is postponed until Sunday. The usual Seuda HaMafseket (separation meal before the fast) will not take place, since an open display of mourning is not allowed on Shabbat. Instead, Shalosh Seudot, the third meal on Shabbat will be the last meal before Tisha B'Av and the regular Seuda Hamafseket guidelines do not apply. Meat and wine may be served as well as many cooked dishes, however, this meal is not meant to be lavish or joyous, and company should not be invited unless that is your usual custom.

Try serving simple, good food rich in complex carbs, protein and healthy fats to keep you satisfied longer before the fast.

- excerpted from [kosher.com](http://kosher.com)

**NHBZ Sisterhood BOOK CLUB News**



*Sisterhood's First Book Club, held June 25, was led by Amy Feit and hosted by Peggy Umansky*

The next book selection is: ***Eternal Life*** by award-winning novelist **Dara Horn**. "A gripping, hilarious, and moving psychological novel, that celebrates the bonds between generations, the power of faith, the purpose of death, and the reasons for being alive."

**Discussion of *Eternal Life* will be  
Monday, August 27, 7:15-8:45pm**

**at Mansions on the Plaza, 8300 Delmar  
hosted by Chana Lowenstein**

**FOR MORE INFORMATION CONTACT:**

Fran Alper at 314-993-4024 ~ [fran.alper@outlook.com](mailto:fran.alper@outlook.com)  
or Chana at 314-274-8718 ~ [lcloenstein@gmail.com](mailto:lcloenstein@gmail.com)



Nusach Hari B'Nai Zion

# SISTERHOOD LUNCHEON

# BINGO



**WHEN:** Tuesday, **July 24**

**WHERE:** NHBZ Auditorium, 650 N. Price Road

**TIME:** 12:00 NOON **"BINGO! You Won!!"**

*Delicious Lunch*  
*Everyone is Welcome!*

**Also There will be Attendance Prizes!!**

**\*\*\* \$9.00 Donation \*\*\***

**Hope to see you! Men & Women of ALL Ages!**  
**R.S.V.P. - Rachael: 314-395-6017**



# ***Pizza Night***

***Sunday, July 29***

***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](mailto: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  
Aug 26**





# NHBZ KidZone Family Event

**Sunday, July 29, 2018**

**3:00 - 5:00 pm**

Come join NHBZ KidZone for a Fun-filled Afternoon of

**Pop Flys & Popsicles**



**Bring your baseball glove!**

***Irv Zeid Park (next to NHBZ)***

***Stay for dinner at NHBZ's monthly  
Pizza Night from 5:00 -7:00 pm***

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For questions, please email *Alana Minoff* at [alanaumansky@gmail.com](mailto:alanaumansky@gmail.com)



# Shaving Israel

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Speakers Series

**Sunday, July 29**

**4:00-5:00 pm**

Guest Speaker

**Talia Wolkowitz**



Talia is a native St. Louisan who joined the IDF in December of 2015. She rose to the rank of Sergeant and was a Canine-Track and Attack Operational Handler.

**Stay for NHBZ Pizza Night from 5-7pm!**

**All-you-can-eat pizza, pasta, & salad - \$12.00**



# **Mitzvah Adventure Shabbat & Baseball-Themed Kiddush**

## **Shabbat, August 11, 2018**

- 8:30 am **Traditional Services** – in the sanctuary  
10:00 am **Starting Points** – in the chapel  
Topic: The Best Advice I Ever (and Never) Got  
*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 7-12

### 11:30 am **'Chesed' Mitzvah Adventure**

Choose 2 of 3 Sessions, each presented at 11:15 and 11:45

1. **Bikur Colim** "How to Visit the Sick"  
*by Rabbi Ze'ev Smason*
2. **Nichum Avelim** "How to Pay a Shiva Call"  
*by Rabbi Yitzchok Kowalsky of the St. Louis Kollel*
3. **Hachnasas Orchim** "How to Host Shabbos Guests"  
*by Alex Lyss*

### 12:15 pm **Baseball-Themed Kiddush Lunch**

sponsored by

**Amy & Denny Feit** and **Joyce & Murray Hochberg**



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***For more information, call (314) 991-2100 extension 2***



# Shabbat Children's Programming (Summer)

**July 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!***

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For questions, please email *Alana Minoff*  
at [alanaumansky@gmail.com](mailto:alanaumansky@gmail.com)



# **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 July & August, 2018**

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

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

**August 4:** "Life Lessons My Grandparents Taught Me"

**August 11:** "The Best Advice I Ever (and Never) Got"

**August 18:** "Wisdom vs Knowledge: Was High School Trig Really Necessary?"

**August 25:** "Five Polite Ways to Disarm Rude People"

**September 1:** "How to Forgive When You Can't Forget"

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



# High Holiday Seating



It is now mid-Summer, and Rosh Hashanah is just around the corner!

That means it is time to review and update the reserved seating chart for Hashanah and Yom Kippur. We have reserved seats for members so that they can be seated with friends and family, and can come and go throughout services while being assured that they can return to the same seat. This ensures that we will have a seat for each member throughout services.

If you are a new member this year, we will assign you a reserved seat for the holidays. If you want to sit in a particular location - front, back, side, near a relative or whatever - please contact Jeff in the office, and we will try to accommodate your preference.

This year we are trying to make our seating more efficient. If you were a member last year, there is a slight chance that your seat assignment will be different this year. If you would like to confirm or change your seat, please contact Jeff in the office.

If you will not be using your seat this year, please let us know.

## 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**

