



# NHBZ Shabbos Bulletin

*Welcome to Nusach Hari B'nai Zion*

Affiliated with Union of Orthodox Congregations of America

Shabbos

August 1, 2015

16 Av 5775

Shabbos Nachamu - Parshas Va'eschanan: Deuteronomy 3:23 – 7:11  
Haftorah: Isaiah 40:1-26

Stone Chumash pages 958-979  
Stone Chumash pages 1196-1197

*Candle Lighting ~ 7:55 p.m.*

*Shabbos Concludes ~ 8:57 p.m.*

## Our Generous Sponsors This Shabbos . . .

*~ Thank You to Richard & Mindy Woolf for sponsoring Shalosh Seudos today in memory of beloved mother Sandra Woolf, ר"צ.*

## Shabbat Shalom!

**Erev Shabbos, Friday Night, July 31, 2015**

- Mincha & Ma'ariv (7:00 pm)

**Shabbos, August 1, 2015**

- **Shachris & Musaf** (9:00 a.m.) ~ *Thank You For Leading Davening*
  - Pesukei D'Zimra: **Howard Sandler**
  - Shacharis: **Menachem Szus**
  - Leyning: **Moshe Leib Cohen**
  - Haftorah: **Dr. Naftali Kadosh**
  - Drasha (Sermon): **Rabbi Ze'ev Smason**
  - Musaf: **Richard Woolf**
- **Tefillah/Prayer Learners' Service ~ Rabbi Yosef David** is on Summer Break, returning in late August.
- **Learners' Service ~** (10:15 am) Led by **Rabbi Ze'ev Smason** in the Rivkin Chapel.
- **Kiddush ~** (After Musaf)
- **Mincha, Shalosh Seudos, Maariv ~** (7:30 pm)
- **Monument Dedication ~** The Monument Dedication for **Ely Langfeld, ר"צ**, beloved father of **Margo Tzadok**, will be held tomorrow, August 2<sup>nd</sup>, 10:30 a.m. at Chevra Kadisha Cemetery, on North & South and Page.

## SIMCHAS

**MAZEL TOV ON YOUR SIMCHAS** August 1-7. **Happy Birthday to Julie Eisenberg, Janet Goldenberg, Sally Needle, Dr. Susan Scribner, and Allan Swan! Happy Anniversary to None This Week!** Show your friends you care ~ send a tribute. Shul: Gloria Waxman 314-872-3296; Sisterhood: Phyllis Silverman 314-434-2482; Libby Needle Fund: Sally Needle 314-991-2575; For Chesed Fund: Drop by the office for a Pack of Cards.

*Please be sure to read Rabbi Smason's Beyond Twelve Gates in this Bulletin:  
"Joe, the One-Armed Cyclist!"*

**When You Need Rabbi Smason ~** When you or a loved one becomes ill, and is hospitalized, please have a family member or friend contact Rabbi Smason on his cell phone as soon as possible . . . 314-749-5271.

**Mi Shebarach List ~** Prayers said for a *Refuah Shelayma* (Speedy Recovery) for your loved ones and friends. Please call 314-991-2100, ext. 2, by 10 a.m. Friday mornings to include the names on our list to be read on Shabbos.



## Back to School Sales for KIDS are ON!!!

Help us make all kids feel good on the first day of school with the BRIGHT, SHINY, NEW school supplies they need and deserve!! PLEASE BRING SUPPLIES TO THE OFFICE BY FRIDAY, AUGUST 14! 3-Ring-Binders - Paper - Crayons - Scissors - Glue & Glue Sticks - Black Pens - Red Pens - Pencils - Colored Pencils - Zippered Pen/Pencil Pouches - Erasers - Sharpeners - Markers~Assorted Colors -Scotch Tape - Spiral Notebooks - Lined Index Cards - Mini Notebooks - Backpacks - Calculators - Boxes of Tissues - and the world of other school supplies you see. THE BACK TO SCHOOL SALES ARE ON!!! Please bring in the supplies, or write a check to NHBZ, or call Sandie to place a donation on your credit card, 314-991-2100, ext. 2. Let's all make a great first-day of school for every kid!!!

## Shul News . . .

- **New Torah Mantles and Paroches (Ark Cover) for the High Holidays!** A "Big Thank You" to **Mr. Leo Bressler, Dr. Faye Cohen and Brian McCary, Dr. Susan Feigenbaum and Dr. Jay Pepose,** and **Bruce & Faith Waxman** who will be dedicating new Torah Mantles for the High Holidays.
- **This Monday, August 3 ~** The NHBZ Children's and Young Families' Committee invites Young Parents – families and individuals -- to **Mussar Mondays! Mussar Mondays** are held on the first Monday of each month at the home of **Richard & Mindy Woolf,** and are led by our own **Rabbi Ze'ev Smason.** Next get-together will be this Monday, August 3, 7:00 to 7:45 p.m. We will get together to study from *Pirkei Avot*, Ethics of our Fathers, and apply some valuable lessons to our everyday lives. This monthly event is open to both members and non-members! Please come and invite your friends. Babysitting will be available, and light refreshments will be served.
- **Thursday, August 6 ~** "Israel Trip" meeting, for all the travelers signed up for the trip!!! The meeting will be held at 7:30 p.m. in the Feigenbaum-Pepose Learning Center, NHBZ Lower Level.
- **Shabbos, August 8 ~** Shalosh Seudos will be sponsored by **Norma Finer Perll, and Moshe, Marsha, and Steve Finer,** in memory of **Albert Finer, י"ג,** beloved husband and father.
- **Thursday, August 13 ~ First Class in New Series ~** Join us to learn how the message of Tehillim (Psalms) can transform your life. "*Growth Through Tehillim,*" a new class series, led by **Rabbi Ze'ev Smason,** on Thursdays, August 13, 20, 27, and September 3, 7:30 p.m., at Nusach Hari B'nai Zion.
- **Shabbos, August 15 ~** Lunch 'n Learn in honor of August Birthdays and Wedding Anniversaries; thanks to **Linda Carton** for sponsoring a special cake and soda **in honor of her husband – Gene's birthday;** and thanks to **Shirley & Sam Bluestein** for sponsoring Shalosh Seudos in memory of beloved parents **Hyman Max Mindel and Esther Mindel, י"ג.** **Rabbi Smason** will speak on the topic: "*Embracing Choices: Outreach to the Intermarried.*"
- **Tuesday, August 18 ~ Sisterhood Lunch & BINGO PARTY ~** Tuesday, August 18<sup>th</sup>, 12:00 noon in our NHBZ Social Hall. Men & Women of ALL Ages are invited to come and enjoy a **Delicious Lunch, Bingo, and Attendance Prizes!** \$7.00 donation; RSVP to **Rachael Pevnick,** 314-395-6017, or **Linda Carton,** 314-991-5371. **We hope to see you!!!**
- **Shabbos, August 22 ~** Thanks to **Norma and David Rubin** for sponsoring lunch in honor of their Wedding Anniversary.

- **Sunday, August 23 ~ Save the Date!** Sisterhood Program, Sunday, August 23, 11:15 a.m. Debbie Zorensky, owner of the *Center for Mind, Body and Spirit*, will speak on "Effects of Stress." Join us for our first program of our revitalized Sisterhood. Open to all. Details to follow.
- **The NHBZ Women's Emergency Tehillim Circle** ~ The following women have made the commitment to be "on call" to say Tehillim for individuals whenever an **emergency** situation occurs at Nusach Hari B'nai Zion: **Julie Eisenberg**, Chairperson, **Sandie Abrams**, **Debbie Barash**, **Shirley Bluestein**, **Marcie Brook**, **Linda Carton**, **Teree Farbstein**, **Dr. Susan Feigenbaum**, **Mimi Fiszal**, **Rhonnie Goldfader**, **Joyce Hochberg**, **Sandy Kahn**, **Joni Kaiser**, **Sandy Klarfeld**, **Sarah Klein**, **Svetlana Kogan**, **Lori Laird**, **Cindy Looney**, **Phyllis Loiterstein**, **Beverly Magencey**, **Marcela Morgensztern**, **Laura Rader**, **Nancy (Belau) Rush**, **Mimi Sabol**, **Dr. Shayna Scribner**, **Peggy Umansky**, and **Mindy Woolf**. We say the prayers at home. Please call **Julie Eisenberg**, 314-695-5615, or **Sandie Abrams**, 314-991-2100, ext. 2., if you would like to participate. We will ask you to provide your phone number(s) and email address so we can get word to you as soon as an emergency arises.

**IMPORTANT NOTE:** This **NHBZ EMERGENCY Tehillim Circle** is separate from the ongoing Tehillim we are saying for our dear friend Michelle Mufson. Although some of the women listed above are part of both groups, the Emergency Circle truly stands "on call" and ready to act immediately, within the special circumstances of the Emergency element of this group. As soon as Rabbi Smason learns of a critical, **emergency situation in our shul**, he will alert Julie Eisenberg, give her the name of the person in crisis, and emails will go out immediately so we can begin saying Tehillim.

## **In The Community . . .**

- **Millstone Campus Men's Mikvah** ~ Due to the long-awaited improvements being made to the Millstone Campus mikvahs, the men's mikvah will not be available for use on Erev Shabbos for the next several weeks, until further notice.
- **Thursday, August 20** ~ 20th Anniversary of the Holocaust Museum & Learning Center at the Ritz Carlton. Reception at 5:30 p.m., Dinner at 6:30 p.m. Master of Ceremonies: Mike Bush, Anchor/Reporter KSDK-TV. For details contact Andrew Goldfeder, [AGoldfeder@JFedSTL.org](mailto:AGoldfeder@JFedSTL.org) or 314-442-3711.
- **Wednesday, September 2** ~ "Save the Date". Rabbi Paysach Krohn, world renowned author and lecturer, will give a pre-Rosh Hshana presentation, 7:30 p.m. at the U. City Shul. Topic: "Becoming a Person of Blessing" ~ support & encourage others, maintain a positive role at home. \$10.00/person, \$18.00/ couple.
- **A Call for Help from the Jewish Food Pantry** ~ The Jewish Food Pantry is in desperate need of volunteers. The amount of food they are receiving is growing, but the number of people to organize all of the donations is NOT keeping up! To help or for questions, call **Julie Eisenberg** at 314-494-8437.
- **Women's Community Tehillim Group** ~ Meets each Sunday at 9:15 a.m., at the home of Jan Adelman, 8032 Amherst Ave., 314-863-5438, to say Tehillim in the *zchus* (merit) of a *refuah shelayma* (full & speedy recovery) for the *cholim* (the ill people) in our community. The Tehillim hotline for names and updates: 314-441-6460. If you have questions, please call **Julie Eisenberg** at 314-494-8437.
- **Tomchei Shabbos On-Going FOOD DRIVE!!** *Tomchei Shabbos* (Supporters of the Sabbath) is maintained through contributions of food and money, and was established by the Vaad Hoer, which discreetly provides families in our community with Shabbos & Yom Tov meals. Bring a bag of non-perishables to our office or, for home pick-up, please call **Sally Needle**, 314-991-2575. To make a donation go to [www.ovkosher.org](http://www.ovkosher.org).

*Welcome to Beyond Twelve Gates by Rabbi Ze'ev Smason  
Parshas Va'eschanan August 1, 2015*

### ***"Joe, the One-Armed Cyclist!"***

What do you do when life throws you a curve? Joe Berenyi used to be the one throwing the curves as a left-handed pitcher in college in the late 1980s. Then suddenly in 1994 life threw the Oswego, IL resident a proverbial breaking ball. In a life-altering construction accident, Joe lost his right arm, severely broke a leg and shattered his left kneecap, which had to be removed. An athlete his whole life, Joe went several years after surgery without any sports in his life. But eventually he decided it was time to start, not stop, spinning his wheels. So he began to ride the bike trails near his home. Back on a retrofitted bike enabling him to ride with one arm, Joe eventually

started craving competition. "I like to go fast," he said. Joe's wife, Jill, says she wasn't surprised. "Once he started getting competitive, I was thinking, 'He can do this. He just set his mind to it.'" Joe said, "The competitiveness came back."

As Joe continued to progress in cycling, he began to compete in races, and won several gold medals in national competitions. The years of pain, suffering, sacrifice, determination and perseverance all culminated when Joe made the U.S. Paralympic cycling team, joined an elite group of athletes in London for the 2012 Paralympic Games -- and won a gold medal (see the video: <https://www.youtube.com/watch?v=4mKHauj8mNw>) "I have never met anyone who is as dedicated, focused and works as hard as Joe," proclaimed Mike Farrell, co-owner of an Oswego bike shop. Mary Johnson, a waitress at a local restaurant, said, "Joe is just a super guy. "He's very determined. He's always out on his bike. He's very quiet, but he has a magnetic personality." Mary Lee Geraghty, vice president of a cycling club, said, "To see a guy who's been through so much turn it into a positive," she said, "he's an inspiration to everybody." For his part, Joe said about his cycling, "I don't do it for the recognition or for anyone else, really. It's just so I can do the best with what I have."

There are two ways to do anything in life -- you can give it your best, or you can do it "half-baked." G-d blesses those who give it their best. The Almighty rarely intervenes with open miracles in our daily lives; He expects us to put it together ourselves. But once we get started, G-d indeed joins in to help. Jewish consciousness teaches that G-d says, "*Open for Me an opening the size of the eye of a needle, and I will open for you one the size of a hall.*" Like Joe Berenyi, we have to do the very best with whatever we have.

### *Parshas Va'eschanan Deuteronomy 3:23 - 7:11*

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 and its commandments, telling them to neither add to nor subtract from its mitzvos. They are told to always remember the incredible Revelation they experienced 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 the one found in the Book of Exodus. Did you ever wonder where the Shema comes from? It is found in this week's Torah portion. The Shema 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. Inter-marriage is prohibited, and the source that Jewish identity is transmitted through the mother is stated.

### *Rabbinic Ruminations*

We often experience rudeness and incivility. From simple insults and offhand remarks to purposely excluding others from groups, these behaviors are largely tolerated in our daily lives and in the workplace. A growing body of research offers compelling evidence that experiencing rudeness, and even simply witnessing rudeness, can have surprisingly harmful effects on performance, creativity and even helpfulness. However, it might not even end there. What if rudeness, like the common cold, was actually contagious? To explore this phenomenon, researchers at the University of Florida conducted [a study](#) (*Journal of Applied Psychology* - 2015) to find out if rudeness was contagious from one person to another.

Over the course of a seven-week period, graduate students engaged in negotiations exercises with various partners. After each negotiation, participants had the opportunity to rate how rudely their negotiation partner had behaved. Participants weren't instructed to be rude; the researchers simply measured the normal rudeness that was present in the negotiation setting. It was found that rudeness is in fact contagious. If negotiators felt that their negotiation partner was rude, when they went on to their next negotiation, their new partner in turn perceived them as rude. Another surprising finding was how long this effect lasted. Even if negotiations were a week apart, the rudeness experienced in the previous negotiation still caused participants to be rude in their next negotiation. Rudeness spreads so easily partly because people are remarkably tolerant of it. Lead researcher

Dr. Trevor Faulk said, "Part of the problem is that we are generally tolerant of these behaviors, but they're actually really harmful."

A fundamental Jewish principle states: "*Derech erez kadma l'Torah*" -- meaning that "decency, kind behavior should precede Torah." In its most basic sense, this concept expresses that it is impossible to be rude, arrogant, rough and unpleasant while remaining a good person and a good Jew. The Torah teaches that an integral component of being a mensch is being polite and civil to others.

### *Quote of the Week*

I remind myself every morning: Nothing I say this day will teach me anything. So if I'm going to learn, I must do it by listening. -- *Larry King*

### **Joke of the Week**

Moshe was in a supermarket in a Jewish neighborhood. He saw a woman who clearly appeared to be not Jewish, trying to get her young child to put down a candy bar he had picked off the shelf.

"Kedarlaomer, you put that down! It's not kosher!"

Intrigued, Moshe decided to investigate.

"Excuse me, ma'am, are you Jewish?"

"No."

"So why did you say that?"

"Why? I'll tell you why. When I see all those Jewish mothers saying that to their kids -- and it works, so I decided to try it."

# MINYAN! IT'S GOOD FOR US & GOOD FOR YOU, TOO!!!

<b>This Week At a Glance</b>	<b>Shabbos August 1</b>	<b>Sunday August 2</b>	<b>Monday August 3</b>	<b>Tuesday August 4</b>	<b>Wed. August 5</b>	<b>Thurs. August 6</b>	<b>Friday August 7</b>	<b>Shabbos August 8</b>
<b>Shachris</b>	9:00 am	8:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	9:00 am
<b>Mincha/Ma'ariv</b>	7:30 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:25 pm

## 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. **(On Summer Break!)**
- Child Care (10:00 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, of Aish HaTorah
- “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

### SEMI-MONTHLY at NHBZ

- Women’s Tefillah Class (2<sup>nd</sup> & 4<sup>th</sup> Mondays) 3:15 pm with Rabbi Smason at NHBZ. **(On Summer Break!)**

### MONTHLY at NHBZ

- Irvin Alper Social Club (First Sunday) 5:00 pm.
- 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. **(On Summer Break!)**
- 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
- Shabbos Lunch & Learn

***The Deadline to submit new information to appear in our Shabbos Bulletin is Wednesday each week, NO LATER THAN 12:00 noon, please. That will allow the time needed to make changes. The bulletin is printed first thing every Thursday morning.***