



# NHBZ Shabbos Bulletin

*Welcome to Nusach Hari B'nai Zion*

Affiliated with Union of Orthodox Congregations of America

**Shabbos**

August 16, 2014  
20 Av 5774

**Torah Portion:**  
**Haftorah:**

**Parshas Eikev: Deuteronomy 7:12 – 11:25**  
**Isaiah 49:14 – 51:3**

**Stone Chumash pages 980-997**  
**Stone Chumash pages 1197-1199**

*Thanks to Stella Vladimirov for sponsoring this Shabbos Bulletin in honor of her husband's birthday!*

**HAPPY BIRTHDAY, LEONID!!!**

*Thanks to Jay & Peggy Umansky for sponsoring this Shabbos Bulletin in honor of Claire Umansky!*

**100 Birthday Wishes** ~ It isn't often that we get to wish a Happy 100<sup>th</sup> Birthday to someone, but that's what we're doing today ~ to **Claire Umansky**, Jay's mother, who celebrated her 100<sup>th</sup> Birthday yesterday!!! Claire was born on August 15, 1914, and lives in New York. So, we are sending her our LONG DISTANCE love and best wishes . . . **A VERY Happy & Healthy 100<sup>th</sup> Birthday to CLAIRE!!!**

## Erev Shabbos – Friday Night, August 15, 2014

- **Mincha & Ma'ariv** (7:00 pm)
- **Candle Lighting** (7:37 pm)

## Shabbos – August 16

- **Shachris & Musaf** (9:00 am) ~ *Thank You For Leading Davening*
  - Pesukei D'Zimra: **Howard Sandler**
  - Shacharis: **Menachem Szus**
  - Leyning: **Akiva Anton**
  - Haftorah: **Louis Goldman**
  - Drasha (Sermon): **Rabbi Ze'ev Smason**
  - Musaf: **Alan Haber**
- **Kiddush** ~ (After Musaf)
- **Mincha, Shalosh Seudos, Ma'ariv** (7:15 pm) Thanks to **Boris & Alla Yasinev** for sponsoring Shalosh Seudos today in memory of beloved father **Nachum Shapiro**, ב"ר.
- **Shabbos Concludes** (8:39 pm)
- **Monument Dedication** ~ for **Rosaline Golub**, ב"ר, beloved mother of Susan Dean and grandmother of Marcie Brook, will take place tomorrow - Sunday, August 17, 10:00 a.m. at Beth Hamedrosh Hagadol Cemetery on Ladue Road.
- **Monument Dedication** ~ for **Abram Dobin**, ב"ר, beloved father of Brian Dobin, Tobie Dobin, Sandy Schwartzburt, Sharon Weinmann, and the late Aaron Dobin, ב"ר, will take place tomorrow - Sunday, August 17, 11:00 a.m. at Chevra Kadisha Cemetery on North & South and Page.

## Slices for Israeli Soldiers!

**A TREMENDOUS THANK YOU** to **DR. ETHAN & DEBBY SCHUMAN** for sharing this wonderful idea!!! The response, from NHBZ members and friends in the community alike, has been completely overwhelming! One soldier exclaimed upon seeing the towers of pizza boxes, **"NO TUNA TONIGHT!!!"** So, thanks to these contributors, some first-timers and some for the second time around!!! Thanks to **NEW FIRST-TIME DONORS:** **Jesse & Debbie Barash, Dr. Craig & Jackie Berkin, Eliana Brook, Dr. Alan & Marcie Brook, June Cohen, Tobie Dobin, Alyn & Marilyn Essman, Mimi Fiszal, Marlene Green, Tom Hardcastle, Bryson & Jennifer Hartranft, Cantor Murray & Joyce Hochberg, Ellie Kaiser, Mary Kapelus, Kenneth Levin, Shari Londe, Ron & Ina Makovsky, Keith Mankowitz, David & Jill Mogil, Andrew & Myra Peskin, Aaron Robnak, Joyce Schneiderman, Shayna Scribner, Robert Shapiro, Sid & Phyllis Silverman, Kobi & Ohra Smason, Steve &**

Jill Starr, Ellen & Zalman Stein, Menachem & Linda Szus, Marian Walters, Brent Waxman, Gloria Waxman, Bob & Barbara Woolf, and Keith & Karen Zeff. Thank you, thank you to **SECOND DONATIONS FROM:** Bob & Sandie Abrams, Dr. Eldad & Danielle Bialecki, Kenny & Barb Bressler, Dr. Faye Cohen and Brian McCary, Wendy Goldberg, Bob & Joni Kaiser, Howard & Phyllis Loiterstein, Cindy Looney, Sally Needle, Cynthia Payant, Milton & Tammy Sallis, Dr. Ethan & Debby Schuman, Ron & Sandy Segall, Richard & Mindy Woolf, and Ed & Judy Ziegelman. If you or your friends want to contribute, please e-mail [woolfnhbz@yahoo.com](mailto:woolfnhbz@yahoo.com), and send a check payable to Nusach Hari B'nai Zion, 650 N. Price Road, St. Louis, MO 63132, earmarked for "Slices for Soldiers." Money continues to come in every day!!! Please call the office if we have inadvertently omitted from this list. Yasher Koach, Everyone!!!!

## Meetings

- **BRAND NEW Committee ~ The Children's and Young Families' Committee**, next Tuesday, August 19, at 7:00 p.m. in the NHBZ Teen Lounge. Please join us for our first "official" meeting!!!
- **Executive Committee Meeting** ~ Tuesday, August 26. Minyan at 7:00 pm; Meeting at 7:30 pm.
- **Board of Directors Meeting** ~ Tuesday evening, September 9. Minyan is at 6:55 pm; Meeting at 7:30 pm.



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

**We have extended the DEADLINE TO ~ MONDAY, AUGUST 18<sup>th</sup>!**

Help us make all kids feel good on the first day of school with the BRIGHT, SHINY, NEW school supplies they need and deserve!! 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!!!** Thanks for donating supplies and money (so far) to: Bob & Sandie Abrams, Lenny & Fran Alper, Sam & Shirley Bluestein, Terec Farbstein, Mimi Fiszal, Stan & Rhonnie Goldfader, Alan & Janet Haber, Bob & Joni Kaiser, Kerry & Sandy Klarfeld, Sarah Klein, Morris & Estelle Kram, Joe & Gayle Levy, Howard & Phyllis Loiterstein, NHBZ Sisterhood, Rachael Pevnick, Howard Sandler, Menachem & Linda Szus, Mayer Taller, Anna Rose & Victor Tendler, Alan & Vivian Zarkowsky and Ed & Judy Ziegelman.

## **“What’s Up” at NHBZ?**



### **NHBZ Coming Events**

- **“Shaving Israel” ~ Tomorrow ~ Sunday, August 17!** “Shaving Israel” is an organization that educates about the needs of the Israeli Defense Force troops who are without family support systems. Funds are raised for the purchase of toiletries, personal items and food vouchers from ISRAELI SUPPLIERS. Please join us for a complimentary Program & Dessert Reception at NHBZ featuring **David Palatnik**, Israeli K-9 Unit Soldier, and **Laurie Walker**, Board Member and IDF civilian volunteer, on Sunday, August 17, 1:00-3:00 p.m. Due to the current extremely troubling situation in Israel, it is more important than ever to give our support to the soldiers on the front lines, who are in harm's way, protecting Israel and its people. Please join us and help

support the brave soldiers of the IDF. **PLEASE NOTE:** We have laminated cards, with English and Hebrew versions of the prayer for the Israel Defense Forces, available for purchase at \$5.00 per card. Proceeds from the sale of these cards will benefit the "Shaving Israel" fund.

- **Sisterhood Lunch & BINGO PARTY** ~ This Tuesday, August 19<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. **We hope to see you!!!**
- **Kiddush & Lunch** ~ Shabbos, August 23<sup>rd</sup>, will be sponsored by **David & Norma Rubin** in honor of David's birthday (August 16<sup>th</sup>), Norma's birthday (September 1<sup>st</sup>), and David & Norma's 3<sup>rd</sup> Wedding Anniversary (August 21<sup>st</sup>).
- **Family Picnic & BBQ** ~ An evening of fun for the whole family! Mark your calendars for Sunday, August 24<sup>th</sup>, 5:30-7:00 p.m.!!! Bring your own T-Shirts to Tie-Dye! Hot dogs, Hamburgers, Sides & Beverages will be available for purchase. Come to Irv Zeid (Citizen's) Park, next door to the shul.
- **Lion's Den Pizza Night ~ All-You-Can-Eat Pizza Buffet ~ Sunday, August 31, 5:00-7:00 p.m.** Bring your family and friends to enjoy a delicious dinner of pizza, salad, pasta and garlic bread!!! Reservations are not needed . . . just show up, eat to your heart's content, have fun schmoozing, and have a great time! Plus an extra bonus ~ we have a movie for the kids every month!!!! (Please place carry-out orders by 10:00 a.m. on Sunday morning, 314-991-2100, ext. 2. Pick up time for carry out pizzas is 4:30-4:45 p.m. before the start of our buffet.) **WE TAKE CREDIT CARD PAYMENTS!!!**
- **Challa Baking Class** ~ Just in time for the High Holidays!!! Tuesday evening, September 2<sup>nd</sup>, 7:00 pm at NHBZ. Demonstrated by **Mindy Woolf**, with **your hands-on participation!!!** You will learn about new techniques, recipes and toppings. Everyone will make 2 challas to take home for the Holidays! AND, something very COOL . . . you will be making napkin rings out of challa dough, sooooo this is a "shul-wide" call for the cardboard centers from rolls of paper towels to be used as forms. \$12.00 per person; space is limited so RSVP soon to 314-991-2100, ext. 2.
- **Synaplex and Lunch n' Learn** ~ Shabbos, September 6<sup>th</sup>. Three Synaplex breakout sessions! Our speakers will be **Rabbi Ze'ev Smason, Rabbi Yitzy Kowalsky**, of the St. Louis Kollel, and **Nancy Lisker**, Director, AJC St. Louis; the topics TBA. And for the kids - **Youth Programming** for kids 4 and over; and **Tot Shabbat**. Lunch in honor of September Birthdays and Wedding Anniversaries following the Synaplex Sessions.
- **The Irvin Alper Social Club** ~ Sunday, September 7<sup>th</sup>, 5:00 p.m. in the NHBZ Social Hall. Everyone is welcome ~ please join us for a light supper, cards and schmoozing. Reservations are a Must! To RSVP -- please call Ruth Alper, 314-569-2877.
- **Rabbi Smason's SIXTH Annual RABBI RIDE-AROUND** ~ In less than a month, Rabbi Smason will be 'rolling out' his annual 50-mile bicycle ride on Sunday, September 14, in Forest Park!! Please become a sponsor for Rabbi Smason's Ride Around the Park: We ask a minimum pledge of 25c per mile, which equals a total donation of \$12.50; 50c = \$25; \$1.00 = \$50; \$2.00 = \$100.00!!! Rabbi Smason has had pledges of \$4.00 & \$5.00 per mile, and as high as \$10.00/mile equaling a total donation of \$500.00!!! Call our office, 314-991-2100, ext. 2, to make your pledge. And please come to cheer Rabbi Smason on, and to enjoy a Picnic-In-The-Park! We will meet at Pavilion #6, SW corner of the park by Clayton Road & Hwy. 40. Rabbi Smason begins his Ride at 10:00 a.m.; Picnic at 12:30 p.m. Robin Rickerman is planning a great lunch at \$10.00 for adults, and \$5.00 for kids. Kids' activities are in the works – so stay tuned!!!
- **"My Father Was a Nazi"** could be the Working Title when Nusach Hari B'nai Zion presents an evening with **Dr. Bernd Wollschlaeger**, son of a high-ranking Nazi who was decorated with Germany's Iron Cross by Adolph Hitler, himself! Dr. Wollschlaeger's journey began at age 14, when he learned of his father's involvement during the years of Nazi rule. His quest to learn more about the Jews led him to a former Jesuit priest and many Holocaust survivors, from a trip to Israel and back to Germany where he completed medical school. He eventually succeeded in fulfilling his dream – his strong desire and decision to convert to Judaism! He moved to Israel and enlisted in the Israel Defense Forces as a medical officer; he is now a family physician in private practice in Florida. Please join us on Sunday, September 21<sup>st</sup>, to hear Dr. Wollschlaeger tell his fascinating story. Suggested Donation - \$10.00.

- **SMILE!!! 😊** **Our Photo Directory ~ “Faces of NHBZ”** ~ We have concluded the photo sessions for our upcoming synagogue Directory. If you didn't have your portrait taken – it's not too late to have your picture included!!! Please contact Rabbi Smason, 314-749-5271, or Phyllis Silverman, 314-434-2482, to have your photo in our Directory!

*Please be part of our “Faces of NHBZ!!!”  
It won't be the same without YOU!*

## SIMCHAS

- **MAZEL TOV ON SIMCHAS** August 16-22. **Happy Birthday to Nancy Belau-Rush, Marcie Brook, Mike Elbaz, Betty Epstein, Leonid Golynskiy, Carl Goodman, Bobby Levine, Rosalind Rosen, David Rubin, Debbie Sher, Florence Simon, and Leonid Vladimirov!** **Happy Anniversary to Alan & Janet Haber, Ephraim & Michelle Mufson, David & Norma Rubin, Carl & Gloria Sussman and Reuven & Margo Tzadok!** 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 Package of Cards.

## CLASS SERIES ~ MEMBERS & ALL FRIENDS ARE WELCOME!

- **Learn to Lead Davening** ~ led by our Chazzan **Dr. Ethan Schuman** on Sunday mornings, at 9:00 a.m. after morning minyan.
- **Women's Tefila Class** ~ Led by **Rabbi Ze'ev Smason**. The class meets on the 2nd and 4th MONDAYS of the month at 3:15 p.m. Monday afternoons. Next class Monday, August 25.

## Reminders

- **SHABBOS HALACHAS (Laws of Shabbos)** An *eruv* is an enclosure, constructed according to halacha (Jewish law), as a way to permit Jewish residents or visitors to carry certain objects outside their own homes on Shabbos and Yom Kippur. The St. Louis *eruv* encompasses parts (but not all) of Olivette, U.City and Clayton. We respectfully request that **SHABBOS BULLETINS, FOOD, or any other item not be removed** from the synagogue by those who do not live within the *eruv*. Questions? Ask Rabbi Smason.
- **Become Energized!!! Sponsor Your Own Solar Panel!!!** The 2014 price is just \$216 for the year. Your sponsorship will appear on the lobby monitor with an individual display with your personal or business name. Sponsor a panel for yourself, your friends, your business, or dedicate one in honor of a loved one. If you are interested in sponsoring a solar panel, please call 314-991-2100, ext. 2 and we will send you the form to complete with your own wording for your message!
- **Buy and Use Cash Cards** – call the office ASAP to order your cards and **earn free money** for NHBZ! Orders are placed twice per month – on or as close to the 15<sup>th</sup> and 30<sup>th</sup>.
- **HEADS UP! Schnucks E-Scrip Card - TOTAL - \$1,435.80 In 2013!!!** *Let's run that number up in 2014!!!* If you have been using your Schnucks E-Scrip Card when you shop, we Thank You VERY Much! NHBZ received \$1,435.80 **Easy Money** last year from Schnucks based on your purchases, and **NO EXTRA CHARGE TO YOU!!!** Please remember to hand your e-Scrip card to your checker every time you shop - and make your shopping trip count!!! **TO NHBZ Members AND Non-Members Alike** ~~ **if you don't have an e-Scrip card**, please contact the office: [sandieabrams@hotmail.com](mailto:sandieabrams@hotmail.com) or 314-991-2100, ext. 2, and “shop” for Nusach Hari B'nai Zion!!!
- **Sponsorships** - If you would like to sponsor Kiddush, Soda, Shalosh Seudos, this Bulletin, or something unique in honor or in memory of a loved one, please call 314-991-2100, ext. 2, to make arrangements.
- **Tributes** - Show your friends you care; a tribute is a donation in honor of a birth, a birthday, an anniversary, a healthy recovery, or in memory of a loved one, or for any reason to show you care; tributes will be listed in

this bulletin monthly. For Shul Tributes call Gloria Waxman, 314-872-3296; for Sisterhood call Phyllis Silverman, 314-434-2482; for Libby Needle Fund call Sally Needle, 314-991-2575; for Chesed Fund Tributes come by the office and pick up a package of cards!

- **Mi Shebarach List** ~ Prayers will be said for a Refuah Shelayma for your loved ones and friends. Please call the office, 314-991-2100, ext. 2, by 10:00 a.m. Friday mornings so we can include the names on our Mi Shebarach list for Shabbos. We need the names of the person who is ill AND his/her mother's name in Hebrew, or in English if Hebrew names are unavailable. Your contributions are greatly appreciated.
- **Memorial Plaques** ~ Memorial plaques are lovingly mounted in our new building. Remember your loved ones with a plaque; prices are \$150 and \$275. Please call the office for details, 314-991-2100, ext. 2.
- **Shalosh Seudos, The 3<sup>rd</sup> Meal of Shabbos** ~ To sponsor Shalosh Seudos on Shabbos, which takes place between Mincha and Ma'ariv, please call the office to make arrangements. We are very grateful to those of you who sponsor the Third Meal in honor of family members, to celebrate special occasions, or as you observe the yahrzeits of your dear loved ones. To make arrangements call our office at 314-991-2100.
- **Buy a Brick Online or by Phone** ~ Our website now accepts online donations for the Brick and Planting Campaign; go to <http://www.nhbz.org/dedications.asp> or call the office at 314-991-2100.
- **Synagogue Honors** ~ It is customary to make a donation to the shul for Aliyos or other honors received.

## **NEWS & FEATURES**

- **NHBZ's Pushkeh Project!** *Our rabbis teach that tzedakah and acts of kindness are the equivalent of all the mitzvos of the Torah.* Please come by our office and pick up your new *pushkeh* (tzedakah/charity box)!! Fill up your pushkeh!!! The tzedakah in your pushkeh will total all or part of your contribution toward admission to a Pushka Dinner that we will schedule down the road, date TBA. The shul is adopting this idea from our Sisterhood that, in years past, had prepared a yearly Pushkeh Dinner to help raise money for their coffers. *We want to say a BIG "Thank You" to Dr. Jay Pepose and Dr. Susan Feigenbaum for generously sponsoring the purchase of our new pushkehs, and "Thank You" to Bobby Levine for creating the beautiful pushkeh covers.*
- **Find Meaningful Employment** ~ The Jewish Family & Children's Service LifeLine Program will help by providing employment-related support and resources to St. Louis Jewish Professionals. For details, contact Lori Goldberg, 314-812-9333 or Alan Ludmer, 314-369-5444.
- **Audition Workshops & Auditions for the JCC Youth Theatre** ~ Workshops will be tomorrow, August 17<sup>th</sup>. Save \$10 on a Youth Theatre Registration when you take the workshop! Auditions will be August 24<sup>th</sup>. Register online: [register.jccstl.org](http://register.jccstl.org). Brochures with workshop and production details are in the office!
- **Community-Wide Event** ~ Commemorating the 8<sup>th</sup> Yahrzeit of Sarah Adelman, ז"ל, August 24<sup>th</sup>, 2:00 p.m., at Young Israel of St. Louis. Minimum donation, \$18.00 per family. Featured speaker, Dr. Jerry Lob, clinical psychologist in Chicago, and who earned his smicha from Beth Medrash Govohah, in New Jersey, will speak on the topic, "*Finding Calm, Even Joy, In Difficult Times.*" Sponsored by The Sarah Adelman Memorial Fund, which supports programs and initiatives to help educate the community about dealing with psychological and social issues. Needy children in the St. Louis Jewish Orthodox community requiring counseling are supported by the fund.
- **Tomchei Shabbos On-Going FOOD DRIVE!!** Tomchei Shabbos means "Supporters of the Sabbath." *The "Barbara Mendelson Tomchai Shabbos Fund"* was established, by the Vaad Hoer of St. Louis, to help support Jews suffering severe economic distress, by providing the families in our community with their Shabbos and Yom Tov meals in a discreet and dignified manner. A special kosher food pantry is stocked to provide them with food essentials, chicken and meat. **Pick up a bag** at our NHBZ office; help make the Food Drive a Big Success!!! For questions or home pick-up, please call Sally Needle, 314-991-2575. Tomchai Shabbos is maintained through contributions of food and money. To make a donation go to [www.ovkosher.org](http://www.ovkosher.org) – click on HOME tab, then Vaad Hoer Community Services, then Tomchai Shabbos.
- **Tomchei Shabbos Cookbook Project** ~ Dedicated in memory of Merle Hartstein. Please share your recipes, typed with clear instructions, and include your name. Categories: Budget Conscious, International, Meat, Dairy, Pareve, Healthy, Low Fat, Gluten Free, Quick! Contact Bryna Kandel 314-569-5001, Janice

## **President's Message from Lenny Alper**



Everybody is invited \* Fun for the whole family  
**NHBZ Family Picnic & BBQ**  
Irv Zeid Park, just East of the Shul  
Sunday, August 24, 5:30 pm – 7:00 pm  
Hamburgers \* Hot Dogs \* Games \* Tie Dye \* Sno Cones



*Beyond Twelve Gates* by Rabbi Ze'ev Smason  
*Parshas Eikev* August 16, 2014

### *Welcome to Beyond Twelve Gates*

How do you make your father feel better? If you're 6-year-old Roxy Thompson, you help him get back his stolen bicycles. After Rob Thompson's custom road bikes worth thousands of dollars were stolen from his garage in Portland, Oregon, he filed a police report and put up several fliers in the neighborhood. His daughter, Roxy, was no less upset and decided to give the thief a piece of her mind. "It hurt my feelings that my dad was so angry and sad," Roxy said. Roxy first offered to give Dad her life savings, which he described as a "heart-melter."

But then, Roxy got down to business. She used her savings in the piggy bank to draw up a thief-shaming sign. "*Shame on you bike thieves!!! Your mom would be so disappointed. Sincerely. Resident 6 year old*", Roxy wrote. In addition to a few words of advice, Roxy also drew a sad face representing her dad and a broken heart next to it. The sign got a lot of attention, and a local resident who spotted a bike identical to Rob Thompson's informed the police. Police traced the bike to a person who said he bought it off the street for \$50. The bike was eventually hand-delivered to Roxy by the Portland Police Bureau. "Six year olds can do amazing things. She [Roxy] was thrilled," said Police Sgt. Pete Simpson.

A great rabbi once explained that when the second Temple was being destroyed, Rav Yochanan ben Zakai prayed that a special group of sages should be spared. He asked for this because he felt that even this relatively small number of sages would be able to revitalize the entire Jewish people. Don't sell yourself short. Never underestimate the power of an individual -- even a 6-year-old.

### *Parshas Eikev -- Deuteronomy 7:12 - 11:25*

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.

### *Rabbinic Ruminations*

Here's a scenario that may sound familiar: You and a group of friends or family sit down to a meal together, laughing, swapping stories and catching up on the news -- but not necessarily with the people in front of you! These days, it's not unusual for people to have their phone handy on the table, easily within reach for looking up movie times ...er ....davening times, checking e-mails, showing off photos, or taking a call. It's the rare person who doesn't give in to taking a quick glance at the phone every now and then. We might expect that the widespread availability of mobile phones would boost interpersonal connections, by allowing people to stay in touch constantly. But a recent study conducted at Essex University suggests, at least in some circumstances, the opposite.

Subjects in the study who didn't know each other were instructed to discuss a moderately interesting topic for ten minutes. This interaction took place in a small room, in chairs facing each other, with a table in the background. What the subjects didn't know was that in some cases there was a mobile phone on the table, while in others, there was only a notebook. The researchers found that conversing in the presence of the mobile phone led to lower conversation quality, less closeness, and more shallow relationship connections. It was also found the presence of a phone when discussing more important topics negatively impacted levels of trust or empathy.

Want to be a great communicator? Follow the advice of the great sage Rabbi Shimon (Avos 1:17) who said, "*All my life I've lived among the sages, and I have never found anything as good for oneself as silence.*" It's just about good manners, as well as learning to be a good listener. Put away your cell phone and pay attention to the person who is actually there.

### *Quote of the Week*

Man is not made for defeat. A man can be destroyed, but not defeated. -- *Ernest Hemingway*

### **Joke of the Week**

"WE WOULD RATHER DO BUSINESS WITH 1000 HAMAS TERRORISTS THAN WITH ONE SINGLE ISRAELI"

This sign was prominently displayed in the window of a business in Netanya, Israel. You're probably outraged at the thought of such an inflammatory statement. One would think that anti-hate groups from all across the country would be marching on this business and that the Israeli National Guard might have to be called to keep the angry crowds back.

But, perhaps in these stressful times one might be tempted to let the proprietors simply make their statement. Israel is a society which holds Freedom of Speech as perhaps our greatest liberty. And after all, it's just a sign. You may ask what kind of business would dare post such a sign?

Answer:

The Chevra Kadisha! (Jewish Burial Society)  
(Who said morticians have no sense of humor?)

*The Deadline to submit new information to appear in our Shabbos Bulletin is Wednesday each week, at 12:00 noon. The bulletin is printed first thing every Thursday morning.*

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

<b>This Week At a Glance</b>	Shabbos Aug. 16	Sunday Aug. 17	Monday Aug. 18	Tuesday Aug. 19	Wed. Aug. 20	Thurs. Aug. 21	Friday Aug. 22	Shabbos Aug. 23
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	7:15 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:05 pm
Ma'ariv								
<b>Events – see times in Event Planner Box</b>	<i>Good Shabbos to Everyone!</i>	<i>“Learn to Lead Davening” with Dr. Ethan Schuman, 9:00 am;  “Shaving Israel” Program &amp; Dessert Reception, 1:00-3:00 pm At NHBZ</i>	<b>BUY CASH CARDS!</b>	<i>Sister- Hood Lunch &amp; BINGO, 12:00 Noon at NHBZ.</i>	<i>Rabbi Smason’s Lunch &amp; Learn, 12:15-1:00 pm</i>	<b>BUY CASH CARDS!</b>	<i>Erev Shabbos</i>	<i>Lunch by David &amp; Norma Rubin in honor of their Birthdays and Wedding Anniver- sary</i>

## NHBZ Event Planner (Check “Coming Events” for time, date or location changes.) Call the office at 314-991-2100, ext. 2, to confirm the date and time of any event.

<p style="text-align: center;"><b><u>WEEKLY at NHBZ</u></b></p> <p><b><u>SHABBOS</u></b></p> <ul style="list-style-type: none"> <li>- Child Care (10:00 am – Noon) kids 3 &amp; under in the Children’s Room</li> <li>- Learners Service (10:15 am) led by Rabbi Ze’ev Smason in the Chapel</li> <li>- Shabbos Tanach (Bible) Study Group (45 minutes before Mincha)</li> </ul> <p><b><u>SUNDAY</u></b></p> <ul style="list-style-type: none"> <li>- Mishna Learning (after Shachris) with Rabbi Chanan Swidler, of Aish HaTorah</li> <li>- “Learn to Lead Davening” (9:00 am) with Dr. Ethan Schuman after morning minyan</li> <li>- “Mystical Moments” with Rabbi Max Weiman (between Mincha &amp; Maariv.)</li> <li>- Tanya (8:00 pm) with Rabbi Shaya Mintz of the St. Louis Kollel</li> </ul> <p><b><u>MONDAY</u></b></p> <ul style="list-style-type: none"> <li>- Women’s Tefila Class (2<sup>nd</sup> &amp; 4<sup>th</sup> Mondays) 3:15 pm with Rabbi Smason at NHBZ (Next class: <u>Monday, August 25.</u>)</li> </ul>	<p><b><u>WEDNESDAY</u></b></p> <ul style="list-style-type: none"> <li>- Rabbi Smason's Lunch &amp; Learn (12:15-1:00 pm) Studying Pirkei Avos.</li> </ul> <p><b><u>MONTHLY at NHBZ</u></b></p> <ul style="list-style-type: none"> <li>- Irvin Alper Social Club (First Sunday)</li> <li>- 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.</li> <li>- Morris Lenga Yiddish Club (First Thursday, 7:30 pm) at NHBZ</li> <li>- 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 pm.</li> <li>- Sisterhood (Third Tuesday)</li> <li>- RAP with the RABBI will resume in the fall.</li> </ul> <p><b><u>NHBZ Signature Events</u></b></p> <ul style="list-style-type: none"> <li>- Synaplex Shabbos</li> <li>- Shabbos Lunch &amp; Learn</li> </ul>
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