



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

Shabbos

August 2, 2014

6 Av 5774

Shabbos Chazon - Parshas Devarim: Deuteronomy 1:1 – 3:11
Haftorah: Isaiah 1:1-27

Stone Chumash pages 938-957
Stone Chumash pages 1195-1196

Dr. Craig & Jackie Berkin welcome their children and grandchildren Rabbi Heath & Devorah Berkin, Moshe Chaim, Binyamin, Leah and Eliyahu Shalom, from Israel. Welcome to Nusach Hari B'nai Zion and St. Louis!!!

Erev Shabbos – Friday Night, August 1, 2014

- **Mincha & Ma'ariv** (6:15 pm) Candles available Friday night for the beginning of the Ari Weekend.
- **Candle Lighting** (7:54 pm)

Shabbos – August 2

- **Shachris & Musaf** (9:00 am) ~ *Thank You For Leading Davening*
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Dr. Ethan Schuman**
 - Leyning: **Akiva Anton**
 - Haftorah: **Reuven Tzadok**
 - *Drasha* (Sermon): **No Sermon Today**
 - Musaf: **Dr. Ethan Schuman**
- **Ari Weekend** ~ Commemorating the yahrzeit and celebrating the life of Rabbi Isaac Luria, "The Holy Ari", founder of modern Kabbalah and author of "Nusach H'Ari," (the liturgy we daven at our shul). Thanks to Aryeh Needle for davening Friday night Kabbalat Shabbat/Maariv, with Carlebach tunes for all to enjoy.
Friday evening, August 1: An evening of soul-soaring music, and dinner for the whole family – Davening on the **Kaiser Terrace, Kabbalat Shabbat** (Welcoming the Sabbath), followed by a festive Shabbos dinner thanks to **Julie Eisenberg and Bob Kaiser** and their helpers! Thanks to our Guest Speaker **Rabbi Yosef Landa** for speaking on the topic: "Time, Money and Kabbalah." **Shabbos morning, August 2:** Regular services 9:00 a.m., Children's programming 10:00 a.m., Learner's Service 10:15 p.m. led by **Rabbi Smason**.
- **Kiddush & Lunch** ~ (After Musaf) Kiddush & Lunch 'n' Learn at the conclusion of services in honor of August Birthdays and Wedding Anniversaries. Thanks to **Steve & Jill Starr** for sponsoring Desserts today in honor of their 25th Wedding Anniversary. Thanks to "**POP-Stars**" **Sandy & Ron Segall** in honor of good health to all. Thanks to **Rabbi Levi Landa**, Chabad of Greater St. Louis Programming Director, will be our Guest Speaker, and will speak on the topic, "Viewing the World Through Kabbalah-Tinted Glasses!"
Mazel Tov to Jill & Steve!!!
- **Welcome to our Shul** ~ We welcome Rhonnie Goldfader's sisters to shul today! Welcome to Lauri Roth from Milwaukee, and Marcia Fredlich from Boston. The family has gathered for the dedication of a new shulchan cover, in memory of their father Morris Fredlich, ב"ה, which will be held tomorrow morning, August 2nd, at 10:00 a.m. All are welcome to attend.
- **Mincha, Shalosh Seudos, Ma'ariv** (7:40 pm) Thanks to **Esther Levine** for sponsoring Shalosh Seudos today in memory of her beloved husband Ben Mayer, ב"ה.
- **Shabbos Concludes** (8:56 pm)
- **Monument Dedication** ~ for **Ted Pevnick**, ב"ה, beloved husband of Rachael Pevnick will take place on Sunday, August 10th, 12:00 noon, Chesed Shel Emes Cemetery on White Road.
- **The Three-Weeks** ~ The three-weeks are the days between the 17th of Tammuz – The Fast of Tammuz (July 15) and the 9th of Av - *Tisha B'Av*, The Fast of Av (August 5). We act as semi-mourners — we do not have weddings, attend concerts, get haircuts, or buy new clothes (unless needed for immediate use).

- **The Nine-Days** ~ The Nine Days are observed from the 1st of Av (Monday, July 28) through the 9th of Av (Wednesday, August 5). The Fast of Av begins at 8:09 p.m. on Monday, August 4, and ends at 8:49 p.m. Tuesday, August 5. Services on Monday night begin at 7:50 p.m. Morning services begin at 8:00 a.m. on Tuesday, August 5, followed by the recitation of abbreviated Kinot. The screening of a Tisha B'Av-theme DVD titled "*Strike on Heaven: The 3rd Reich's War on Judaism*" will take place in the teen lounge. Following the screening of this DVD, a discussion will take place. Tisha B'Av commemorates the destruction of the First and Second Temples in Jerusalem. In addition to acting as semi-mourners, we do not eat meat during these 9 days, except on Shabbos.

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, was so overwhelming (\$2,114.00) that we are continuing this worthy effort! 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 **First Timers**: **Dr. Craig & Jackie Berkin, Eliana Brook, Dr. Alan & Marcie Brook, June Cohen, Tobie Dobin, Tom Hardcastle, Bryson & Jennifer Hartranft, Cantor Murray & Joyce Hochberg, Mary Kapelus, Aaron Robnak, Kobi & Ohra Smaison, Brent Waxman, and Keith & Karen Zeff.** Thank you, thank you to **Second Time Around Donors**: **Bob & Sandie Abrams, Dr. Eldad & Danielle Bialecki, Kenny & Barb Bressler, Bob & Joni Kaiser, Dr. Ethan & Debby Schuman and Richard & Mindy Woolf.** If you or your friends want to contribute, please e-mail 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." Richard already placed a new order of \$800!!! Yasher Koach, Everyone!!!!

Meetings

- **Board of Directors Meeting** ~ Tuesday evening, August 12. Minyan is at 7:00 pm; Meeting at 7:30 pm.
- **Sisterhood Luncheon** ~ Tuesday, August 19, at noon.
- **Executive Committee Meeting** ~ Tuesday, August 26. Minyan at 7:00 pm; Meeting at 7:30 pm.

School Supplies for Kids! Back to School Sales 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!! **3-Ring-Binders - Paper - Crayons - Scissors - Glue & Glue Sticks - Pens - Pencils - Colored Pencils - Erasers - Sharpeners - Markers~Assorted Colors -Tape - Spiral Notebooks - Index Cards - 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!!! Deadline - August 15th.** Thanks for donating supplies and money, so far, to: **Alan & Janet Haber, Kerry & Sandy Klarfeld, Sarah Klein, NHBZ Sisterhood, Rachael Pevnick, Howard Sandler, Menachem & Linda Szus and Anna Rose & Victor Tendler.**

"What's Up" at NHBZ?



NHBZ Coming Events

- **Kiddush & Lunch** ~ Next Shabbos, August 9th, will be sponsored by **Rachael Pevnick and Family** in memory of their beloved husband, father and grandfather **Ted Pevnick**, ב"ה, on the observance of his first yearzeit.
- **Shalosh Seudos** ~ Shabbos, August 9th, will be sponsored by **Sam & Shirley Bluestein** in memory of beloved mother **Esther Mindel**, ב"ה, and beloved father **Hyman Max Mindel**, ב"ה.
- **"Shaving Israel"** ~ "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, on August 17, to hear these informative speakers 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.

- **Kiddush & Lunch** ~ Shabbos, August 23rd, will be sponsored by **David & Norma Rubin** in honor of David's birthday (August 16th), Norma's birthday (September 1st), and David & Norma's 3rd Wedding Anniversary (August 21st).
- **Family Picnic & BBQ** ~ An evening of fun for the whole family! Mark your calendars for Sunday, August 24th, 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 the 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 2nd, 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.
- **"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. Please join us on Sunday, September 21st, to hear Dr. Wollschlaeger tell his fascinating story. Further details to follow.
- **SMILE!!! 😊 Our Photo Directory ~ "Faces of NHBZ" ~** We 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 2-8. **Happy Birthday to Julie Eisenberg, Nesya Leia Friedman, Janet Goldenberg, Sally Needle, Shayna Scribner, Allan Swan, and Ed Ziegelman! Happy Anniversary to Al & Ruth Katz and Jeff & Terri Schnitzer!** 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 on Monday, August 11.

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*. For questions, please see 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 15th and 30th.
- **HEADS UP! Schnucks E-Scrip Card - \$1,435.80 in 2013!!!** 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 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.

Important Note About New Memorial Plaques

To receive new Memorial Plaques for: We must receive your order by:
Shemini Atzeres (October 16th - Yizkor) August 6, 2014

- **Shalosh Seudos, The 3rd 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.*
- **New Landscaping Committee Forming ~ Do You Have a Green Thumb?!** The committee is starting to take shape! Thanks to **Judy Baker, Bob Kaiser, Bobby Levine, and Jim Pollock** for being the first to sign up!!! You can join this new committee too, and help create and develop the landscaping plans for our NHBZ property. Please call Mark Ragin, 314-324-0774.
- **Women's Tehillim Group** ~ Because of the war in and around Eretz Yisroel, and because it is the 9 days, we feel that it is very important that we get together to say tehillim for the cholim, for the people of Israel, and for the Chayale Tzahal. Please make every effort possible to attend our tehillim reading tomorrow, Sunday, August 3, 9:15 a.m. at the home of Bobbi (Rochel) Gibli, # 2 Delcrest Court, #204. Call 314-833-3352 for any questions. We come together every Sunday, 9:15-9:45 a.m.
- **Film Commemorating Tisha B'Av ~ Rabbi Smason** will lead a discussion following the screening of *V'nikdashti (and I Will Be Sanctified)*, at the Holocaust Museum and Learning Center this Tuesday, August 5, 2:00 p.m. in the HMLC Theatre, Jewish Federation Kopolow Building. Tisha B'Av marks the destruction of both the first and second temples in Jerusalem. The film is comprised of survivors sharing powerful testimonies regarding acts of faith and courage during the Holocaust. The program is free of charge and open to the public. For information please call 442-3711 or email agoldfeder@jfedstl.org.
- **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 – 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 Mankowitz 314-434-7408, or Jackie Oppenheimer 314-997-6924, or email them to tomcheishabboscookbook@gmail.com.

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 Devarim August 2, 2014

Welcome to Beyond Twelve Gates

Charlotte Brown says she feels no fear when she prepares to launch herself in the air. She's the best pole vaulter Emory Rains High School (Texas) has ever had. What's most amazing, however, is that Charlotte is legally blind. She said her vision was like looking down the inside of little black straws. "I can't really make up a blur even," she said. "It just blends in for me." At 16 weeks old, Charlotte started losing her sight, and now reads and writes in Braille, uses large magnifying glasses and projectors, and has learned to read handwritten letters by feeling the ink. When it comes to pole vaulting, Charlotte has a system. Her coach lays artificial turf next to her lane — she can see the difference between light and dark — and that helps her run the lane. She counts her steps and then goes for the jump.

Charlotte's other senses, like those of many other vision-impaired people, are heightened. But experts have told her parents that Charlotte's go beyond "heightened" to "off the charts." She tells her track coach when his phone is ringing in his pocket . . . from across the gym! And she can detect when he's approaching by the sound his warm-ups make when he walks . . . from across the football field! "It's unbelievable," Coach Jeff Lester said. "She can tell the candy bar you're eating by the sound of the wrapper when you open it." As for her sense of smell, her mother said, "Charlotte can tell you what kind of shampoo you use, which deodorant you wear, your brand of makeup, your toothpaste. She can go to the soft-drink aisle at the store and pick out her favorite flavor of Gatorade by smelling it through the plastic." Ranked No. 5 academically in her Rains H.S. class of 121, Charlotte has received letters of interest from Cornell, Yale, Brown and Stanford.

Referring to the Torah, Moses said, "It is not in heaven. Rather the matter is very near to you in your mouth and heart to perform it." (Deut.12:14) And what if the Torah was in heaven? The verse clearly infers we would have to climb up ladders to get it because it is so essential to our existence. "The sky's the limit" is a well-known cliché. By reaching beyond our limits for things truly important to our inner selves -- like legally blind pole-vaulter Charlotte Brown -- we can achieve the seemingly impossible.

Parshas Devarim -- Deuteronomy 1:1 - 3:11

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.

Rabbinic Ruminations

Here's some shocking news: Most people would rather be doing something than sitting alone thinking, even if it involves self-administering a painful electric shock. In the most dramatic finding from a new study, participants were left alone in a room with a button which administered a mild electric shock to them. Of the 18 men in the study, 12 gave themselves at least one shock over a 15-minute 'thinking period'. One unusually bored man pressed the button 190 times, although this was not typical. Of the 24 women in the study, 6 gave themselves at least one shock. The much higher rate amongst men is likely down to greater sensation-seeking amongst males. The authors noted: "What is striking is that simply being alone with their own thoughts for 15 minutes

was apparently so aversive that it drove many participants to self-administer an electric shock that they had earlier said they would pay to avoid.”

The above may look like evidence of a chronically distracted generation, but the findings were not confined to young people. In one of the studies, people from 18 to 77-years-old, and from a wide range of backgrounds, took part. The results were the same. Lead researcher Dr. Timothy Wilson said: “That was surprising — that even older people did not show any particular fondness for being alone thinking. Those of us who enjoy some down time to just think likely find the results of this study surprising — I certainly do — but our study participants consistently demonstrated that they would rather have something to do than to have nothing other than their thoughts for even a fairly brief period of time.”

Before the creation of Eve, Adam was alone in the world. As Rav Y.D. Soloveitchik points out in "Lonely Man of Faith," the creation of Eve changed Adam's life in a highly significant fashion. Adam was now joined with Eve in forming the first community. Henceforth, they would interact with each other and grow together. Adam was alone for a brief moment, but he emerged from that solitude as a different person, as part of a greater whole. Inner solitude and quiet restores the soul. Cherish moments of solitude: They have the potential to lead to greater productivity, and give you a taste of eternity.

Quote of the Week

If you want to kill time, work it to death -- **Rabbi Norman Lamm**

Joke of the Week

Monday night (August 4) begins Tisha B'Av, the Jewish National Day of Mourning. Tisha B'Av is a full 24 hour fast, similar in that respect to Yom Kippur. Tisha B'Av is the saddest day on the Jewish calendar, commemorating the multiple tragedies that occurred to the Jewish people throughout our long history. Remarkably, the destruction of the first and second Holy Temples took place on Tisha B'Av itself. Tisha B'Av is preceded by the sad and introspective period known as 'The 9 Days'. During these days we minimize joy and laughter to better focus on the meaning of this period of time. I have a great Joke of the Week to share with you . . . but in deference to the solemnity of the 9 Days and Tisha B'Av, I'll save it for next week

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!!!

This Week At a Glance	Shabbos Aug. 2	Sunday Aug. 3	Monday Aug. 4	Tuesday Aug. 5	Wed. Aug. 6	Thurs. Aug. 7	Friday Aug. 8	Shabbos Aug. 9
Shachris	9:00 am	8:00 am	7:00 am	8:00 am	7:00 am	7:00 am	7:00 am	9:00 am
Mincha/Ma'ariv	7:30 pm	7:00 pm	7:50 pm	7:35 pm	7:00 pm	7:00 pm	7:00 pm	7:25 pm
Ma'ariv								
Events – see times in Event Planner Box	<i>Ari Weekend; Lunch in honor of August Birthdays & Anniversaries</i>	<i>“Learn to Lead Davening” with Dr. Ethan Schuman, 9:00 am</i>	<i>Erev Tisha B'Av</i>	<i>Tisha B'Av</i>	<i>Rabbi Smason's Lunch & Learn, 12:15-1:00 pm</i>	BUY CASH CARDS!	<i>Erev Shabbos</i>	<i>Kiddush & Lunch by Rachael Pevnick and Family in memory of Ted Pevnick, z"l</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;"><u>WEEKLY at NHBZ</u></p> <p>SHABBOS</p> <ul style="list-style-type: none"> - Child Care (10:00 am – Noon) kids 3 & under in the Children's Room - Learners Service (10:15 am) led by Rabbi Ze'ev Smason in the Chapel - Shabbos Tanach (Bible) Study Group (45 minutes before Mincha) <p>SUNDAY</p> <ul style="list-style-type: none"> - Mishna Learning (after Shachris) with Rabbi Chanan Swidler, of Aish HaTorah - “Learn to Lead Davening” (9:00 am) with Dr. Ethan Schuman after morning minyan - “Mystical Moments” with Rabbi Max Weiman (between Mincha & Maariv.) - Tanya (8:00 pm) with Rabbi Shaya Mintz of the St. Louis Kollel <p>MONDAY</p> <ul style="list-style-type: none"> - Women's Tefila Class (2nd & 4th Mondays) 3:15 pm with Rabbi Smason at NHBZ (Next class: <u>Monday, August 11.</u>) 	<p>WEDNESDAY</p> <ul style="list-style-type: none"> - Rabbi Smason's Lunch & Learn (12:15-1:00 pm) Studying Pirkei Avos. <p>MONTHLY at NHBZ</p> <ul style="list-style-type: none"> - Irvin Alper Social Club (First Sunday) - 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. - Morris Lenga Yiddish Club (First Thursday, 7:30 pm) at NHBZ - 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. - Sisterhood (Third Tuesday) - RAP with the RABBI will resume in the fall. <p>NHBZ Signature Events</p> <ul style="list-style-type: none"> - Synaplex Shabbos - Shabbos Lunch & Learn
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