



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

Shabbos

August 22, 2015
7 Elul 5775

Torah Portion:
Haftorah:

Parshas Shoftim: Deuteronomy 16:18 – 21:9
Isaiah 51:12 – 52:12

Stone Chumash pages 1024-1045
Stone Chumash pages 1199-1200

Candle Lighting ~ 7:29 p.m.

Shabbos Concludes ~ 8:31 p.m.

Our Generous Sponsors This Shabbos . . .

~ Thank You to **Norma & David Rubin** for sponsoring one of Norma's now-famous and delicious luncheons today in honor of their Wedding Anniversary! **HAPPY ANNIVERSARY NORMA & DAVID!!!**

~ Thank You to **Bobby Levine** for co-sponsoring Shalosh Seudos today in memory of his beloved father and mother **Norvel Levine, ר"צ**, and **Joyce Levine, ר"צ**.

~ Thank You to **Richard & Mindy Woolf** for co-sponsoring Shalosh Seudos today in honor of **Rabbi Marc and Debra Spivak and Family** visiting St. Louis. **Rabbi Spivak** officiated at the wedding of **Richard & Mindy!** ♥
WELCOME TO RABBI SPIVAK and FAMILY!!!

~ Thank You to **Joni Kaiser and Family** for sponsoring this Shabbos Bulletin to say **Mazel Tov** to **Bob**. **Bob** was recently selected by his peers to be included in the latest edition of "The Best Lawyers in America" as the **2016 St. Louis Labor Law-Management "Lawyer of the Year."** Only a single lawyer in each practice area in each community is being honored as a "Lawyer of the Year," and this is the second year in a row that Bob has received this honor. Way to go Bob, we are very proud of you!!

Shabbat Shalom!

Erev Shabbos, Friday Night, August 21, 2015

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

Shabbos, August 22, 2015

- **Shachris & Musaf** (9:00 a.m.) ~ **Thank You For Leading Davening**

- Pesukei D'Zimra: **Ed Lyss**

- Haftorah: **Louis Goldman**

- Shacharis: **Menachem Szus**

- Drasha (Sermon): **Rabbi Ze'ev Smason**

- Leyning: **Max Gornish & Isaac Amon**

- Musaf: **David Rubin**

- **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 and Lunch ~** (After Musaf)
- **Bon Appetit ~** We place a plate of rolls on each table at every Shabbos Luncheon (~ 1.) To enable each person to make or hear *Ha'Motzi* (the blessing on bread) over *Lechem Mishne* (two rolls or loaves of bread), and 2.) To enable each person to eat the minimum amount required when *Ha'Motzi* is made or heard; namely, one roll. **Please be seated while Rabbi Smason says Kiddush and makes HaMotzi.**
- **Mincha, Shalosh Seudos, Maariv ~** (7:05 pm)
- **Dedication of Memorial Plaques ~** The Dedication of Memorial Plaques for **Norvel Levine, ר"צ**, and **Joyce Levine, ר"צ**, beloved parents of **Bobby Levine**, will be held tomorrow - Sunday, August 23rd, 10:00 a.m., in the Feigenbaum-Pepose Learning Center of Nusach Hari B'nai Zion.

KidZone!!!

● **Our Inaugural Youth Service Today!!!** ~ 10:00 a.m. to 12:00 noon in the Youth Lounge for kids 5-11 years of age. This twice-a-month service will be led by young adults and two local Yeshiva high school students. The interactive, fun and engaging service will include learning and review of the weekly Shabbat service, with appropriate tunes and songs; the weekly Torah portion study; age-appropriate engagement about Israel; and time to socialize, hang out and enjoy snacks with friends, old and new. We look forward to your enthusiastic support of our newest program at Nusach Hari B'nai Zion. Come and help build the biggest, best and most comprehensive Youth Service in St. Louis!

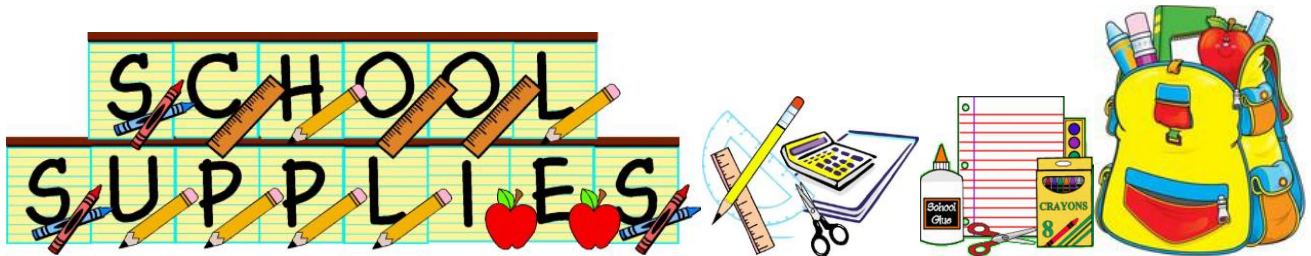
SIMCHAS

MAZEL TOV ON YOUR SIMCHAS August 22-28. **Happy Birthday to Byron Brownstein, David Goodman, Betty Epstein, Frances Oppenheim, Brigette Rosenbluth, Daria Rosenbluth, Debbie Sher, Dodi Smason, and Jonathan Yasinev! Happy Anniversary to Jesse & Debbie Barash!** 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:
"Friendship: The Tail that Wags the Dog!"*

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.



A VERY BIG THANK YOU TO Lenny & Fran Alper, Fabian & Francine Attoun, Dr. Craig & Jackie Berkin, Sam & Shirley Bluestein, Gene & Linda Carton, Mimi Fiszal, Bob & Joni Kaiser, Kerry & Sandy Klarfeld, Morris & Estelle Kram, Howard & Phyllis Loiterstein, Sally Needle, NHBZ Sisterhood, Moshe Pinto, Jeff & Terri Schnitzer, Mayer Taller, Victor & Anna Rose Tandler, Menachem & Linda Szus, Marian Walters, and Alan & Vivian Zarkowsky for so generously donating School Supplies for the kids!!!

Shul News . . .

- **Thanks to Marvin Stein** ~ For his donation, to NHBZ, to say "Thank You" to everyone for their prayers, good wishes and support during his recent illness. Marvin is home and doing well.
- **Pruzbul:** Jewish law obligates every Jewish person to cancel, after the culmination of the shmittah year, various types of debt due to him or her. If a creditor executes a pruzbul, he or she is not obligated to cancel debts. A pruzbul may be executed at any time before the end of the shmittah year. However, since a pruzbul covers only debts already existing at the time of its execution, it is usually implemented at the very end of the year. This Rosh Hashana marks the end of the shmittah year. Click here for instructions for creating a

pruzbul [Click here for instructions for Pruzbul – 5775 \(PDF\)](#) If you have any questions about a pruzbul, please contact Rabbi Smason.

- **Shaving Israel** ~ This past Sunday's Shaving Israel event at NHBZ raised \$1,264 -- all of which will go to support individual soldiers in the I.D.F. (Israel Defense Forces)! Shaving Israel's Board of Directors -- including **Mimi Fiszal and Mike Minoff** of NHBZ -- would like to thank all NHBZ for hosting the event, and its generous support. Special thanks to **Richard Woolf**, and the Israel Committee, **Linda Carton** and the Sisterhood, and **Sandie Abrams** for helping to organize a wonderful, successful program.
- **Rabbi Ride Around** ~ The seventh annual Rabbi Ride-Around will be here before you know it! Scheduled for October 18, this year's Ride-Around promises to be the best ever. Committee Chair **Dr. Faye Cohen**, with the able assistance of her committee members, has planned a full range of picnic activities for the Sunday ride. And this year, a fabulous array of raffle prizes will be available for all who make a pledge to support **Rabbi Smason's 50 mile bike ride**. More details to come!
- **Sunday, August 23** ~ Sisterhood Program, at 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!!!**
- **Thursday, August 27 ~ Class Series Continues** ~ Join us to learn how the message of *Tehillim* (Psalms) can transform your life. "*Growth Through Tehillim*," led by **Rabbi Ze'ev Smason**, on Thursdays, August 27, and September 3, 7:30 p.m., at Nusach Hari B'nai Zion. *Suggested donation* -- \$25 for the 4-part series.
- **Sunday, August 30 ~ All-You-Can-Eat Pizza Buffet ~ 5:00 to 7:00 p.m. Credit Card Payments Accepted!!!** Bring your family and friends to enjoy a delicious dinner of pizza, pasta, salad and garlic bread, dessert and beverage! Reservations are not needed - just show up, eat to your heart's content, have fun schmoozing and have a great time!!! Plus a movie for the kids every month!!!! **Are you new to NHBZ, looking to meet more members...sign up to help on our Pizza Buffet Line! It's a great way for everyone to say "Hi."** (Please place carry-out orders by 10:00 a.m. on Sunday morning, August 30, 314-991-2100, ext. 2. Pick up time for carry out pizzas is 4:30-4:45 p.m.)
- **Tuesday, September 1 ~ Women's Home Study Group** ~ The Women's Home Study Group has been on Summer Break! The monthly study group, which meets at the home of Jackie Berkin on the first Tuesday of each month, will resume on Tuesday, September 1st.
- **Shabbos, September 5 ~ Synaplex Shabbat and September Birthday - Annivesary Luncheon** ~ Synaplex Sessions: "*The Beauty and Mystery of the Hebrew Language*" led by **Rabbi Ze'ev Smason**; "*To Deal or Not to Deal: Perspective on the Iran Negotiations*" led by **Nancy Lisker**, Director, AJC, St. Louis office. Our third speaker will be **Rabbi Yaakov Berkowitz**, of the St. Louis Kollel; topic TBA.
- **Tuesday, September 8 ~ **SISTERHOOD NEW YEAR GREETINGS** ~** Our Sisterhood wishes you, your family and friends a Healthy & Happy New Year ~ 5776! *L'Shana Tova Tikatevu!* Your support of this project enables Sisterhood to provide funds for "Passport to Israel" for our kids! Asking a minimum donation of \$5.00, they "appreciate larger donations as they grow the Sisterhood of the Future." *The list of your New Year Greetings will appear in our Rosh Hashana Bulletin.* Please use the attached flyer, and send your contributions to NHBZ, 650 N. Price Road, 63132, **no later than Tuesday, September 8**; make checks payable to **NHBZ Sisterhood**. Thank you very much for your help and generosity.
- **Tuesday, September 8 ~ Challa Baking Class** ~ 7:00 p.m. at NHBZ! Here's your chance to learn recipes and techniques with your hands-on participation. Everyone will take home enough dough to make two challas. \$18.00 per person. Space is limited so please RSVP soon!!! To register call 314-991-2100, ext. 5.
- **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, **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**, **Phyllis Silverman**, **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.
- **Wednesday, September 2** ~ Rabbi Paysach Krohn, world renowned author and lecturer, will give a pre-Rosh Hashana 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** ~ The Women's Tehillim Group: will meet tomorrow - Sunday, August 23, at the home of Marcia Esrig, 958 Briarwood Lane at 9:15 am. If you cannot participate in person, please call 314-727-5520. On August 30, the group will return to meeting at the home of Jan Adelman, 8032 Amherst Ave., 314-863-5438, to say Tehillim in the *zechus* (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.

*Welcome to Beyond Twelve Gates by Rabbi Ze'ev Smason
Parshas Shoftim August 22, 2015*

"Friendship: The Tail that Wags the Dog!"

Your canine companion slumbers by your side, but is he dreaming of you? Does he feel guilty about eating your pastrami sandwich? What is he trying to say with that annoying bark? After decades of research, neuroscientists have begun to give us access to the once-secret inner lives of 'Man's best friend.' At the forefront of this effort is Stanley Coren, a behaviorist from the University of British Columbia, who offers psychological motivations behind dogs' everyday behaviors. Here is Dr. Coren's scoop on Fido's tail wags:

Salutation A slight tail wag, each swing small, is usually seen during greetings and can be interpreted as a tentative "Hello there" or a hopeful "I'm here."

Satisfaction A broad tail wag is a friendly "I'm not challenging or threatening you." In many contexts it may also mean "I'm pleased," and it is the closest thing to the popular conception of the "happiness" wag, especially if the tail seems to drag the dog's hips.

Confusion A slow wag with tail at "half mast" is less social than most of the other tail signals. Slow wags with the tail in neither a particularly dominant (high) nor submissive (low) position signal insecurity or uncertainty about what to do next.

Fight or flight Small, high-speed tail movements that give the impression of vibrating are a sign that the dog is about to take action (run or fight, usually). If the tail is held high and vibrating, it signals what is most likely an active threat.

The companionship of animals can be nurturing -- but there's nothing like a real 'two-legged friend.' Ethics of Our Fathers (1:6) teaches, "... *acquire for yourself a friend*" We don't just "make" friends for ourselves; we must invest in and "acquire" them. Friendships are two-way affairs. We acquire friends through the payment of time, effort and emotions. Friendships are essential for developing ourselves as human beings and fulfilling our mission

on this earth. There are big ships and small ships -- but the best ship of all is friendship.

Parshas Shoftim -- Deuteronomy 16:18 - 21:9

Moses proceeds to review the regulations necessary for a civilized society. Local judges and officers were to be appointed in every city, and justice was to be administered righteously and impartially. A bribe of even an insignificant sum is forbidden. The Sanhedrin -- the Jewish High Court of seventy one judges -- is to make Torah-based binding decisions on new situations to prevent the fragmentation of the Jewish people.

When the Jewish people request a king, the king was not to misuse his power to amass horses, maintain a harem nor accumulate great wealth. To order his priorities and not become haughty he should write a copy of the Torah and carry it with him. When the Jewish people had righteous kings such as David and Solomon, it was a blessing. When we had wicked kings such as Jereboam and Ahav, it was a curse.

The nation's conduct in war is mentioned. The Jewish people are told not to be afraid of the enemy, not to destroy any fruit trees in battle, and that they should first give the enemy a chance to make peace. The portion also forbids all forms of superstition and 'magic' practiced by the soothsayer. We have no need for such tricks because of our true prophets and faith in G-d. The Jewish people are promised by G-d that He will send prophets to guide them, and Moses explains how a genuine prophet may be distinguished from a false one.

Rabbinic Ruminations

"It is our choices, Harry, that show what we truly are, far more than our abilities." -- Harry Potter and the Chamber of Secrets

Each day we make multiple decisions. Although we may not notice, many decisions are shaped by subtle changes in our environment. Even choices that feel deliberate and conscious can be swayed by unnoticed cues. Take Social Security, for example. Its benefits are available to any U.S. citizen who is at least 62 years old. But the earlier that people claim, the fewer benefits they receive in the long run. People who wait until they reach full retirement age receive the maximum amount. Delaying is usually the best option for people who are in good health and can therefore expect to live longer. Yet most Americans claim early -- almost half claim as soon as possible -- which often leads to financial problems later on. Are there subtle factors at work that influence this important choice?

This year a team of researchers evaluated how biases might affect a choice when to receive Social Security benefits. Participants nearing retirement were gathered and split into two groups. Those in one group generated favorable reasons why they should claim early, then considered why they might want to claim late. The other group performed the same tasks in reverse. Researchers found that when participants first considered the merits of claiming later, they more easily generated reasons for why it was a better idea than claiming early. As a result, they delayed claiming by about nine months on average, compared with participants who focused on claiming earlier first. This modest shift can mean the difference of tens of thousands of dollars for the beneficiary.

The influence of a good neighbor or righteous person is unmistakable. The Torah teaches: "Happy is the righteous man, and happy is his neighbor." When you walk into a store that sells flowers or perfume, even without a purchase you come out smelling nice. It's been said that a neighbor is like a book; if it's good, it can't last too long. If it's bad, you can't get rid of it too early. Choose your friends and neighbors carefully. The spiritual health of you and your family depend upon them.

Quote of the Week

I've found that prayers work best ... when you have big players.-- *Knut Rockne, Notre Dame Football Coach*

Joke of the Week

A rabbi and a priest met at the town's annual 4th of July picnic. Old friends, they began their usual banter.

"This baked ham is really delicious," the priest teased the rabbi. "You really ought to try it. I know it's against your religion, but I can't understand why such a wonderful food should be forbidden! You don't know what you're missing. You just haven't lived until you've tried Mrs. Hall's prized Virginia Baked Ham. Tell me, Rabbi, when are you going to break down and try it?"

The rabbi looked at the priest with a big grin, and said, "At your wedding."

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

This Week At a Glance	Shabbos August 22	Sunday August 23	Monday August 24	Tuesday August 25	Wed. August 26	Thurs. Aug. 27	Friday Aug. 28	Shabbos August 29
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	7:05 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	6:55 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 (2nd & 4th 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. **(Resumes Sept. 1st.)**
- 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.