



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

Shabbos

August 8, 2015

23 Av 5775

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

Candle Lighting ~ 7:47 p.m. Shabbos Concludes ~ 8:49 p.m.

Our Generous Sponsors This Shabbos . . .

~ Thank You to Norma Finer Perll, and Moshe, Marsha, and Steve Finer for sponsoring Shalosh Seudos today in memory of their beloved husband and father Albert (Ash) Finer, ר"צ.

Shabbat Shalom!

Erev Shabbos, Friday Night, August 7, 2015

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

Shabbos, August 8, 2015

- **Shachris & Musaf** (9:00 a.m.) ~ *Thank You For Leading Davening*
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Dr. Ethan Schuman**
 - Leyning: **Stuart Klamen**
 - Haftorah: **Louis Goldman**
 - Drasha (Sermon): **Rabbi Ze'ev Smason**
 - Musaf: **Dr. Ethan Schuman**
- **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** ~ (7:25 pm)

SIMCHAS

MAZEL TOV ON YOUR SIMCHAS August 8-14. **Happy Birthday to Isaac Amon, Gene Carton, Alan Gelb, Jennifer Rosenbluth, Matthew Rosenbluth, Benjamin Sabol, Dena Sudin Schupper, Leah Waxman, Ed Ziegelman and Judy Ziegelman! Happy Anniversary to Larry & Shirley Hollander 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 Pack of Cards.

KidZone!!!

- **August 22 ~ Children's Services** ~ 10:00 a.m. in the Youth Lounge for kids 5-10 years of age. A wonderful youth-led Learning Service where the children will learn the prayers we say and the songs we sing during services in the Main Sanctuary, plus the weekly *Parsha* (Torah portion), Israel fun-facts, and social time with snacks. The Children's Service will be held two times each month, AND plans for High Holiday services are in the works! Stay tuned for more exciting details!!!

*Please be sure to read Rabbi Smason's Beyond Twelve Gates in this Bulletin:
"You Are Where You Eat!"*

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!!! Thanks to **Bob & Joni Kaiser**, and **Mayer Taller**, for leading the way by being the first to bring their school supplies to the office!

Shul News . . .

- **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. *Suggested donation* -- \$25 for the 4-part series.
- **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, רב"צ**. **Rabbi Smason** will speak at the Lunch 'n Learn on the topic: "Embracing Choices: *Outreach to the Intermarried.*"
- **Sunday, August 16 ~ Shaving Israel** ~ "Shaving Israel" is an organization that educates about the needs of the Israeli Defense Force troops who are away from their 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 on Sunday, August 16, 1:00-3:00 p.m. Speakers on the short program: **Erez Haluf**, a former IDF officer who served in Border Patrol and Israeli Special Forces; **Laurie Walker**, a current Shaving Israel Board Member, and volunteer who brings the much needed items to the IDF bases. For monetary donations make checks payable to Shaving Israel, or charge your gift on www.shavingisrael.org. If you are unable to attend the program, please send your contribution to: Shaving Israel, PO Box 6991, Chesterfield, MO 63006-6991. Please join us, on August 16, and help support the brave men and women of the IDF.
- **Monday, August 17 ~ Deadline to Order Cash Cards for August!!!** Thank you to the following members and friends who ordered Cash Cards last month: **Lenny & Fran Alper, Byron Brownstein, Gene & Linda Carton, Dr. Faye Cohen & Brian McCary, Don & Julie Eisenberg, Stan & Rhonnie Goldfader, Bob & Joni Kaiser, Jacob & Judy Levin, Dr. Shayna Scribner, Lana Weinbach, Richard & Mindy Woolf, and Alan & Vivian Zarkowsky!** Please help raise money for NHBZ and place your order for August! The order form is attached to this week's bulletin. Every order makes a difference to our shul.

- **Tuesday, August 18 ~ Sisterhood Lunch & BINGO PARTY** ~ Tuesday, August 18th, 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.
- **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; make checks payable to **NHBZ Sisterhood**. Thank you very much for your help and generosity.
- **Tuesday, September 8** ~ 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 early!!! 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, **Sandie Abrams**, **Debbie Barash**, **Shirley Bluestein**, **Marcie Brook**, **Linda Carton**, **Teree Farbstein**, **Dr. Susan Feigenbaum**, **Mimi Fizel**, **Rhonnice Goldfader**, **Joyce Hochberg**, **Sandy Kahn**, **Joni Kaiser**, **Sandy Klarfeld**, **Sarah Klein**, **Svetlana Kogan**, **Lori Laird**, **Cindy Looney**, **Phyllis Loiterstein**, **Beverly Magency**, **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.
- **Wednesday, August 19** ~ The next Sharsheret Supports Friendship Circle. The Sharsheret Supports Friendship Circle offers support to women in the St. Louis Jewish community who have been diagnosed with breast cancer or ovarian cancer, and are anywhere along their treatment path – before, during, or post treatment. At each session, there is a brief educational component followed by an opportunity to share and connect with other program participants. The group is led by Kathy Bearman, LCSW, and meets the third Wednesday of the month at the JCC in Creve Coeur at 7:00 - 8:30 pm. Newcomers are always welcome! The free program is sponsored by Sharsheret Supports, a project of Nishmah, and is open to the Jewish community. Light Kosher refreshments will be served. For more information, please contact Ann Fingerhood at Sharsheretsupports@jccstl.org or by calling (314) 442-3266.
- **Wednesday, September 2** ~ "Save the Date". 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** ~ 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.

*Welcome to Beyond Twelve Gates by Rabbi Ze'ev Smason
Parshas Eikev August 8, 2015*

"You Are Where You Eat!"

This could only happen in Israel: A porcupine digging a burrow unearthed a perfect 1,400-year old oil lamp – only to have its prize seized by "archaeology cops" on a routine patrol to frustrate robbers. At the Horbat Siv ancient ruins – a Roman-Byzantine site in central Israel -- anti-antiquities theft inspectors found a remarkably well-preserved oil lamp that had burn marks, indicating that it had once been in use. Ira Horovitz from the anti-antiquities theft unit of the Israel Antiquities Authority (IAA), said that "the porcupine is an excellent archaeologist, a relentless digger... It often happens that porcupines dig their burrows at the site of archaeological digs... he skillfully throws the dirt aside, and with it whatever archaeological findings are in his path." The incident took place this past March.

Porcupines found in Israel are stout, heavily built animals, with blunt, rounded heads, fleshy, mobile snouts, and coats of thick rounded or flattened spines. Conservationists have documented that some tigers and leopards have become man-eaters after having fought and been injured by porcupines, which indicates their ferocity and their lack of predators. Porcupines will eat most anything. Salty items are consumed with relish, including axe handles, canoe paddles, outhouses, and even automobile radiator hoses. As rodents go, porcupines are large, weighing up to 30 pounds, and they need big burrows that can easily stretch more than 45 feet. Regarding the recently discovered oil lamp in Israel, the IAA issued -- in jest -- the following warning: "*The IAA calls on all porcupines to avoid digging burrows at archeological sites and warns that digging at an archeological site without a license is a criminal offense.*"

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

Our environment shapes our behavior and actions -- even when it comes to eating.

-- Where you're eating: If your food doesn't taste so good, you might continue eating depending on your environment. A study showed that people ate the same amount of popcorn in a movie theater, whether it was old and stale or fresh and just-popped. Diners who sit in restaurant booths are more likely to order fatty foods and dessert. Those who sit close to the window or at those uncomfortable high-top tables are more likely to order salads.

-- Fast Food: Weight gain has a lot to do with opportunity and availability. Studies show that people who live close to take-out restaurants or pass by them on their way to work are more likely to be obese. Children living near fast-food restaurants are more likely to be overweight. Along similar lines, pregnant women who live within a half-mile of a fast-food restaurant are more likely to gain over 40 pounds during their pregnancy.

-- What your friends are ordering: Are your friends getting the fries or the salad? Researchers found that peer pressure did seem to have an effect on what people ordered at a restaurant. "We want to fit in with the people we're dining with," said study researcher Brenna Ellison, Ph.D., a food economist at the University of Illinois. And the body type of your dining partner has an effect on what you eat. Research shows that if eating with someone overweight, you are more likely to make unhealthy food choices.

-- The ambience: Harsh lighting and loud music can encourage you to eat more calories. Cornell researchers found that when lighting and music were made softer in restaurants, diners not only ate fewer calories but also enjoyed their food more.

Birds of a feather flock together. The people with whom you habitually associate are called your "reference group." According to research by social psychologist Dr. David McClellan of Harvard, your 'reference group' determines as much as 95% of your success or failure in life. Rambam (Maimonides) wrote: *Adam nimshach achar s'vivav* -- a person is profoundly influenced by their surroundings.

Quotes of the Week

The most important things are the hardest to say, because words diminish them. - **Stephen King**

That which we are capable of feeling, we are capable of saying. – **Cervantes** (Miguel de Cervantes Saavedra, often simply called Cervantes, Spanish novelist, poet, and playwright. Major work, Don Quixote.)

Joke of the Week

A man was clearing out his attic when he came upon an old painting and a violin. Thinking they might be valuable, he took them to the auction house to be valued.

After studying them, the appraiser said, "Mr. Goldberg, I have good news and I have bad news."

"What's the good news?" Goldberg asked.

"The good news is that you have a Stradivarius and a Picasso," replied the appraiser.

"Fantastic! What's the bad news?"

"Well sir, the bad news is that Stradivarius was a very bad painter and Picasso was no good with violins."

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

This Week At a Glance	Shabbos August 8	Sunday August 9	Monday August 10	Tuesday August 11	Wed. August 12	Thurs. Aug. 13	Friday Aug. 14	Shabbos August 15
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	7:25 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:15 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. **(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.