



# NHBZ Shabbos & Yom Tov Bulletin

*Welcome to Nusach Hari B'nai Zion*

Affiliated with Union of Orthodox Congregations of America

Shabbos

June 13, 2015

26 Sivan 5775

Torah Portion:  
Haftarah:

Parshas Shelach: Numbers 13:1 – 15:41  
Joshua 2:1-24

Stone Chumash pages 798-819  
Stone Chumash pages 1184-1185

*Candle Lighting ~ 8:08 p.m.*

*Shabbos Concludes ~ 9:11 p.m.*

## Our Generous Sponsors This Shabbos . . .

*~ Thank You to the Parents and Grandparents of our Graduates and All of our members and friends celebrating June Birthdays and Anniversaries for sponsoring Kiddush and Lunch today!!! Mazel Tov to the Graduates and Mazel Tov to Everyone celebrating their Simchas in June!!!!*

## Shabbat Shalom!

Erev Shabbos, Friday Night, June 12, 2015

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

Shabbos, June 13, 2015

- **Shachris & Musaf** (9:00 a.m.) ~ *Thank You For Leading Davening*
  - Pesukei D'Zimra: **Howard Sandler**
  - Shacharis: **Menachem Szus**
  - Leyning: **Max Gornish**
  - Haftarah: **Sid Silverman**
  - Drasha (Sermon): **No Drasha Today**
  - Musaf: **David Rubin**
- **Tefillah/Prayer Learners' Service** ~ (9:30 am) Led by **Rabbi Yosef David** in the Rivkin Chapel. After this Shabbos, Rabbi David will take a Summer Break, and will return in late August; date TBA.
- **Learners' Service** ~ (10:15 am) Led by **Rabbi Ze'ev Smason** in the Rivkin Chapel.
- **Lunch n' Learn and Graduation Shabbos Today!!!** Lunch in honor of **June Birthdays and Wedding Anniversaries, AND Graduation Shabbos!!!** We thank our "**Graduation Angels,**" the parents and grandparents of the graduates, for helping create a lovely Kiddush, and a big thank you to everyone celebrating birthdays and wedding anniversaries in June for sponsoring Lunch! Rabbi Smason will speak on the topic, "*Favorite Triple Crown Lessons for Graduates!*"
- **Kiddush & Lunch** ~ (After Musaf)
- **Mincha, Shalosh Seudos, Ma'ariv** ~ (7:50 pm) **Rabbi Josh Boretsky**, of the Jerusalem Kollel, will speak at Shalosh Seudos on the topic: "*Getting Smarter Through Fundraising.*"
- **Rabbi Smason Out of Town** ~ **Rabbi Smason** will attend the RCA Conference, and a Wedding, from Friday, June 26, through Wednesday, July 1. Rabbi Smason will return to the office on Thurs., July 2. We will welcome **Rabbi Shaya Mintz**, of the St. Louis Kollel, who will join us on Shabbos, June 27.

## SIMCHAS

**MAZEL TOV ON SIMCHAS** June 13-19. **Happy Birthday to Sam Bluestein, Rebbitzin Pearl Borow, Joni Kaiser, Yitzchak Rubin, David Simon, Levi Simon, Lyle Sudin, and Richard Woolf!** **Happy Anniversary to Ed & Jane Lyss!** 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:  
"Fear: A Darkroom Where Negatives Develop!"*

**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.

## **Shul News . . .**

- **New Torah Mantles for the High Holidays!** We need some beautiful, white Torah Mantles to adorn our Sifrei Torahs for the month of holidays that are soon approaching . . . Rosh Hashana, Yom Kippur, Sukkos and Simchas Torah. It has been a very long time since we have had new, white mantles for our Torahs for the High Holidays. All of our thirteen mantles are threadbare and yellowed with age; they are definitely not up to the quality we expect and demand for our precious Torahs. This is an opportunity to dedicate a High Holiday mantle in memory of, or in honor of, someone near and dear to you. Please speak with **Menachem Szus** if you would like to dedicate a mantle for \$5,400.00, or the new *paroches* (curtain covering the Holy Ark) for \$18,000.00. The company will ship the mantles, embroidered with your heartfelt message, within 5-6 weeks of receiving an order. Erev Rosh Hashana is Sunday, Sept. 13<sup>th</sup>, so please begin the ordering process as soon as possible. The weeks seem to slip by so quickly!!! Call Menachem, 314-629-8741.
- **Dedicate Mishnayos** ~ Every Sunday morning after minyan, **Rabbi Chanan Swidler**, of Aish HaTorah, leads our Mishnayos Shiur ~ a group of men learning Mishnayos in the merit of a *Refuah Shelayma* (a full and speedy recovery for individuals) and in memory of our departed loved ones. They will begin learning from a new book ~ The Schottenstein Mishnah Volume One; they have just ordered five copies of the book, which you may dedicate for \$35.00 each in honor of, or in memory of, a close relative or friend. Please call the office, 314-991-2100, ext. 2, to make your dedication of one of the books for this important, age-old Jewish Tradition. *May your loved one be bound up in the bond of eternal life. May HaShem be filled with compassion to restore the health of your loved one.*
- **Women's Home Study Group** ~ The Women's Home Study Group is 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 1<sup>st</sup>.
- **Women's Tefillah Class** ~ Rabbi Smason's Women's Tefillah Class, which meets on the 2<sup>nd</sup> & 4<sup>th</sup> Mondays each month, is on Summer Break.
- **Tomorrow ~ Sunday, June 14 ~ The First NHBZ KidZone Community Family BBQ!!!** 5:00-7:00 p.m. at **Irv Zeid Park** ~ featuring **The Olivette Fire Department Firetruck, Water Balloons, Snow Cones** and **Much, Much More!!!** Please help to offset expenses . . . be a **KidZone Kontributor** with a donation of \$25.00!!! Thanks to **KidZone Kontributors** (so far): **Bob & Sandie Abrams, Lenny & Fran Alper, Sam & Shirley Bluestein, Alan & Janet Haber, Bob & Joni Kaiser, Dr. Daniel & Marcela Morgensztern, Mark Ragin & Gail Rose, Dr. Dan & Melonie Winograd, and Richard & Mindy Woolf!!!** And, please volunteer to help with Cooking and Grilling, Serving, and the Clean-up Squad. Contact Sandie, 314-991-2100, ext. 2, or [www.sandieabrams@hotmail.com](mailto:www.sandieabrams@hotmail.com) to be a member of the **KidZone Volunteer Auxiliary** or a **KidZone Kontributor!!!** Thanks to our **KidZone Volunteers (so far)** – **Sandie Abrams, Danielle Bialecki, Alan & Janet Haber, Bob & Joni Kaiser, Svetlana Kogan, Bobby Levine, Cheryl Mantinband, Allan Swan, Mindy Woolf, and Richard Woolf!!!** BBQ'd Hamburgers & Hot Dogs, and other picnic favorites, will be available for purchase! Lots of fun and good food!!! (In case of rain, the BBQ will be held inside at NHBZ!)
- **This Monday, June 15 – Deadline to Order Cash Cards for June!!!** Thank you to the following members and friends who ordered Cash Cards last month: **Dr. Alan & Marcie Brook, Gene & Linda Carton, Stanley & Rhonnie Goldfader, Alan & Janet Haber, Bob & Joni Kaiser, Lana Weinbach, and Richard & Mindy Woolf!** Please help raise money for NHBZ and place your order for June! The order form is attached to this week's bulletin. Every order makes a difference to our shul!
- **Wednesday & Thursday, June 17 & 18 ~ Rosh Chodesh Tammuz.**
- **Thursday, June 18 ~** Series of classes continue on Thursday nights, 7:00-8:30 p.m. ~ *The Secrets to a Successful Jewish Marriage!* See the attached flyer for remaining dates and topics.
- **Sunday, June 21 ~ Father's Day!**

- **Shabbos, June 27** ~ The men of the Sunday morning *Mishnayos Shiur* (Study Group) will enhance the Kiddush by giving a *Siyum Mishnayos*, a meal to celebrate their achievement of completing a book of the Mishnah. Thanks to **Rabbi Chanan Swidler, Paul Kramer, Eliyahu Scheinberg, Menachem Szus, Mayer Taller, Victor Tendler, and Boris Yasinev.**
- **Sunday, June 28** ~ **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, June 28, 314-991-2100, ext. 2. Pick up time for carry out pizzas is 4:30-4:45 p.m.)
- **Tuesday, June 30** ~ Executive Committee Meeting. **Mincha & Ma'ariv at 7:00 pm, Meeting, 7:35 pm.**
- **Tuesday, July 14** ~ Board of Director's Meeting. **Mincha & Ma'ariv at 7:00 pm, Meeting, 7:35 pm.**
- **Shabbos, July 18** ~ Lunch & Learn celebrating July Birthdays and Wedding Anniversaries, Synaplex Shabbat, and Ari Weekend!
- **The NHBZ Women's Emergency Tehillim Circle** ~ The following women have made the commitment to be "on call" to say Tehillim for individuals whenever an **emergency** situation occurs at Nusach Hari B'nai Zion: **Julie Eisenberg**, Chairperson, **Sandie Abrams, Debbie Barash, Shirley Bluestein, Marcie Brook, Linda Carton, Teree Farbstein, Dr. Susan Feigenbaum, Mimi Fiszal, Rhonnie Goldfader, Joyce Hochberg, Sandy Kahn, Joni Kaiser, Sandy Klarfeld, Sarah Klein, Svetlana Kogan, Lori Laird, Cindy Looney, Phyllis Loiterstein, Beverly 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.
- **Kashrus Information from the O-U** ~ Packages of Kirkland Chocolate Chips are labeled OUD but the true status, at the present time, is DE (Dairy Equipment). What does DE mean? Pareve products made with heat on dairy equipment may be eaten after meat, but not with meat. Some kashrus agencies use a DE symbol, but the OU has chosen not to use a DE designation because it is felt it may be confusing to the kosher consumer. Also, to be a true DE product, the equipment must be properly cleaned of residue after dairy production, and that level of cleanliness is sometimes difficult to maintain and guarantee. Please note that it is possible that the manufacturer will reformulate this product and add a true dairy ingredient. You will not be able to know this, since the OUD kosher symbol will remain the same. The OU recommends that you call its office every 3 months to reconfirm the DE status of this product. Please do not hesitate to contact the OU for further information or with questions. Orthodox Union Kashruth Division online at: [www.oukosher.org](http://www.oukosher.org).
- **Sunday, June 14** ~ Eishes Chayil of the St. Louis Kollel presents Mrs. Julie Lurie, Relationship Educator & Coach from Chicago. Mrs. Lurie's topic: "The Key Ingredient to Meaningful Relationships" at 7:30 p.m., Young Israel Sanctuary, 8101 Delmar. Lecture will be followed by a Q&A session. Suggested donation: \$5.00. RSVP: [skowalsky@stlkollel.com](mailto:skowalsky@stlkollel.com). (Limited appointments available to meet with Julie in the afternoon.)
- **Wednesday, June 17** ~ 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 an 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, 7:00 - 8:30 p.m. Newcomers are always welcome! The 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](mailto:Sharsheretsupports@jccstl.org).

- **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** ~ Will meet this week, Sunday, June 14, 9:15 a.m., at the home of Pat Harris-Fogel, 948 Blackberry Place. If you cannot participate in person, please call 314-727-2811. This group of women gather each Sunday at 9:15 a.m., and will return, on June 21, to the home of Jan Adelman, 8032 Amherst Ave, 314-863-5438, to say Tehillim in the *zchus* (merit) of a *refuah shelayma* (full & speedy recovery) for the *cholim* (the ill people) in our community. The Tehillim hotline for names and updates: 314-441-6460. If you have questions, please call **Julie Eisenberg** at 314-494-8437.
- **Tomchei Shabbos On-Going FOOD DRIVE!!** *Tomchei Shabbos* (Supporters of the Sabbath) is maintained through contributions of food and money, and was established by the Vaad Hoer, which discreetly provides families in our community with Shabbos & Yom Tov meals. Bring a bag of non-perishables to our office, or for home pick-up please call **Sally Needle**, 314-991-2575. To make a donation go to [www.ovkosher.org](http://www.ovkosher.org).

*Welcome to Beyond Twelve Gates by Rabbi Ze'ev Smason  
Parshas Shelach June 13, 2015*

*"Fear: A Darkroom Where Negatives Develop!"*

Traversing Southern California, Southwest Arizona, and Mexico is one of the largest deserts in North America -- the Sonoran Desert. It spans over 100,000 miles and has one of the harshest climates on earth. Temperatures reach into the 100s in the summer, and there is occasional snowfall in the winter. Meet a prominent local Sonoran resident: The Saguaro cactus, a defining plant of the Sonoran Desert. The Saguaro can reach up to 60 feet tall and weigh around 4,000 pounds, with multiple upward-bending arms. This cactus is synonymous with Southwest America, often used as an emblem in commercials and logos that attempt to convey a sense of the Southwest. The Saguaro was given its scientific name, *Carnegiea gigantea*, in honor of industrialist Andrew Carnegie, whose Carnegie Institution established the Desert Botanical Laboratory in Tucson, Arizona, in 1903.

Saguaro cacti survive their harsh desert climate by having a huge appetite for water. During the summer season, the Saguaro can absorb up to 200 gallons of water in one rainfall. Throughout the season, this could amount to thousands of gallons sucked up into its branches. However, despite its immense height and weight, the Saguaro has a surprisingly shallow root system. Its roots travel no more than several inches into the soil, with the tap root reaching about two to three feet deep. What does this mean for the hardy Saguaro? Despite all of its efforts at self-preservation, it occasionally meets its doom; filled with thousands of gallons of water, the Saguaro can become so top-heavy that it cannot hold itself up any longer and it falls to the ground.

G-d teaches us through our surroundings. Like the ant teaches us great lessons about productivity, the Saguaro cactus teaches us an important lesson for living: Just as a heavy tree with many branches but few roots can easily fall over, a person, not rooted with a solid foundation of good deeds and character, can easily topple from the blowing winds of life's challenges. This idea is expressed in Ethics of the Fathers: *Anyone whose wisdom exceeds his good deeds -- to what is he similar? To a tree whose branches are many and whose roots are few; then the wind will come and uproot it and turn it over.* If we develop deeply "rooted" beliefs and act on our convictions --our faith will remain steadfast come the fiercest winds of ill-will and tribulation.

*Parshas Shelach Numbers 13:1 - 15:41*

Moses is pressed by the Jewish people to send twelve spies to the Land of Canaan (later to be called the Land of Israel). Forty days later they return carrying a gigantic cluster of grapes and two other large fruits. Ten of the spies



warn that the inhabitants of the land are enormous in size and that the land 'consumes its inhabitants'. They convince the people that the land can't be conquered. Caleb and Joshua retain their faith in G-d, insisting that the Jewish people can, indeed, conquer the land.

The people weep and proclaim that they'd rather return to Egypt. This tenth expression of a profound lack of faith in G-d prompts a Divine decree that entry into the Land should be delayed forty years. This decree was made on the ninth of the Hebrew month of Av -- known as Tisha B'Av. Numerous other tragedies occurred on Tisha B'Av, including the destruction of the first and second Temples and the expulsion of Spanish Jewry in 1492.

Parshas Shelach concludes with the command to place fringes (tzitzis) on the corners of a four-cornered garment. Tzitzis help us to remember to fulfill all of the Divine commandments. This reminds me of the story of the rabbi who asked his synagogue's Board of Directors if they would supply him with a new talis once every six months. They told him, "We're sorry, Rabbi. We can't afford the fringe benefits."

### *Rabbinical Ruminations*

Do we relate differently to fear as we age? Whether it's hesitancy to ride a roller coaster or the tendency to drive in the slow lane, we may have a sense that people tend to become more cautious as they age. Until now, conventional wisdom in the field has been that these mechanisms operate in a similar way in young people and adults. However, a University of Haifa study found that young people's brains cope with stress and fear in a completely different way to adults. Professor Mouna Maroun, head of the Sagol Department of Neurobiology, who conducted the study, explains that she instinctively felt that this assumption was problematic. "It all began when I knocked my head while I was in a swimming pool – a mild form of trauma, but enough to persuade me not to go back into a swimming pool for a long time. But children who were in the pool, and who knocked themselves much more badly than I did, didn't think twice about jumping straight back into the water. When I saw this, I realized that this was something I needed to examine in the laboratory."

In the study, young and adult rats were exposed to a mild traumatic event. Some of them were then placed on an elevated platform, creating exposure to stress, while the control groups were not exposed to stress. The findings showed that the adult animals reacted as expected: Strong fear responses were seen by comparison to the rats that were not exposed to trauma. The group that was not exposed to stress extinguished fear more rapidly than the group that was exposed to stress. But among the young rats the picture was completely reversed. Professor Maroun said that the study, ". . . implies that it's wrong to claim that the mechanism in adults and young people is identical. . . . The mechanism is actually completely different. . . . The immediate significance of this finding is that we really cannot continue treating child trauma victims with the same methods and drugs we use to treat adult victims."

It has been said that "fear is a darkroom where negatives develop." Regardless of age, fear can paralyze us and rob us of the joy of living. Realistically, there are few monsters who warrant the fear we have of them. And while there are many things in the world that can make us afraid, there is much more in faith in G-d that can make us unafraid. It would be wise to remember the words of Isaiah (41:13), "For I am the Lord your G-d who takes hold of your right hand and says to you, Do not fear. I will help you."

### *Quote of the Week*

Depend on the rabbit's foot if you will, but remember it didn't work for the rabbit." - **R. E. Shay, Humorist**

### **Joke of the Week**

The Shabbat morning service had ended, and the rabbi was greeting congregants as they were leaving. Everyone was friendly as they greeted him, but no one said anything about the sermon.

The rabbi was getting a little concerned about that until someone said, "Oh, rabbi, your sermon reminded me of the love of G-d."

A little puzzled, the rabbi asked him to explain what he meant.

The congregant explained. "Well, rabbi, that sermon reminded me the love of G-d because . . . it endured forever!"

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

<b>This Week At a Glance</b>	<b>Shabbos June 13</b>	<b>Sunday June 14</b>	<b>Monday June 15</b>	<b>Tuesday June 16</b>	<b>Wed. June 17</b>	<b>Thurs. June 18</b>	<b>Friday June 19</b>	<b>Shabbos June 20</b>
Shachris	9:00 am	8:00 am	7:00 am	7:00 am	6:45 am	6:45 am	7:00 am	9:00 am
Mincha/Ma'ariv	7:50 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:55 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.
- Child Care (10:00 am – Noon) for kids 3 & under in the Children’s Room.
- Learners Service (10:15 am) led by Rabbi Ze’ev Smason in the Rivkin Chapel.
- Shabbos Tanach (Bible) (One hour before Mincha)

##### SUNDAY

- Mishna Learning (after Shacharis) with Rabbi Chanan Swidler, of Aish HaTorah
- “Mystical Moments” with Rabbi Max Weiman (between Mincha & Maariv.)
- Tanya (8:00 pm) with Rabbi Shaya Mintz, of the St. Louis Kollel

##### MONDAY

- Mah Jongg (Mondays, 4-6:00 pm) NHBZ Lower Level. Proceeds benefit The NHBZ Chesed Fund.

##### WEDNESDAY

- Rabbi Smason's Lunch & Learn (12:15-1:00 pm) Studying Pirkei Avos.

#### SEMI-MONTHLY at NHBZ

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

#### MONTHLY at NHBZ

- Irvin Alper Social Club (First Sunday) 5:00 pm.
- Mussar Mondays (First Monday) 7:00-7:45 pm. at the home of Richard & Mindy Woolf.
- Women's Home Study Group (First Tuesday) 2:30 pm with Rabbi Shaya Mintz, of the St. Louis Kollel, at the home of Jackie Berkin. (**On Summer Break!**)
- Morris Lenga Yiddish Club (First Thursday) 7:30 pm at NHBZ.
- Sisterhood (Third Tuesday)
- Dine-In Pizza Night (Last Sunday) 5:00 – 7:00 pm  
Place Carry-Out Pizza orders by 10:00 am, 314-991-2100, ext 2. Pick up time 4:30 – 4:45 pm.

#### NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn

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