



NHBZ Shabbos & Yom Tov Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

Shabbos

June 27, 2015

10 Tammuz 5775

Torah Portion:
Haftorah:

Parshas Chukas: Numbers 19:1 – 22:1
Judges 11:1-33

Stone Chumash pages 838-855
Stone Chumash pages 1187-1189

Candle Lighting ~ 8:11 p.m.

Shabbos Concludes ~ 9:14 p.m.

Our Generous Sponsors This Shabbos . . .

~ **Thank You** to the men of the Sunday morning Mishnayos Shiur (Study Group) for enhancing Kiddush today by giving a Siyum Mishnayos, to celebrate their achievement of completing a book of the Mishnah. Thanks to **Rabbi Chanan Swidler, Paul Kremer, Eliyahu Scheinberg, Menachem Szus, Mayer Taller, Victor Tendler, and Boris Yasinev.**

~ **Thank You** to **Jackie Berkin** for sponsoring this week's Shabbos Bulletin in appreciation for **Rabbi Shaya Mintz** leading the Tuesday Women's Home Study Learning Group each month for Too Many Years to Count!!!

Shabbat Shalom!

Erev Shabbos, Friday Night, June 26, 2015

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

Shabbos, June 27, 2015

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

- Pesukei D'Zimra: **Howard Sandler**

- Haftorah: **Moshe Pinto**

- Shacharis: **Richard Woolf**

- *Drasha* (Sermon): **Rabbi Shaya Mintz**

- Leyning: **Max Gornish**

- Musaf: **Howard Sandler**

- **Tefillah/Prayer Learners' Service ~ Rabbi Yosef David** is on Summer Break, returning in late August.

- **Learners' Service ~ Rabbi Ze'ev Smason** is out of town. His Learners' Service will resume next week.

- **Kiddush** ~ (After Musaf)

- **Mincha, Shalosh Seudos, Ma'ariv** ~ (7:55 pm)

- **Rabbi Smason Out of Town ~ Rabbi Smason** is in New York attending the Rabbinical Council of America Conference, and a Family Wedding. He will not conduct his Wednesday Lunch & Learn on Wednesday, July 1st, and will return to the office on Thursday, July 2.

- **Welcome to Rabbi Shaya Mintz**, of the St. Louis Kollel, who is joining us this Shabbos.

- **"Thank You" from Rabbi Aaron & Pearl Borow** ~ Rabbi Borow and Pearl want to convey their gratitude to the members of Nusach Hari B'nai Zion who contributed to the 'Emunah Women' ad in their honor. They want everyone to know that "*Emunah does wonderful work for children and youth all over Israel.*"

SIMCHAS

MAZEL TOV ON SIMCHAS June 27 – July 3. **Happy Birthday to Joanna Alper, Lary Baker,**

Frances Cohen, Jessica Fadem, Melanie Sallis, and Vivian Zarkowsky! Happy Anniversary to

Jordan & Lorraine Cherrick, Jeff & Irena Scheer, and Dr. Herb & Phyllis Sunshine! 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 SEE IMPORTANT VAAD HOEIR KASHRUS ALERTS

AFTER "BEYOND TWELVE GATES!"

*Please be sure to read Rabbi Smason's Beyond Twelve Gates in this Bulletin:
“(Arm) Wrestling With Life's Challenges”*

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 and Paroches (Ark Cover) for the High Holidays!** We need some new white Torah Mantles, and a new white Paroches, for the High Holidays! It has been decades since we have had new, beautiful, white Mantles to adorn our Sifrei Torahs for the month of holidays that are soon approaching ~ Rosh Hashana, Yom Kippur, Sukkos and Simchas Torah. All of our thirteen mantles are threadbare and yellowed with age; they are definitely not up to the standard and quality we expect and demand for our precious Torahs. This is an opportunity to dedicate a High Holiday Mantle, or the new Paroches, 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 and Paroches, embroidered with your heartfelt message, within 5-6 weeks of receiving an order. Erev Rosh Hashana is Sunday, Sept. 13th, so please begin the ordering process as soon as possible. The weeks seem to slip by so quickly!!! Please call Menachem, 314-629-8741. The name of your loved one, with your special message, will be lovingly displayed on all the Yomim Noraim far into the future of our shul. A “Big Thank You” to **Dr. Susan Feigenbaum and Dr. Jay Pepose** who will be dedicating a new Torah Mantle for the High Holidays.
- **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.* Thanks to **Bob & Sandie Abrams** for dedicating a book in memory of their beloved cousin **Irwin Mitchell**, and to **Menachem & Linda Szus** for dedicating a book in honor of **Leo Bressler**, and the late **Geraldine Bressler**, and **Adam & Sonia Szus**.
- **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 1st.
- **Women's Tefillah Class** ~ Rabbi Smason's Women's Tefillah Class, which meets on the 2nd & 4th Mondays each month, is on Summer Break.
- **Tomorrow - 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.**
- **Shabbos, July 4** ~ Kiddush/Lunch by **Lenny & Fran Alper** in honor of the 100th birthday of **Uncle Ralph Shower**.
- **Sunday, July 12 ~ Special Gifts Brunch, 10:00 a.m.; invitations to follow . . . please send your Special Gift or make your pledge so we can say Thank You at the brunch!**
- **Tuesday, July 14** ~ Board of Director's Meeting. **Mincha & Ma'ariv at 7:00 pm, Meeting, 7:35 pm.**

- **Friday Night, July 17** ~ The Ari Weekend begins with Friday Night Shabbos Dinner, 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). Mincha at 6:15 p.m., *Kabbalat Shabbat* (Welcoming the Sabbath) at 6:30 p.m. **Julie Eisenberg** will be chairperson and head chef for the dinner. Adults: \$18.00; Kids 5-10: \$10.00; Kids 4 & Under: FREE! Reservations are a MUST!!! Please call 314-991-2100, ext. 2. (If you would like to be one of Julie’s helpers, please call 314-991-2100,ext. 2.)
- **Shabbos, July 18** ~ Lunch & Learn celebrating July Birthdays and Wedding Anniversaries, Synaplex Shabbat, and Ari Weekend! Regular Services: 8:30 a.m.; Children’s Programming: 10:00 a.m.; Learners’ Service at 10:00 a.m. in the Rivkin Chapel, led by **Rabbi Ze’ev Smason**. Break out Synaplex Sessions begin at 11:15 a.m. followed by lunch. Synaplex speakers and topics: **Rabbi Ze’ev Smason**: “*10 Things Parents Can Do To Bring Judaism Alive for Kids.*” **Chief Richard F. Knox**, Olivette Chief of Police: “*Ferguson - One Year Later: The Impact on Police and Community Relations.*” **Rabbi Hershey Novack** of Chabad on Campus: “*Secret Insights of the Borders & Boundaries of the Ari.*”
- **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 Fizsel**, **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, July 15** ~ Aish HaTorah Raffle Drawing – Grand Prize, \$50,000!!! For details, deadlines, or to get your tickets go to st.louis@aish.com or www.aishstlouis.net, or call Claire at 314-862-2474.
- **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 Chukas June 27, 2015*

"(Arm) Wrestling With Life's Challenges"

When Matthias Schlitte was 16 years old, he began competing in arm wrestling competitions after his mother spotted a flyer at a gas station looking for male arm wrestlers up to 198 lbs. When he arrived, he got plenty of looks and laughs; after all, at 140 pounds, Matthias was much smaller than his fellow competitors. Then the arm wrestling started. "All these bigger men were laughing at me, but when I beat them all the men changed from laughing to respect and the rest is history." The young German was born with a rare genetic defect that makes his right forearm bone 33 percent larger than his left. "I first discovered I could use my gift when I was three years of age. We had a family oven at home and I picked up a rather large bucket of coal and carried it around, which was probably very uncommon for a three-year-old." This left Matthias with an enormous limb that looks strikingly like Popeye's -- and gave him an instant advantage in the sport he suddenly found himself loving.

Now 27 years old and a decade into his professional arm wrestling career, Matthias is a German and international champion many times over. He has earned eight German national championships, 14 international championships, and even beat a specially designed arm wrestling robot. With a right forearm that measures 18 inches around, Matthias has become a huge success -- and to top it off, the young arm wrestler has a great sense of humor about his unusual arm. He's been featured in comedic commercials

(<https://www.youtube.com/watch?v=9Ts2Zb8VHpA&feature=youtu.be> a Must-see!) for playing up his supersized strength. Matthias also has a wise life-perspective: "Everyone has a challenge in life," he said. "I'm not a religious guy or anything but this was a gift from a Higher Power and this was my calling in life."

Can something that seems bad be something good in disguise? Absolutely. It is important to train oneself to look positively upon life's situations. Often what appears as 'bad' or 'negative' ends up being a blessing. What can we do to look at challenging situations in a positive light? A Hebrew expression, *gam zu l'tova*, means 'this too is for the best.' When things don't seem to be going your way, say *gam zu l'tova*. At times, a hidden blessing and 'good mistake' -- such as an abnormally oversized arm -- turns out to be the sweetest blessing of all.

Parshas Chukas Numbers 19:1 - 22:1

This week's action-packed portion begins with the paradox of the Red Heifer, a mitzvah we are asked to perform though unable to understand its purpose and reason. The narrative jumps to the death of the prophetess Miriam. The Jewish people are then left without water, since the miraculous well which had accompanied them in the desert existed only in her merit. G-d commands Moses and Aaron to speak to a particular rock so it will miraculously produce water; Moses strikes it with his staff instead, and G-d tells the two leaders they will not enter the Promised Land. What did Moses do wrong? One classic approach suggests that Moses' sin was that he became angry (he said to the Jewish people, 'Listen now, you rebels'). Although the best among us can occasionally lose our temper, teachers and parents carry a special responsibility to be good role models for their students and children. Little pitchers have big ears! Later in the portion, the king of Edom refuses to let the Jewish people pass through his borders, causing them to take a longer route. Aaron dies and is buried on Mount Hor. The Children of Israel sing a song of praise about the well of Miriam. The portion concludes with the battles and victories over Sichon, the king of Emori, and Og, the king of Bashan.

Rabbinic Ruminations

No time to exercise? Too busy focusing on your career? We've all used that excuse, but now there's evidence that if you feel like you've found your life's purpose, your risk of heart disease is lower. According to a new study, having a high sense of purpose in life is related to a 23% lower risk of death due for all causes, as well as a 19% lower risk of suffering from heart attack. A research team **analyzed data from 10 different studies that** included a total of over 137,000 participants and defined the concept of "having a purpose in life" as "having a sense of meaning and direction," as well as "the feeling that life is worth living." The study's lead author, Dr. Randy Cohen, said: "Our study shows there is a strong relationship between having a sense of purpose in life and protection from dying or having a cardiovascular event. As part of our overall health, each of us needs to ask ourselves the critical question of 'do I have a sense of purpose in my life?' The findings were recently presented at the EPI/Lifestyle 2015 Scientific Sessions of the American Heart Association in Baltimore.

This is not the first study to link a sense of purpose with both physical and psychological benefits:

- A 2009 study of 1,238 elderly people found that those with a sense of purpose lived longer.
- A 2010 study of 900 older adults found that those with a greater sense of purpose were much less likely to develop Alzheimer's disease.
- Survey data often links a sense of purpose in life with increased happiness.

Despite the fact that previous studies already connected life purpose to psychological health and well-being, this is the first time that a correlation with heart conditions has been established.

Writer Dorothy Parker once sent a telegram to a friend who had a baby: *Congratulations, we all knew you had it in you.* We're all designed for greatness -- because we've all 'got it in us.' And the one-way ticket to accomplish greatness is to use that talent we were given at birth. G-d expects a return on His investment, as the Torah says, *"...the wise-hearted people whom I have invested with... wisdom."* (Exodus 28:3) When you use what you've been given, you're immediately beginning to pay interest on the investment. And then watch how much more you get entrusted with. If you feel like your life fulfills you, there's an additional bonus: You can rest easy knowing that you're doing your heart a favor.

Quote of the Week

The moment we want to believe something, we suddenly see all the arguments for it, and become blind to the arguments against it. -- *George Bernard Shaw*

Joke of the Week

- A young man had just graduated from Harvard and was so excited just thinking about his future.
- He got into a taxi and the driver said, "How are you on this wonderful day?"
- "I'm the Class of 2014, just graduated from Harvard and I just can't wait to go out there and see what the world has in store for me."
- The driver looked back to shake the young man's hand and said, "Congratulations, I'm Mitch. Harvard Class of 1995."

Kashrus Alert from the Vaad Hoer:

O-V Revised & Updated Fresh/Frozen Fruit & Vegetable Checking Policies

Previously, the OV's policy was that pre-washed iceberg lettuce even when not bearing a kosher symbol, did not need checking before consumption.

1. Effective immediately and until further notice, the revised OV policy is that pre-washed iceberg lettuce when bearing a reliable kosher symbol does not require checking before eating.
2. However, pre-washed iceberg lettuce that does not bear a reliable kosher symbol must be checked by taking 1-2 handfuls and checking for infestation. If they are clean, the remainder of the lettuce may be eaten without checking.
3. Shredded cabbage and coleslaw mix do not need checking even when not bearing a kosher symbol as long as they are pre-washed.
4. Frozen chopped spinach must bear a reliable kosher symbol. Bodek brand is recommended by the Vaad. If you already have frozen chopped spinach in your freezer, you may use it up.
5. Fresh blackberries/raspberries are not recommended at this time.
6. Frozen blackberries/raspberries with no kosher sensitive additives (oils, colors, glycerine, etc.) may be used without checking.
7. All canned blackberries/raspberries require a reliable kosher symbol.

Important Note About New Memorial Plaques

To receive new Memorial Plaques for:

Rosh Hashana (Sept. 14)

Yom Kippur (Sept. 23 - Yizkor)

Shemini Atzeres (Oct. 5 - Yizkor)

We must receive your order by:

July 14, 2015

July 21, 2015

August 3, 2015

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

| This Week At a Glance | Shabbos June 27 | Sunday June 28 | Monday June 29 | Tuesday June 30 | Wed. July 1 | Thurs. July 2 | Friday July 3 | Shabbos July 4 |
|----------------------------------|----------------------------|---------------------------|---------------------------|----------------------------|------------------------|--------------------------|--------------------------|---------------------------|
| 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 | 7:55 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. **(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. **(No class Wed., July 1)**

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.