



# NHBZ Shabbos & Yom Tov Bulletin

*Welcome to Nusach Hari B'nai Zion*

Affiliated with Union of Orthodox Congregations of America

Shabbos

May 30, 2015  
12 Sivan 5775

Torah Portion:  
Haftarah:

Parshas Naso Numbers 4:21 – 7:89  
Judges 13:2-25

Stone Chumash pages 748-773  
Stone Chumash pages 1181-1182

*Candle Lighting ~ 7:59 p.m.*

*Shabbos Concludes ~ 9:03 p.m.*

## **Our Generous Sponsors This Shabbos . . .**

- ~ Thank You to **Bill Kafig and Julie Friedman** for sponsoring Kiddush and Lunch today in honor of their daughter **Amarah becoming a Bat Mitzvah! Mazel Tov, Amarah!!!!**
- ~ Thank You to **Gloria Waxman** for sponsoring this Shabbos Bulletin in honor of the recent marriage of her grandson, and Brent's son, **Douglas Waxman to Lisa Pomerantz;** and the graduation of her granddaughter **Leah Nicole Waxman**, daughter of Bruce & Faith Waxman, from Bradley University! **Mazel Tov to Gloria and the Entire Waxman Family!!!!**
- ~ Thank You to **Sally Katz** for sponsoring this Shabbos Bulletin in honor of her husband **Dr. Eliot Katz** celebrating his birthday! **Happy Birthday, Eliot!!!!**

## **Shabbat Shalom!**

**Erev Shabbos, Friday Night, May 29, 2015**

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

**Shabbos, May 30, 2015**

- **Shachris & Musaf** (9:00 a.m.) ~ **Thank You For Leading Davening**
  - Pesukei D'Zimra: **Howard Sandler**
  - Shacharis: **Dr. Ethan Schuman**
  - Leyning: **Max Gornish**
  - Haftarah: **Brent Waxman**
  - *Drasha* (Sermon): **Rabbi Ze'ev Smason**
  - Musaf: **Dr. Ethan Schuman**
- **Tefillah/Prayer Learners' Service** ~ (9:30 am) Led by **Rabbi Yosef David** in the Rivkin Chapel.
- **Learners' Service** ~ (10:15 am) Led by **Rabbi Ze'ev Smason** in the Feigenbaum-Pepose Learning Center on the lower level.
- **Mazel Tov to Amarah Friedman on becoming a Bat Mitzvah Today!!!** Mazel Tov to Julie Friedman, Amarah's mother, Bill Kafig, Amarah's father, and Amarah's grandparents Harvey & Lydia Friedman and Arlene Kafig!
- **Welcome and Mazel Tov** ~ to Amarah's out-of-town family and friends who have traveled from far and near to celebrate with her: **Grandmother Arlene Kafig**, Silver Spring, MD; **Uncle Brad Friedman & Desi Doyen**, Los Angeles, CA; **Cousins Mitchell & Haley Glaser, and Maria Pestlardo**, Chicago, IL; **College-Cousins Zachary Glaser**, Nashville, TN, **Jason Glaser**, Cape Girardeau, MO, and **Ella Glaser**, Kansas City, MO; **Amy Balaban**, dear family friend, Denver, CO; and dear family friend **Iris Abelson**, Scottsdale, AZ. **We welcome all of Amarah's guests to Nusach Hari B'nai Zion!!!**
- **Kiddush & Lunch** ~ (After Musaf)
- **Mincha, Shalosh Seudos, Ma'ariv** ~ (7:45 pm)
- **Shabbos Concludes** ~ (9:03 pm)
- **Monument Dedication** ~ The Monument Dedication for **Herman Drifon**, ז"ל, beloved father of **Jackie Berkin**, will be tomorrow - Sunday, May 31<sup>st</sup>, 1:00 pm at Chevra Kadisha Cemetery, North & South and Page.

*Please be sure to read Rabbi Smason's Beyond Twelve Gates in this Bulletin:  
"What Your Facebook Updates Tell Others About You!"*

## **SIMCHAS**

**MAZEL TOV ON SIMCHAS** May 30 to June 5. **Happy Birthday to Debbie Barash, Noah Belau, June Cohen, Lester Figus, Julie Friedman, Joyce Hochberg, Dr. Eliot Katz, Gayle Levy, Ed Lyss, and Rebecca Waxman! Happy Anniversary to ~ Don & Julie Eisenberg, Leonid & Polina Gohynskiy, Bob & Joni Kaiser, and Kerry & Sandy Ksarfeld!** 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.

## **Amarah's Bat Mitzvah Project . . .**

Amarah is collecting money to purchase a specialized IPAD for a girl named Shiffy who lives in the Aleh Community of Jerusalem. Shiffy is severely disabled and would benefit tremendously from its purchase. To help Amarah with her Bat Mitzvah project by contributing to Shiffy's IPAD, please go to:

[www.rootfunding.com/campaign/aleh-bat-mitzvah-amarah](http://www.rootfunding.com/campaign/aleh-bat-mitzvah-amarah)

*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 . . .**

- **CALL US WITH YOUR GRADUATES!** Our Graduation Shabbos is in just two weeks!!!! Do you have a graduate in your family? Please contact Sandie, 314-991-2100, ext. 2, or email [www.sandieabrams@hotmail.com](mailto:www.sandieabrams@hotmail.com), and give us your graduates' names, schools, universities and degrees earned, so we can wish you and your graduates a big Mazel Tov in our Graduation Shabbos Bulletin! This year, Graduation Shabbos will be on June 13, when our Kiddush will be in honor of all the graduates.
- **Cash/Gift Cards for May arrived last week!!!** Thank you to the following members and friends who ordered Cash Cards this 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! Every order makes a difference to our shul!
- **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>.
- **Tomorrow, May 31 ~ 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, May 31, 314-991-2100, ext. 2. Pick up time for carry out pizzas is 4:30-4:45 p.m.)
- **Monday, June 1** ~ The NHBZ Children's and Young Families' Committee's Mussar Mondays are held on the first Monday of each month at the home of **Richard & Mindy Woolf**, and are led by our own **Rabbi Ze'ev Smason**. Join us on Monday, June 1, 7:00 to 7:45 p.m. We explore the most popular and pertinent teachings from *Pirkei Avot*, Ethics of our Fathers, and apply them to our everyday lives. This monthly event is open to all young parents, couples and individuals, both members **and** non-members! Please come and invite your friends. Light refreshments will be served. Babysitting is available.

- **Tuesday, June 2** ~ Kadimah High School graduation ceremony at Nusach Hari B'nai Zion.
- **Thursday, June 4** ~ 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 dates and topics.
- **Shabbos, June 6** ~ Thanks to **Bob & Joni Kaiser** and **Dr. Susan Feigenbaum & Dr. Jay Pepose** for sponsoring lunch in honor of their Wedding Anniversaries! **30-years for Joni & Bob, 36 for Susan & Jay!**
- **Tuesday, June 9** ~ Board of Director's Meeting. **Mincha & Ma'ariv at 7:00 pm, Meeting, 7:35 pm.**
- **Thursday, June 11** ~ "**Above and Beyond,**" a movie about the creation of the Israeli Air Force in 1948, will be shown at Plaza Frontenac at 8:00 p.m., under the sponsorship of the Jewish Film Festival. We have a group from NHBZ, signed up to attend. Tickets at the door, if still available, will be \$12.00.
- **Shabbos, June 13** ~ Lunch in honor of June Birthdays and Wedding Anniversaries, AND Graduation Shabbos!!! Parents or Grandparents of the Graduates have traditionally helped to sponsor the Kiddush with their kind contributions of \$25.00. We thank our "**Graduation Angels**" for helping create a lovely Kiddush!
- **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!!! 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 very first **KidZone Volunteers** – **Svetlana Kogan and Bobby Levine!!!** BBQ'd Hamburgers & Hot Dogs, and other picnic favorites, will be available for purchase! Lots of fun and good food for everyone!!!
- **Tuesday, June 30** ~ Executive Committee Meeting. **Mincha & Ma'ariv at 7:00 pm, Meeting, 7:35 pm.**
- **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 Alert** ~ Paskesz Candy Company: Sweet 'n Low Butterscotch Hard Candy - mistaken labeling. The Orthodox Union certifies Paskesz/Sweet 'n Low Butterscotch Hard Candy as an OU Pareve product. The ingredient panel mistakenly lists a dairy ingredient that was not used in the production of this Paskesz candy.
- **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** ~ A group of women gather 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 Hoeir, 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).

## President's Message from Lenny Alper

On behalf of Nusach Hari B'nai Zion Congregation, I wish a **Mazel Tov to the Friedman Family upon the Bas Mitzvah of Amarah Friedman.**

I look forward to seeing you at the showing of the movie "**Above and Beyond**" on Thursday, June 11, at Plaza Frontenac. If you ordered tickets, you can pick them up in the office now.

Don't forget the outdoor event of June - the **NHBZ KidZone Community Family BBQ** on Sunday, June 14, from 5:00 pm – 7:00 pm. at Irv Zeid Park next door. We will be featuring an Olivette Fire Truck, Water Balloons, Snow Cones and more!!! Call the office to be a sponsor or a volunteer.

Check out our new series of classes entitled "**The Secrets to a Successful Jewish Marriage**" held on Thursday evenings. Everybody is welcome to attend.

If you are graduating from school this year, or if you have children or grandchildren who are graduating, please notify the office so we can honor them at our **Graduation Shabbos on June 13**. That Shabbos will also be a **Lunch'n'Learn** when we will **celebrate June Birthdays and Wedding Anniversaries**.

*Welcome to Beyond Twelve Gates by Rabbi Ze'ev Smason  
Parshas Naso May 30, 2015*

### *"What Your Facebook Updates Tell Others About You!"*

Feeling old today? You could be Jonathan the Tortoise, a big and friendly guy estimated to be around 182-years old. Jonathan, a Seychelles giant tortoise, was alive to see many monumental moments including, WWI and WWII, plus so much more. What does Jonathan do on his birthday? He . . . shellebrates! One can see a photo from 1902 in which Jonathan is a full grown tortoise, meaning he was at least 50 years old at the time (see Jonathan's then and now photos: <http://www.ryot.org/jonathan-the-tortoise-182-years-old/776945>). His possible age was realized when this photograph was uncovered from a collection of Boer War images showing a tortoise -- presumably Jonathan -- next to a war prisoner. Research indicates Jonathan was brought to the island of St. Helena in 1882, where he still lives today. The Saint Helena five pence coin has Jonathan on its reverse.

Jonathan is still going strong, but he feels the effects of aging. His sense of smell has started go, along with his eyesight. Surprisingly though, Jonathan remains interested in the youngest female tortoise he lives with -- a sign, the famous tortoise's vet says -- of more healthy years to come. Age-related declines in Jonathan have been noticed: Jonathan gets colder than the other tortoises, and he is thinner and harder to keep weight on because he doesn't eat as much grass as he should. The vet compensates for this by feeding Jonathan a special meal with higher calories once a week.

The Torah teaches us to value time. We ask G-d, "Teach us to number our days that we may get a heart of wisdom." (Psalm 90:12) Every moment a person can do good, perfect his character, and make the world a better place. Many of us live our lives as if we will live forever, putting off even important things for another day. And although Jonathan the 182 year-old tortoise can't talk, if you asked him he might agree: Every moment of life is precious.

*Parshas Naso Numbers 4:21 - 7: 89*

Among the topics appearing in Naso is the mitzvah of the 'Sotah'. When compelling circumstantial evidence

suggests an act of marital infidelity may have taken place, the Torah provides a means to clarify the hoped-for innocence of the suspect parties. Contained in this mitzvah is dissolving G-d's name that was written on a parchment. We learn from this the supreme importance of shalom bayis -- peace in the home. If G-d allows His Holy Name to be erased for the sake of peace between husband and wife, certainly each of us should seek shalom bayis with our spouses and other family members. What can each of us do to increase shalom bayis with those whom we love? Parshas Naso also describes the *nazir* -- an individual who takes a vow to refrain from drinking wine, cutting his hair, and other restrictions. Remember the story of Samson? Samson -- who was a *nazir* -- was the great Jewish judge and hero who 'brought down the house.'

### *Rabbinic Ruminations*

If Facebook were a country, its population would rival the single most populous country on Earth. In September, 2014, the site announced that its monthly active users cleared 1.35 billion -- roughly equal the population of China. . By these numbers, nearly 20 percent of the world's population logs into Facebook once a month. And if we just look at the world's Internet users, roughly half of them -- every other person with Internet on the planet -- use the site actively. Status updates are one of the most popular features of Facebook, and a new study (<http://www.sciencedirect.com/science/article/pii/S0191886915003025>) examined the traits and motives that influence the topics that people choose to update.

One interesting finding of the study showed that people habitually posting to Facebook about exercise, diets and accomplishments are more likely to be narcissists. Given that bragging about accomplishments tends to attract more attention from friends, one might surmise that increased likes and comments to the narcissist's status updates mean that the narcissist has more 'friends' -- well, at least more 'Facebook friends.' However, the study's first author, Dr. Tara Marshall, said in reference to the increased attention narcissists elicit: ". . . it could be that their Facebook friends politely offer support while secretly disliking such egotistical displays. Greater awareness of how one's status updates might be perceived by friends could help people to avoid topics that annoy more than they entertain."

Jackie Robinson said, "A life isn't significant except for its impact on other lives." Judaism is intensely aware of the impact we can have upon others through our power of speech -- even in written 'Facebook' form. The Talmud tells that the tongue is an instrument so dangerous that it must be kept hidden from view, behind two protective walls (the mouth and teeth) to prevent its misuse. King David asks, "Which man desires life, who loves days of seeing good?" He answers, "Guard your tongue from evil, and your lips from speaking deceit" (Psalms 34:13-14).

### *Quote of the Week*

You cannot shake hands with a clenched fist. -- *Indira Gandhi*

### **Joke of the Week**

The college faculty gathered for their weekly meeting. A professor of archeology brought with him a lamp recently unearthed in the Middle East. It was reported to contain a genie, who, when the lamp was rubbed would appear and grant one wish.

A professor of philosophy was particularly intrigued. He grabbed the lamp and rubbed it vigorously. Suddenly a genie appeared and made him an offer. He could choose one of three rewards: wealth, wisdom, or beauty. Without hesitating, the philosophy professor selected wisdom. "Done!" said the genie and disappeared in a cloud of smoke.

All the other faculty members turned toward the professor, who sat surrounded by a halo of light. One of his colleagues whispered, "What wise insight do you now have?"

The professor, much wiser now, sighed and said, "I should have taken the money."

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

<i>This Week At a Glance</i>	Shabbos May 30	Sunday May 31	Monday June 1	Tuesday June 2	Wed. June 3	Thurs. June 4	Friday June 5	Shabbos June 6
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	7:45 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:50 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.

### 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.***