



NHBZ Shabbos & Yom Tov Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

Shabbos

May 31, 2014
2 Sivan 5774

Shavuos

June 4 & 5, 2014
6 & 7 Sivan

Torah Portion:
Haftorah:

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

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

Thanks to Janet & Alan Haber for sponsoring this Shabbos Bulletin "in honor of our wonderful Sisterhood, and to thank them for all they do for our shul every day of every year! We are so grateful!!!"

Thanks to Jessica Fadem for the beautiful floral arrangements that will adorn our bimah during Shavuos. Jessica, we thank you for your generosity and kindness!

Erev Shabbos – Friday Night, May 30, 2014

- **Mincha & Ma'ariv** (7:00 pm)
- **Candle Lighting** (8:00 pm)

Shabbos – May 31

- **Shachris & Musaf** (9:00 am) ~ *Thank You For Leading Davening*
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Menachem Szus**
 - Leyning: **Max Gornish**
 - Haftorah: **Reuven Tzadok**
 - *Drasha* (Sermon): **Rabbi Ze'ev Smason**
 - Musaf: **Sammy Chervitz**
- **Kiddush & Lunch** ~ Thanks to **Moshe Pinto** for sponsoring Kiddush & Lunch in honor of his daughter **Ellie** graduating from High School!!! **Mazel Tov to Moshe and all of Ellie's family and friends!!!**
- **Welcome & Thanks for Celebrating Today With Ellie** ~ Welcome to **Ellie's** mother **Saraann Parker** and husband **Bob Kanuok**, **Ellie's** brother **Alex**, and Moshe's friends **Dr. & Mrs. Paul Hauptman** and daughters **Miriam and Lily Hauptman**, **Amos & Barbara Shamir**, and **Ellen Hoffman**.
- **Mincha, Shalosh Seudos, Ma'ariv** (7:45 pm)
- **Shabbos Concludes** (9:04 pm)
- **Monument Dedication** ~ For Betty Jane Goldstein, ב"ת, beloved mother of Barbara Ferman, Audrey Fleissig and Carol Zuckner will be on Sunday, June 8, 12:00 noon, at Chesed Shel Emes Cemetery on Olive and Hanley.

Shavuos ~

- **Mincha & Ma'ariv** (8:00 pm)
- **Erev Shavuos Candle Lighting – Tuesday Night, June 3** ~ (8:03 pm)

1st Day Shavuos – Wednesday, June 4

Shachris & Musaf (9:00 am) - Thank you for leading services:

- Pesukei D'Zimra: **Howard Sandler**
- Shacharis: **Dr. Ethan Schuman**
- Akdamus: **Rabbi Ze'ev Smason**
- Leyning: **Jacob Fendelman**
- Haftorah: **Alan Haber**
- Sermon: **No Sermon Today**
- Musaf: **Dr. Ethan Schuman**

Torah Portion: Exodus 19:1 – 20:26
Maftir: Numbers 28:26 – 28:31
Haftorah: Ezekiel 1:1 – 1:28; 3:12

Siddur pages 520-522 or Chumash pages 400-415
Siddur page 522 or Chumash pages 892-893
Siddur pages 522-523 or Chumash pages 1228-1229

- **Kiddush** ~ (Following Musaf)
- **Mincha & Ma'ariv** (8:00 pm)
- **Yom Tov Candle Lighting** (8:04 pm)

2nd Day Shavuos, Thursday, June 5

Shachris & Musaf (9:00 am) - Thank you for leading services:

- Pesukei D'Zimra: **Howard Sandler**
- Shacharis: **Menachem Szus**
- Leyning: **Moshe Leib Cohen**
- Haftorah: **Ron Makovsky**
- Sermon: **Rabbi Ze'ev Smason**
- Musaf: **David Rubin**

Torah Portion: Deuteronomy 15:19 – 16:17

Maftir: Numbers 28:26 – 28:31

Haftorah: Habakkuk 2:20 – 3:19

Siddur pages 525-526 or Chumash pages 1018-1023

Siddur pages 522 or Chumash pages 892-893

Siddur pages 526-527 or Chumash pp 1229-1231

- **Yizkor** ~ (Approx. 10:30 am)
- **Kiddush** ~ (Following Musaf)
- **Mincha & Ma'ariv** (8:00 pm)
- **Yom Tov Concludes** (9:07 pm)

Meetings

- **Board of Directors Meeting** ~ Tuesday evening, June 10. Minyan is at 7:00 pm; Meeting at 7:30 pm.
- **Executive Committee Meeting** ~ Tuesday evening, June 24. Minyan is at 7:00 pm; Meeting at 7:30 pm.

NHBZ COMING EVENTS

- **Special Gifts Dinner** ~ Our Special Gifts "Thank You" Dinner is tomorrow - Sunday, June 1, at 5:00 p.m.
- **Shavuos** ~ This Tuesday Night, Wednesday and Thursday, June 3, 4 and 5. Tuesday Night, June 3: Services at 8:00 p.m., Dinner 8:30-10:00 p.m. Early-Bird Learning (10:00-11:00 p.m.) with **Rabbi Ze'ev Smason**: "*Jews Estranged from Judaism: The Mortara Affair*," and with **Dr. Ethan Schuman**: "*The Mystery and Meaning of Yizkor*." **Spirited All Night Learning**, 11:00 pm until Early Davening at 5:00 am!!!
- **Shavuos Dinner** ~ The *Shavuos Seudah* (festive meal) is being planned by **Norma Rubin**, and prepared by Norma and her sous chefs! Norma's enticing menu: Fresh baked Challa Rolls, Mushroom Soup, Fresh Salmon Croquettes with Peas Sauce, Scalloped Potatoes, Ratatouille, Panzanella Salad (croutons & tomatoes), Green Salad; Fresh baked Cheesecake & Coconut Cake, plus Sugar Free Pies and Fresh Fruit! Thanks to our generous sponsors for donating \$25.00 (in addition to the cost of their dinners) to offset expenses and help us keep the cost of the dinner to \$12.00 for Adults, \$5.00 for kids 4-10, and Free to kids under age 4. Thanks to these sponsors (so far): **Bob & Sandie Abrams, Lenny & Fran Alper, Andy & Ellen Berg, Sam & Shirley Bluestein, Gene & Linda Carton, Dr. Susan Feigenbaum & Dr. Jay Pepose, Alan & Janet Haber, Kurt & Sandy Kahn, Bob & Joni Kaiser, Mark Ragin & Gail Rose, Irwin & Roz Rosen, David & Norma Rubin, Susan Schwartz, Jon & Naomi Shanker, Sid & Phyllis Silverman, Gary & Trudy Sudin, and Mayer Taller.** Please join us and become a sponsor; call Sandie, 314-991-2100, ext. 2. **Nusach Hari B'nai Zion will benefit greatly from your generosity!**
- **Kiddush** ~ June 7 ~ sponsored by **Don & Julie Eisenberg** In honor of their 35th Wedding Anniversary.
- **Shabbos Lunch & Learn and Graduation Shabbos** ~ June 14 – In honor of our members celebrating June Birthdays and Wedding Anniversaries, and honoring our School, High School and College Graduates. **CALL US WITH YOUR GRADUATES!** Do you have a graduate in your family? Please call Sandie, 314-991-2100, ext. 2, and give us your graduates' names and schools so we can wish you and your graduates a Big Mazel Tov in our Shabbos Bulletin on June 14!!!
- **SMILE!!! 😊 Our Photo Directory NEEDS YOUR HELP!!! IF YOU HAVEN'T SIGNED UP YET, LIFETOUCH HAS GIVEN US A NEW DROP DEAD DEADLINE OF JUNE 6. WE NEED MORE APPOINTMENTS MADE!** Sign-up dates for your photo sessions: June 11 & 12; June 18 & 19, with the same hours on each date – 2:00-9:00 pm. Your choice of 3 ways to schedule your appointment: **1.)** go directly to the LifeTouch website at <https://www.securedatatrans14.com/ap/nusachharibnalzion/index.php?page=10>, (Typographical error, bnal

instead of bnai, will not affect logging onto the site.) **2.)** go to our website – www.nhbz.org and click on ALL EVENTS (at the top of the left hand column), then click where it says “Click to Sign up online with LifeTouch, **OR** **3.)** no computer? – Call Lifetouch directly, 1-800-521-4611.

We invite all our members to make NHBZ’s new Photo Membership Directory complete!!!

There will be **NO CHARGE** and **NO PURCHASE REQUIREMENT** to get your family portrait taken for the directory. You **WILL RECEIVE – FREE OF CHARGE** your 8X10 portrait AND a copy of the finished directory. Photo sessions will be held at NHBZ in June. During your one-hour portrait session you will: Check in, Be professionally photographed, Immediately view your portrait images, and have an opportunity to purchase additional portraits – **AGAIN, THERE ARE NO PURCHASE REQUIREMENTS**; you **MAY** make purchases, but **only if you so desire**. We want EVERY ONE OF OUR MEMBERS to appear in this directory, and we plan to make the whole process as easy as possible.

Schedule your one-hour photo-session from these dates and times:

WEDNESDAY, JUNE 11, 2:00-9:00 WEDNESDAY, JUNE 18, 2:00-9:00
THURSDAY, JUNE 12, 2:00-9:00 THURSDAY, JUNE 19, 2:00-9:00

Please be part of our “FACES of NHBZ!!!”

- **Lion’s Den Pizza Night** ~ All-You-Can-Eat Pizza Buffet ~ Sunday, June 29, 5:00-7:00 p.m. Bring your family and friends to enjoy a delicious pizza dinner and schmoozing, and a movie for the kids!!! Reservations are not needed. Just show up and have a great time!!!! (Please place carry-out orders by 10:00 a.m on Sunday morning, 314-991-2100, ext. 2.) **WE TAKE CREDIT CARD PAYMENTS!!!**

CLASS SERIES

- **Learn to Lead Davening** ~ led by our Chazzan **Dr. Ethan Schuman** on **Sunday mornings**, at 9:00 a.m. after morning minyan.
- **Bi-Monthly Women’s Tefila Class** ~ Led by **Rabbi Ze'ev Smason**. The class meets on the 2nd and 4th MONDAYS of the month at 3:15 p.m. **Monday afternoons**: next class, Monday, June 9, at NHBZ. The focus of our class is the structure and deeper meaning of the Shabbos morning service and prayers, and how prayer can be used as a basis for our own communication with G-d. All women welcome.
- **“Chassidic Insights into the Weekly Parsha”** ~ Led by **Rabbi (Chaplain, Major) Avraham Cohen** - “Chassidic Insights into the Weekly Parsha,” from the sefer, Me'or V'Shemesh. Study will delve into esoteric thought, but on the other hand is entirely accessible for those having limited Jewish educational backgrounds. Meets on **Wednesday evenings** at 7:30 p.m., after minyan, in the NHBZ Chapel. Rabbi Cohen can be reached at 301-787-5538 for further questions.

SIMCHAS

- **MAZEL TOV ON SIMCHAS** May 31 – June 6. **Happy Birthday to Noah Belau, June Cohen, and Ed Lyss,!** **Happy Anniversary to ~ Don & Julie Eisenberg, Leonid & Paulina Gofynskiy, Bob & Joni Kaiser and Kerry & Sandy Klarfeld!** 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 Card Pack.

Reminders

- **SHABBOS HALACHAS (Laws of Shabbos)** An *eruv* is an enclosure, constructed according to halacha (Jewish law), as a way to permit Jewish residents or visitors to carry certain objects outside their own homes on Shabbos and Yom Kippur. The St. Louis *eruv* encompasses parts (but not all) of Olivette, U.City and Clayton. We respectfully request that **Shabbos bulletins, food, or any other item not be removed** from the synagogue by those who do not live within the *eruv*. For details or questions, please see Rabbi Smason.

- **Become Energized!!! Sponsor Your Own Solar Panel!!!** The 2014 price is just \$216 for the year. Your sponsorship will appear on the lobby monitor with an individual display with your personal or business name. Sponsor a panel for yourself, your friends, your business, or dedicate one in honor of a loved one. If you are interested in sponsoring a solar panel, please call 314-991-2100, ext. 2 and we will send you the form to complete with your own wording!
- **Buy and Use Cash Cards** – call the office ASAP to order your cards and **earn free money** for NHBZ! Orders are placed twice per month – on or as close to the 15th and 30th.
- **HEADS UP! Schnucks E-Scrip Card - \$1,435.80 in 2013!!!** If you have been using your Schnucks E-Scrip Card when you shop, we Thank You VERY Much! NHBZ received \$1,435.80 **Easy Money** last year from Schnucks based on your purchases, and **NO EXTRA CHARGE TO YOU!!!** Please remember to hand your e-Scrip card to your checker every time you shop - and make your shopping trip count!!! **TO NHBZ Members AND Non-Members Alike** -- if you don't have an e-Scrip card, please contact the office: sandieabrams@hotmail.com or 314-991-2100, ext. 2, and "shop" for Nusach Hari B'nai Zion!!!
- **Sponsorships** - If you would like to sponsor Kiddush, Soda, Shalosh Seudos, this Bulletin, or something unique in honor or in memory of a loved one, please call 314-991-2100, extension 2, to make arrangements.
- **Tributes** - Show your friends you care; a tribute is a donation in honor of a birth, a birthday, an anniversary, a healthy recovery, or in memory of a loved one, or for any reason to show you care; tributes will be listed in this bulletin monthly. For Shul Tributes call Gloria Waxman, 314-872-3296; for Sisterhood call Phyllis Silverman, 314-434-2482; for Libby Needle Fund call Sally Needle, 314-991-2575.
- **Mi Shebarach List** ~ Prayers will be said for a Refuah Shelayma for your loved ones and friends. Please call the office, 314-991-2100, ext. 2, by 10:00 a.m. Friday mornings so we can include the names on our Mi Shebarach list for Shabbos. We need the names of the person who is ill AND his/her mother's name in Hebrew, or in English if Hebrew names are unavailable. Your contributions are greatly appreciated.
- **Memorial Plaques** ~ Memorial plaques are lovingly mounted in our new building. Remember your loved ones with a plaque; prices are \$150 and \$275. Please call the office for details.

<i>Important Note About New Memorial Plaques</i>	
<i>To receive new Memorial Plaques for:</i>	<i>We must receive your order by:</i>
<i>Rosh Hashana (Sept. 25th)</i>	<i>July 7, 2014</i>
<i>Yom Kippur (October 4th - Yizkor)</i>	<i>July 28, 2014</i>
<i>Shemini Atzeres (October 16th - Yizkor)</i>	<i>September 11, 2014</i>

- **Shalosh Seudos, The 3rd Meal of Shabbos** ~ To sponsor Shalosh Seudos on Shabbos, which takes place between Mincha and Ma'ariv, please call the office to make arrangements. We are very grateful to those of you who sponsor the Third Meal as you observe the yahrzeits of your dear family members.
- Buy a Brick Online or by Phone - Our website now accepts online donations for the Brick and Planting Campaign; go to <http://www.nhbz.org/dedications.asp> or call the office at 314-991-2100.
- Synagogue Honors - It is customary to make a donation to the shul for Aliyos or other honors received.

NEWS & FEATURES

Wow! Do We Have a Sisterhood, or What? We don't have a "THANK YOU" big enough to thank our Sisterhood for all they do for our shul – and, now, they have topped themselves!! Our NHBZ Sisterhood has purchased and donated not one, not two, but THREE refrigeration units. Two of our refrigerators AND our big freezer all bit the dust at the same time. Repair costs were through the roof, so Rachael Pevnick and Ruth Alper ran right over to Peerless Restaurant Supply and arranged for the purchase of the products we needed. One refrigerator was delivered last week; the other refrigerator and the freezer were delivered this past Wednesday. So, to Rachael, Ruth, and all the special Sisterhood Ladies --- Muchas Gracias, Merci Beaucoup, Todah Rabah -- THANK YOU!!!!!!

- **Jewish Federation of St. Louis** ~ is seeking nominations for two annual awards. The 2014 Fred A. Goldstein Memorial Service Award recognizes outstanding professional leadership. Nominees must be employed by a St. Louis Jewish organization and currently working in a direct service, professional or managerial role. The 2014 David N. and Roselin Grosberg Young Leadership Award recognizes volunteer leaders in the Jewish community who are 40 years and younger. Nominees must demonstrate active Jewish Federation leadership and commitment to Federation's annual Community Campaign. Nominations can also highlight involvement in other Jewish community organizations and the St. Louis community at large. For both awards, the deadline for nominations is Monday, July 28. Nominations (in the form of letters of recommendation) are invited from the entire Jewish community. Submit letters of recommendation to Marci Mayer Eisen, director of the Millstone Institute, 12 Millstone Campus Drive, St. Louis, MO 63146 or email meisen@jfedstl.org. For more information, call 314-442-3810.
- **Author of Popular Novel to Speak at Brodsky Library** ~ Ronald Balson, author of the popular novel *Once We Were Brothers*, will appear at the Saul Brodsky Jewish Community Library on Wednesday, June 18 at 7 pm. *Once We Were Brothers* is the compelling tale of two boys and a family that struggle to survive in war-torn Poland. It is also the story of a young lawyer who must face not only a powerful adversary, but her own self-doubts. Two lives, two worlds and 60 years are all on course to collide in the fast-paced legal thriller. Reservations are required to attend the event. Admission is \$5.00 per person; free to Friends of the Library. For details or to make a reservation, call 314-442-3720 or email Brodskylibrary@jfedstl.org.
- **Annual Mark Raiffie Memorial Lecture** ~ Tomorrow - Sunday, June 1st, 7:00-9:00 pm, at the Aish Firehouse, 457 N. Woods Mill Road in Chesterfield. Guest speaker Rabbi Yerachmiel Milstein's topic: "Pennies From Heaven." Rabbi Milstein will explain some of the most vital concepts of existence and Jewish thought . . . sanctity, spirituality, afterlife, Tikum Olam and pleasure, and why they are more than mere words.
- **St. Louis Kollel's Jewish Unity Live** ~ St. Louis Kollel's Jewish Unity Live Community Sefer Torah Campaign is in full swing. This year, the Torah Dedication and Celebration will include the completion of a Sefer Torah at the Goldmeier home on Sunday, June 15th followed by a children's parade to the Kollel at 8200 Delmar with free ice cream and cotton candy. Sefer Torah dedication opportunities starting at \$36 are still available and everyone is invited to attend. In the evening, there will be a "Jewish Unity Live" celebration at the Logan Amphitheatre in Chesterfield featuring a lavish buffet from Jon Rubin, a special video, and a presentation to this year's Awardees: Dr. Mickey and Bonnie Goldmeier, Mr. Kevin Demoff, **OUR OWN Mrs. Michelle Mufson**, Mrs. Stacy Kass, Mr. Ben Fainer, Mr. Richard Senturia and Dr. Alan Lyss. For tickets, general information and dedication opportunities, call (314) 726-6047 or email office@stlkollel.com.
- **Tomchei Shabbos FOOD DRIVE!!** **Pick up your bags** at our NHBZ office; help make the Food Drive a Big Success!!! For questions or home pick-up, please call Sally Needle, 314-991-2575.
- **Tomchei Shabbos Cookbook Project** ~ Preparations for our cookbook, dedicated in memory of Merle Hartstein, are in full swing! Please share your Shavuot recipes (including meat!) by sending them to: tomcheishabboscookbook@gmail.com. If you would like to help on the cookbook please call Bryna Kandel at 569-5001 or email tomcheishabboscookbook@gmail.com.

President's Message

Thanks to all those who contributed to the **Special Gifts Campaign**. We welcome and appreciate gifts of any amount. If you were able to give a minimum of \$250, I hope to see you at the Special Gifts "thank you" dinner tomorrow night.

The first photo sessions for our **2014 Photo Directory** are eleven days from now. If you haven't signed up, it is urgent that you do so now. The company taking the pictures has told us that we have too few appointments for them to keep the June 18 & 19 dates for us ...UNLESS.... we add people to the schedule ASAP. They have given us a DROP DEAD DATE of June 6 to make appointments – that is this Friday! If we don't get enough people to sign up, then we will need to squeeze everybody into the sessions on June 11 & 12. Please remember – you will

receive a free professional portrait of your family with no obligation to buy anything. Please participate in this photo yearbook that will capture the NHBZ of 2014. Sign up on line, or call Life Touch at 1-800-521-4611. Further information can be found in this bulletin.

Shavuos is this week - Tuesday night, Wednesday and Thursday. I hope you have signed up to attend the *Shavuos Seudah*, Tuesday night, at 8:30 pm, following davening. The seudah is being planned by our exceptional chef Norma Rubin, with Robin Rickerman as the event Chairmen. Even if you do not come to the Seudah, you are welcome to join the *Earlybird Learning* from 10:00 pm -11:00 pm.

Thanks to Kenny Bressler for designing and installing the paneling in the lobby, and thanks to Alan Haber for beginning the installation of the long-awaited *recognition boards* in the lobby, honoring those who contributed to the Capital Campaign for our building. Stay tuned for additional developments in the lobby.

Thanks to Moshe Pinto for installing the new *Memorial Board lights* on the lower level. The lights will be turned on for the four times a year that we recite Yizkor. We had a test run on the 8th day of Pesach, and the lights passed the test. Check them out on the second day of Shavuos, Wednesday night and Thursday this week.

Lenny Alper

*Beyond Twelve Gates by Rabbi Ze'ev Smason
Parshas Naso/Shavuos May 31, 2014*

Welcome to Beyond Twelve Gates

Public transportation riders are bound to lose a few things. But in New York--where the subways are used to haul everything from gym bags to band instruments to pets-- the range of lost items is far beyond just misplaced mittens and scarves. According to an analysis of the Metropolitan Transportation Authority's lost and found, New Yorkers lose all sorts of things, from answering machines to wheelchairs. "We get false teeth almost every week," said William Bonner, supervisor of the New York City Transit lost-and-found office. "How do you lose your teeth?" But don't worry. If you ever lose something on the NYC subway, the lost and found office has a 60% return rate. "We are the most successful lost and found in the country and possibly the world," the MTA's Melissa Gissentanner said.

The lost and found office located below the 34th Street station has also seen a pet bunny, a prosthetic leg, a car bumper(!), a tuba, and a diamond engagement ring. Much like New York, the subway lost and found is a delightful mix. It's also indicative of trends. Over 28,000 cell phones were lost, compared with 59 pagers. With everything from suits (62) to record players (26), Walkmen (71), and television sets (6?), the subway system's repository is truly an ethnographer's dream. Perhaps only in New York (outside of Israel) would there be a designated 'Jewish' category for lost and found items. What's inside, you ask? For one thing, 10 sets of tefillin, presumably left behind by frenzied riders exiting trains during rush hour. And there's probably a few wayward yarmulkes in there too, forgotten during the daily commute.

To return a lost object is a mitzvah, based upon a verse in Deuteronomy: "...you shall surely return them..." (22:1). The reason for this mitzvah is simple enough: It's fairly common for people to lose things. It is therefore a benefit to society to encourage people to get as many lost objects back into their rightful owners' hands as possible.

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.'

Shavous

The major festival of Shavous begins on Tuesday evening, June 3, and concludes Thursday evening, June 5. You may remember Cecil B. DeMille's film 'The Ten Commandments', starring Charlton Heston. Good film; however, the book was better than the movie! On Wednesday morning the Torah reading (Exodus 19:1 - 20:23) contains the narrative of the giving of the Torah and the *Aseres HaDibros* -- inaccurately translated as 'The Ten Commandments.' On the second day of Shavous, Thursday, the Torah reading (Deut.14:22 - 16:17) contains a brief description of the *Shalosh Regalim* (Three Pilgrimage Festivals) - Passover, Shavous and Succos. An argument can be made that Shavous is THE most important holiday of the Jewish year. After all, without the Torah, what is Judaism? The Torah was given to all of the Jewish people. The uniqueness of *Matan Torah* (Revelation) is that every man, woman and child heard G-d speak at Sinai. This fact alone distinguishes Judaism from all other religions and faiths. When the Torah was given, it was to the entirety of the Jewish people.

Rabbinic Ruminations

Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle or sneeze. And according to a great deal of research, humor is extraordinarily therapeutic. Laughing in the face of tragedy seems to shield a person from its effects. A 2013 review of studies found that among elderly patients, laughter significantly alleviated the symptoms of depression. Another study published early this year found that firefighters who used humor as a coping strategy were somewhat protected from PTSD.

Laughter even seems to have a buffering effect against physical pain. A 2012 study found that subjects who were shown a funny video displayed higher pain thresholds than those who saw a serious documentary. In another study, post-surgical patients requested less pain medication after watching a funny movie of their choosing. Other literature identifies even more specific health benefits: Laughing reduced arterial-wall stiffness (which is associated with cardiovascular disease). Women undergoing in vitro fertilization were 16 percent more likely to get pregnant when entertained by a clown dressed as a chef. And a regular old clown improved lung function in patients with chronic obstructive pulmonary disease. More generally, a mirthful life is likely to be a long one. A study of Norwegians found that having a sense of humor correlated with a high probability of surviving into retirement.

Jewish sources are replete with instances of humor and good-natured wit being used appropriately. For example, Rabba, a Rabbi during the time of the Talmud, would begin each class with a joke to set the mood. There are further instances where even G-d laughs at the enemies of the Jews, suggesting good-natured wit and light-hearted humor is accepted. *Proverbs* suggests that laughter is the best medicine: *A merry heart is a good medicine, but a broken spirit dries the bones. (17:22)* According to the Baal Shem Tov, humor is expansive; it has the capacity to lift one out of depression into a place where the unseen – G-d's constant love and goodness - becomes palpable and real.

Quote of the Week

I have often regretted my speech, never my silence. -- *Publius Syrus (Roman author, 1st century B.C.)*

Joke of the Week

Johnny's teacher asked him if he knew his numbers.

"Yes," he said. "I do. My father taught me."

"Good," his teacher said. "What comes after three?"

"Four," answered the boy.

"What comes after six?"

"Seven."

"Great. Your dad did a good job. What comes after ten?"

"A Jack," he said.

The Deadline to submit new information to appear in our Shabbos Bulletin is Wednesday each week, at 12:00 noon. The bulletin is printed first thing every Thursday morning.

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

This Week At a Glance	Shabbos May 31	Sunday June 1	Monday June 2	Tuesday June 3	Wed. June 4	Thurs. June 5	Friday June 6	Shabbos June 7
Shachris	9:00 am	8:00 am	7:00 am	7:00 am	9:00 am	9:00 am	7:00 am	9:00 am
Mincha/Ma'ariv	7:45 pm	7:00 pm	7:00 pm	8:00 pm	8:00 pm	8:00 pm	7:00 pm	7:50 pm
Events – see times in Event Planner Box	<i>Kiddush & Lunch by Moshe Pinto In Honor of Ellie's Graduation from High School</i>	<i>"Learn to Lead Davening" Class 9:00 am After Minyan</i>	BUY CASH CARD	<i>Erev Shavuos Daven at 8:00 pm; Dinner at 8:30 pm; Early Bird Learning – 10:00-11:00 pm</i>	<i>First Day Shavuos</i>	<i>Second Day Shavuos Yizkor at 10:30 pm</i>	<i>Erev Shabbos</i>	<i>Kiddush & Lunch by Julie & Don Eisenberg In Honor of their 35th Wedding Anniver- sary!</i>

NHBZ Event Planner (Check "Coming Events" for time, date or location changes.) Call the office at 314-991-2100, ext. 2, to confirm the date and time of any event.

<p style="text-align: center;"><u>WEEKLY at NHBZ</u></p> <p><u>SHABBOS</u></p> <ul style="list-style-type: none"> - New <i>Tefillah</i> (Prayer) Learners' Service (9:15 am) led by Rabbi Yosef David, of Aish HaTorah, in the Chapel, on May 31. Class will resume in the fall. - Child Care (10:00 am – Noon) kids 3 & under in the Children's Room - Learners Service (10:15 am) led by Rabbi Ze'ev Smason in the Chapel - Shabbos Tanach (Bible) Study Group (45 minutes before Mincha) <p><u>SUNDAY</u></p> <ul style="list-style-type: none"> - Mishna Learning (after Shachris) with Rabbi Chanan Swidler, of Aish HaTorah - "Learn to Lead Davening (9:00 am) with Dr. Ethan Schuman after morning minyan - Mystical Moments with Rabbi Max Weiman (between Mincha & Maariv.) - Tanya (8:00 pm) with Rabbi Shaya Mintz of the St. Louis Kollel <p><u>MONDAY</u></p> <ul style="list-style-type: none"> - Women's Tefila Class (2nd & 4th Mondays) 3:15 pm with Rabbi Smason at NHBZ (Next class: <u>Monday, June 9.</u>) 	<p style="text-align: center;"><u>WEDNESDAY</u></p> <ul style="list-style-type: none"> - Rabbi Smason's Lunch & Learn (12:15-1:00 pm) Studying Pirkei Avos. - "Chassidic Insights into the Weekly Parsha" (7:30 pm, after Minyan) Rabbi (Chaplain, Major) Avraham Cohen. <p style="text-align: center;"><u>MONTHLY at NHBZ</u></p> <ul style="list-style-type: none"> - Irvin Alper Social Club (First Sunday) (None in June) - 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. - Morris Lenga Yiddish Club (First Thursday, 7:30 pm) - 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 pm. - Sisterhood (Third Tuesday) - RAP with the RABBI will resume in the fall. <p style="text-align: center;"><u>NHBZ Signature Events</u></p> <ul style="list-style-type: none"> - Synaplex Shabbos - Shabbos Lunch & Learn
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