

NHBZ Shabbos Bulletin

July 13, 2013

Welcome to Nusach Hari B'nai Zion

6 Av 5773

Affiliated with the Union of Orthodox Jewish Congregations of America

Torah Portion – Shabbos Chazon
Parshas Devarim

Deuteronomy 1:1 – 3:11
Isaiah 1:1-27

Stone Chumash pages 938-957
Stone Chumash pages 1195-1196

Haftorah:

Erev Shabbos - Friday, July 12

- **Mincha & Ma'ariv** (6:30 pm) ~ on the Kaiser Terrace
- **Candle Lighting** (8:08 pm)

Shabbos - Saturday, July 13

- **Shachris & Musaf** (9:00 am) - Thank you for leading services:
 - Pesukei D'Zimra: **Howard Sandler** - Haftorah: **Alan Haber**
 - Shacharis: **Dr. Ethan Schuman** - Drasha (Sermon): **No Drasha Today**
 - Leyning: **Sammy Chervitz & Yoni Biel** - Musaf: **Dr. Ethan Schuman**
- **Shabbos Lunch & Learn** (After Musaf) ~ *ARI Weekend!* Celebrating the life and observing the yahrtzeit of Ashkenazi Rabbi Isaac Luria, the **ARI** --- Our liturgy follows the tradition of Nusach Hari. Thanks to everyone celebrating July Birthdays & Wedding Anniversaries for sponsoring lunch today. **Rabbi Smason** will speak on the topic: "*Wisdom of the ARI: A Spiritual Journey and a Divine Call.*" Thanks to "**POP-Stars**" **Ron & Sandy Segall** for sponsoring the soda today just because they are nice people!!! Thanks to **Larry & Shirley Hollander** for their generous contribution toward desserts today in honor of the 62nd Wedding Anniversary of **Lou & Shirley Osheroff**.
- **Bon Appetit** ~ We place a plate of rolls on each table at every Shabbos Luncheon: **1.)** To enable each person to make or hear *Ha'Motzei* (the blessing on bread) over *Lechem Mishne* (two rolls or loaves of bread), **and 2.)** To enable us to eat the minimum amount required when *Ha'Motzei* is made or heard ~ one roll. **Please be seated while Rabbi Smason says Kiddush & makes HaMotzi. -- B'tayavon (Bon Appetit)!**
- **Mincha, Shalosh Seudos, Ma'ariv** (7:50 pm) Thanks to **Ed & Jane Lyss** for sponsoring Shalosh Seudos this evening **in honor of their son Jack** completing a Tractate of the Talmud, Bava Basra. All are welcome to attend.
- **Shabbos Concludes** (9:11 pm)
- **Tisha B'Av** ~ Tisha B'Av commemorates five events: the destruction of the two ancient Temples in Jerusalem, the sin of ten of the twelve scouts, sent by Moses, who spoke disparagingly about the Promised Land, the razing of Jerusalem following the siege of Jerusalem in 70 CE, and the failure of the Bar Kokhba revolt against the Roman Empire. Accordingly, the day has been called the "saddest day in Jewish history."



Tisha B'Av Schedule

Monday evening July 15: The fast begins at 8:25 p.m. (So, the last possible time to safely conclude eating and drinking would be several minutes before that time.) Mincha: 8:10 p.m., Ma'ariv: 8:35 p.m. Kinos and Eicha will be recited in the middle of the Ma'ariv service. Reading Eicha this year: **David Rubin, Menachem Szus, Dr. Ethan Schuman** and **Rabbi Ze'ev Smason**

Tuesday, July 16: Shacharis & Kinos: 8:00 a.m. (No Tallis & Tefillin worn.) Following Shacharis, (approx 9:15 A.M.) will be the screening of: *Monsieur: The story of Rav Yonah Tiefenbrunner and the orphanage he established in Belgium during the Holocaust.*

2:00 p.m. at the Holocaust Museum and Learning Center, the screening of: *The Power of Good: the story of one man who saved 669 children from certain death.* **Rabbi Smason** will introduce the film and lead a post-screening discussion.

7:55 P.M. Mincha/Ma'ariv (Tallis & Tefillin are worn.)

The fast concludes at 9:06 P.M.

Nusach Hari B'nai Zion
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Ze'ev Smason, Rabbi
Aaron Borow, Rabbi Emeritus
Janet Haber, President
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MINYAN! IT'S GOOD FOR US & GOOD FOR YOU!!!

This Week At a Glance	Shabbos July 13	Sun. July 14	Mon. July 15	Tues. July 16	Wed. July 17	Thurs. July 18	Fri. July 19	Shabbos July 20
Shachris	9:00 am	8:00 am	7:00 am	8:00 am	7:00 am	7:00 am	7:00 am	9:00 am
Mincha/ Ma'ariv	7:50 pm	7:00 pm	8:10 pm	7:55 pm	7:00 pm	7:00 pm	7:00 pm	7:45 pm
Events – see times in Event Planner Box	<p>“Ari” Shabbat; Celebrating the life of Rabbi Isaac Luria ~ The ARI; *Learner’s Services at 10:15 a.m.; *Kiddush & Lunch</p>	<p>Pizza Night: Dine In 5:00-7:00 p.m. OR Place Carry Out orders by 10:00 a.m. this morning.</p>	<p>Erev Tisha B’Av. The fast begins at 8:25 p.m.</p>	<p>Tisha B’Av ~ The Fast of Av. The fast ends at 9:06 p.m.</p>	<p>Weekly Lunch & Learn, with Rabbi Smason at 12:15pm</p>	<p>ORDER CASH CARDS!</p>	<p>* Erev Shabbos</p>	<p>Lunch sponsored in honor of Sandy Kahn by her husband, and in honor of Esther Levine by her niece and nephew.</p>

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><u>Weekly at NHBZ</u></p> <p style="text-align: center;"><u>SHABBOS</u></p> <ul style="list-style-type: none"> - Child Care (10:00 am – Noon) kids 3 & under in the Children’s Room - Youth Programming (10:15 am – 11:00 am) children 4-8, in the Youth Lounge. - Learners Service (10:15 am) led by Rabbi Ze’ev Smason in the Chapel - Shabbos Tanach (Bible) Study Group (45 minutes before Mincha) <p style="text-align: center;"><u>SUNDAY</u></p> <ul style="list-style-type: none"> - Mishna Learning (after Shachris) with Rabbi Chanan Swidler of Aish - RAP with the RABBI Teen Group (10:15 am) with Rabbi Smason @Starbucks Olive & Price - Mystical Moments with Rabbi Max Weiman (between Mincha & Maariv.) - Tanya (8:00 pm) with Rabbi Shaya Mintz of the St. Louis Kollel <p style="text-align: center;"><u>WEDNESDAY</u></p> <ul style="list-style-type: none"> - Rabbi Smason’s Lunch & Learn (12:15 pm – 1:00 pm) now studying Pirkei Avos 	<p style="text-align: center;"><u>THURSDAY</u></p> <ul style="list-style-type: none"> - Women’s Tefila Class (2nd & 4th Thursdays, 7:00 pm) with Rabbi Smason at the home of Norma Rubin <p style="text-align: center;"><u>Monthly at NHBZ</u></p> <ul style="list-style-type: none"> - Irvin Alper Social Club (First Sunday) - Women’s Home Study Group (First Tuesday, 2:30 pm) with Rabbi Shaya Mintz, of the St. Louis Kollel at home of Jackie Berkin - Morris Lenga Yiddish Club (First Thursday, 7:30 pm) - Dine-In Pizza Night (Last Sunday 5:00 pm – 7:00 pm) Carry-Out Pizzas also available. Pick up time 4:30 pm. Place orders: 314-991-2100, ext. 2. - Sisterhood (Third Tuesday) (Sisterhood will meet on the 4th Tuesday in July.) <p style="text-align: center;"><u>NHBZ Signature Events</u></p> <ul style="list-style-type: none"> - Synaplex Shabbos - Shabbos Lunch & Learn - I-Chat
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COMING EVENTS

- **Ari Shabbat ~ July 13.** This morning, July 13, regular services at 9:00 a.m., children's programming at 10:00 a.m., Learners' Services at 10:15 a.m. led by **Rabbi Smason**. All followed by a Lunch & Learn in honor of July birthdays and wedding anniversaries.
- **All You Can Eat Pizza Buffet and Carry Out Night ~ Tomorrow** – Sunday, July 14, 5:00-7:00 p.m. **An extra Pizza Night During the Nine Days!** Place your carry out orders by 10:00 a.m. tomorrow - Sunday morning, July 14; pick up carry out pizzas 4:30 – 4:45 p.m. Our regular "Last Sunday" pizza night on Sunday, July 28, has turned into an **UN**-pizza Night . . . A fleishig meal . . . Details TBA!!!
- **Erev Tisha B'Av – Monday, July 15; Tisha B'Av – Tuesday, July 16.** The Holocaust Museum and Learning Center will screen a special film, on Tuesday, July 16, 2:00 p.m. in the HMLC theatre, J.Fed Kopolow Building. "*Nicholas Winton, The Power of Good,*" a documentary in English, tells the inspiring story of how one person's actions can make a difference. In 1938, while on a pleasure trip to Prague, 28 year old Nicholas Winton saw Czech refugee children. Realizing they were in peril, he organized a rescue operation that saved over 650 children, before the outbreak of WWII. At his own wish, his heroism went unrecognized for over 50 years. In 2003, Mr. Winton was knighted by Queen Elizabeth II, and in 2008 he was commended by the U.S. House of Representatives. **Rabbi Ze'ev Smason** will lead a discussion following the screening. This program is free and open to the public. For details please call 442-3714 or email dreich@jfedstl.org.
- **Kiddush & Lunch ~ July 20.** Sponsored by **Kurt Kahn** in honor of the birthday of his wife **Sandy Kahn**, and by **Frances Feder and Arnold Kreitman** in honor of the 90th birthday of their aunt **Esther Levine**.
- **Bi-Monthly Women's Tefila Class.** Led by **Rabbi Ze'ev Smason**, the class will now meet on the 2nd and 4th **Thursdays** of the month, 7:00 p.m., at the home of **Norma Rubin**. Next class: Thursday, July 25. 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.
- **Synaplex & Lunch ~ Shabbos, August 17**
- **Lunch Sponsored by David & Norma Rubin ~ Shabbos, August 24 ~** in honor of their Wedding Anniversary and David's Birthday

Meetings

- **Next Sisterhood Luncheon** ~ Tuesday, July 23 (the 4th Tuesday of the month.) (The 3rd Tuesday is Tisha B'Av.)
- **Executive Committee Meeting** ~ Tuesday, July 30, 7:30 p.m. *The new schedule for Board & Exec meetings will be the 1st and 3rd Tuesdays of the month, and will allow us to avoid conflicts with meetings of the City of Olivette that occur on the 2nd and 4th Tuesday each month. (July 16, the 3rd Tuesday, is Tisha B'Av; July 23 is the 4th Tuesday.)
- **The Irvin Alper Social Club** ~ Sunday, August 4. Play cards, watch a movie, or shmooze; Dinner at 5:00 pm.
- **Board of Directors** ~ Tuesday, August 6. (First Tuesday)
- **Sisterhood Luncheon** ~ Tuesday, August 20.

Reminders

- **Buy and Use Cash Cards** – call the office ASAP to order your cards and **earn free money** for NHBZ!
- **Schnucks E-Scrip Card** - Use your Schnucks Card *every time you shop*, and make it count!!!
- **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.

- **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 synagogue for an Aliyah or other synagogue honors received.
- **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 yahrtzeits of your dear family members.
- **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 English--if Hebrew names are unavailable. Your contributions are greatly appreciated.
- **Memorial Plaques** ~ All memorial plaques from our former location are lovingly mounted in our new building. Remember your loved ones with a plaque; prices range from \$150 to \$275. Call the office for details.
- **Mishna Study** ~ Learning Mishnayos in memory of a loved one or for a Refuah Shelayma for a person who is ill is an age-old Jewish Tradition. The word Mishna (learning) is closely related to the word Neshama (soul), and we believe that learning Mishnayos in someone's name acts as a Spiritual Elevation for that person or that person's soul. Our NHBZ Mishnayos Shiur learns every Sunday following morning minyan, carrying on this tradition by dedicating the Mishnayos to our loved ones. You may dedicate Mishnayos for 1 year: \$250; 6 months: \$150; 3 months: \$96; 1 month, \$50. *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.*

Simchas, NEWS & FEATURES

- **MAZEL TOV ON SIMCHAS** July 13-19. **Happy Birthday to Kurt Kahn, Esther Kalina, Esther Levine, Ron Makovsky, Irena Scheer, Naomi Shanker, Saul Sudin, and Anna Rose Tandler! Happy Anniversary to Linda & Dan Fleshman!** 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.
- **Mashgiach/Kitchen-Helper Classes ~ Rabbi Smason** will be offering classes for those interested in being a mashgiach and for kitchen helpers in the NHBZ kitchens, and for NHBZ food events. If you are Shomer Shabbos and interested in assisting the shul as a mashgiach, please contact Rabbi Smason directly. Also, anyone who has helped or would like to help in the kitchens on Shabbos, Pizza Nights, etc., is also welcome to attend and learn more about our kitchens and the many details of keeping kosher. Class 2 of the second round of classes is scheduled for Monday, July 22, at 5:30 p.m., then, at 6:30 p.m. on July 22, we will combine the June & July classes for a kitchen walk-through for the entire group. To sign up for the Mashgiach/Kitchen-Helper Classes ~ please call Rabbi Smason.
- **Special Gifts Campaign ~ It's Never Too Late!!!** Your Special Gifts support the many programs you have come to expect and enjoy, including learning, children's programming, and so much more. You have the choice of donating your pledge in full or installments, whichever is most comfortable for you. Thanks to all of you who have sent or pledged your Special Gifts! *If you haven't made a pledge yet, it's never too late! Your shul needs your help. Please give generously!!!*
- **Tomchei Shabbos Needs Your Help this Summer!!** Families need extra assistance with non-perishable food. Please pick up a bag available at NHBZ in the office, and fill it with your choices of non-perishable food items. Money donations are always welcome! For more details, or to arrange a pick up at your home, please call **Sally Needle** at 991-2575.
- **JSU News ~ JSU is only \$2001 dollars away from earning the Staenberg Challenge Grant of \$60,000. (\$30,000 will go to the Meira Bresler Riemer Scholarship Fund and \$30,000 towards JSU programming and scholarships).** We are looking for that special person or persons who will put us over the top and get the s'char as the one who completes the mitzvah. A special kiddush will be

made in the said donor(s) honor. To help JSU achieve this milestone, please contact Harvey Iken 314-368-9464 or Rabbi Mike 314-498-6279.

- **Rare Yiddish film to Screen at HMLC** ~ The next film in the Sandra and Mendel Rosenberg Sunday Afternoon Film Series will be *Unzere Kinder (Our Children)*, screening at 1 pm on July 28, 2013, in the Holocaust Museum's theater in the Jewish Federation Kopolow Building, 12 Millstone Campus Drive. This unusual film features Polish comedy duo Dzigen and Szumacher performing Shalom Aleichem stories to entertain Jewish children in an orphanage in post-war Lodz. The orphans attempt to communicate to their adult visitors the reality of what they actually experienced during the war years. Produced in 1948, the semi-documentary was one of two Yiddish films made in Poland after the World War II. *Introductory remarks and a post-screening discussion will be facilitated by Holocaust Survivor Felicia Wertz.* As a child, Wertz was one of the children included in the film. *Unzere Kinder* was never shown in Poland and had to be smuggled out of the country via the Turkish diplomatic pouch into France. *Unzere Kinder* has a running time of 68 minutes; it is in Yiddish with English subtitles. Films in this Sunday series are free and open to the public. For further information, call 314-442-3714 or email dreich@jfedstl.org.
- **Looking for a Home!!!** A family, with three children, is moving from Israel to St. Louis in October and are looking to rent within walking distance of a shul. If anyone knows of a rental for a family of 5 in Olivette or U. City, please contact Mindy Woolf via email: mwoolf2002@gmail.com.

Beyond Twelve Gates

Parshas Devarim

July 12, 2013

Welcome to Beyond Twelve Gates

"Send the police! There's no pickle on my hamburger!" In April a man from Springfield, MO., called 911 to complain about a sandwich he purchased at a chain restaurant. Bizarrely, he wasn't the first to call 911 to report a disappointing run-in with a hoagie. In 2012, a Connecticut man called 911 to complain about a sandwich. The dispatcher's sage advice: "Don't buy the sandwich." A Florida woman called her local 911 service six times one morning in mid-October to thank the sheriff for giving her his bologna sandwich. The woman was charged with six felony counts of misusing 911, and accused of being , , , full of baloney.

Common sense dictates that the police have more important things to do than deal with a bad burger. These days, however, common sense isn't very common. Where can we find wisdom and understanding? Follow the advice of King David, who said (Psalm 19): "The Torah of G-d is perfect, restoring the soul. The testimony of God is faithful, making the simpletons wise."

Parshas Devarim Deuteronomy 1:1 - 3:11

This week we begin the fifth and final book of the Torah, Deuteronomy. This book is also called Mishna Torah, "Repetition of the Torah" - thus the Greek title 'Deuteronomy.' Its contents were spoken by Moses to the Jewish people during the final five weeks of his life as the people prepared to cross the Jordan River into the land of Israel. A central theme of Deuteronomy is Moses' review of the mitzvos, and his emphasis on the change of lifestyle the Jewish people were to undergo. The transition was to be made from a supernatural existence in the desert to a natural life to be experienced in the Land of Israel.

The portion begins with Moses' veiled rebuke in which he makes reference to the many sins and rebellions of the past forty years. Moses spends significant time discussing the failed mission of the spies; ten of the twelve men sent to scout out the land returned with a bad report, resulting in the entire nation wandering in the desert for forty years. Moses later discusses the Children of Israel's conquest on the eastern bank of the Jordan River. This Torah portion concludes with words of encouragement for Moses' successor, Joshua.

Rabbinic Ruminations

We all know the story of Superman. When the Man of Steel was an infant, he escaped Krypton's red sun in a

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rocket lovingly prepared for him by his parents. First known as Kal-El, our hero arrived under our yellow sun in Smallville to eventually become Clark Kent. Since his debut in 1938, kids big and small have been captivated by Superman's super abilities such as super-strength ("...more powerful than a locomotive ..."). The explanation for Superman's powers is that because he was from a red sun planet (Krypton), somehow the yellow sun of the Earth unleashed some inner super power mechanism that gave Superman all his ...super-ness. Escapist fun? Sure. But is there anything in the real world that suggests something inside the human body could be unleashed -- like removing the shackles from Hercules -- and allow for dramatically increased strength?

Our bodies contain a protein with the superhero-sounding name of myostatin. It basically works to keep the size and number of your muscle cells -- and thus your overall strength -- within a certain range. Since myostatin negatively regulates muscle cell growth, its removal allows muscle cells to get larger and increase in number. Cattle that have a myostatin gene deletion look unusually and excessively muscular. In 2004, a child identified with this gene mutation was seen to have developed normally but with greatly enhanced strength. At the age of 4 this child could hold two 6.5 lb. dumbbells with arms straight out to the sides. In 2009 research scientists inserted the human gene for follistatin (which works to block the action of myostatin) into knee muscles of macaque monkeys. You'll get a kick (pun intended) out of the results: The monkey knee muscles grew about 25% larger and stronger than normal. Using comic book reasoning and logic, perhaps the radiation from our yellow sun activated some biological mechanism that eventually led to increased follistatin in all the muscles in Clark Kent's body. Voila. Super-strength.

Strength can take many forms. Proverbs 16:32 says, "He who is slow to anger is better than a strong man, and master of his passions is better than a conqueror of a city." Anger can be expressed in many ways; a heated argument, blowing a fuse, or simply fuming with aggravation. In the words of Will Rogers, "People who fly into a rage always make a bad landing." You, too, can acquire the strength of Superman. "Who is strong? He who conquers his evil inclination." (Ethics of the Fathers 4:1)

Quote of the Week

In 1938, J.R.R. Tolkien was preparing to release *The Hobbit* in Germany. The publishers first wanted to know if he was of Aryan descent. This was his response:

If I am to understand that you are enquiring whether I am of Jewish origin, I can only reply that I regret that I appear to have no ancestors of that gifted people.

Joke of the Week

Monday night (July 15) begins *Tisha B'Av*, the Jewish National Day of Mourning. *Tisha B'Av* is a full 24 hour fast, similar in that respect to Yom Kippur. *Tisha B'Av* is the saddest day on the Jewish calendar, commemorating the multiple tragedies that occurred to the Jewish people throughout our long history. Remarkably, the destruction of the first and second Holy Temples took place on *Tisha B'Av* itself. *Tisha B'Av* is preceded by the sad and introspective period known as 'The 9 Days'. During these days we minimize joy and laughter to better focus on the meaning of this period of time. I have a great Joke of the Week to share with you . . . but in deference to the solemnity of the 9 Days and *Tisha B'Av*, I'll save it for next week.

Tisha B'Av ~

Chabad Academy of Jewish Learning

An Afternoon of Film, Study and Personal Reflection on Tisha B'Av. "Triumph of Hope: Personal recollections of faith amidst the horrors of the Holocaust." Lazaroff Chabad Center, 8124 Delmar Blvd., Tuesday, July 16, 3:30-4:45 p.m.

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

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