

NHBZ Shabbos Bulletin

July 20, 2013

Welcome to Nusach Hari B'nai Zion

13 Av 5773

Affiliated with the Union of Orthodox Jewish Congregations of America

Torah Portion – Parshas Va'eschanan Deuteronomy 3:23 – 7:11 Stone Chumash pages 958-979
Shabbos Nachamu

Haftorah: Isaiah 40:1-26 Stone Chumash pages 1196-1197

Thanks to sponsors of our Shabbos Bulletin this week:

Sarah Klein is very happy to welcome Morton A. and Rita Klein, her son and daughter in law, who are visiting her from Philadelphia. Sarah wishes Morton and Rita a safe trip home next week.

ORLI'S STORE: *Fabulous, fashion-forward ladies' and teens' tops, jackets, skirts and more, right in your neighborhood, straight from New York. Great prices. Open this Sunday, July 21, Noon – 5:00 p.m. 725 Old Bonhomme (close to Gannon). Call 314-724-1134 for appointments.*

Erev Shabbos - Friday, July 19

- **Mincha & Ma'ariv** (7:00 pm)
- **Candle Lighting** (8:04 pm)

Shabbos - Saturday, July 20

- **Shachris & Musaf** (9:00 am) - Thank you for leading services:
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Menachem Szus**
 - Leyning: **Max Gornish**
 - Haftorah: **Ron Makovsky**
 - Drasha (Sermon): **Rabbi Ze'ev Smason**
 - Musaf: **David Rubin**
- **Kiddush & Lunch** (After Musaf) ~ Thanks to **Kurt Kahn** for sponsoring lunch today in honor of the birthday of his wife **Sandy Kahn**, and thanks to **Frances Feder and Arnold Kreitman** for sponsoring lunch today in honor of the 90th birthday of their aunt **Esther Levine**. Thanks to **"POP-Stars" Victor & Anna Rose Tandler** for sponsoring the soda today in honor of **Sandy Kahn** and **Esther Levine!!!** Thanks to **Esther Kalina** for sponsoring a special cake today in honor of her birthday and the birthdays of her dear friends **Bertha Berman** and **Esther Levine**. Thanks to **Norma Rubin** for planning and preparing today's luncheon; and thanks to Norma's helpers: **Anna Rose Tandler** and **Boris Yasinev**. **HAPPY BIRTHDAY TO SANDY KAHN & ESTHER LEVINE!!! Mazel Tov to Esther Kalina & Bertha Berman!**
- **Welcome to Nusach Hari B'nai Zion!** Welcome to Sandy Kahn's sons and families: **Brian, Amy, Zackery & Olivia Levey** from Vienna, VA, and **Kevin, Christina, Camila & Mateo Levey** from Washington, D.C., welcome to Sandy's niece and nephew **Judy & Matt Beizer** from Forest Hills, NY, to niece **Ellen Cordes** from Miller Place, NY, and to **Sandy's dear family and friends** from all around St. Louis. Welcome to Esther Levine's niece and nephew **Frances Feder** from Maryland, and **Arnold Kreitman** from St. Louis. **We welcome everyone who has come to celebrate with Sandy and Esther!!!**
- **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)!** Thanks to **Norma Rubin** for the delicious Challa and rolls!!!
- **Mincha, Shalosh Seudos, Ma'ariv** (7:45 pm)
- **Shabbos Concludes** (9:07 pm)



Nusach Hari B'nai Zion
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MINYAN! IT'S GOOD FOR US & GOOD FOR YOU!!!

This Week At a Glance	Shabbos July 20	Sun. July 21	Mon. July 22	Tues. July 23	Wed. July 24	Thurs. July 25	Fri. July 26	Shabbos July 27
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	7:50 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:45 pm
Events – see times in Event Planner Box	Lunch sponsored in honor of Sandy Kahn by her husband, and in honor of Esther Levine by her niece and nephew.	ORDER CASH CARDS!	ORDER YOUR ESROG & LULAV SETS!!	SISTERHOOD LUNCH & BINGO! 12:00 NOON!	Weekly Lunch & Learn, with Rabbi Smason at 12:15pm	Rabbi Smason: Tefillah Class for Women 7:00 pm. This week in the NHBZ Teen Lounge.	* Erev Shabbos	UN-pizza night on Sunday, July 28! Grilled Burgers & Jumbo Franks, Homemade Potato Salad & Cole Slaw!

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 (This week at NHBZ) <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

- **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: *This week at NHBZ in the Teen Lounge* on 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.
- **UN**-pizza Night Coming Up!!!! Our regular "Last Sunday" pizza night on Sunday, July 28, has turned into an **UN**-pizza Night . . . A fleishig meal . . . Juicy 1/3 LB Hamburgers or Sizzling Jumbo Franks with all the Trimmings, Homemade Potato Salad, Homemade Cole Slaw, Dessert and Beverages! Plate prices: Adults: \$10.00; Kids 4-10: \$6.00; Kids 3 & under: FREE.
- **Synaplex & Lunch** ~ Shabbos, August 17
- **Erev Rosh Hashana** ~ Wednesday evening, September 4th.

Meetings

- **Sisterhood Luncheon & Bingo** ~ ~~This coming Tuesday, July 23 (the 4th Tuesday of the month.) (The usual 3rd Tuesday meeting day was Tisha B'Av.)~~ **With respect and love for the Pevnick family, the Sisterhood meeting scheduled for this coming Tuesday has been cancelled.**
- **Executive Committee Meeting** ~ Tuesday, July 30, 7:30 p.m.
- **The Irvin Alper Social Club ~ Sunday, August 4.** Dinner at 5:00 pm., and a Very Special program presented by **Dr. Eliot Katz**, one of our new members along with his wife **Sally** (Mark Ragin's sister!!!). Eliot's long-time hobby is collecting old Victrolas and recordings! He will bring some of his Victrolas, complete with "dog & horn," and records by such noted entertainers as Al Jolson and Fannie Brice, both Jewish artists who made it to the top of their field. Sounds like a great time while taking a stroll down memory lane!!! Come and spend the evening with us!!! Please call **Ruth Alper** for reservations, 314-569-2877.
- **Board of Directors** ~ Tuesday, August 6. (First Tuesday)
- **Sisterhood Luncheon** ~ Tuesday, August 20.
- **Executive Committee** ~ August meeting TBA.

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!* 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 20-26. **Happy Birthday to Larry Freistein, Sandy Kahn and Sylvia Tessler! Happy Anniversary to Moshe & Louise Givon!** 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.
- **WHAT??!! Lulav and Esrog orders, already??!** Yes, it's true! But take it slowly and get used to it!!! Think about it for a couple of weeks. By then the deadline will be about 4 weeks away!!! Prices are the same as last year: \$45, \$55, \$65, and \$80. Our Lulavim and Esrogim will be delivered to our shul the day after Yom Kippur (September 15), tied in their holders. If anyone's Arovos (Willows) go bad, we will be provided with replacements on the Sunday of Chol Hamoed Sukkos (Sept. 22), free of charge. Please mark your calendars for Monday, September 2nd -- the deadline to place your orders; call the office, 314-991-2100, ext. 2.
- **Special Gifts Campaign ~ It's Never Too Late to help your Shul!!!** 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 (Jewish Student Union) ~** 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 p.m. 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 by Rabbi Ze'ev Smason
Parshas Va'eschanan July 20, 2013

Welcome to Beyond Twelve Gates

Catching a foul ball can be one of the greatest joys for baseball fans. I've attended well over 100 major league ballgames in my lifetime -- and remember like yesterday the single foul ball I once snagged. Only a handful of the thousands who spend a day or night at the ballpark find themselves in the right place at the right time to take home a prized souvenir. Greg Van Niel had himself a day for the ages on Sunday at Progressive Field where, as his hometown Cleveland Indians were playing, Greg hauled in an odds-defying four foul balls. The Indians season ticket holder, who had never caught a foul ball at Progressive Field before, said of his big day, "Three of them were catches and one was a ball I picked up off the ground. The third one, I think was the hardest one ... I ended up sprawled across a few rows, and I got some cheese on myself. But the other ones were just a matter of being in the right place at the right time."

Records aren't kept on such things, but have you ever heard of catching four foul balls in one game? By the fourth ball, 'Mazel' Van Niel was so amazed he just tossed the ball away to another fan. An app called Ideal Seat -- which tracks foul ball landing info -- estimates that the odds of catching four foul balls in one game is roughly one trillion to one. One trillion to one! A bit of perspective: In a \$250 million Powerball jackpot last year, the odds of winning were estimated at one in 175 million. It sounds like Greg Van Niel had a lifetime's worth of good mazel on Sunday. Do you think he wished he bought a lottery ticket instead?

Many believe that winning a lottery (or catching a foul ball) represents pure chance or amazing luck, but an understanding-Jew accepts the existence of Divine Providence. To the casual observer the choice of winners and losers seems random, though in reality all that happens in the world is directed and controlled by G-d Himself. Albert Einstein once said, "Coincidence is G-d's way of remaining anonymous." While it is often difficult (if not impossible) to know why things happen, a solidly-founded belief in G-d will lead to the inescapable conclusion that there are no accidents. Everything -- even catching four foul balls -- happens for a reason.

Parshas Va'eschanan Deuteronomy 3:23 - 7:11

Moses continues his final speech to the Children of Israel (the rabbis always talk about the 'Children of Israel' -- where were all the adults?). He tells them how he entreated G-d to allow him to enter the land of Israel, but his request was denied. Moses was allowed, however, to see the Promised Land from the peak of Mount Pisgah.

Moses appeals to the people to keep the Torah and its commandments, telling them to neither add to nor subtract from its mitzvos. They are told to always remember the incredible Revelation they experienced at Mt. Sinai where every man, woman and child heard the presentation of the Ten Commandments. Moses repeats the Ten Commandments, with subtle differences between this version and the one found in the Book of Exodus. Did you ever wonder where the Shema comes from? It is found in this week's Torah portion. The Shema expresses our

belief that G-d is One and states our commitment to love and serve Him. It exhorts us to transmit Torah to the next generation, and its laws should be remembered by a 'sign' upon one's hand and forehead (tefillin) and written on the doorposts of one's home (mezuzah).

Finally, Moses encourages the people to trust in G-d and remain faithful to the Torah. Inter-marriage is prohibited, and the source that Jewish identity is transmitted through the mother is stated.

Rabbinic Ruminations

Bill Gates doodled. Lyndon Johnson doodled. So did Ralph Waldo Emerson. Ronald Reagan drew pictures of cowboys, horses and hearts crossed with arrows. The word doodle first appeared in the early 17th century to mean a fool or simpleton. The meaning "fool, simpleton" is intended in the song title "Yankee Doodle", originally sung by British colonial troops prior to the American Revolutionary War. The modern meaning emerged in the 1930s either from this meaning or from the verb "to dawdle", which has the meaning of wasting time or being lazy. Most of us doodle at one point or another. But why?

A recent experiment suggests doodling may be more than just a pleasant waste of time and paper. Forty participants listened to a mock answer-phone message which was purportedly about an upcoming party. People were asked to listen to the message and write down the names of all the people who could come to the party, while ignoring the people who couldn't come. Though the task was simple -- and boring -- would the participants be able to concentrate long enough to note down the right names? A 'doodle factor' was introduced into the study: Half the participants were told to fill in the little squares and circles on a piece of paper while writing down the names. The rest just listened to the message, only writing down the names.

Looking at the results of this 2009 study, the beneficial effects of doodling are right there. Non-doodlers wrote down an average of seven of the eight target names. But the doodlers wrote down an average of almost all eight names. It wasn't just their attention that was enhanced; participants were later given a surprise memory test, after being specifically told they didn't have to remember anything. Once again doodlers had sharper focus and performed better, in fact almost 30% better.

If you read any personal development advice, you'll rather quickly come across the idea that it's important to focus on positive aspects of life. By concentrating on what we have that is good, we'll automatically start noticing more of the same. The happiest people do not necessarily have the 'best' things. They simply appreciate the things they have. This timeless idea is expressed in our tradition as follows: "Who is wealthy? The one who is happy with his lot." (Pirkei Avos 4:1). Cultivating an 'attitude of gratitude' can transform our lives for the better. Don't doodle...er, dawdle. All it takes is the proper focus.

Quote of the Week

I'm convinced that most men don't know what they believe, rather, they only know what they wish to believe. How many people blame G-d for man's atrocities, but wouldn't dream of imprisoning a mother for her son's crime? —

Criss Jami (American poet)

Joke of the Week

A biologist, a chemist, and a statistician were out hunting. The biologist shot at a deer and missed by 5 feet to the left. The chemist then took a shot and missed 5 feet to the right. Suddenly, the statistician yelled, "We got 'em!"

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.