

NHBZ Shabbos Bulletin

July 27, 2013

Welcome to Nusach Hari B'nai Zion

20 Av 5773

Affiliated with the Union of Orthodox Jewish Congregations of America

Torah Portion: Parshas Ekev: Deuteronomy 7:12 – 11:25
Haftorah: Isaiah 49:14 – 51:3

Stone Chumash pages 980-997
Stone Chumash pages 1197-1199

Erev Shabbos - Friday, July 26

- Mincha & Ma'ariv (7:00 pm)
- Candle Lighting (7:59 pm)

Shabbos - Saturday, July 27

- **Shachris & Musaf** (9:00 am) - Thank you for leading services:
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Dr. Ethan Schuman**
 - Leyning: **Akiva Anton**
 - Haftorah: **Fabian Attoun**
 - Drasha (Sermon): **Rabbi Ze'ev Smason**
 - Musaf: **Dr. Ethan Schuman**
- **Kiddush** ~ (After Musaf)
- **Mincha, Shalosh Seudos, Ma'ariv** (7:35 pm)
- **Shabbos Concludes** (9:01 pm)



COMING EVENTS

- **UN**-pizza Night Tomorrow Evening!!!! 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, Brownies/Cake and Beverages! Plate prices: Adults: \$10.00; Kids 4-10: \$6.00; Kids 3 & under: FREE. Extras available.

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

<i>This Week At a Glance</i>	Shabbos July 27	Sun. July 28	Mon. July 29	Tues. July 30	Wed. July 31	Thurs. Aug. 1	Fri. Aug. 2	Shabbos Aug. 3
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	7:35 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:30 pm
<i>Events – see times in Event Planner Box</i>	<i>Good Shabbos to Everyone!</i>	UN-pizza night!!! Grilled Burgers & Jumbo Franks, Homemade Potato Salad & Cole Slaw!	ORDER YOUR ESROG & LULAV SETS!!	Exec Comm. Meeting 7:30 pm after Minyan	Weekly Lunch & Learn, with Rabbi Smason at 12:15pm	ORDER CASH CARDS!	* Erev Shabbos	Irvin Alper Social Club Tomorrow Evening, Aug. 4

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.

Weekly at NHBZ

SHABBOS

- 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)

SUNDAY

- Mishna Learning (after Shachris) with Rabbi Chanan Swidler of Aish
- Mystical Moments with Rabbi Max Weiman (between Mincha & Maariv.)
- Tanya (8:00 pm) with Rabbi Shaya Mintz of the St. Louis Kollel

WEDNESDAY

- Rabbi Smason's Lunch & Learn (12:15 pm – 1:00 pm) now studying Pirkei Avos

THURSDAY

- Women's Tefila Class (2nd & 4th Thursdays, 7:00 pm) with Rabbi Smason at the home of Norma Rubin

Monthly at NHBZ

- 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)

NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn
- I-Chat

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: Thursday, August 8. 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 Learners' Service at 10:00 a.m., Synaplex break-out classes at 11:00 a.m.: "*Ten Tools to Approach the High Holidays*" led by **Rabbi Ze'ev Smason**; "*Classical Insights into the High Holidays*" led by **Rabbi Eli Shapiro**, of the St. Louis Kollel; "*Israel Update: Is a Two State Solution Still Viable?*" led by **Jay Umansky**, President-St. Louis Region, American Jewish Congress; Plus *Youth Programming*: For kids 4 and over; and *Tot Shabbat*. Lunch at 12:00 noon, following Synaplex Sessions, in honor of August Birthdays and Wedding Anniversaries.
- **Erev Rosh Hashana** ~ Wednesday evening, September 4th.

Meetings

- **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 27 – August 2. **Happy Birthday to Larry Abrams and Bertha Berman!** **Happy Anniversary to ~ None This Week!** 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.
- **BECOME ENERGIZED!!! Sponsor Your Own Solar Panel!!!** Lock in the 2014 price of just \$216 for a full year. Introductory Offer ~~ For the remainder of 2013, your cost will be pro-rated to only \$108 through the end of December. 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 wording!
- **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. The next classes, dates to be announced, will be on inspecting and washing fresh fruits and vegetables

- **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!!** 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! **AND, Please Save This Date ---** Our annual event will be held **Sunday, Oct. 13th!!** New project kickoff will be announced! Details will follow! 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. tomorrow -- 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 Ekev July 26, 2013*

Welcome to Beyond Twelve Gates

When actress Samantha Futerman logged on to Facebook in February she got a message that would change her life forever. "So...I don't want to be too Lindsay Lohan, well...but...how to put it... I was wondering where you were born?" The writer was Anais Bordier, a French woman studying in London. And that "Lindsay Lohan" mention? A reference to the remake of the film "Parent Trap," in which twins separated at birth discover each other for the first time. The women, both 25 years old, confirmed that they were born on Nov. 19, 1987 in the same town in South Korea. Both had been adopted -- Futerman by a family in Verona, N.J., and Bordier by parents in Paris, France.

Last December, Bordier and her friends stumbled across Futerman acting in a You Tube clip and marveled at the facial similarities between the two. A couple of months later, Bordier saw her again in a trailer for a film. That's when Bordier decided to reach out. "We both share a twisted sense of humor, a love of cheese despite any & all lactose intolerance....and an apparent napoleon complex to name a few," writes Futerman. Both women also tend to "artistically sleep 10 hours a day & eat the rest of it," adds Bordier. "Our incredible twist of fate can lift one to rejoice that anything is possible, and the biggest boundaries in life are the ones we set for ourselves. There are so many possibilities and so many crazy things that happen in a lifetime, and it is a gift to embrace them all." Futerman said. The newly-discovered identical twins are collaborating on a book about their improbable discovery, scheduled to come out in the fall of 2014.

The term "twist of fate" refers to a random occurrence with far-reaching consequences. But are there such things as random occurrences? While few of us have unexpectedly met a long-lost sibling, our lives are filled with frequent 'small miracles'. In our daily prayers we thank G-d for "Your miracles, which are with us daily, and for Your continual wonders and kindnesses." Because we become accustomed to life and nature, we rarely see the levers and pulleys of the small and hidden miracles that surround us. In *Hamlet* Shakespeare wrote, "There's a divinity that shapes our ends, Rough-hew them how we will." G-d is certainly with us and speaks with us. We need only to open our eyes and see.

Parshas Ekev -- Deuteronomy 7:12 - 11:25

Moses continues to encourage the Children of Israel to trust in G-d and in the prosperity and health, which will follow if they keep the Torah. If they are careful to observe even those 'minor' mitzvos that are usually 'trampled' underfoot, he promises that they will be the most blessed of the nations of the Earth. Moses reminds them of their numerous transgressions in the desert, including the mystifying sin of the Golden Calf. Moses describes the bountiful Land of Israel filled with wheat, barley, grapes, figs and pomegranates, a land of oil-yielding olives and date-honey. He teaches the people the second paragraph of the Shema, which stresses the fundamental doctrine of reward for keeping the mitzvos and the consequences of non-compliance. All that G-d requires of us, Moses says, is to love G-d, revere Him, and to observe His Torah. Easier said than done! Parshas Ekev concludes with the promise that G-d will provide the Jewish people with protection if they observe the laws of the Torah.

Many are familiar with the famous phrase (found in this week's portion), "Man does not live by bread alone." The less-familiar second half of the verse says, "..... but by all that comes from the mouth of G-d." This important idea teaches that physical nourishment and external pleasures aren't sufficient for a satisfied life. Every human being has spiritual needs that must also be met.

Rabbinic Ruminations

Singing in groups is one of the universal features of human musical cultures, and group singing has been often suggested as the primary form of the early human musical activity. In the United States alone, more than 23 million adults sing in groups every week. Organized, regularly scheduled sing-along sessions are held in some cities, notably Seattle, where most of them are known as "song circles". Many of these are organized by formal societies like the Seattle Folklore Society. Given the direct link between music and mood, there exists an entire branch of psychology devoted to music, appropriately called 'music therapy.' Modern music therapy developed as a way to help wounded World War II veterans cope with their pain. Music as a therapeutic activity has been around thousands of years; in his investigation of the therapeutic value of harmonics, the Greek philosopher Pythagoras discovered that the seven modes--or keys--of the Greek system of music had the power to incite or sooth the various emotions.

In the Journal of Correctional Education (2009), researcher Mary L. Cohen reported on the positive influences of performing in a prison choir. An experiment compared well-being measurements between a group of prison inmates singing in a choir and prison inmates not singing in a choir. Results showed significant differences between experimental and control groups on four subscales: emotional stability, sociability, happiness, and joviality. One need not be in a prison choir to appreciate the joys of group singing, as the chorus experience can

be positive for just about anybody. Studies confirm the benefits of group singing across a wide spectrum of positivity: better mood, influx of endorphins, increased feelings of communal value. Research illustrates not just the power of music, but also the power of participation and active involvement.

Judaism emphasizes the trait of joyfulness. We are enjoined to serve G-d through joy – “*lvdu et Hashem b’simchah*”. It is natural to include singing and music in the context of our prayers in synagogue and at your *Shabbos* table. Learn the basic songs and prayers of the Shabbat services, so you can join and sing along with ease many of the popular tunes. Maria van Trapp said, “Music acts like a magic key, to which the most tightly closed heart opens.” There’s no excuse, then -- sing along!

Quote of the Week

Give me a stock clerk who wants to work and I will give you a person who will make history. Give me a person who does not want to work, and I will give you a stock clerk. -- *J.C. Penny*

Joke of the Week

A man approached old Mr. Katz in a town he was visiting. "What's the quickest way to New York?"

Mr. Katz scratched his head.

"Are you walking or driving?" he asked the stranger.

"I'm driving."

"That's the quickest way!"

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** who is 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!!!

\$7.00 per person

Please call **Ruth Alper** for reservations, 314-569-2877, by Thursday, August 1st.

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.