

NHBZ Shabbos & Shavuos Bulletin

May 11, 2013

Welcome to Nusach Hari B'nai Zion

2 Sivan 5773

Shavuos, May 15 & 16, 2013

6 & 7 Sivan 5773

Affiliated with the Union of Orthodox Jewish Congregations of America

Torah Portion – Parshas Bamidbar:
Haftorah:

Numbers 1:1 – 4:20
Hosea 2:1-22

Stone Chumash pages 726-747
Stone Chumash pages 1180-1181

Erev Shabbos - Friday, May 10

- **Mincha & Ma'ariv** (7:00 pm)
- **Candle Lighting** (7:43 pm)

Shabbos - Saturday, May 11

- **Shachris & Musaf** (9:00 am) - Thank you for leading services:
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Howard Sandler**
 - Leyning: **Dr. Larry Gornish**
 - Haftorah: **Alan Haber**
 - Sermon: **No Sermon Today**
 - Musaf: **David Rubin**
- **Shabbos Lunch & Learn** ~ (Following Musaf) Thanks to everyone celebrating May Birthdays & Wedding Anniversaries for sponsoring lunch today. **Rabbi Smason** will speak on the topic: *"G-d Didn't Say That! Five Famous Bible Mistranslations."*
- **Mincha, Shalosh Seudos, Ma'ariv** (7:25 pm)
- **Shabbos Concludes** (8:47 pm).



Shavuos ~

Erev Shavuos Candle Lighting – Tuesday Night, May 14 ~ (7:48 pm)

1st Day Shavuos – Wednesday, May 15

- **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: **Max Gornish**
 - Sermon: **Rabbi Ze'ev Smason**
 - Musaf: **Dr. Ethan Schuman**
 - Haftorah: **David Rubin**

Torah Portion: Exodus 19:1 – 20:23:

Siddur pages 520-522 or Chumash pages 400-415

Maftir: Numbers 28:26 – 28:31

Siddur page 522 or Chumash pages 892-893

Haftorah: Ezekiel 1:1 – 1:28; 3:12

Siddur pages 522-523 or Chumash pages 1228-1229

- **Kiddush** ~ (Following Musaf)
- **Mincha & Ma'ariv** (7:40 pm)
- **Yom Tov Candle Lighting** (8:51 pm)

2nd Day Shavuos, Thurs., May 16 ~

- **Shachris & Musaf** (9:00 am) - Thank you for leading services:
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Rabbi Ze'ev Smason**
 - Leyning: **Max Gornish**
 - Haftorah: **Kenny Bressler**
 - Sermon: **Rabbi Ze'ev Smason**
 - Musaf: **David Rubin**

Torah Portion: Deuteronomy 15:19 – 16:17

Siddur pages 525-526 or Chumash pages 1018-1023

Maftir: Numbers 28:26 – 28:31

Siddur pages 522 or Chumash pages 892-893

Haftorah: Habakkuk 2:20 – 3:19

Siddur pages 526-527 or Chumash pp 1229-1231

- **Yizkor** ~ (Approx. 10:30 am)
- **Kiddush** ~ (Following Musaf)
- **Mincha & Ma'ariv** (7:40 pm)
- **Yom Tov Concludes** (8:51 pm)

Nusach Hari B'nai Zion
650 N. Price Road
Saint Louis, MO 63132

Ze'ev Smason, Rabbi
Aaron Borow, Rabbi Emeritus
Janet Haber, President
Dr. Ethan Schuman, Chazan

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Webpage: www.nhbz.org

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

This Week At a Glance	Shabbos May 11	Sun. May 12	Mon. May 13	Tues. May 14	Wed. May 15	Thurs. May 16	Fri. May 17	Shabbos May 18
Shachris	9:00 am	8:00 am	7:00 am	7:00 am	9:00 am	7:00 am	7:00 am	9:00 am
Mincha/Ma'ariv	7:25 pm	7:00 pm	7:00 pm	7:40 pm	7:40 pm	7:40 pm	7:00 pm	7:35 pm
Events – see times in Event Planner Box	Parshas Bamidbar; Lunch & Learn in honor of May Birthdays & Anniv.	Mother's Day – Remember Mom!	BUY CASH CARDS!	Erev Shavuos; Shavuos Dinner; Early- Bird Learn.	1 st Day of Shavuos	2 nd Day of Shavuos; Yizkor Recited	Erev Shabbos	Kiddush & Lunch in honor or June Cohen's Birthday & Children

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
- 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

MONDAY

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

WEDNESDAY

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

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
- Shabbos Parsha Class (3rd Tuesday, 12:30-1:30 pm) with Rabbi Smason, for men & women, at the offices of David Rubin
- Morris Lenga Yiddish Club (First Thursday, 7:30 pm)
- Dine-In Pizza Night (Last Sunday 5:00 pm – 7:00 pm)
- Carry-Out Pizza Night (Wednesday mid-month; will resume ASAP!)
- Sisterhood (Third Tuesday)
- Women's Guide to Time (As scheduled) with Rebbitzen Chani Smason

NHBZ Signature Events

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

Special Gifts Campaign ~ Our 2013 Special Gifts Campaign is underway!! A "Special Gift" is a contribution apart from Membership Dues, donations for Yahrzeits, Aliyos, Mi Shebarachs, or other "regular" categories. You have received a letter that explains all the details. Your Special Gifts support our many programs you have come to expect and enjoy, including learning, children's programming, and so much more. Everyone who gives a Special Gift will be invited to our "Special Gifts Appreciation Event" on June 23rd. Thanks to so many of you who have already sent your generous Special Gifts!!! We ask everyone to please give generously as well.

COMING EVENTS

- **Kiddush & Lunch** ~ Next Shabbos, May 18, Kiddush & Lunch will be sponsored by **June Cohen** in honor of her birthday and her children and grandchildren.
- **Monument Dedication** ~ Monument Dedication for **Esther Ringermacher**, ש"ס will be held on Sunday, May 19, 12:30 p.m. at Beth HaMedrosh HaGadol Cemetery on Ladue Road.
- **Dedication Ceremony** ~ Please join us as we dedicate the **Kaiser Terrace** on Sunday, May 19, at 1:30 p.m. This special dedication will take place with all the honorees present at Nusach Hari B'nai Zion. The Terrace is being donated in honor of parents **Lionel & Eleanor Kaiser, Carolyn Koppel, and Martin & Sylvia Mintzer** by **Bob, Joni, Hannah & Rebecca Kaiser**. All the honorees will be in St. Louis to celebrate Rebecca Kaiser's graduation from Ladue High School. Additional dedications will be held during a Dedication Shabbos on June 22nd.
- **Bi-Monthly Women's Tefila Class**. Led by Rabbi Ze'ev Smason, the class will meet on the 2nd and 4th Mondays of the month, 7:00 p.m., at the home of Norma Rubin. Next class: Monday, May 20. 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!
- **Please join us for a class series with Rabbi Smason**, for men & women, at The Law Offices of David A. Rubin, L.L.C. – NEAR THE "J" – 10880 Baur Blvd., 63132. **Now meeting on the 4th Tuesday** of the month, 12:30 to 1:30 p.m. **Next class: May 28: Be'ha'aloscha: The Priestly Blessings.** June 18: Balak: Bilaam; a Non-Jewish Prophet?
- **Kiddush & Lunch** ~ Shabbos, May 25, will be sponsored by **Victor & Anna Rose Tendler** in honor of their 35th Wedding Anniversary, and in honor of Hershel, their son, on his graduation from McKendree University in Lebanon, Illinois, with a degree in Physical Education.
- **All You Can Eat Pizza Buffet and Carry Out Night** ~ Sunday, May 26.
- **Shabbos, June 1** ~ Graduation Shabbos sponsored by parents and grandparents (**Please call the office with your graduates!!!**), AND a celebration of the 90th birthday of **Ted Pevnick** by his wife **Rachael**.

Meetings

- **Sisterhood Mother's Day Celebration!!! Lunch & Bingo** ~ Tuesday, May 21st. FREE to Sisterhood members; \$6.50 for Guests. Everyone is welcome ~ Men & Women of all ages!!! RSVP to Rachael Pevnick, 314-395-6017.
- **Board of Directors Meeting** ~ Tuesday, May 21. (Our regular 2nd Tuesday is Erev Shavuot.)
- **Executive Committee Meeting** ~ Tuesday, May 28.

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 a Shul tribute, call Gloria Waxman at 314-872-3296
 - For a Sisterhood tribute, call Phyllis Silverman at 314-434-2482
 - For Libby Needle Fund, call Sally Needle at 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** May 11-17. **Happy Birthday to Don Eisenberg, Ted Pevnick, Nava Scheer, Dana Szus Sutton, and Hershel Tendler! No Anniversaries 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.
- **Help Nathan Brook with his Mitzvah Project!!!** **Nathan Brook** is becoming a Bar Mitzvah next month, and is asking for your help for his Mitzvah Project. He is collecting old towels to donate to *Stray Rescue of St. Louis*. Nathan and his family adopted their dog GiGi last September from Stray Rescue. Through the end of May, please bring your old towels to our NHBZ Lower Level and place them in the plastic tub marked *Stray Rescue* just outside the office. *Nathan thanks you for helping him toward the success of his project!*
- **Tomchei Shabbos~** The food drive continues! Please pick up a bag to fill with non-perishable food items available at NHBZ in the office or chapel. Money donations are always welcome! For more details, or to arrange a pick up at your home, please call **Sally Needle** at 991-2575.

Shavuos Dinner is being planned and prepared by **Norma Rubin**. **Norma's helpers: Fran Alper, Bertha Berman, Fran Hoffman, Sandy Kahn, Phyllis Silverman, Anna Rose Tendler, and Boris Yasinev.** **Norma's wonderful 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 keep the cost of the dinner for everyone to \$10.00 for Adults, \$5.00 for Kids Ages 4-10, and FREE for Kids 3 & under. Reservations are a must – call 314-991-2100, ext. 5. Thanks to these sponsors (so far): **Bob & Sandie Abrams, Lenny & Fran Alper, Fabian & Francine Attoun, Andy & Ellen Berg, Sam & Shirley Bluestein, Kenny Bressler, Alan & Janet Haber, Kurt & Sandy Kahn, Bob & Joni Kaiser, David & Fran Reisler, David & Norma Rubin, Leslie & Mimi Sabol, Sid & Phyllis Silverman, Gary & Trudy Sudin, and Mayer Taller.****

Please call if you would like to help Norma prepare the Shavuos Dinner and join us to become a sponsor. Nusach Hari B'nai Zion will benefit greatly from your generosity! Thanks everyone!!!

Welcome to Beyond Twelve Gates

Kerry Drake's mother was dying. Then, on a morning this past January his brother called him to say her time had come. So he booked the earliest flight possible from his home in San Francisco to Lubbock, Texas via Houston. When Kerry got on the plane and became aware that his flight was delayed leaving San Francisco, he became visibly distraught. The delay risked his chances of making his connecting flight to Lubbock that was scheduled to leave 40 minutes after he landed in Texas. "I knew this itinerary was a risk because the stopover in Houston was (brief), and my connecting flight was the last flight to Lubbock that day," he said. "I knew that everything had to go right for me to make it home to say goodbye to my mom."

A flight attendant on his United Airlines flight tried to comfort him. "She said she would do everything she could and brought extra napkins for my tears," Kerry said. Another flight attendant asked Kerry for his flight number and relayed it to the captain. By the time Kerry's plane landed in Houston, his connecting flight had left the gate. At least that's what he thought. "As I was running up to the gate, the agent saw me coming and shouted, 'Mr. Drake? We've been expecting you'," he said. "She waved me onto the plane without looking at my boarding pass." United had held the aircraft for him. The grateful son said, "Had I missed my flight to Lubbock, I would not have been able to tell my mom goodbye. When she died, I realized I was wiping away my tears with the extra United napkins." Kerry Drake was able to join his father at his mother's bedside to witness her last hours.

The kindness shown to Kerry Drake was beyond the call of duty. The word *chasid* comes from the root *chesed*, which means giving and kindness beyond that which is required. This is in contrast to the word *tzadik*, from the root *tzedek*, which means "right." A *tzadik* does strictly and conscientiously what is required. A *chasid* goes "beyond the call of duty" doing MORE than is required. One who acts with exceptional kindness shows their love and appreciation for the mitzvah of kindness.

Parshas Bamidbar Numbers 1:1 - 4:20

This week we begin reading Sefer Bamidbar -- known in English as 'The Book of Numbers'. Bamidbar ('in the desert') begins with G-d telling Moses to take a census of all men over the age of 20. If you like names and numbers, you'll love this week's portion. The count reveals just over 600,000, excluding the Levites who weren't included in the census. We also find described the manner in which the Jewish People camped around the Mishkan (Tabernacle), and the order in which they traveled during the 40 years in the desert. The Jewish People were arranged in four sections around the Mishkan; east, south, west and north.

The Levites are singled out for special responsibilities. A formal transfer is made between the first-born and the Levites, whereby the Levites take over the role the first-born would have served. The sons of Levi are divided into three main families; Gershon, Kehas and Merari. Each is given a special task in transporting the Mishkan.

Shavuos

The major festival of Shavuos begins on Tuesday evening May 14 and concludes Thursday evening, May 16. 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 giving of the Torah and the *Aseres HaDibros* -- inaccurately translated as 'The Ten Commandments.' On the second day of Shavuos, Thursday, the Torah reading (Deut.14:22 - 16:17) contains a brief description of the Shalosh Regalim - Passover, Shavuos and Succos.

An argument can be made that Shavuos 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. Unlike DeMille's version where only Charlton . . . I mean, Moses heard G-d speak, 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

We regularly encounter stressful situations and challenges. Research suggests that thinking about what's important to you can improve your ability to withstand stress and enhance your problem-solving powers. In a new

study, Cresswell et. al. (2013) tested whether a simple self-affirmation exercise would have a beneficial effect on problem-solving under stress, particularly for individuals who have recently been stressed. The self-affirmation exercise involved writing a paragraph on why the things that matter to us most (G-d, family, friends, a favorite activity) are so important.

In Cresswell's experiment, half the participants did the self-affirmation exercise while the rest performed a similar, but ineffectual exercise. The results showed that those who had been stressed recently and were self-affirmed before they began the exercise performed better at the problem-solving task. This suggests the self-affirmation exercise could be useful for people under stress who are, for example, taking exams, going to job interviews or under pressure at work. What's fascinating about the self-affirmation task is that it doesn't have to be related to the area in which you're looking to improve. So thinking about the importance of your family can increase your problem-solving performance, even though the two have little in common.

Today's positivist trend is predated by the 3,300 year old Torah doctrine known as *bitachon*, or trust in G-d. The Chassidic master Rabbi Menachem Mendel of Lubavitch (1789–1866) distilled this as the Yiddish adage, *Tracht gut, vet zein gut*—"Think good, and it will be good." What this means, says the former Lubavitcher Rebbe, is that *bitachon*, the absolute assurance and conviction that G-d will make things good, actually becomes the conduit and vessel which draws down and enables us to receive G-d's blessings. Positive thinking brings about positive results.

Quote of the Week

Everyone thinks of changing the world, but no one thinks of changing himself -- *Leo Tolstoy*

Joke of the Week

A man takes his Rottweiler to the vet. "My dog's cross-eyed. Is there anything you can do for him?"

"Well," says the vet, "let's have a look at him" So he picks the dog up and examines his eyes, then checks his teeth.

Finally, he says "I'm going to have to put him down."

"What? Because he's cross-eyed?"

"No, because he's really heavy"

Sisterhood Mother's Day Celebration!!!

Lunch & Bingo ~

Tuesday, May 21st

FREE to Sisterhood members; \$6.50 for Guests.

Everyone is welcome ~~ Men & Women of all ages!!!

RSVP to Rachael Pevnick, 314-395-6017.

Thanks to Bob Kaiser for printing & stapling our Shabbos Bulletins each week!