

NHBZ Shabbos Bulletin

May 18, 2013

Welcome to Nusach Hari B'nai Zion

9 Sivan 5773

Affiliated with the Union of Orthodox Jewish Congregations of America

Torah Portion – Parshas Naso:
Haftorah:

Numbers 4:21 – 7:89
Judges 13:2-25

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

Erev Shabbos - Friday, May 17

- **Mincha & Ma'ariv** (7:00 pm)
- **Candle Lighting** (7:48 pm)

Shabbos - Saturday, May 18

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



- **Kiddush & Lunch** ~ (After Musaf) Thanks to **June Cohen** for sponsoring Kiddush & Lunch today in honor of her special birthday; and to honor and welcome to shul her children and grandchildren: **Rosemary Goldstein, Jake & Leni Goldstein, Maxwell Goldstein, and Brianna Goldstein; and Marshall & Carla Scissors-Cohen, Sophie and Trudy Cohen. And in honor of her children and grandchildren in Riverwoods, IL, Paula & Kenny Goldman, Gabriella, Julia and Scott Goldman.** Thanks to **Sylvia Tessler** for sponsoring the soda today in honor of **June's birthday! HAPPY BIRTHDAY JUNE!**
- **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 each person to eat the minimum amount required when *Ha'Motzei* is made or heard; namely, one roll. **Please be seated while Rabbi Smason says Kiddush and makes HaMotzi.** Thanks to **Linda Szus & Anna Rose Tandler** for baking the rolls for each luncheon -- **B'tayavon (Bon Appetit)!**
- **Mincha, Shalosh Seudos, Ma'ariv** (7:35 pm)
- **Shabbos Concludes** (8:53 pm)

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. You have the choice of donating your pledge all at once or in installments; whatever is most comfortable for you. 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 or pledged your generous Special Gifts!!! We ask everyone to please give generously.

COMING EVENTS

- **Monument Dedication** ~ for Esther Ringermacher, *ש"ס*, will be held tomorrow, 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** tomorrow, 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.

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

Office Phone 314-991-2100
Chapel Phone: 314-991-2100
Webpage: www.nhbz.org

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

This Week At a Glance	Shabbos May 18	Sun. May 19	Mon. May 20	Tues. May 21	Wed. May 22	Thurs. May 23	Fri. May 24	Shabbos May 25
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	7:40 pm
Events – see times in Event Planner Box	Kiddush & Lunch in honor of June Cohen's Birthday & Children	Monument Dedication: Esther Ringer- macher; Dedication: Kaiser Terrace	Women's Tefilah Class: 7:00 pm home of Norma Rubin	Save the date: Family Picnic & BBQ June 2	Rabbi Smason: Weekly Lunch & Learn, 12:15pm	BUY CASH CARDS!	Erev Shabbos	Kiddush & Lunch in honor of Victor & AnnaRose Tendler

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 (4th 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)

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 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!

- **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.
- **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 25: Balak: Bilaam; a Non-Jewish Prophet?
- **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**.
- **Sunday, June 2** ~ Save the Date for a Family Picnic & BBQ. Hot Dogs, Hamburgers, Sides & Beverages will be available for purchase!
- **Kiddush** ~ Shabbos, June 8 ~ sponsored in honor of **Nathan Brook** becoming a Bar Mitzvah by **Selwyn and Freda Brook**, his grandparents, who will be visiting from South Africa, and by **Don & Julie Eisenberg** in honor of the forthcoming marriage of their daughter **Carly to Jordan Black**.

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 18-25. **Happy Birthday to Phyllis Silverman! 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 *A note from Norma: "I would never have accomplished all the preparations for the Shavuos dinner that we served on Tuesday night without the help of this great group who engaged the duty with great pleasure and joy." Thanks to: Fran Alper, Bertha Berman, Mischa Braitberg, Mimi Fiszal, Fran Hoffman, Sandy Kahn, Phyllis Silverman, Anna Rose Tandler, and Boris Yasinev. Thanks to Norma Rubin for planning, shopping and organizing preparations for our wonderful and delicious Shavuos Dinner.*

And thanks to sponsors: 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.

- ***Sisterhood Mother's Day Celebration!!!***
- **Lunch & Bingo ~**
- **Tuesday, May 21 ~ 12:00 noon!**
- **FREE** to Sisterhood members; \$6.50 for Guests.
- **Everyone is welcome ~ Men & Women of all ages!!!**
- **RSVP to Rachael Pevnick, 314-395-6017.**

Welcome to Beyond Twelve Gates

Here in the U.S., you can name your child almost anything, but that's not the case everywhere in the world. Some countries have fairly strict baby-naming laws, such as:

Sweden: Enacted in 1982, the Naming law in Sweden reads: "First names shall not be approved if they can cause offense or can be supposed to cause discomfort for the one using it, or names which for some obvious reason are not suitable as a first name." "Bfrxcccxmnpccclllmmnprxvclmncckssqllbb11116" (pronounced Albin, naturally) was submitted by a child's parents in protest of the Naming law. It was rejected. The parents later submitted "A" (also pronounced Albin) as the child's name. It, too, was rejected.

Denmark: Parents can choose from a list of only 7,000 pre-approved names. If you want to name your child something that isn't on the list, you have to get special permission from your local church, and the name is then reviewed by governmental officials. Of the approximately 1,100 names that are reviewed each year, 15-20% of the names are rejected. Rejected names: Pluto, and Monkey. Approved names: Benji, Jiminico, Molli, and Fee.

New Zealand: The Births, Deaths, and Marriages Registration Act of 1995 doesn't allow people to name their children anything that "might cause offence to a reasonable person; or [...] is unreasonably long; or without adequate justification ...". Rejected Names: Stallion, Yeah Detroit, Fish and Chips, Twisty Poi, Keenan Got Lucy, Sex Fruit, Satan, and Adolf Hitler. Approved names: Benson and Hedges (for a set of twins), Midnight Chardonnay, Number 16 Bus Shelter, Violence.

Names are of great importance in Jewish tradition. Ruth was no ordinary convert, and her name gives us a clue to her essence. In Hebrew, Ruth's name is comprised of the letters *reish*, *vav*, *tav*, which add up to a numerical value of 606. All human beings have an obligation to observe the seven Noachide commandments -- so called because they were given after the flood -- as did Ruth upon her birth as a Moabite. Add those seven commandments to the value of her name and you get 613, the number of commandments in the Torah. Choose your child's name carefully. A thoughtfully chosen name carries with it our collective history.

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.'

Rabbinic Ruminations

Can men and women ever be 'just friends'? Daily experience may suggest that non-romantic friendships between males and females are not only possible, but common -- men and women live and work side-by-side, and generally seem to be able to avoid spontaneous intimacy. However, new research suggests that while we may think we're capable of being 'just friends' with members of the opposite sex, the opportunity (or perceived opportunity) for "romance" is often lurking just around the corner. In a 2012 study titled "*Benefit or burden? Attraction in cross-sex friendship*" by *Bleske-Rechek, et. al*, 88 pairs of undergraduate opposite-sex friends were gathered. The friendship pairs were then separated, and each member of the pair was asked a series of questions related to his or her romantic feelings (or lack thereof) toward the ostensibly platonic friend with whom they were taking the study.

The results suggest large gender differences in how men and women experience opposite-sex friendships. Men were much more attracted to their female friends than vice versa. Men were also more likely than women to think that their opposite-sex friends were attracted to them, and more willing to act on this mistakenly perceived mutual attraction. These results suggest that men, relative to women, have a particularly hard time being "just friends." In

a follow-up study with 249 adults (many of whom were married), males were significantly more likely than females to list romantic attraction as a benefit of opposite-sex friendships. Taken together, these studies suggest that men and women have vastly different views of what it means to be "just friends"—and that these differing views have the potential to lead to trouble.

The Torah is replete with guidelines acknowledging the power of attraction between males and females. These guidelines help us to preserve and enhance appropriate relationships, and to make sure our natural drives are focused in the right way, and under proper circumstances.

Quote of the Week

And in the end, it's not the years in your life that count. It's the life in your years. -- *Abraham Lincoln*

Joke of the Week

An elderly lady hobbled into the rabbi's office and asked for help in arranging for a divorce. The rabbi just didn't believe it. "Tell me," he said, "how old are you?"

"84," she said. "And my husband is 87."

"How long have you been married?"

"Almost 62 years."

The rabbi slapped his forehead. "Married 62 years. Why do you want a divorce now?"

"Because," she said, "enough is enough!"

Top Missouri Public High School IN OUR OWN BACKYARD!

Ladue Horton Watkins High School Named Newsweek's Top Public High School In Missouri

When Nusach Hari B'nai Zion was in the planning stages of constructing our beautiful new building, one of the most important criterion in choosing the location was to be in an excellent school district that would appeal to parents. The Ladue School District filled that essential standard for us. And now, Ladue High School has been named Number One in Missouri.

Each year Newsweek Magazine ranks "America's Best High Schools." This year, Ladue Horton Watkins High School took the **top spot in Missouri** and placed 166 in the nation. As explained in the article announcing the results, Newsweek's methodology seeks to recognize public high schools that have proven to be the most effective in turning out college-ready grads based on six weighted components: graduation rate (25%), college acceptance rate (25%) Advanced Placement (AP) tests taken per student (25%), average SAT/ACT scores (10%), average AP scores (10%) and percent of students enrolled in at least one AP course (5%).

This year, Newsweek ranked their top 2,000 schools. In Missouri, 23 public schools made the 2013 list. Following are the top 10 Missouri schools accompanied by their national ranking: Ladue (166), Clayton (179), Metro Academic and Classical (238), Lindbergh (334), Lafayette (357), Kirkwood (523), Francis Howell (617), Lincoln College Preparatory Academy (659), Parkway Central (668) and Parkway West (684.)

While public high schools do not offer the Judaic resources of a private Jewish high school, for those parents who choose to send their children to a public high school, Ladue, **our neighborhood high school**, is the **top choice!**