

NHBZ Shabbos Bulletin

July 30, 2011

Welcome to Nusach Hari B'nai Zion

28 Tammuz, 5771

Torah Portion Masei:
Haftorah Masei:

Numbers 33:1 - 36:13
Jeremiah 2:4 - 2:28, 4:1 - 4:2

Stone Chumash pages 918 – 935
Stone Chumash pages 1193 – 1194

Erev Shabbos - Friday, July 29

- **Mincha & Maariv** (7:00 pm)
- **Candle Lighting** (7:57 pm)



Shabbos - Saturday, July 30

- **Shachris & Musaf** (9:00 am) - Thank you for leading services:
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Dr. Ethan Schuman**
 - Leyning: **Michael Shapiro**
 - Haftorah: **Fabian Attoun**
 - Sermon: **Rabbi Ze'ev Smason**
 - Musaf: **Dr. Ethan Schuman**
- **Girls Jr. Congregation** (10:30 am) - Girls Jr. Congregation and younger children meet in the Children's Room on the lower level with **Nina Levine and Georgia Laird**.
- **Kiddush** (following Musaf) - Thanks to **Bertha Berman** for sponsoring the sugar-free pies in honor of her birthday.
- **Shabbos Study Group** (6:55 pm) - Studies in Tanach, led by **Menachem Szus**; everyone at any level of learning is welcome; now studying Yeshayahu (Isaiah).
- **Boys' Mishna Study Group** (7:10 pm) - With **Rabbi Smason**, for boys ages 10-17.
- **Mincha/Shalosh Seudos** (7:40 pm)
- **Shabbos Concludes** (8:54 pm)



This Week

Davening Times	Shabbos July 30	Sun. July 31	Mon. * Aug 1	Tues. Aug 2	Wed. Aug 3	Thur. Aug 4	Fri. Aug 5	Shabbos Aug 6
Shachris	9:00 am	8:00 am	6:45 am	7:00 am	7:00 am	7:00 am	7:00 am	9:00 am
Mincha/Maariv	7:40 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:30 pm

* Rosh Chodesh Av

- **Sunday Learning** (on vacation, returning August 15) - **Rabbi Chanan Swidler** of Aish HaTorah leads Mishna study for men following Sunday morning services
- **RAP with the RABBI Teen Group** - is on recess for the Summer.
- **Dine-in Pizza Night** (Sunday, July 31, 5:00 pm - 7:00 pm) – Plus Carry-Out Plates! See ad for details.
- **Rabbi Smason's Lunch & Learn** (Wednesday, August 3, 12:15 pm) - Now studying *Pirkei Avos* (Ethics of the Fathers in English), which deals with Jewish ethical and moral principles; please join us for an enjoyable and relevant presentation and discussion each Wednesday.
- **Be a PACKING & PITCHING PARTNER!!!** (Monday, Aug 1) - Every Monday morning until we move, William and Sandie will be working together to PACK whatever we won't be using until after we move, and PITCH as much as possible. Monday, they will be working in the **REAR BUILDING**. They could use your help. Thanks to Lenny Alper for being the lone-partner last week. William and Sandie appreciated his help very much!!!. If you're available - **PLEASE SHOW UP!!!**
- **NHBZ Women's Home Study Group** (First Tuesday, August 2, 2:30 pm) - at the home of **Jackie Berkin**; Topic is "The Six Constant Mitzvos," presented by **Rabbi Shaya Mintz**, of the St. Louis Kollel; All women are welcome; please join us!!!

- **Morris Lenga Yiddish Club** (First Thursday, August 4, 7:30 pm) - Join us for a spirited hour filled with Yiddish stories, songs and laughter; seasoned "mavens" as well as novices are welcome.
- **Special Carry-Out Pizza Night** (Sunday, August 7 – during the 9 Days) – Pizza AND SALAD; please place your order by Wednesday, August 3, so we will know how much salad to order; late orders will include salad only while the supply lasts; see ad for more details.
- **Buy and Use Cash Cards and Kohn's Scrip** (Monday – Friday) - Next Cash-card Order Days are **Monday August 1** and **Monday August 15**; earn free money for NHBZ; order your cards this week; buy Kohn's Scrip any time.

Coming Events

- **ARI Weekend** (August 5 & 6) – Friday night we will daven “in the field” at the new building; Saturday morning following services, Rabbi Max Weiman, Director of Kabbalah Made Easy, will speak upstairs in the sanctuary on the topic "The Ari and the 50 Gates of Understanding”; see picture ad for details.
- **Tisha B'Av** (Tuesday, August 9) - Fast begins Monday, August 8, at 8:04 pm, and concludes Tuesday, August 9, at 8:45 pm; Shachris and Kinot will be at 8:00 am Tuesday followed by a special Tisha B'Av program at 9:30 am; see picture ad for more details.
- **Young Family BBQ** (Sunday, August 21) – Stay tuned for details!
- **Regular Carry-Out Pizza Night** (none in August, next one IN THE NEW BUILDING).
- **Irvin Alper Social Club** (Usually First Sunday, but no meeting until we're IN THE NEW BUILDING).
- **SYNAPLEX** (September 10) - IN THE NEW BUILDING.

Kashrus Alert

- **Quaker - S'mores Chewy Granola Bars** - Some individually wrapped S'mores Granola Bars mistakenly bear an unauthorized OU-D. This product is not kosher.

Meetings

- **Board Meeting – Special Date** (Wednesday, August 10, 7:30 pm following minyan) - **Please note:** the regular meeting night on the 2nd Tuesday of the month is Tisha B'Av in August.
- **Executive Committee Meeting** (Tuesday, August 24, 7:30 pm following minyan)



Reminders

- **Sponsorships** - If you would like to sponsor kiddush, Soda, Shalosh Seudos, this bulletin, or something special and unique in honor or in memory of someone, please call 314-991-2100, ext. 2 to arrange it.
- **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.
- **Volunteer Opportunities** - NHBZ needs YOU! NHBZ is open 24 hours per day, 7 days per week, and 52 weeks per year; to provide such an ongoing service, we need your help; whatever your skills, we have an opportunity for you: office work, cooking, pickup and delivery, repairs, Pizza night, Sukkah raising, outreach committee, building committee; please call the office to volunteer.
- **Even More Volunteer Opportunities** - Our new shul is nearly complete and there is still much work to be done. If you would like to help on one of the following committees, please contact *Lenny Alper* at 314-993-4024: memorial boards, recognition plaques, mechitza, kitchen appliances, lobby decor, chapel decor, landscaping, moving, or you-name-it.



Beyond Twelve Gates by ***Rabbi Ze'ev Smason***

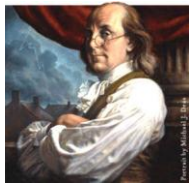
Beyond Twelve Gates' refers to a beautiful concept taught by the great mystic *Rabbi Isaac Luria* (1534-1572), also known as 'The Ari'. There exist twelve gates of prayer in Heaven — one for each tribe of Israel. There also exists a Heavenly thirteenth gate. Through this gate the prayers of all Jews, regardless of tribe, Jewish education or level of observance, are allowed to enter and are heard by G-d.

Parshas Masei

July 30, 2011

28 Tammuz, 5771

Welcome to Beyond Twelve Gates



People often say the years pass more quickly as they get older. While youthful summers seem endless, summers of our later years whiz by in the blink of an eye. A common explanation for this experience is that when we are young, things seem new, so we pay more attention; consequently time seems to expand. With age, though, new experiences diminish and things tend to be more of the same, so time seems to pass more quickly.

Whether true or not, some psychological evidence exists that time passes quicker for older people. One study found that people in their 20s are fairly accurate at guessing an interval of 3 minutes, but people in their 60s systematically overestimate it, suggesting time is passing about 20% more quickly for them (Mangan & Bolinsky, 1997).

In the secular world people say, 'time is money,' but Jewish consciousness says that 'time is life.' Benjamin Franklin opined, "Lost time can never be found again." Time is our most precious resource. May G-d teach us to number our days and use time wisely.

Parshas Masei - Numbers 33:1 - 36:13



Masei (a word that means 'journeys') begins with a listing of the 42 encampments of the Jewish people's 40 year journey from the Exodus until the crossing of the Jordan River into the Land of Israel. G-d commands the Jewish people to drive out the Caananites from the Land of Israel and to demolish all vestiges of their idolatry. The Jewish people are warned that if they fail to rid the land completely of the Caananites, those who remain will be 'pins in their eyes' and 'thorns in their sides.'

The boundaries of the Land of Israel are defined, and the tribes are commanded to set aside forty-eight cities for the Levites, who do not receive a regular portion in the division of the land. Cities of refuge are established; one who unintentionally murders can flee there. The daughters of Tzlofchad marry members of their tribe so that their inheritance will

stay in their own tribe. So ends the book of Numbers, the fourth of the Books of the Torah. Next week -- on to Deuteronomy!

Rabbinic Ruminations



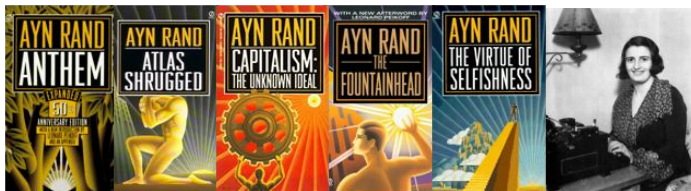
Large portions of the United States have recently been suffering through punishing heat and humidity. In such weather most people avoid outdoor exposure. But not a group of retired men in St. Louis, ages 61 to 73, who call themselves 'The Legends of Forest Park.' The group has been running together several times a week for more than 30 years. They run in conditions of extreme cold. And they slog through a sweaty six-mile run when the temperature hits triple digits.

Experts strongly recommend that during high heat, most people move their workouts indoors. But elite and endurance athletes can survive exercising in sauna-like conditions. Jason Bennett, an instructor of athletic training at St. Louis University, explains that elite and endurance athletes are more efficient at dissipating heat. "They sweat earlier than non-athletes because their systems respond more quickly to heat." Bennett points out that they also tend to be lean, so they don't have as much adipose tissue, or body fat, insulating their core. 'Legends' member Joseph Hayes, 69, says, "After 30 years, you adapt."

The study of Judaism is important at any age. However, Torah studies of one's youth make a more lasting impression than those of later years. Younger people have clearer, less cluttered minds and sharper memories. Additionally, young minds are still open to new ideas and concepts. Young people are remarkable in their ability to adapt to new situations and surroundings, be it picking up computer skills, learning a new language or developing an ear for music. Ethics of Our Fathers (4:25) teaches: *One who studies Torah as a child, to what is he compared? To ink written on fresh paper. And one who studies Torah as an old man, to what is he compared? To ink written on blotted paper.* Teach your children well -- by exposing them to the richness of their heritage and study of Torah at an early age.

Quote of the Week

"You can avoid reality but you cannot avoid the consequences of avoiding reality" - Ayn Rand (1905-1982), born Alisa Rosenbaum, Russian-American novelist, philosopher, playwright and screenwriter.



Joke of the Week

Wilbur, a well known anti-Semite, walks into a bar and is about to order a drink when he sees a guy close by with kippa, tzitzis, and payos. He doesn't have to be an Einstein to know that this guy is Jewish. So Wilbur shouts over to the bartender so everyone can hear, "Drinks for everyone in here,

bartender, but not for that guy over there," pointing to the Jewish guy.

Soon after the drinks have been handed out, Wilbur notices that the Jewish guy is smiling, and calls to Wilbur and says, "Thank you."

This infuriates him and in a loud voice, he once again orders drinks for everyone except the Jewish guy. But as before, this doesn't seem to worry the Jewish guy who continues to smile, and again says, "Thank you."

So Wilbur says to the barman, "What's the matter with that guy over there? I've ordered two rounds of drinks for everyone in the bar except that guy, and all he does is smile and thank me. Is something wrong with him or something?"



"Not at all," replies the barman. "He's the owner."

School Supplies

Every summer we have shopped and generously purchased all sorts of school supplies so that all kids would have what they need for the new school year.

Now, we are getting organized for our big move and aren't physically able to handle the collection and storage of all the school supplies. *BUT*, we don't want to forget those kids who really need our help!!! So, instead of shopping this year, please write a check to NHBZ or call Sandie to place a donation on your credit card, and we will pass along that "purchasing power" to the schools, organizations, and individual families to make a great first day of school for every kid!!!

Thanks to **Rachael Pevnick** for this great idea that allows us to go forward with our School Supply Drive!!!



Mazel Tov
On Simchas this week!
July 30 - August 5, 2011 !

Happy Birthday

Sally Needle
Larry Abrams

Happy Anniversary

None this week

Show your friends you care - SEND A TRIBUTE
Shul: Call Gloria Waxman 314-872-3296
Sisterhood: Phyllis Silverman 314-434-2482
Libby Needle Fund: Sally Needle 314-991-2575



Sept. 10 in the NEW BUILDING

An open invitation to Nusach Hari B'nai Zion's



Ari **Shabbat**

Please join us as we commemorate the Yahrzeit of Isaac Luria, "The Holy Ari," *Founder of Modern Kabbalah* and Author of "Nusach H'Ari"

Friday evening, August 5 at 7:00 pm

As was the custom of The Ari, we will welcome in Shabbat in the "fields," ---for us, the "field" is our new location at 650 North Price in Olivette (North of Logos School)

A lively and spirit filled Kabbalat Shabbat

Saturday Morning, August 6:

Regular services will begin at 9:00 a.m. with special Guest,

Rabbi Max Weiman

Director of Kabbalah Made Easy

Speaking on

"The Ari and the 50 Gates of Understanding"

Tot Shabbat at 10:30 am

All events are free and open to the public

Home hospitality for the weekend is available

8630 Olive Blvd

(314) 991-2100

www.nhbz.org



**PIZZA PIZZA PIZZA
at NHBZ!!!**

**Lion's Den DINE- IN Pizza Night
SUNDAY, JULY 31 !!**

5:00 pm - 7:00 pm

All-You-Can-Eat Buffet of Pizza, Spaghetti, Garlic Bread & Salad plus Dessert & Beverage

Kids 3 & under FREE Kids 4-12: \$6.00 Adults: \$10.00

**NEXT CARRY-OUT NIGHT IS A SPECIAL DATE:
SUNDAY, AUGUST 7**

Please place orders by Wednesday, August 3



**... and
Carry-Out Plates**

We will also be serving

Carry-Out Plates @ \$10.00 each.

Each "carry-out person" will be

Given a carry-out box and will serve himself.

A carry-out plate will include:

**2 Slices of Pizza - Spaghetti - Garlic Bread
Salad - Drink - Dessert**

To our customers – We want to let you know that our air conditioning is not running at full speed, but we will be open for our dine-in buffet OR we invite you to take advantage of our Carry-Out Plates.



**New Shul
This Way!**



LOST & LOST FOREVER

If you have any personal belongings that you have left around the old building, please make sure to remove them before the end of July –

TOMORROW !

Tisha B'Av

Tisha B'Av, the Fast of the Ninth of Av, is a day of mourning that commemorates the numerous tragedies that have befallen the Jewish people, many of which coincidentally have occurred on the ninth of Av, including the destruction of the 1st and 2nd temples in Jerusalem.

Tisha B'Av is the culmination of a three week period of increasing mourning, beginning with the Fast of the 17th of Tammuz, which commemorates the first breach in the walls of Jerusalem, before the First Temple was destroyed. During this three week period (July 19 – August 8), weddings and other parties are not permitted, and people refrain from cutting their hair. From the first to the ninth of Av (August 1 – August 8), it is customary to refrain from eating meat or drinking wine (except on Shabbos) and from wearing new clothing.

The fast begins Monday, August 8, 8:04 pm, and ends Tuesday, August 9, at 8:45 pm. Shachris and Kinot will be at 8:00 am Tuesday. At 9:30 am, we will view the DVD "Pikuach Nefesh/ Saving A Life: The dramatic, neglected, and inspirational stories of two of Klal Yisrael's great heroes, Rav Michoel Ber Weissmandl of Nitra and Rav Shlomo Schonfeld of the Kindertransport.

At 2:00 pm, the Holocaust Museum will screen "A Film Unfinished" which is made up of scenes shot in the Warsaw Ghetto by the Nazis, for propaganda purposes. **Rabbi Ze'ev Smason** will give an introduction to the film, and lead a post-film discussion.

MinyanMan Tip # 1

Arrive at the synagogue **on time** - in the morning, this means at least five minutes before the posted time so that you will have time to put on tallis and tefilin

Howard Sandler (409-7266)
Rabbi Smason (749-5271)
Chapel (991-5494)