



Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

June 1, 2019 ~ 27 Iyar 5779

Candle Lighting 8:01 pm

Shabbat Ends 9:04 pm

Torah Portion: Bechukosai - Leviticus 26:3 -- 27:34

Chumash pages 708-723

Haftarah: Haftarah: Jeremiah 16:19 - 17:14

Chumash pages 1179

Our Sponsors:

Thank you to **Denny & Amy Feit** for sponsoring Shul security this Shabbat in memory of and on the occasion of the yahrzeit of his father, Sol Feit z'l

Thank you to all the families of graduates who gave a donation for the Kiddush treats this Shabbat!

Erev Shabbos May 31

- **Mincha & Ma'ariv** ~ 7:00 pm

Shabbos, June, 1

- **Shabbat Services** ~ 9:00 am
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Menachem Szus**
 - Leyning: **Moshe Leib Cohen**
 - Haftarah: **Brent Waxman**
 - Drasha: **Rabbi Ze'ev Smason**
 - Musaf: **Menachem Szus**
- **Learners' Service** ~ Led by **Rabbi Yosef David** ~ 9:30 am
- **Tot Shabbat** ~ 10:00 am
- **Starting Points** ~ Led by **Rabbi Ze'ev Smason** ~10:15 am ~ Topic: "Teaching Our Kids to Make the Right Decisions"
- **Mincha / Ma'ariv / Shalosh Seudos** ~ 7:45 pm

This Week and Beyond....

Minyan Times	Shabbos June 1	Sun. June 2	Mon. June 3	Tues. * June 4	Wed. June 5	Thurs. June 6	Fri. June 7	Shabbos June 8
Shachris	9:00 am	8:00 am	7:00 am	6:45 am	7:00 am	7:00 am	7:00 am	9:00 am
Mincha/Ma'ariv	7:45 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:50 pm

*ROSH CHODESH SIVAN

Morning Blessings and the first Kaddish are started five minutes prior to Shachris.

Happy Birthday to: Debra Barash, Rafi Minoff, Julie Friedman, Ed Lyss, Joyce Hochberg, Larry Goldenberg and Noah Belau

Happy Anniversary to: Robert & Joni Kaiser, Don & Julie Eisenberg, Kerry & Sandy Klarfeld and Sid & Phyllis Silverman

Shabbat Greeters: Bob & Joni Kaiser

- **Shabbos, June 1 ~ Graduation Shabbat** ~ Congratulations to all the graduates!
- **Sunday, June 2 ~ 7:30 pm** ~ The Education and Israel Committees present **“Yom Yerushalaim Day - A Celebration of Jerusalem”** with singing, Israeli food and fun. Cost \$5.00 at the door.
- **Tuesday, June 4 ~ 2:30pm ~ Woman’s Home Study Group** led by **Rabbi Yaakov Berkowitz** at the Berkin home. Call the office for details and address.
- **Shabbos, June 8** ~ Kiddush Lunch in celebration of the 40th anniversary of **Don and Julie Eisenberg**
- **June 8 (after Shabbos) ~ Erev Shavuot** ~. Shavuot Dinner & All Night Learning

Shavuot Dinner ~ June 8th 9:30 pm ~ \$12.50 per person

Please consider becoming a sponsor for \$25.00

~ All Night Learning Following Dinner ~

RSVP needed by June 5th to jeff@nhbz.org or 991-2100 ext. 2

- **Sunday - Monday, June 9-10 ~ Shavuot 9:00 am** ~ Shavuot Services and Yizkor (Monday)
- **Wednesday, June 12 ~ 2:00 pm** ~ **“Balance for Balabustes”** presented by Senior Kollel /Eishes Chayil Women’s Division and the Nusach Hari B’nai Zion Sisterhood.
- **Shabbos, June 15** ~ Kiddush Lunch
- **Monday, June 17 ~ Torah Campaign Kick-Off** ~ See flyer for details.
- **Shabbos, June 29** ~ Honoring retiring **Olivette Police Chief, Richard Knox** and our new **Chief of Police, Dave Wolf**

Parshas Bechukosai

Bechukosai, the last Torah portion in the book of Leviticus, begins by briefly listing some of the blessings and rewards that the Jewish people will receive for diligently learning and following the Torah. The Portion then shifts to the subject matter which has made it famous -- G-d's admonitions and warnings of the consequences if the Jewish people abandon the Torah. Step by step, the Torah describes the tragedies which will befall the Jewish people if they abandon observance of the Torah, providing an eerie account of what has been part of our history to this day. There is good news, however; teshuva (return or repentance) is possible at any time to avert an otherwise harsh decree. The book of Leviticus concludes with a brief discussion of tithes.

Adult Learning at NHBZ

Every Wednesday 12:15 pm ~ Study with Rabbi Smason- Study Pirkei Avos / Ethics of the Fathers.

Every Shabbos ~ Starting Points: “Wisdom for Daily Living” with Rabbi Ze’ev Smason ~ A program tailor-made for those, regardless of prior educational or observance level, interested in growing Jewishly. Each freestanding session (at 10:15 am every Shabbos, unless otherwise noted) explores a distinct Jewish concept in practical, understandable terms.

Join us to learn, explore, and raise your Jewish soul with the following eye-opening sessions:

June 1: “Teaching Our Kids to Make the Right Decisions”

June 8: “What Does It Mean to be the Chosen People?”

June 15: “Is Life Fair?”

Adult Learning at NHBZ cont.....

June 22: "OK or No Way? Small Talk with Strangers"

June 29: "Patience: Is It a Virtue or a Lost Opportunity?"

July 6: "Has Political Correctness Gone too Far?"

July 13: "Modern Technology: Are We Moving too Fast?"

Every Shabbos ~ Tanach (Bible) Study (3/4 hour before Mincha)

Every Sunday ~ Mishna Learning (after Shacharis) with Rabbi Chanan Swidler

Every Monday ~ 8:30 pm ~ 'Amud-of -the Week' with Rabbi Perlman (for men only)

First Tuesday of each Month ~ 2:30 pm ~ Women of the Torah ~ at the home of Jackie Berkin facilitated by Rabbi Yaakov Berkowitz of the St. Louis Kollel~ Open to all women ~ Each class is self-contained~ No background knowledge needed.

In the Community

Sunday, June 2, 2019 ~ 10 am -3 pm ~ A Blood Drive Sponsored by Aish Hatorah Jewish Learning Center will be held at Shaare Emeth Congregation, 11645 Ladue Road. Please call 1-800-RED CROSS (1-800-733-2767.)

Sunday June 16th ~ 5:45 P.M ~ Join Missouri Torah Institute for their ***Dedication Dinner*** at the Ritz Carlton in Clayton. To RSVP and/or to put in an ad, call [636-778-1896](tel:636-778-1896) , visit www.missouritorah.org/dinner or email dinner@missouritorah.org.

~ This Week's Torah Trivia ~

Last Week's Question: During this week we celebrated Lag B'Omer. What is it all about?

Answer: Lag B'Omer stands for 33rd day of Omer. We learn that on this day the many Students of Rabbi Akiva stopped dying. The first 33 days of Omer are sad days. On 33rd day of Omer the mourning stops.

This Week's Question: Based on this parsha, does Hashem abandon Am Israel?



Congratulations to all the Graduates!

- **Barry Goldenberg, grandson of Rachael Pevnick, received his Ph.D in Education from Columbia University in New York.**
- **Jacob Horn, grandson of Dr. Craig and Jackie Berkin, graduated 8th grade from Yavneh Academy of New Jersey. He will be attending to the Torah Academy of Bergen County, New Jersey.**
- **Alan Morgensztern, son of Dr. Daniel and Marcela Morgensztern, graduated from Ladue High School and will be attending the University of Arizona.**
- **Jacob Moritz, grandson of Irl and Myra Solomon, graduated from Parkway Central High School and will be attending Indiana University.**
- **Sammy Sutton, grandson of Menachem and Linda Szus, graduated pre-school and will be attending kindergarten at the Yeshiva of Flatbush in Brooklyn, New York.**
- **Dr. Elie Sutton, son-in-law of Menachem and Linda Szus, graduated from Maimonides Medical Center in New York, specializing in surgery.**
- **Madeline Hartranft, daughter of Bryson and Jennifer Hartranft, graduated Summa Cum Laude from Parkway North High School. She will be attending The Honors College at the University of Missouri.**
- **Alex Hollander, grandson of Larry and Shirley Hollander, graduated from Hofstra University in New York with a degree in Business Finance.**
- **Ariel Miller, daughter of Jeff and Gabrielle Miller, graduated Magna Cum Laude from Washington University in St. Louis. She is pursuing a Ph.D in Clinical Child Psychology.**
- **Alex Bluestein, grandson of Sam and Shirley Bluestein, graduated from Florida State University with a degree in Criminology.**



NHBZ Graduates from the Bar/Bat Mitzvah Program

Bella Soyfer will be starting 7th grade at Ladue Middle School. She is a kind and compassionate person, an amazing reader, and a curious learner. She cares deeply about her family and is always willing to help when needed. She is hard working and very responsible. Bella puts in her best work when completing challenging assignments. She is always on time and never forgets anything! Her ability to stay organized and keep her things in order is incredible. She is very creative and has explored many art forms on her own. She is also becoming a great baker. Bella has grown a lot in her knowledge and understanding of Judaism this year. She is starting to think deeply and truly connect with our traditions. We are proud of all Bella has accomplished so far!

Joseph Elijah Baker attends Ladue Middle School and will be starting 7th grade. Joseph is in the band at school, and plays the trumpet. Also, Joseph enjoys making people laugh with his jokes, he finds a lot of his material from current events. This past year, Joseph has had the privilege of having Menachem Szus as his instructor for the Bar/Bat Mitzvah Program held at NHBZ. Joseph is glad to have completed and now graduated from the program.



Yom Yerushalayim

Sunday, June 2 at 7:30 pm



**Join us for an evening of
Israeli song, Jerusalem trivia games and
delicious Israeli desserts!**

Guest Song Leader Mark Weinstein

Cost \$5.00

RSVP to jeff@nhbz.org by May 30

This program is sponsored by the NHBZ Israel Committee



SHAVUOS

Sunday, June 9- Monday, June 10

Saturday Night, Erev Shavuos June 8

- 7:50 pm Mincha (Seuda Shlishis at home)
- 9:09pm Candle lighting in shul or at home
- 9:10 pm Ma'ariv
- 9:30 pm Dinner \$12.50 per person
- RSVP is a must by Monday June 3
- Consider being a sponsor for \$25
- 10:30 pm Early Learning Speaker

Rabbi Shmuel Greenwald – Topic:

***"There Is No Such Thing as the
Ten Commandments"***

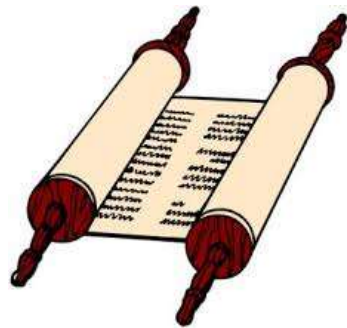
11:30 pm All Night Learning

Sunday, June 9

- 5:05 am Early morning minyan Shachris & Musaf
- 9:00 am Regular services Shachris & Musaf
- 8:05 pm Mincha and Ma'ariv
- 9:09 pm Candle lighting 2nd night of Yom Tov

Monday, June 10

- 9:00 am Shachris & Musaf
- 10:30 am Yizkor
- 8:05 pm Mincha and Ma'ariv
- 9:10 pm Havdalah – Yom Tov concludes



RSVP for Dinner by June 3rd or to be a Sponsor
email: jeff@nhbz.org or phone: 991-2100 ext 2



Torah Campaign Kickoff

**We are pleased to announce the
commissioning of our new Sefer Torah**



**Please join us as we learn how to fulfill
the 613th Mitzvah of the Torah:**

“And now, write for yourselves this song, and teach it to the Children of Israel. Place it into their mouths, in order that this song will be for Me as a witness for the Children of Israel.”

**Rabbi Gidon Nitsun of the St. Louis Kollel will lead
us in a discussion and hands-on demonstration ~**

“Writing of the Sefer Torah: Laws and Customs”

**Monday, June 17, 2019, 7:45 pm
at the home of Mike and Alana Minoff**

RSVP to Jeff at **314-991-2100** or jeff@nhbz.org

We will provide the address and phone number at the time of your RSVP



THE SISTERHOOD SCOOP JUNE



Volume 2

Number 21

27 Iyar 5779

June 1, 2019

MARK YOUR CALENDARS

SAVE THE DATE ☆ SAVE THE DATE ☆ SAVE THE DATE

☆ Sisterhood Board Mtg. – Tues. June 11, 6pm

☆ Balance for Balabustas – Wed. June 12, 2pm

☆ St. Louis Jewish Legacy Bus Tour
Sunday, June 23, 1:00-5:00pm
SEATS ARE LIMITED – Email
sisterhood@nhbz.org to reserve your space



☆ Book Club: Next selection is: *The Last Watchman of Old Cairo*, by Michael David Lukas – at the home of Amy Feit
– Monday, June 24, 7:15-8:45PM

☆ 4th Annual Dine 'N' Style Fashion Show & Luncheon & Shopping! – Date TBA

Counting the Omer: Week 7 –

MALCHUT—SOVEREIGNTY, LEADERSHIP

During the seventh and final week of counting the Omer, we examine and refine the attribute of Malchut — nobility, sovereignty and leadership. Sovereignty is a state of being rather than an activity. Nobility is a passive expression of human dignity that has nothing of its own except that which it receives from the other six emotions. True leadership is the art of selflessness; it is only a reflection of a Higher will. On the other hand, Malchut manifests and actualizes the character and majesty of the human spirit. It is the very fiber of what makes us human.

Malchut is a sense of belonging. Knowing that you matter and that you make a difference. That you have the ability to be a proficient leader in your own right. It gives you independence and confidence. A feeling of certainty and authority. When a mother lovingly cradles her child in her arms and the child's eyes meet the mother's caring eyes, the child receives the message: "I am wanted and needed in this world. I have a comfortable place where I will always be loved. I have nothing to fear. I feel like royalty in my heart." This is Malchut, kingship.

— Excerpted from
"A Spiritual Guide to Counting the Omer," by Rabbi Simon Jacobson

Self Help

Abe goes into his local Barnes & Nobel Bookstore and asks the saleswoman, "Excuse me, but where is the self-help section?" She replies, "If I told you, sir, it would defeat the purpose."

Parshas Bechukotai

Join the Team – More & Higher Together

– adapted from Rabbi Eli Scheller (aish.com)

"Five of you will pursue a hundred, and a hundred of you will pursue ten thousand, and your enemies will fall by the sword before you."
– *Leviticus 26:8*

The Parshah begins with the blessings that await the Jewish people if they keep their covenant with G-d: five Jews will pursue a hundred enemies, and a hundred Jews will pursue 10,000. Rashi asks: if five Jews can pursue a hundred enemies, a ratio of 1:20, then shouldn't one hundred Jews pursue 2,000, not 10,000?

It is said that if one person can lift 50 pounds, two people together can lift three times that amount: 150 pounds. As the verse states, "Two are better than one." Two people together can accomplish a lot more than just two individuals. When more people are united in serving G-d their actions are more effective. Each individual in the group reaches a far higher level than he would have had he acted alone, no matter how hard he has worked. The Chofetz Chaim points out that we see this in bircas hamazon. When three people recite Grace after Meals together, they say "let us bless," but when ten people recite it, they say, "let us bless our G-d" – they reach a higher level.

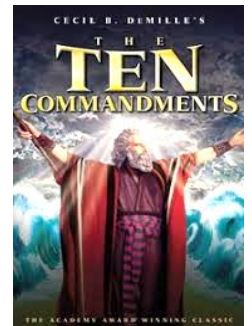
When a community is actively involved in the pursuit of Torah and Mitzvos one should not separate himself from them since he is thereby preventing them from reaching higher levels and accomplishing greater things. The word "TEAM" stands for: Together, Everyone Accomplishes More!

Nominating Committee Now Forming

Any Sisterhood Member interested in participating on the Nominating Committee to help determine next year's Sisterhood Officers and Board Members should contact *Teree Farbstein* at 314-753-5035 or tfarbstein2@gmail.com. Have a "voice" in your Sisterhood!
Not yet a member of Sisterhood? Contact the Office to Join!

Coming Soon to a Shul Near You:

The holiday of Shavuot, this year on Sunday, June 9, is the day on which we will hear the Ten Commandments and reaffirm the covenant with G-d and His Torah and celebrate the great revelation of the giving of the Torah at Mount Sinai, more than 3,300 years ago. **You** stood at the foot of the mountain, as did your grandparents and great-grandparents before them. The souls of all Jews, from all times, came together to hear the Ten Commandments from G-d Himself.



Hear the Ten Commandments on Shavuot!



"Balance for Balabustes"

Strength Training ~ Bone Health Flexibility for Females

with **Dr. Jill Abrams**

Chiropractic Physician • Personal Fitness Trainer • Massage Therapist

Wednesdays, at 2:00 pm

at NHBZ, 650 N. Price Road

June 12

July 17

August 14

September 18

Mark your Calendars!
Bring a Friend!
Refreshments Served!



Every woman who has attended this class, loves it and comes back every month for more. Regardless of level, everyone walks away feeling that she received a great strength training, balance and flexibility workout with no schvitzing and no soreness afterwards. And it's a lot of fun! Dr. Jill Abrams is an expert instructor with decades of knowledge and experience. The healthy snacks and wellness information provided after each class is the icing on the cake! The balancing tips are particularly important for everyone as we enter into the icy winter season so put on your tennies and join us on the **Wednesdays** listed above.

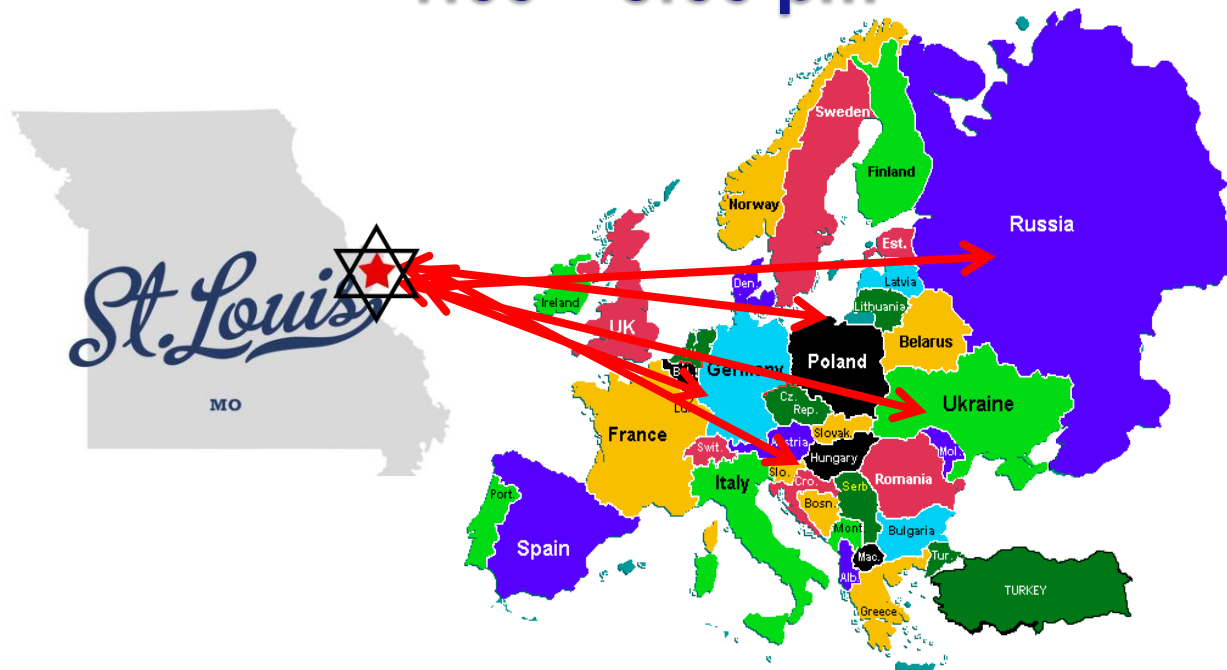


NHBZ Sisterhood Presents

A St. Louis Jewish Legacy Bus Tour

Sunday, June 23

1:00 – 5:00 pm



\$36 per person

includes snacks and a beverage

**Tour starts from Nusach Hari B'nai Zion
650 North Price Road, Olivette**

Seats are limited – reserve your space NOW!

Call 314-991-2100, ext. 3, or Email sisterhood@nhbz.org

RSVP Deadline is Friday, June 7



Starting Points:

Wisdom for Daily Living

Join us for these sessions designed for those who are interested in growing Jewishly, regardless of education or level of observance. Each session explores Jewish concepts in practical, understandable terms.

Sessions are held every Shabbat at 10:15 in the NHBZ chapel on the lower level, unless otherwise noted.



June 1: “Teaching Our Kids to Make the Right Decisions”

June 8: “What Does It Mean to be the Chosen People?”

June 15: “Is Life Fair?”

June 22: “OK or No Way? Small Talk with Strangers”

June 29: “Patience: Is It a Virtue or a Lost Opportunity?”

July 6: “Has Political Correctness Gone too Far?”

July 13: “Modern Technology: Are We Moving too Fast?”

July 20: “Religion vs. Spirituality - Is There a Difference?”

July 27: “What Happens Right After We Die?”