



Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

May 18, 2019 ~ 13 Iyar 5779

Candle Lighting 7:49 pm

Shabbat Ends 8:53 pm

Torah Portion:

Parshas Emor

Leviticus 21:1 - 24:23

Chumash pages 672-695

Haftarah:

Ezekiel 44: 15-31

Chumash pages 1176-1177

~ Welcome Rabbi Kasriel & Rebbetzin Pessie Gewirtzman ~

Erev Shabbos, May 17

- Mincha & Ma'ariv ~ 7:00 pm

Shabbos, May 18

- Shabbat Services ~ 9:00 am
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Mateo John**
 - Leyning: **Moshe Leib Cohen**
 - Haftarah: **Bruce Waxman**
 - Drasha: No Drasha
 - Musaf: **Alan Haber**
- Learners' Service ~ Led by Rabbi Yosef David ~ 9:30 am
- Starting Points ~ Led by Rabbi Ze'ev Smason ~ 10:15 am ~ Topic: "Common Mistakes Smart People Make"
- Garden of Eden Speaker Series ~ 11:15 am - 12:15 pm ~ Speakers and Topics:
 - Rabbi Kasriel Gewirtzman (visiting from Israel) - "Friendship"
 - Rebbetzin Mimi David – "Modesty" (Women Only)
- Tot Shabbat and Junior Congregation with Bnot Sherut ~ 10:00 am
- Pre- Mincha Shuir ~ 6:45 pm ~ Rabbi Gewirtzman will speak on "Judging Favorably: Favor or Obligation?"
- Mincha / Ma'ariv / Shalosh Seudos ~ 7:35 pm ~ Rabbi Gewirtzman's topic will be "Emor and Omer: Making Your Days Count."

This Week and Beyond....

	Shabbos May 18	Sun. May 19	Mon. May 20	Tues. May 21	Wed. May 22	Thurs. May 23	Fri. May 24	Shabbos May 25
Minyan Times								
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

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

Happy Birthday to:

Sarah Beth Matt, Jane Kadosh, Phyllis Silverman and Howard Loiterstein

- **Monday, May 20 ~ Home Discussion Group ~ 7:30 pm** at the home of **Alan & Vivian Zarkowsky**. Led by **Rabbi Smason** the topic will be "Kaddish and Birkas Kohanim". RSVP to jeff@nhbz.org or call the office for the address.
- **Shabbos, May 25 ~ 9:00 am ~ Shabbaton with the St. Louis Kollel**. Kiddush Luncheon in celebration of the 40th Anniversary of **Drs. Susan Feigenbaum & Jay Pepose**.
- **Sunday, May 26 ~ Pizza Night**
- **Shabbos, June 1 ~ Graduation Shabbat** ~ Do you have a graduate from Pre-K through college? Send us their names to be included in the celebration. Please send a donation!
- **Sunday, June 2 ~ 7:30 pm** ~ The Education and Israel Committees present **"Yom Yerushalaim Day - A Celebration of Jerusalem"** with singing, eating and fun. Cost \$5.00 RSVP to jeff@nhbz.org
- **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.
- **June 8 (after Shabbos)- Erev Shavuot** ~ Shavuot Dinner at 9:10 pm and All night Learning
- **Sunday / Monday, June 9-10 ~ 9:00 am** ~ Shavuot services and Yizkor (Monday)

Graduation Shabbat June 1st ~ Do you have a Graduate in your Family?

Pre-K, Elementary, High School, College or graduate school? Send us their names and where they are graduating from to be included in the celebration. Please send a donation!

Thank you to our Photo Directory Volunteers

Marvin & Sandy Greenberg, Jesse Barash, Norman & Linda Shore, Laurie Goldmeier, David Porter, and Caryn Alper for your great help in keeping the second week of the photo sessions running smoothly. And thank you again to committee chair **Keith Zeff** and committee members **David and Lisa Gellman** for leading the project.

Parshas Emor

Following the command in last week's portion to be sanctified and holy, Parshas Emor begins by discussing various laws directed specifically to the Kohanim and the Kohen Gadol (High Priest). Included is the command for the Kohen to refrain from becoming ritually impure through contact with a dead body (except for close relatives) and increased restrictions on whom they may marry. G-d requires those with greater spiritual responsibilities to maintain a higher standard of spiritual purity. Parshas Emor contains two of the most significant mitzvos in the entire Torah; to always be mindful of not desecrating G-d's name, and on the contrary, to sanctify Him at all costs.

The Torah goes on to discuss the festivals of the year -- Pesach, Shavous, Rosh Hashana, Yom Kippur, Succos and Shemini Atzeres. The festivals, including Shabbos, are referred to as moadim, appointed times; they are special days when Jews 'meet', as it were, with G-d. The festivals interrupt our ordinary weekday activities and inspire us to rededicate ourselves to those ideals that life is really about. Later, two mitzvos in the Mishkan are stated: the daily lighting of the menorah and the display of the lechem hapanim (showbread). The portion concludes with the horrible incident of a man who cursed G-d's name.

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:

May 18: "Common Mistakes Smart People Make"

May 25: "How to Defeat Discouragement Before It Defeats You"

June 1: "Teaching Our Kids to Make the Right Decisions"

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

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, May 19 ~ 12 noon -2:30 pm at The Hilton Frontenac ~ Brunch & Lecture with Rabbi Manis Friedman ~ celebrating the 40th Anniversary of Drs. Susan Feigenbaum & Jay Pepose.

Topic "The Joy of Intimacy, Putting the 'Wow' into Relationships" RSVP to www.joybymanis.com

Torah Mitzion Kollel (TMK) Needs Your Help to Find Housing to Bring the Bnot Sherut Back to St. Louis in 2020. The Bnot Sherut program brings Israeli girls to Jewish communities around the world for one year in lieu of military service. Here in St. Louis, for many years the girls have brought a fun and enthusiastic "taste of Israel" and religious Zionism, to our students at Epstein and Mirowitz and to all our community,. To make this possible, we will need families to provide housing for the girls. The commitment is flexible) and a stipend can be made available to off-set the costs. Please contact Laura Cohen Baron at 703-946-0899 or Laura@cybersecurityLLC.com for more information.



Welcome to the Gewirtzmans!

**On this “Garden of Eden Shabbat” focusing on strengthening relationships in the family and community
Join us to meet**

Rabbi Kasriel and Rebbetzin Pessie Gewirtzman
as they explore an opportunity with NHBZ
as Young Family Engagement Coordinators

Rabbi Gewirtzman comes to us through the Jerusalem Kollel and Yeshivas Dvar Torah with the goal of enriching the lives of Jews through education and comradeship, connecting and sharing with others, and building positive and enriching relationships. He and his wife have been actively involved in a wide range of communal endeavors including the Ner Le'lef Kiruv Training Program, Jewish Awareness Movement, JInternships, The Odyssey Israel Trips and Beth El Jewish Center in Brooklyn, New York. Rabbi Gewirtzman is also a Certified EMT who has worked with United Hatzalah and Magen David Adom, a certified Lifeguard as well as on the path to receiving his Master's Degree in Counseling. Rebbetzin Gewirtzman, in addition to her partnership in all of these endeavors, has just completed her Masters in Speech Pathology. They have two young sons, Chaim and Shimon.

Shabbos, May 18, 2019

9:00 am **Traditional Services** – in the sanctuary
9:30 am **Learners' Service** – in the chapel *led by Rabbi Yosef David*
10:15 am **Starting Points** – in the chapel: “Common Mistakes Smart People Make” *led by Rabbi Ze'ev Smason*

11:15 am – 12:15 am

Garden of Eden Speakers

“Friendship” by Rabbi Kasriel Gewirtzman

“Modesty” by Mimi David (for women only)

Rabbi Gewirtzman will give a *shiur* (presentation) at 6:45 p.m. prior to Mincha on **“Judging Favorably: Favor or Obligation?”** and then speak during Shalosh Seudos after Mincha on **“Emor and Omer: Making Your Days Count.”**



Shabbat Children's Programming

May 18, 2019

Junior Congregation Ages 7 to 11

10:00 am – 12:00 pm in the Youth Lounge

- Learn the key Shabbat prayers and tunes
- Review the weekly Torah portion
- Discuss cool facts about Israel
- Absorb Israeli culture and spoken Hebrew
- Hang out with old friends and make new ones

Tot Shabbat Children ages 6 and under

10:00 am – 11:30 am in the *Eli Ragin Kids' Play Room*

- Enjoy a fun, engaging, activity-filled Shabbat with songs, stories, games, dancing, puppets & more
- Parents and grandparents are invited to stay

Babysitting is also available **10:00 am - 12:00 pm**

All children welcome – no RSVP, no cost, no worries!

***All programs are on the NHBZ lower level,
and include delicious snacks!***

For questions, please email *Alana Minoff*
at alanaumansky@gmail.com



THE SISTERHOOD SCOOP

MAY



Volume 2

Number 19

13 Iyar 5779

May 18, 2019

Lag B'Omer: Better than Love - adapted from Rabbi Benjamin Blech

How do we understand the deaths of Rabbi Akiva's students?

Lag B'Omer is a Jewish holiday celebrated on the 33rd day of the counting of the Omer – the days between Passover and Shavuot. It marks the day which brought to an end a terrible plague responsible for the deaths of 24,000 students of Rabbi Akiva.

The students of Rabbi Akiva who perished were almost certainly intellectual giants, but the Talmud tells us, they were guilty of a moral failing – “they did not treat each other with mutual respect.” The profound implication is: Knowledge alone does not establish our righteousness. Scholarship without character forfeits its claim to piety. The students of Rabbi Akiva failed their earthly mission and were taken before their time to serve as spiritual warning for the ages.

And further, how was it possible that these brilliant disciples of Rabbi Akiva were guilty of violating precisely that one precept which served as the core principle of their teacher's understanding of Judaism? After all, it was THE Rabbi Akiva who daringly selected from amongst all 613 mitzvot the verse, “You shall love your neighbor as yourself” (Lev. 19:18) as the underlying concept of the entire Torah. How could his student body be the ones to ignore the core idea of their master's spiritual teachings – that love of fellow man is the very essence of his curriculum? Yet it was his disciples who failed to treat each other with mutual respect.

It was a woman in my community who came to me to discuss her desire for a divorce from her husband that helped me understand the difference between the two ideals of love and respect, and how emphasis on the first does not ensure compliance with the second. “But I know,” I tried to dissuade her, “that he loves you very much.”

“I know that,” she told me. “He too tells me that – and I believe him. The problem is that he loves me but he doesn't respect me. And that is something I cannot and will not live with for the rest of my life.”

Love and respect, much as we often connect them, aren't really the same thing at all.

One of the most profound pieces of advice for newlywed couples is that given by a prominent expert in the field who says, “It is not a lack of love but a lack of respect that makes unhappy marriages”. A lovely sign for purchase by honeymooners I spotted in a shop in Niagara Falls years ago expressed the same idea – “Secret of marriage: Protect her like a daughter, love her like a wife and respect her like your mother.”

Love and respect are the two most important aspects not only of marriage but of parenting and of all significant relationships as well. Another expert writes: “Love without respect is dangerous; it can crush the other person... To respect is to understand that the other person is not you, not an extension of you, not a reflection of you, not your toy, not your pet, not your product. In a relationship of respect, your task is to understand the other person as a unique individual and learn how to mesh your needs with his and help that person achieve what he wants to achieve. Your task is not to control him or try to change him in a direction that you desire but he does not. This applies as much to parent-child relationships as to husband-wife relationships.” Perhaps the area in which the difference between love and respect becomes most clear is with regard to one's self. The biblical commandment reads “love your neighbor as yourself” because self-love is assumed – who doesn't love and want to do everything possible for their own selves? Yet self-respect is an ideal so often found wanting, especially among those who say that they love to pursue anything that makes them happy. So the Beatles were wrong after all. Love is not all you need. You fall in love but you gain respect. Love is an emotion but respect is an attitude. Love is about attraction; respect is about connection.

It is fascinating that the Torah did not command us to love our parents. It told us to honor and respect them. Love can worship without reason. Respect adds worth and esteem to the equation. It clothes love in admiration, approval and appreciation. The students of Rabbi Akiva must've acknowledged the religious requirement of their teacher to love their fellow man. Perhaps they even verbalized affection and willingness to help their colleagues. The one thing however they failed to do was to live their lives with mutual respect for each other, because they didn't understand that that was the next step their Rabbi intended for them to master as necessary part of their spiritual growth.⇒

MARK YOUR CALENDARS

SAVE THE DATE ★ SAVE THE DATE ★ SAVE THE DATE

★ **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

★ **Craft Central Art Project honoring Israel**
Date and Time – TBD

★ **4th Annual Dine 'N' Style Fashion Show and Luncheon with lots of Shopping!**
– Sunday, August 18

Counting the Omer – Week 5

During the fifth week of counting the Omer, we examine and refine the emotional attribute of **Hod** or humility. Humility — and the resulting yielding — should not be confused with weakness and lack of self-esteem. Hod or humility is modesty — it is acknowledgment (from the root of the Hebrew word "hoda'ah"). It is saying “thank you” to God. It is clearly recognizing your qualities and strengths and acknowledging that they are not your own; they were given to you by God for a higher purpose than just satisfying your own needs. Humility is modesty; it is recognizing how small you are which allows you to realize how large you can become. And that makes humility so formidable. — Excerpted from “A Spiritual Guide to Counting the Omer,” Rabbi Simon Jacobson



Next year we really must make it a priority to get haircuts before the sefirah.

Lag B'Omer: Better than Love, continued

⇒ For 32 days students died. The number 32 as a Hebrew word has special significance. It spells the word lev – heart. The heart is the source of love. But love alone, without respect, will perish. And so the students died until they went beyond that number. The plague ended on the 33rd day, observed as Lag B'Omer. Hopefully we learn from the holiday's profound message that respect is needed to complete love.

B"H

ANCIENT WISDOM + MODERN WIT

THE JOY OF INTIMACY PUTTING THE 'WOW' INTO RELATIONSHIPS AND KEEPING IT THERE!



A Brunch & Lecture with Rabbi Manis Friedman

world-renowned author, counselor, philosopher and lecturer

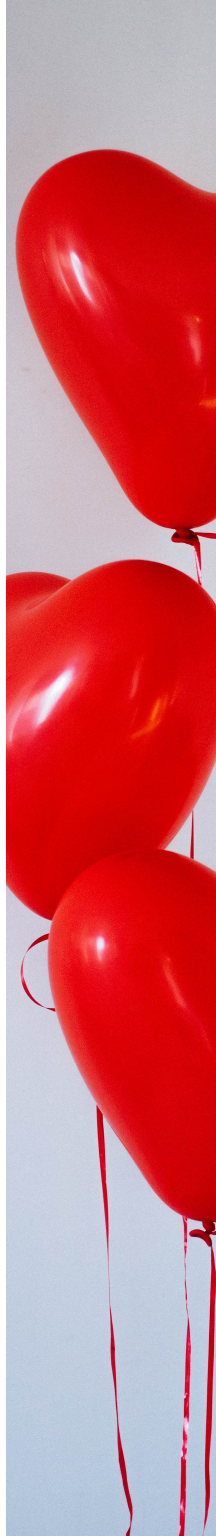
*celebrating the 40th anniversary of
Mrs. Susan Feigenbaum & Jay Repose*

**SUNDAY, MAY 19, 12:00 - 2:30PM
THE HILTON FRONTENAC
1335 S LINDBERGH BLVD, 63131**

KOSHER DIETARY LAWS OBSERVED

**SUGGESTED DONATION: \$18
RSVP: WWW.JOYBYMANIS.COM**

CHABAD OF CHESTERFIELD





Home Discussion Groups ***led by Rabbi Ze'ev Smason and others***

YOU SPOKE, AND WE LISTENED - HERE IS THE 2019 LINE UP
(Check Shabbos Bulletins for any time changes)

Kaddish and Birkas Kohanim

May 20, 2019, 7:30 pm, hosted by Alan & Vivian Zarkowsky

Structure of Jewish Books

Jul.15, 2019, 7:45 pm, host to be determined

Rosh Hashana & Yom Kippur

Sep. 9, 2019, 7:45 pm, hosted by Amy & Denny Feit

Medical Methods and Halacha

Nov. 11, 2019, 7:00 pm, hosted by Jackie & Craig Berkin

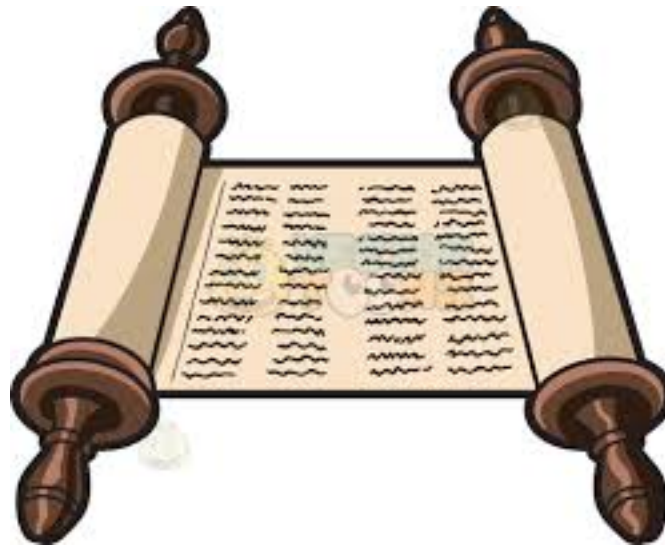
To RSVP, or to host a Discussion Group, contact **Jeff** at **314-991-2100** or jeff@nhbz.org. We will provide host address & phone # at time of RSVP



Kollel Shabbaton

Shabbat May, 25

We welcome the St. Louis Kollel to lead services and explore the meaning of Shavous



- ✓ **Rabbi Shlomo Eisenberg** "Beyond Cheesecake: The Life-Changing Simcha and Happiness of Shavous"
- ✓ **Rabbi Yaakov Silverman** "Whispering Flames: The Fire of Lag B'Omer"
- ✓ **Mrs. Chana Bregman (for women)** "A Guide to Preparing for Matan Torah / The Giving of the Torah"

Kiddush Luncheon

Sponsored by the Feigenbaum/Pepose Family in celebration of the 40th Anniversary of Drs. Jay Pepose & Susan Feigenbaum



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

This program is sponsored by the NHBZ Israel Committee



NHBZ Sisterhood Presents

A St. Louis Jewish Legacy Bus Tour

Sunday, June 23

1:00 – 5:00 pm



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

***Seats are limited – Email sisterhood@nhbz.org
NOW to reserve your space***



Women's Home Study Group

“Women in the Torah”

**First Tuesday of each Month, 2:30 pm
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**



To RSVP, contact **Jeff** at **314-991-2100** or jeff@nhbz.org.
We will provide host address & phone number at time of RSVP
Check the latest NHBZ Shabbos Bulletin for any time changes

SAVE THE DATE!

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MINCHA 7:40PM

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FREE ADMISSION

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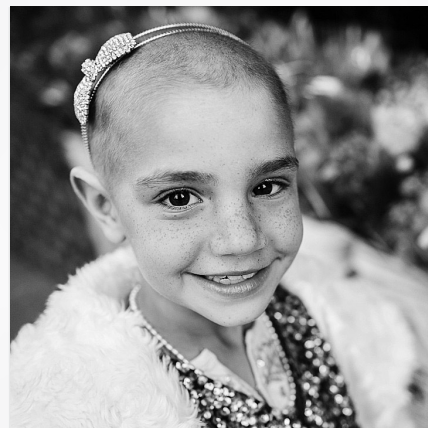
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FEATURE RUNTIME: 1 HOUR

Produced by Elan and Brochie Sloan. The Torah Legacy Foundation is a 501(c)(3) non-profit; Federal Tax ID # 01-3497363

FOR MEN AND WOMEN

Donate Blood in honor of **Arianna “Ari” Dougan**



Arianna “Ari” Dougan was diagnosed with Neuroblastoma at the age of three. Ari received more than 200 units of blood during her eight year battle with cancer. She believed in random acts of kindness and her family wants to inspire others to give blood. This act of kindness ensures that blood will be available when other children, like Ari, need it to survive cancer treatment.

Blood Drive **Aish Hatorah Jewish Learning Center** **Shaare Emeth Congregation**

Simcha Room
11645 Ladue Road
St. Louis, MO 63141

Sunday, June 2, 2019
10:00 AM to 3:00 PM

Enter through the South Entrance to access the Simcha Room where the blood drive is being held.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: AriDougan to schedule an appointment.

**Come to give May 1-June 10 to support trauma patients and
get a \$5 Amazon.com Gift Card* by email. *Restrictions apply,
see amazon.com/gc-legal. Terms and conditions apply; visit
rcblood.org/together**



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