



# Shabbos Bulletin

## Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

May 4, 2019 ~ 29 Nisan 5779

Candle Lighting 7:36 pm

Shabbat Ends 8:40 pm

Torah Portion: Acharei Mos  
Haftorah:

Leviticus 16:1 - 18:30  
1 Samuel 20:18-42

Chumash pages 636-655  
Chumash pages 1207-1208

### Our Sponsors:

Birthday cake in honor of the 18<sup>th</sup> birthday of **Madeline Hartranft**! Sponsored by **Jennifer, Bryson** and **Gaelyn Hartranft**.

Our Family Shalosh Seudos is sponsored by **Ed & Helayne Levitt** in memory of Ed's mother Dena Levitt z'l, by **Dr. Naftali & Jane Kadosh** in memory of Naftali's mother Miriam Kadosh z'l and **Mimi Fiszal** in memory of her mother Bess Fiszal z'l.

Due to circumstances beyond his control, Rabbi Hillel Van Leeuwen, our scheduled speaker, will not be able to join us this Shabbat. In his place we welcome Rabbi Naftali Rothstein, Head of Kadimah High School, who will speak during lunch on the topic of Yom Ha'atzmaut.

### Erev Shabbos May 3

- Mincha & Ma'ariv ~ 7:00 pm

### Shabbos, May 4

- Shabbat Services ~ 9:00 am
  - Pesukei D'Zimra: **Howard Sandler**
  - Shacharis: **David Rubin**
  - Leyning: **Stuart Klamen**
  - Haftorah: **Kenny Bressler**
  - Drasha: **No Drasha**
  - Musaf: **David Rubin**
- **Learners' Service** ~ Led by **Rabbi Yosef David** ~ 9:30 am
- **Starting Points** ~ Led by **Rabbi Ze'ev Smason** ~10:15 am ~ Topic: "Five Ways to Make and Be a Great Friend."
- **Tot Shabbat** ~ 10:00 am
- **Kiddush lunch** and Speaker **Rabbi Naftali Rothstein**, Head of Kadimah High School
- **Mincha / Ma'ariv /Family Shalosh Seudos** ~ 7:25 pm

### This Week and Beyond....

Minyan Times	Shabbos May 4	Sun. * May 5	Mon. * May 6	Tues. May 7	Wed. May 8	Thurs. May 9	Fri. May 10	Shabbos May 11
Shachris	9:00 am	8:00 am	6:45 am	7:00 am	7:00 am	7:00 am	7:00 am	8:30 am
Mincha/Ma'ariv	7:25 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:30 pm

\*Rosh Chodesh

SYNAPLEX

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

**Birthdays – Boruch Smason, Rubin Amon, Aida Greenberg, Daniel Chayet, Dennis Feit, Jim Pollock, Linda Szus and Dr. Milton Sallis**

**Anniversaries - Craig & Marsha Feenberg, Victor & Anna Rose Tendler and Dr. Eliot & Sally Katz**

- **Shabbos, May 11 ~ Synaplex Shabbat ~.** Kiddush Luncheon See flyer for details.
- **Sunday, May 12 ~ Mother's Day**
- **Shabbos, May 18 ~ Garden of Eden Speaker Series**, presented by the NHBZ Outreach Committee. Speakers and Topics: **Rabbi Ze'ev Smason** - "Friendship", **Mimi David** – "Modesty" (Women Only) and **Alan Zarkowsky** – "Mitzvahs and the Family". The Garden of Eden Speakers Series is focused on strengthening relationships in the family and the community.
- **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**
- **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](mailto:jeff@nhbz.org)

### **NHBZ Photo Directory 2019 ~ Schedule Your Session Now !!!**

Family or individual photos can now be scheduled online at [www.nhbz.org](http://www.nhbz.org) .

The dates and times are:

Monday, May 6 ~ 1-8 pm

Monday, May 13 ~ 1-8 pm

Tuesday, May 14 ~1-8 pm.

In the emailed bulletin you can click on the link below to sign-up.

If you need assistance please call Jeff at 991-2100 ext. 2 during office hours.

**Or schedule directly at:** <https://booknow-lifetouch.appointment-plus.com/yp544h42/>

### **NHBZ Photo Directory Ad Opportunities**

Our Photo Directory is a perfect opportunity to express your personal greeting or to showcase your business to the NHBZ community.

- Great way to put names and faces together
- It's a buzz book used for years
- Easy way to show who we are to potential members

#### **Pricing for ads in the Photo Directory:**

Personal ads	Business Ads
Eighth page= \$72	Business Card= \$100
Half page= \$288	Half page= \$350
Full page = \$540	Full page = \$650

Email your ad to [jeff@nhbz.org](mailto:jeff@nhbz.org) or call the office at 991-2100 ext.2

## **Mother's Day Greeting**

This year NHBZ will add a *Special Greeting Page* to the **Shabbat** Bulletin prior to Mothers' Day. For a minimum donation of \$18 you can place a greeting in honor of or in memory of your mom. She will be very happy you did! Email your greeting to [jeff@nhbz.org](mailto:jeff@nhbz.org) by Tuesday, May 7<sup>th</sup> or call the office at 991-2100 ext.2. All proceeds will help fund Synaplex Shabbat, programming and other educational events.

## **Parshas Acharei**

Acharei Mos begins with a lengthy description of the special Yom Kippur service to be performed in the Mishkan by the Kohen Gadol. The service included the lottery selection from among two identical goats, one of which would become a national sin offering and the other which would be pushed off a cliff in the desert as the bearer of the people's sins (the 'scapegoat'). We also find described the command that Yom Kippur and its laws of fasting and refraining from work be observed eternally by the Jewish people as a day of atonement. Acharei Mos concludes with a listing of immoral and forbidden sexual relationships, and the command that the Jewish people maintain and ensure the holiness of the land of Israel.

## **Cash Cards**

Orders are now being taken through the 15<sup>th</sup> of the month. Use the card for all your shopping needs. The order form is attached to this week's bulletin. You probably will be shopping at Amazon, Dierbergs, CVS, or Walgreens this month, so why not benefit NHBZ as you shop?

## **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 4: "Five Ways to Make and Be a Great Friend"

May 11: "What is Unique About Jewish Mothers?" 10:00 am due to Synaplex

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.

## ~ This Week's Torah Trivia ~

LAST WEEK'S QUESTION: WHAT COUNTRY IS MENTIONED IN THIS WEEK'S PARSHA?

ANSWER: BREISHIT: THE LAND OF CANAAN APPEARS IN THIS PARSHA.

THIS WEEK'S QUESTION: Why did the 2 sons of Aharon die for bringing a fire to worship Hashem?

## In the Community

**Sunday, May 5 ~ 4:00 pm ~ The 2019 St. Louis Yom HaShoah Commemoration** will take place at Congregation Shaare Emeth, 11645 Ladue Road. The Holocaust Remembrance Day event will feature eyewitness accounts of the Shoah from survivors and witnesses. Featured speakers will be Rachel Miller, who survived as a hidden child in France, and Mendel Rosenberg, who survived several concentration camps. The program will also include a traditional candle-lighting service, Holocaust Torah procession, liturgical readings, and prayers.

**Monday, May 6 ~ 2019 AIPAC St. Louis Event** at the Ritz-Carlton. Don't miss out RSVP's are needed. Contact [EVENTS.AIPAC.ORG/STLOUIS](https://EVENTS.AIPAC.ORG/STLOUIS) or call 312.253.8975.

**Monday, May 13th ~7:30 pm** ~ MTI invites the entire community to hear the world renowned historian, speaker and author, Rabbi Berel Wein, who will speak on "*The Rise of Anti-Semitism in the Diaspora*". Light refreshments to follow. 1809 Clarkson Road in Chesterfield.  
Suggested Donation- \$18. Please RSVP to [events@missouritorah.org](mailto:events@missouritorah.org) or call 636-778-1896 x108.

**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](http://www.joybymanis.com)



# Shabbat May 11, 2019

**8:30 am - Traditional Services** - in the Sanctuary

**9:15 am - Learners Service** – in the Chapel

Led by *Rabbi Yosef David* of Aish HaTorah St. Louis

**10:00 am - Starting Points** - in the Chapel

Topic: *"What is Unique About Jewish Mothers"*

Led by *Rabbi Ze'ev Smason*

**10:00 am - Children's Programming** – Lower Level

Tot Shabbat for ages 1-6, babysitting for younger children,  
Junior Congregation for ages 7 and up

**11:15 am - Synaplex Breakout Session**

## **"Has the Holocaust Changed Jewish / Christian Conversations?"**

**Lolle Boettcher**, *Lolle is a Mandel Fellow (Museum Teacher Fellow) from the U.S. Holocaust Memorial Museum, Docent at the St. Louis Holocaust Museum and Learning Center, and a St. Louis Jewish Light 'Unsung Hero' (2010).*

## **"Family, Children and the Giving of the Torah"**

**Rabbi Avi Roberts**, *Director, Ignite Young Professionals, will be our second speaker on the topic of Family and Children*

**12:15 pm Kiddush Lunch** - Social Hall

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*NHBZ Synaplex Shabbat is open to the Jewish public.*

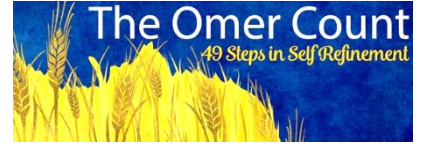
*Home hospitality is available. Call the NHBZ office at 314-991-2100 ext. 2 for details.*





# THE SISTERHOOD SCOOP

# MAY



Volume 2

Number 17

29 Nissan 5779

May 4, 2019

## BOOK CLUB News!

Thanks to *Leslie Gitel* for hosting and to *Peggy Umansky* for leading Sisterhood's April 29 Book Club discussion of *If All the Seas Were Ink*, a memoir by Ilana Kurshan. Those present shared a lively, thought-provoking analysis!

The *next* Book Club meeting is Mon., June 24 at the home of Amy Feit. The book selection is: *The Last Watchman of Old Cairo*, by Michael David Lukas, a "wonderfully rich" novel about a young man who journeys from California to Cairo to unravel centuries-old family secrets.

ALL WOMEN WELCOME!

For more Information

Contact Book Club Coordinator

Terri Schnitzer at 314-518-4107

or [terrischnitzer@yahoo.com](mailto:terrischnitzer@yahoo.com)



## The Seven Basic Emotions of Human Experience

- Chesed - Loving-kindness
- Gevurah — Justice and discipline
- Tiferet - Harmony, compassion
- Netzach - Endurance
- Hod - Humility
- Yesod - Bonding
- Malchut - Sovereignty, leadership

At the root of all forms of enslavement, is a distortion of these emotions. Each of the seven weeks between Passover and Shavuot is dedicated to examining and refining one of them.



## Counting the Omer: 49-Day Program for Change

by Dr. Lisa Aiken, Ph.D ([www.aish.org](http://www.aish.org))

How many psychologists does it take to change a light bulb?

Only one. But the light bulb has to really want to change.

Lots of people hate change. Actually, they love change, but only if it is others who are changing to make life more comfortable for the person who doesn't want to change. Many of us want our boss to change, our spouse to change, our kids to change, our teachers to change... the only one we don't think needs to change is us!

As a psychologist, part of my job is to help people to realize that the only person they can definitely change to be the way they want is themselves. Judaism teaches us that the entire reason we are here is to change! The Almighty created all of us imperfect and our job is to change to become better and better. If we want the world to be a better place, it starts with us. Every small step we take to become better has an effect on everyone around us.

Every year, we get an incredible step-by-step program for how to change our lives during the seven weeks between the holidays of Passover and Shavuot. We all have good and bad character traits that continually affect us and those around us. Kabbalah tells us that there are seven main character traits and we have the ability to develop them in ourselves. Each day between Passover and Shavuot, we count another day of the Omer. Each day has a special spiritual energy that enables us to work on one important aspect of our character that is especially accessible to us that day. We take a few minutes each day putting one angle of a trait into practice with ourselves, with others, and in our relationship with G-d.

Altogether, we do 49 steps with each emphasizing a different trait that can help us to become kinder, to be more self-disciplined and have proper boundaries, and to live life more meaningfully. At the end of those 49 days, we are on our way to being noticeably better people.

The first character trait that we work on is kindness. The first day of the Omer we can devote time to doing something kind for ourselves. For example, lots of people think negatively about themselves. During the course of a day they might think, "I'm not pretty," or "I'm not smart," or "I can't do that," or "People don't like me." You can start to change your life for the better by being kind to yourself. Notice when you are having negative thoughts and substitute them with positive ones instead. For example, instead of "Things never work out the way I want," you can think, "I am good at \_\_\_\_\_. When I put my energy and effort into that, things usually work out well." Or, when you think "Nobody cares about me," substitute, "These people do care about me..."

Next, think about a kind deed that you would like to do for others and do it! Simply having nice thoughts about what you would like to do does not make you into a kind person. Actually doing things does! Give someone a compliment, visit a sick person in the hospital, make a phone call or visit someone who is lonely, help a child with his homework, spend a few hours working in a soup kitchen. Judaism teaches us that each kind deed that we do transforms us into a kinder person and can make a difference in someone else's life.

Finally, do one kind deed for your Creator. He doesn't need anything from us, but the entire purpose for which He created the world is to be good to us. When we live meaningfully, it gives Him the greatest pleasure, so to speak. Choose one thing that He would like you to do. For example, make a gratitude list and tell Him that you appreciate the talents, friends, opportunities, or gifts that He has given you. Noticing that you have received good things instead of only expecting what you don't have is something that research on happiness has shown will make you a happier person. Showing appreciation to the One who makes it all possible and verbalizing thanks to Him is a great way to do this.

It is said, "The journey of 1,000 miles starts with one small step." During the Omer, you can take 49 meaningful steps on a journey that can change your life for the better.

## 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

★ Next Book Club meeting is Mon., June 24,  
7:15-8:45PM at the home of Amy Feit

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

★ 4th Annual Dine 'N' Style Fashion Show  
and Luncheon – Sunday, August 18



# Garden of Eden Speaker Series\*

*\* Focus on Strengthening Relationships in the Family and Community*

## 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*

1. "Friendship" by Rabbi Ze'ev Smason
2. "Modesty" by Mimi David (for women only)
3. "Mitzvahs and the Family" by Alan Zarkowsky



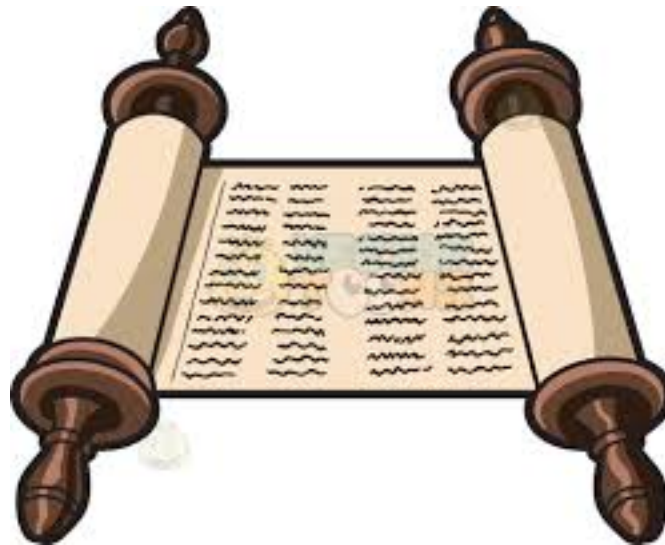
***For more information, call (314) 991-2100 extension 2***



# 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 40<sup>th</sup> Anniversary of Drs. Jay Pepose & Susan Feigenbaum



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](http://WWW.JOYBYMANIS.COM)**

**CHABAD OF CHESTERFIELD**





# 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.



**May 4:** "Five Ways to Make and be a Great Friend"

**May 11:** "What is Unique About Jewish Mothers?" - at 10 am

**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?"



# *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](mailto:jeff@nhbz.org)

This program is sponsored by the NHBZ Israel Committee