



Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

March 28, 2020 ~ 3 Nisan 5780

Candle Lighting 7:01 pm

Shabbat Ends 8:05 pm

Parshas: Vayikra 1:1 -- 5:26
Haftorah: Isaiah 43:21 - 44:23

Chumash pages 516 - 541
Chumash pages 1218 - 1219

Shabbat Services for March 28 will NOT be held. All Shabbos and weekday services, classes and meetings will not be held at the NHBZ building.

Adult Learning at NHBZ has moved to online video or by phone classes. This presents a great opportunity for you to increase your learning!

On page 2 is the current list of online classes with Rabbi Smason and how to access them through your computer, smart phone (using Zoom) or phone (smart or otherwise -audio only)

- Shabbat ends ~ 8:05 pm

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No Minyanim at Shul: suggested times for davening at home

Minyan Times	Shabbos Mar 28	Sun. Mar 29	Mon. Mar 30	Tues. Mar 31	Wed. Apr 1	Thurs. Apr 2	Fri. Apr 3	Shabbos Apr 4
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	6:30 pm	6:30 pm	6:30 pm	6:30 pm	6:30 pm	6:30 pm	7:00 pm	6:55 pm

Happy Birthday to ~ Keith Zeff, Andrew Feit, Sergio Chayet, Irl Solomon, Alan Haber and Amarah Friedman

Anniversaries ~ Dr. Daniel & Marcela Morgensztern and Drs. Caryn Garriga & Adrian Shifren

- Wednesday, April 8 ~ First Seder ~ Pesach begins

The Vaad Hoeir Pesach Guide is now available: <https://ovkosher.org/pesach2020/>

Parshas Vayikra

This Shabbos marks the beginning of our reading the third book of the Torah, Sefer Vayikra which deals primarily with the services and responsibilities of the Kohanim. This week's portion focuses on many of the korbanos (offerings) to be brought in the newly-constructed Mishkan. Parshas Vayikra begins with G-d calling Moses into the Mishkan where he will receive many relevant mitzvos to be ultimately passed on to the Jewish people. The first half of the Torah portion describes the various optional korbanos brought by individuals. They can be classified into three general categories, each one comprised of several gradations in size and expense; the korban olah (elevation offering) which is completely consumed on the altar; the korban mincha (meal offering) which, because of its inexpensive contents is usually brought by someone of modest means; and the korban shelamim (peace offering) partially burned on the altar, with the remainder divided between the owners and the Kohanim. The second half of the portion (beginning with chapter four) discusses the required chatos (sin) and asham (guilt) offerings to be brought as atonement for unintentional transgressions.

NHBZ Online Classes with Rabbi Smason will keep you connected during this challenging time. The classes listed below are easy to join and you can drop in on one without having previously attended. These classes are offered through Zoom video conferencing on your computer or smart phone (you do not need to download Zoom to see the class) and through audio only on your telephone.

Instructions to attend a class:

***For Zoom video:** each class has a Zoom link- click on the link or copy and paste the link in your browser to join.

***For audio through your telephone:** If you prefer to hear the class only through your phone: Dial-in number: (425) 436-6367 - wait for the prompt to enter the access code: 509084 #. **All classes use the above number to join with audio.**

****If possible, please try to join each class a few minutes before the start-time**

1. Each weekday morning at 8:00 am (Sundays, at 9:00 am.). **Rabbi Smason will share a 10 minute D'var Torah** (Torah insight) relevant to the upcoming holiday of Pesach (Passover). **This will take place by telephone conference only.**

2. FOR KIDS ~ Monday - Friday at 2:00 pm ~ Take a 10-minute break from your online school and join Rabbi Smason as we explore short daily topical, relevant Torah snippets about Passover for ages 7 to 12 years old. On Fridays we will review the upcoming weekly Torah portion. Join by video at: <https://zoom.us/j/136785930>

3. Sunday- Thursday at 7:00 pm ~ Rabbi Smason will offer a “Family Time Meeting” offering a few words of inspiration, perhaps a story, and then together we will recite Tehillim and sing. Each session is planned to last 15 minutes or so. Join by video at: <https://zoom.us/j/295822730>

4. Every Monday at 7:30 pm ~ “To the Source” with Rabbi Smason. An ongoing weekly class covering contemporary Torah topics using classic and modern English and Hebrew texts. Join by video at: <https://zoom.us/j/295822730>

5. Every Wednesday at 12:15 pm ~ Study with Rabbi Smason- Pirkei Avos / Ethics of the Fathers. Our long-running class offers contemporary, relevant insights based upon the timeless wisdom of the Torah. Join by video at: <https://zoom.us/j/214068419>

6. Every Friday afternoon at 12:15 pm, Rabbi Smason will be offering a 45 minute class / discussion on insights into the weekly Torah portion. While we currently are unable to have communal Torah study and listen to the Torah reading on Shabbos, we can at least prepare for the Torah portion that normally would be read on the upcoming Shabbos. Join by video at: <https://zoom.us/j/382191516>



Selling Chametz Pesach 2020

Dear Members and Friends,

The challenging situation of the Covid-19 requires a modification in the way we will be able to sell our chametz this year. Unlike previous years where you could personally meet with Rabbi Smason and then designate him as your *shliach* (proxy) to sell your chametz, current circumstances require the chametz sale to be conducted by email or regular (snail) mail.

Below, please find a form authorizing Rabbi Smason to be your *shliach* (proxy) to sell your chametz for Pesach, this year to begin on the evening of April 8 and conclude on the evening of April 16.

Your authorization form MUST be in Rabbi Smason's possession no later than Tuesday, April 7. If you plan on sending the form by regular mail, please allot sufficient time for its arrival to the NHBZ office.

It is customary to make a donation when arranging the chametz sale. Checks can be made out to NHBZ with "Chametz sale" in the memo line. Alternatively, you can make a donation by clicking here. Please make a notation on the Paypal site in the memo stating of "Chametz sale"

If you have any questions about the process of the sale of chametz, please don't hesitate to contact Rabbi Smason by email (Pepshort613@gmail.com) or phone (314 991-2100 x 1)

Date _____

I / We appoint Rabbi Ze'ev Smason to be my/our agent in regard to the sale of *CHAMETZ* prior to Passover, and subsequent re-purchase after Passover, if possible. This agency is bound by the dictates of *Halacha* and all necessary qualifications to ensure that this agency and sales, purchases and rentals enacted thereby meet these requirements are deemed to be part of this agreement.

Reference is made to the standard *SHTAR HARSHA'AH* in this regard. Included in this agency is the right to appoint further agents and to rent/sell real and personal property as need be to ensure that the *HALACHIC* concerns in regard to *chametz* on Passover are met.

Name(s) _____

Address _____

Phone _____

Signatures _____

Dear Members and Friends,

As we approach the conclusion of the second week of our 'new reality', I would like to share some brief words before the onset of Shabbos.

* In the beginning of next week we plan to email detailed information about Pesach. This will include both the standard guidance we share from year-to-year, a schedule of times, as well as including additional information for this year's 'unusual' Pesach. Additional information will include topics as this year's recommended procedure for biyur (removal/burning) of chametz and Ta'anis Bechoros (Fast of the First Born). In the interim, if you have any pressing Pesach-related questions please don't hesitate to contact me.

* I've been heartened and inspired by the participation in the multiple video and teleconference learning opportunities we are presenting. In this time of 'home sheltering,' 'social distancing' and an increased level of isolation, many of us are meaningfully connecting together. For those of you who have not yet joined one of our many weekly sessions (see bulletin for details), please give it a try. And perhaps more important, if you know someone who would benefit from these new opportunities of Torah learning and social connectivity, please encourage them to join in.

* Finally, I would like to thank Menachem Szus, our synagogue President (along with our dedicated Board of Directors) and Jeff Miller, Shul Administrator and Laura Krueger, Business Manager, for their exceptional support during these challenging times.

Good Shabbos,

Rabbi Ze'ev Smason



Shalom to you all.

This week we started reading the third book of the Torah, Vayikrah. It deals with various issues relating to the Mishkan work and the functions of the Kohanim. It's appropo for these times, as the Kohanim would declare when people were in a state of cleanliness and could rejoin the main body of the nation.

In these times of battling the COVID-19, I want to share with you how our shul, NHBZ, is continuing to function.

As you know Rabbi Smason has gone into even higher gear, providing non-stop shiurim, lessons, via ZOOM and FreeConference.

The shul facility continues on physical lock down. Our Office Staff, Jeff and Laura, come in regularly to continue their work.

Our custodians, Alan and Theresa Swan, have been coming in to clean the facility and prepare it for Pesach. They are also getting around to various other technical maintenance, which had been previously placed on the back burner.

Our Anniversary Dinner Committee, under Lenny Alper's chairmanship, has been meeting electronically and is continuing to plan the 2020 event and how to mitigate the current situation.

Our search for an Associate Rabbinical Couple continues. We are in the process of interviewing candidates and raising funds for this very necessary function. Please contact Jay Umansky to contribute and with any questions. jumansky@stllaw.net

David Gellman has been maintaining and enhancing our website, to include new and necessary information and links. <https://www.nhbz.org>

Our Security Committee is working on obtaining grants from FEMA and the Jewish Federation to enhance the security of our facility. Thank you to Janet Haber for dealing with this.

Our Board met electronically and made very difficult and necessary decisions in view of the current situation.

Our Executive committee will be meeting electronically next week to deal with various day-to-day decisions which are needed to continue the functioning of our shul.

If you get a chance to call our office staff, please do so and strengthen their courage and morale.

If you have anything you would like to share with me or to talk to me please call or send an email.

On a personal note, I have noticed something extraordinary. Old Bonhomme Road is relatively full of people walking in small groups, spaced appropriately. In almost looks like NY (before this pandemic) in the middle of the night. When I speak to some of them, they also remark about this unfamiliar phenomenon.

Call your family and friends, regularly. Especially those who might be living alone and who don't have access to social media. Send letters. What a novel idea.

Be well and stay healthy, wash hands.
Stay physically separated but electronically connected.

Shabbat Shalom, Menachem Szus, Board President



THE SISTERHOOD SCOOP

MARCH 28



Volume 3

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3 Nissan 5780

March 28, 2020

WALT LANDISMAN
THE JACOBSONS
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GROUP HUG
2020



*Let's come together
while we are apart*



Sisterhood Book Club

While most of us are home-bound, why not join in the reading of Sisterhood's current book, the powerful bestseller about Hedy Lamarr by Marie Benedict *"The Only Woman in the Room"*?



Looking ahead, the June Book Club book is *"Black, White, & Jewish: Autobiography of a Shifting Self"* by Rebecca Walker, the daughter of a Jewish father and African-American mother who recalls her confusing but ultimately rewarding life lived between two conflicting ethnic identities. Watch for instructions how to join the new on-line Zoom Book Club from home! For more info Call **Terri Schnitzer** at 314-518-4107 or terrischnitzer@yahoo.com



What Can We Do While We Are Isolated?

Reach Out! Use technology in a positive way. Call, email, or send a caring text message to friends, relatives, shul members, and co-workers. Tell them that you are thinking of them and praying for them.

Have Faith, Not Fear Yes, the concern is real. But the truth is, there is only One who decides what will happen to us, and that is the one Director of heaven and earth. Have faith in G-d. Pray. Ask Him to protect you and your loved ones, and to send healing to the entire world. Then have complete confidence that He listens to every prayer that comes from the heart, and yours will be answered as well.

Give Charity Isaiah, the great prophet of peace, compared giving charity to donning a suit of armor. Each contribution you make, no matter how small, provides another shield of protection against any affliction. So, too, the book of Proverbs tells us that "charity saves from death."

Be Infectious – in a Good Way! Yes, the virus is infectious, it's spreading, it's separating people and even causing us to be suspicious of each other. So be an antiviral! Just by adding a little goodness and kindness to the world – spread kind words, helpful actions, and a little more love and caring – and you can be infectious in a positive way. And may our collective good stop the spread of anything negative! A little trust in G-d can have some great side benefits, as suggested from the Mayo Clinic: "...studies have shown that religious involvement and spirituality are associated with better health outcomes, including greater longevity, coping skills, and health-related quality of life." As in most situations, fear doesn't do anyone much good. Even a teaspoon of faith, on the other hand, has amazing healing power.

- adapted from Mendy Kaminker at www.chabad.org



From Our Families to Yours...

Torah @ 2:00 pm

"Who is rich? He who rejoices in his lot" - Perkei Avot, 4:1

"Every problem is an opportunity in disguise" - John Adams

Who: *ALL Kids ages 7 to 12!*

When: *EVERY DAY (Mon - Fri)*

(during Distance Learning School Year)

Time: *2:00 p.m.*

How: *Zoom Conferencing*

Log on at: <https://zoom.us/j/659307809>

To Dial-in call: (425) 436-6367 - wait for the prompt to enter
the access code: 509084 #

*Take a 10-minute break with Rabbi Smason
as we explore short daily topical, relevant Torah snippets
for 7 to 12 year old!*

- *Torah Tidbits*
- *Fun Facts*
- *Holiday Insights*
- *Review the weekly Torah portion*

(NHBZ membership NOT required...All levels of observance welcome!!!)

***** Friday, erev Shabbat, Torah @ 2:00 will last about 20 minutes**

For programming questions, please email Richard Woolf at woolf.richard@gmail.com
or

For technical questions re: logging on or Zoom, please contact Jeff in the office at
jeff@nhbz.org or 314-991-2100 x2