



Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

March 20, 2020 ~ 18 Adar 5780

Candle Lighting 6:54 pm

Shabbat Ends 7:58 pm

Parshas: Vayakhel--Pekudei Exodus 35:1 -- 40:38
Maftir: HaChodesh: Exodus 12:1-20
Haftorah: Ezekiel 45:18 - 46:15

Chumash pages 516 - 541
Chumash pages 348 - 355
Chumash pages 1218 - 1219

Shabbat Services for March 21 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!

Here are the current list of classes and how to access them through your computer or phone:

- 1. Each weekday morning at 8:00 am. Rabbi Smason will share a 10 minute D'var Torah** (Torah insight) relevant to the upcoming holiday of Pesach (Passover). (On Sundays, at 9:00 am.) **This will take place by telephone conference, only.** If possible, please try to join the conference call a few minutes before the start-time. To Dial-in call: (425) 436-6367 - wait for the prompt to enter the access code: 509084 #
- 2. Each weekday evening at 7:00 pm ~ Rabbi Smason will offer a daily family Tehillim** (Psalms) "meeting", offering a few words of inspiration, perhaps a story, and then together we will recite Tehillim. Each session is planned to last 15 minutes or so. To join the class, click on the Zoom meeting link here: <https://zoom.us/j/295822730> (if prompted choose computer audio) on your smart phone or computer and it will take you to the class. If you prefer to hear the class through your phone you should: Dial-in number: (425) 436-6367 - wait for the prompt to enter the access code: 509084 #
- 3. 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. For Men and Women. To join the class, click on the Zoom meeting link here: <https://zoom.us/j/875806725> (if prompted choose computer audio) on your smart phone or computer and it will take you to the class. If you prefer to hear the class through your phone you should: Dial-in number: (425) 436-6367 - wait for the prompt to enter the access code: 509084 #
- 4. Every Wednesday at 12:15 pm ~ Study with Rabbi Smason- Pirkei Avos / Ethics of the Fathers.** You can access the class by video conference or telephone. Our long-running class offers contemporary, relevant insights based upon the timeless wisdom of the Torah. Even if you haven't previously attended our Wednesday class, stop by and give it a try! To join the class, click on the Zoom meeting link here: <https://zoom.us/j/214068419> (if prompted choose computer audio) on your smart phone or computer and it will take you to the class. If you prefer to hear the class through your phone you should: Dial-in number: (425) 436-6367 - wait for the prompt to enter the access code: **509084 #**

5. 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. To join the class, click on the Zoom meeting link here: <https://zoom.us/j/382191516> (if prompted choose computer audio) on your smart phone or computer and it will take you to the class. If you prefer to hear the class through your phone you should: Dial-in number: (425) 436-6367 - wait for the prompt to enter the access code: 509084 #

● **Shabbat ends ~ 7:52 pm**

This Week and Beyond

Minyan Times	Shabbos Mar 21	Sun. Mar 22	Mon. Mar 23	Tues. Mar 24	Wed. Mar 25	Thurs. Mar 26	Fri. Mar 27	Shabbos Mar 28
Shachris	9:00 am	8:00 am	7:00 am	7:00 am	7:00 am	6:45 am	7:00 am	9:00 am
Mincha	6:30 pm	6:30 pm	6:30 pm	6:30 pm	6:30 pm	6:30 pm	7:00 pm	6:50 pm
Ma'ariv	7:20 pm	7:20 pm	7:20 pm	7:20 pm	7:20 pm	7:20 pm		

Rosh Chodesh Nissan falls out on Thursday, March 26. Rosh Chodesh prayers begin on Wednesday evening at ma'ariv, and our davening on Thursday morning should begin at 6:45 A.M.

Happy Birthday to ~ Jackie Gitel, Danielle Bialecki, Jerry Cohen, Alan Zarkowsky, Alla Yasinev and Mimi Fiszel

Anniversaries ~ Ronald & Ina Makovsky, Stanley & Rhonnie Goldfader and Dr. Daniel & Marcela Morgensztern

● **Wednesday, April 8 ~ First Seder ~ Pesach begins**

Parshas Vayakhel--Pekudei

This week we read the final portion of Exodus, a book which began with the Jewish people enslaved to Pharaoh in Egypt and now ends with the completion of the construction of the Mishkan (Tabernacle) in the desert. Exodus is known as 'the Book of Redemption'; redemption was achieved not only through our escape from slavery, but also through receiving the Torah on Mt. Sinai which gave purpose to that freedom. The climax of that salvation was when G-d rested His presence amongst the Jewish nation when the Mishkan was completed.

Parshas Vayakhel (Exodus 35:1 -- 38:20) begins with Moses assembling the entire nation of Israel to transmit the details of the construction and fabrication of the Mishkan as described in the three previous Torah portions. However, Moses first cautions them about the fundamental mitzvah to observe Shabbat. The nation is reminded that although the construction of the Mishkan is of transcendent importance, it does not take precedence over the weekly observance of Shabbat. The portion describes that the Jewish people came forward with their generous contributions for the Mishkan's construction, producing a surplus of supplies. The craftsmen are selected and the building begins.

Parshas Pekudei (Exodus 38:21 -- 40:38) begins with a complete accounting of the gold, silver and copper contributed by the people for use in the Mishkan. Following Moses' inspection and approval of the many utensils and unassembled parts, Moses sets up the Mishkan on Rosh Chodesh Nissan as each part is anointed and arranged in its proper location. And as G-d promised, His glory fills the Mishkan



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,

A few thoughts to share with you before the onset of Shabbos.

1) On Sunday, March 22 at 10:30 A.M. (CDT) I will be offering a class on "Today's Reality: Preparing for Pesach in 2020 / 5780" The primary topics to be covered will be guidelines for inviting guests to your home for the Sedarim (Passover Seders), and cleaning your home for Pesach. This 60 minute presentation can be accessed at <https://zoom.us/j/327388331> by phone: Dial-in number: (425) 436-6367 - wait for the prompt to enter the access code: 509084 # Questions at the end of the presentation are welcome

2) Please read the CRITICAL health-advisory that follows this brief message. The advisory offered due to individuals within the St. Louis Jewish community who have tested positive for Covid-19, those who have been exposed to them, and a recommendation to cancel all guests traveling from Covid-19 "hot spots", including the entire northern and Mid-Atlantic east coast and from Israel.

3) In the coming week I look forward to expanding opportunities to share more information with you and your children about how to prepare for Pesach in this difficult, unusual time.

May you and your family have a blessed, restful Shabbos.

Good Shabbos,

Rabbi Smason

March 20, 2020

Dear Community Members,

In an effort to provide you with a unified medical response to the COVID-19 pandemic, St. Louis area Rabbonim (rabbis) have established a board of medical experts to help you address issues that have become crucial to your personal well-being and that of the community at large. We intend to provide you with updated community news and guidelines on a frequent, if not daily, basis. We are taking our lead from our Rabbonim, the CDC, best medical evidence, and clinical experience.

We are now aware of individuals within our St. Louis Jewish Community who have definitely had direct exposure to others who have tested positive for COVID-19. These exposed individuals must self-quarantine for no less than 14 days. Family members of such individuals must maintain social distancing within the home. We advise that all people, even those who feel well, who are travelling or have recently traveled to St. Louis from areas with community transmission **STAY HOME**. If work is essential, try to remain alone and observe social distancing. Avoid all non-essential interactions with non-household members. This recommendation pertains to everybody travelling from the entire northern and Mid-Atlantic east coast and from Israel, as well as other known COVID-19 hot spots. The seriousness with which you take these recommendations will play a large role in our success against this highly contagious disease.

To protect our community, cancel all guests intending to travel to St. Louis from the areas mentioned above. Anyone > 60 years old or with an underlying chronic disease including but not limited to heart disease, lung disease, and diabetes, is at particularly high risk of a poor outcome should they become infected.

Follow the enclosed ABC Guidelines to determine whether you or a family member must quarantine. The main symptoms to watch for are **COUGH, SHORTNESS OF BREATH and FEVER**.

In addition, new information indicates that **DIGESTIVE SYMPTOMS** of diarrhea, vomiting and abdominal pain can be the first sign of illness. Therefore, new onset respiratory symptoms **OR** digestive symptoms **OR** fever alone should self-quarantine and contact their physician.

St. Louis area Rabbonim have ruled that these recommendations carry the full weight of Halachah due to the current situation of *sakanas nefashos* in our community. Individuals deviating are endangering their own lives and the lives of others.

Thank you for your tremendous effort and sacrifice as we, with Hashem's help, limit the spread of this disease and protect all members of our community. We are hopeful that a clear time limit on these restrictive recommendation becomes apparent very soon.

COVID-19 Saint Louis Jewish Medical Advisory Board (additional doctors to be added soon),

Dr. Daniela Hermelin
Dr. Greg Storch

Dr. Yochanan Silverman
Dr. Craig Reiss



THE SISTERHOOD SCOOP

MARCH 21



Volume 3

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March 21, 2020



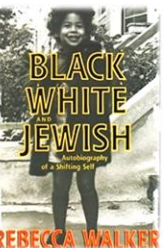
Never compromise your ideals. Never give in to defeat or despair. Never stop journeying merely because the way is long and hard. It always is.
-Rabbi Lord Jonathan Sacks

Sisterhood Book Club

If we find ourselves unexpectedly home-bound, why not join in the reading of our 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 & African-American mother who recalls her confusing but ultimately rewarding life lived between two conflicting ethnic identities. For more info or to learn when Book Club meetings will resume, call **Terri Schnitzer** at **314-518-4107** or terrischnitzer@yahoo.com



CALENDAR UPDATE

- ★ **Orli's Boutique Open House – Shop to Support Sisterhood** – Sun, March 22, – **postponed**
- ★ **Author Caroline Goldberg Igra – "Count to a Thousand"** – **postponed** – **new date TBD**
- ★ **Next Book Club** – April 27, **date TBD**
- ★ **Membership Tea** – May 3, **date TBD**
- ★ **5th Annual Dine 'N' Style Fashion Show, Luncheon & Shopping!** – Sun., **August 30**

10 Things I'm Learning About Life in the Midst of the Coronavirus

- adapted from *Chana Weisberg* (Chabad.org)

1. No matter how powerful or advanced we think we are, ultimately, we're not in control. G-d runs the world and will run it exactly according to His own plan and His own timetable.
2. G-d will take care of us! We need to believe this. The man who delivered my friend's groceries admonished, "You people believe in G-d, so why such anxiety? G-d created His kids; don't you think He can take care of us?"
3. Some of the greatest solutions are the simplest. Wash your hands, keep yourself clean, and don't spread negative infection. Shouldn't we follow this prescription in all areas of life?
4. How we react to others in times of distress says so much about who we are. I'm seeing such generous offers of practical help for those in difficult situations.
5. One virus has spread like wildfire, utterly changing our world. If this is true for in the negative sense, imagine the power of something positive, how infectious and powerful one good deed can be.
6. Too often, we're busy rushing through the mad dash of life. As we hunker down with our loved ones, we can re-evaluate our priorities and what's really important.
7. Our children and the people around us are looking to us for direction. If we demonstrate terrible frenzy, it snowballs into mass hysteria. If we remain calm and cautious, others take note and behave likewise.
8. "There is no person that doesn't have his time and no thing that doesn't have its place" (Avot 4:3). Who would have thought the humble toilet-paper roll would become such a precious commodity? Don't ever think of yourself as useless; everyone has their time to shine.
9. Humor goes a long way. "The language of the wise is healing" (Proverbs 12:18). Happiness, positivity and wit can only help the situation.
10. Worry is often worse than the disease itself. I'll be honest, this is my personal take-home message. How often do I hear myself telling my children, "Of course, I'm worried! That's my job as a Jewish mother!" Truthfully, our greatest enemy—perhaps more debilitating than any sickness or challenge—is feeling overwrought and stressed. It doesn't help, but just feeds into the frenzy, creating even more widespread problems. We need to take preventive steps, but with a positive "can-do" and "it will be good" attitude.

Wishing us all health and blessings!