



Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

April 25, 2020 ~ 1 Iyar 5780

Candle Lighting 7:26 pm

Shabbat Ends 8:32 pm

Parshas: Tazria -- Metzora Leviticus 12:1 -- 15:33
Haftorah: 2 Kings 7:3-20

Chumash pages 608 - 635
Chumash pages 1172-1173

No Minyanim at Shul: suggested times for davening at home

Minyan Times	Shabbos Apr 25	Sun. Apr 26	Mon. Apr 27	Tues. * Apr 28	Wed.^ Apr 29	Thurs. Apr 30	Fri. May 1	Shabbos May 2
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	7:15 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:20 pm

*Yom Ha'Zikaron ^Yom Ha'Atzmaut

This Week and Beyond

Tuesday, April 28 ~ Yom Ha'Zikaron ~ Israel Memorial Day, is set aside on the day before Yom Ha'Atzmaut as a time of memorial for soldiers who lost their lives fighting in the War of Independence and in other battles or wars.

Wednesday, April 29 ~ Yom Ha'Atzmaut ~ Israeli Independence Day, Israel celebrates its 72nd birthday.

- **Join us for an NHBZ Observance of Yom Ha'Zikaron ~ Israel Memorial Day and Yom Ha'Atzmaut ~ Israeli Independence Day** which will take place via Zoom video conference on **Tuesday April 28th at 7:30 pm**. The program for **Yom Ha'Zikaron** will include: in lieu of lighting candles, for safety, please put on a flashlight in memory of the deceased, reflections on Yom Ha'Zikaron by **Dr. Ram Volotzky** and *Kel Maleh Rachamim* by former IDF soldier **Reuven Tzadok**.
- We will then sing **Hatikvah** and after announcing the start of **Yom Ha'Atzmaut** we will sing *Hava Nagila* and dance in our homes! If you have an Israeli flag in your home, get it out for the celebration! Please join us for this important and meaningful commemoration of Israel and its defenders.

Join the video at <https://zoom.us/j/295822730>

Join by audio call: **314-325-8791**



Shabbat, May 1 ~ Virtual Kabbalat Shabbat Service

Join us starting next Erev for our first Virtual Kabbalat Shabbat. We'll gather virtually on Zoom to welcome Shabbat in song as Rabbi Smason provides inspirational and instructive Dvar Torah. Watch for more information coming during the week.

Happy Birthday to ~ Hesh Lyons, Micha Szus, Marcie Muskin and Madeline Hartranft
Anniversaries ~ none

Parshas Tazria -- Metzora

Parshas Tazria describes in great detail the varying manifestations of the disease called tzara'as. Although it has commonly been mistranslated as leprosy, this skin disease bears little resemblance to any bodily ailment transmitted through normal exposure. Rather, tzara'as is the physical manifestation of a spiritual malaise, a punishment from G-d primarily for the sin of speaking loshon hara. Loshon hara, meaning literally 'the evil tongue', is often translated as 'gossip'. However, loshon hara is the Hebrew term for derogatory speech that is true. Motzei shem rah refers to derogatory speech about others that is false and slanderous.

The metzora (one diagnosed with tzara'as) was to be sent into isolation, tear his garments, and to call out 'contaminated, contaminated!' Since he abused his power of speech, sowing strife and distancing people from one another, it was fitting that he too should suffer the effects of isolation. Parshas Metzora continues the discussion of tzara'as, detailing the purification process of the metzora. Tzara'as could afflict one's clothing and home, and necessitate the burning of one's clothes and demolishing of one's home if the disease spread. The various punishments recorded in the Torah are not intended to serve as revenge for the sin; they are measures that will hopefully restore the person to the correct path.

FYI: Chabad at Washington University has some small bottles of hand sanitizers available at no cost, they can be picked up on the porch while supplies last (do not go inside) at the Chabad house at 7018 Forsyth Blvd, St. Louis, MO 63105 Phone: (314) 721-2884



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. **All** 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 the class.

***For audio through your telephone:** Dial-in number: **314-325-8791**

All classes listed below will use the above number to join with audio only.

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

1. Weekdays at 8:00 am (Sun. 9:00 am) New topic: “Tehillim Tips; Insights Into Our Prayers” with Rabbi Smason. Each session is planned to last 30 minutes or so.

Join by video at: <https://zoom.us/j/99013706617>

2. Monday - Friday 2:30 - 3:00 pm ~ “The Book of Ruth” with Rabbi Smason. This class will offer an in-depth study of the Book of Ruth in preparation for Shavuot.

Join by video: <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>



THE SISTERHOOD SCOOP

APRIL 25



Volume 3

Number 15

1 Iyar 5780

April 25, 2020

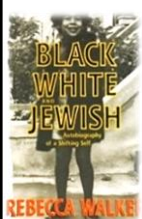
Join Sisterhood's Virtual Book Club Discussion this Mon., April 27, 7:30PM

email **Terri** at terrischnitzer@yahoo.com

to get the **Zoom access link** for Book Club, or call 314-518-4107 for further information.

Linda Shore will lead the discussion of the 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 writing about her conflicting ethnic identities.

"Thank You" to all Sisterhood Members who are Paid-Up for 2020:

Caryn Alper	Phyllis Loiterstein
Debbie Barash	Linda Luks
Shirley Bluestein	Linda Markowitz
Marcie Brook	Faye Cohen McCary
Frances Cohen	Maxine Mirowitz
Erika Del Castillo	Marcela Morgensztern
Jessica Fadem	Sally Needle
Teree Farbstein	Myra Radinsky
Meira Ganel	Frances Reisler
Leslie Gitel	Rosalind Rosen
Devi Goldenberg	Libby Routman Sorkin
Rhonnice Goldfader	Randi Schenberg
Michelle Goldstein	Terri Schnitzer
Sandra Greenberg	Linda Shore
Jane Kadosh	Chani Smason
Joni Kaiser	Sharon Summers
Charlene Kass	Peggy Umansky
Sally Katz	Sallie Volotzky
Tami Klayman	Faith Waxman
Estelle Kram	Gloria Waxman
Helayne Levitt	Lisa Weiss

If you **have paid** your 2020 dues and are **NOT** on the list, please contact the office. If you have **not yet paid**, please send in your dues **by May 1**

NHBZ Sisterhood is invited to attend a new Online Class with Rabbi Smason

an in-depth study of

"The Book of Ruth"

in preparation for Shavuot

Class meets Monday-Friday 2:30-3:00pm
beginning Monday, April 20

Join the class by 2:25pm
each weekday until Shavuot

For Zoom video
click on this link:
<https://zoom.us/j/136785930>

For telephone audio only
dial this phone number:
(314) 325-8791



About the Month of Iyar – a Month of Healing

Iyar is the second month on the Jewish calendar counting from Nissan. Shortly after the Exodus, the thirsty Israelites reached a well of bitter water. Moses cast a tree into the water, and it miraculously became sweet. G-d then promised that if Israel followed His ways, "the diseases I have placed on Egypt I will not place upon you, for I am G-d your Healer." The acronym in Hebrew for this last phrase spells out the name of the month of Iyar (אייר), thus indicating that Iyar is a propitious time for healing.

Although Iyar does not contain many "special days," every single day of the month is included in the Sefirat HaOmer counting—the mitzvah to count each of the 49 days between Passover and Shavuot. Sefirat HaOmer is a period of introspection and self-refinement, as we prepare ourselves to receive the Torah anew on Shavuot. Each day of Iyar represents another step in this spiritual journey toward Sinai.

- adapted from www.chabad.org



“The Book of Ruth”

NHBZ Sisterhood is invited to attend a new Online Class with Rabbi Smason

*Join us for an in-depth study of
“The Book of Ruth”
in preparation for Shavuos*

**Class meets Monday-Friday 2:30-3:00pm
beginning this Monday, April 20**

**Join the class by 2:25pm
each weekday until Shavuos**

**For Zoom video
– click on this link:
<https://zoom.us/j/136785930>**

**For telephone audio
– dial in
[314-325-8791](tel:314-325-8791)**

