



# Shabbos/ Yom Tov Bulletin

## Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

**April 14-24, 2020**

### Tuesday, April 14, Chol Hamoed -Erev Yom Tov

Candle Lighting Erev Yom Tov ~ 7:18 pm

### Wednesday, April 15 ~ Seventh Day of Pesach

Candle Lighting for Yom Tov ~ 8:23 pm

Torah Portion:	Exodus 13:17-15:26	Siddur page 509-511
Maftir:	Numbers 28: 19-25	Siddur page 512
Haftorah:	2 Samuel Chapter 22	Siddur pages 512-51

### Thursday, April 16 ~ Eight Day of Pesach

Torah Portion:	Deuteronomy 15:19-16:17	Siddur pages 514-515
Maftir:	Numbers 28: 19-25	Siddur page 516
Haftorah:	Isaiah 10:32-12:6	Siddur Pages 516-517

**Pesach concludes 8:24 pm**

Note: Before eating chametz, you must wait for at least one hour after Pesach concludes, until 9:24 pm, so that the rabbis have time to buy back your chametz & until Pesach utensils are put away.

### Friday, April 17

Shabbos Candle Lighting ~ 7:21 pm

### Shabbos, April 18

Torah Portion: Shemini	Leviticus 9:1 - 11:47	Chumash pages 588-607
Haftorah:	2 Samuel 6:1-19	Chumash pages 1168-1169

Shabbos ends ~ 8:25 pm

### No Minyanim at Shul: suggested times for davening at home

Minyan Times	Wed. Apr 15	Thurs. Apr 16	Fri. Apr 17	Shabbos Apr 18	Sun Apr 19	Mon-Thurs Apr 20-23	Fri * Apr 24	Shabbos Apr 25
Shachris	9:00 am	9:00 am	9:00 am	9:00 am	8:00 am	7:00 am	6:45 am	9:00 am
Mincha / Ma'ariv	7:15 pm	7:15 pm	7:00 pm	7:10 pm	7:00 pm	7:00 pm	7:00 pm	7:15 pm
	Pesach	7 <sup>th</sup> Day	8 <sup>th</sup> Day		*		*Rosh Chodesh Iyar	

## Happy Birthday to ~ Dr. Craig Berkin, Fran Reisler and Mr. Evan Woolf

- **Starting week of Monday, April 20 ~ New online and audio classes with Rabbi Smason:**
  - Each weekday at 8:00 am (Sun. 9:00 am) "Tehillim Tips; Insights Into Our Prayers.
  - "The Book of Ruth" Monday- Friday 2:30 pm. This class will offer an in depth study of the Book of Ruth in preparation for Shavuot.
  - New Class for Kids ~ Monday - Friday at 2:00 pm ~ "Mitzvahs Kids Can Do"

See 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)

- **Tuesday, April 22 ~ 7:30pm ~ NHBZ Board of Directors Meeting** - Due to Pesach, we need to postpone our Board meeting until the above date and time. Agenda and further details to follow directly to the Board Members, including the format of the meeting. ZOOM, Teleconf or Physical (wouldn't that be nice)

## Parshas Shemini

This week's Torah portion begins by discussing the events which occurred on the eighth and final day of the inauguration service of the Mishkan. After months of preparation, Aaron and his sons are finally installed as Kohanim in an elaborate service. Aaron blesses the people, and the entire nation rejoices as G-d's presence rests upon them. However, the excitement comes to an abrupt halt as Aaron's two eldest sons, Nadav and Avihu, are consumed by a heavenly fire in the Mishkan while innovating an offering of incense on the altar. This incident stresses the need to perform the commandments only as G-d directed. Later, Moses consoles Aaron, who grieves in silence.

Have you ever wondered where the laws of kosher food come from? Parshas Shemini concludes with a listing of the kosher and non-kosher animals. The identifying signs of a kosher animal are that it has split hooves and chews, regurgitates and re-chews its food. A kosher fish is one that has both fins and scales. All birds not included in the list of forbidden fowl are permitted. However, today the identity of these non-kosher birds is doubtful. Therefore, we're forbidden to eat any species of bird unless there is a well-established tradition that it is kosher. The Torah forbids all types of insects except for four species of locusts. Chocolate-covered grasshoppers, anyone? The laws of kashrut help us to be distinct and holy -- like G-d, Himself.

## Sefiras HaOmer

If you would like to have a printable Sefiras HaOmer chart, click here:

<http://www.yucs.org/~dwallach/jewish/omer.pdf>

If you would like to receive a daily email Sefiras HaOmer alert, sign up here:

<https://visitor.r20.constantcontact.com/manage/optin?v=0016KFeTZqQ2HByHAabV-1qP8-WI53Q4tBYgFPsDZah99ROmusRRKrQIQm-ZPh8bO6BloGI6PrH-LIa4dDQcv71rreExHpLFQnM6CdVVehTA%3D>



**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**

**~ Pesach adjustment schedule in red ~**

**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>

**Will not take place April 15-16**

**2. New Class! 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. New Class for Kids ~ Monday - Friday at 2:00 pm ~ “Mitzvahs Kids Can Do”**

Take a 10-minute break from your online school and join Rabbi Smason for short lessons on mitzvos specifically for children. 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>

**4. 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> **Will not take place April 15-16**

**5. 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>

**6. 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> **Will not take place April 15.**

**7. 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>

## **From the COVID-19 St. Louis Jewish Medical Advisory Board**

### **Dear Community Members,**

We are very pleased that our Jewish community has demonstrated an impressive level of compliance with medical recommendations designed to stop the spread of COVID-19. We believe that these measures are working to reduce the number of new cases per day, but new cases still continue to appear in the St. Louis area. Infections are expected to peak in about 2 weeks, which means the risk of infection when outside of your home will continue to rise, as will the need for more hospital beds, ICU beds, and ventilators. This means that continued vigilance by each one of us not to get infected or spread infection is essential.

We would like to remind everybody how important it is to stay at home as much as possible. If you must leave the house, it should be for essential errands only. Limit your exposure to others as much as possible. Use online shopping and delivery, curbside pickup and drive-thru windows. Talk to your doctor online, by phone or by email. Bank online whenever possible. If you must touch public surfaces such as a gas pump or ATM machine, use gloves or disinfecting wipes.

Venturing out to a store where other people are present poses the greatest risk of viral infection by both droplets and contaminated surfaces.

If you must go out for essential errands in-person, protect yourself and others by wearing a face mask that covers your nose and mouth.

Remember the motto:

### **MY MASK PROTECTS YOU and YOUR MASK PROTECTS ME**

If you are going outside of your home, EVEN IF YOU expect to be alone or only with members of your household, please wear a face mask that covers your nose and mouth. Since droplets can be spread by talking and breathing as well as by coughing and sneezing, this keeps your germs to yourself. If everyone wears a mask when outside of their home, everyone will be safer.

Please see our previous emails or numerous online sources for instructions on how to make your own mask. When wearing your mask, remember the following key points:

1. Once you place the mask over your face, DO NOT touch the outside of the mask and, if you remove it, always wear the same side facing outwards.
2. Remove your mask by taking the straps from the back of your head and pulling it forward.
3. Wash the mask with other clothing worn outside the home in hot water using regular detergent. Dry on high heat.
4. Wash your hands with soap and water before and after touching your mask.

Wearing a mask does not preclude the need to continue social distancing and safe hand hygiene. Continue social distancing at least 6 feet. Continue washing your hands frequently and avoid touching your hands to your face.

We expect these protective measures to remain necessary for at least another 4 weeks, likely longer. It will not be safe to relax these restrictions until St. Louis County has seen the number of COVID-19 cases peak, decline and approach zero. Your continued diligence will be required until that time and is much appreciated by us and by the entire community.

Let us all continue to be machmir (strict) in the mitzvah of pikuach nefesh (preservation of human life).

COVID-19 St. Louis Jewish Medical Advisory Board,

Larry Brown, MD, PhD, Emergency Medicine  
Mark Friedman, MD, Cardiology  
Daniela Hermelin, MD, Pathology, Anatomic and Clinical  
Morey Gardner, MD, Infectious Disease  
Tessa Gardner, MD, Infectious Disease  
Craig Reiss, MD, Cardiology  
Todd Silverman, MD, Neurology  
Greg Storch, MD, Infectious Disease  
Dov Zeffren, MD, Allergy/Immunology