



Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

May 16, 2020 ~ 22 Iyar 5780

Candle Lighting 7:48 pm

Shabbat Ends 8:51pm

Parshas: Behar/Bechukosai
Haftorah:

Leviticus 25:1 -- 27:34
Jeremiah 16:19 - 17:14

Chumash pages 696 - 723
Chumash pages 1179

No Minyanim at Shul: suggested times for davening at home

Minyan Times	Shabbos May 16	Sun. May 17	Mon. May 18	Tues. May 19	Wed. May 20	Thurs. May 21	Fri. May 22	Shabbos May 23
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	7:30 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:40 pm

Happy Birthday ~ Joshua John, Sarah Beth Matt and Jane Kadosh

Please join us in welcoming Shabbat!

Friday Evening, May 15 ~ Virtual Kabbalat Shabbat Service at 6:45 pm

Join us for our Virtual Kabbalat Shabbat. We'll gather on Zoom to welcome Shabbat in song with guest Chazzan **Richard Woolf** and **Rabbi Smason** providing inspirational and instructive Dvar Torah.

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

Join by audio: 314-325-8791

Upcoming Events

Tuesday, May 19 ~ NHBZ Board Meeting 7:30 pm

Thursday, May 21 ~ 7:00 pm ~ NHBZ will celebrate Yom Yerushalayim with a program for kids and adults live from Israel with special guest! See the flyer!

Monday, May 25 ~ Memorial Day ~ CARRY OUT BBQ for NHBZ members only! You orders will help provide Chesed meals. Thank you to Bob Kaiser for chairing and cooking for this event. Order early! We have limited availability.... See the flyer for details or call the office 991-2100 ext.2.

Shavuot ~ Yizkor and Learning

Wednesday, May 27 ~

Shavuot Yizkor Service at 5:30 pm through Zoom video and audio

Join the Yizkor Service by video: <https://us02web.zoom.us/j/89198405322>

Join by audio: 314-325-8791

At 7:00 pm ~ in keeping with the Shavuot night of learning tradition ~ there will be an "Hour of Learning" with live video/audio presenters. See the flyer for more details!

Join the "Hour of Learning" by video: <https://zoom.us/j/295822730>

Join by audio: 314-325-8791

Thursday evening – Shabbos, May 28 -30 ~ Festival of Shavuot

Parshas Behar /Bechukosai

Behar focuses primarily on mitzvos concerning the land of Israel, beginning with the command to observe a Sabbatical (Shemitta) year. During the Sabbatical year one's fields are to remain uncultivated every seventh year, refraining from the normal cycle of planting and harvesting. Similarly, the land in Israel is to remain unworked in the Jubilee (Yovel) or 50th year, at which time ownership of all land automatically returns to its ancestral heritage. A quote found on the Liberty Bell, "And you should sanctify the fiftieth year, and proclaim liberty throughout the land ..." is taken from the passage describing the Jubilee year. Behar also speaks about the poor and downtrodden. Not only are we commanded to give them tzedaka and do acts of loving kindness for them, but ideally provide them with the means to raise themselves out of their poverty-stricken state.

Bechukosai, the last Torah portion in the book of Leviticus, begins by briefly listing some of the blessings and rewards that the Jewish people will receive for diligently learning and following the Torah. The Portion then shifts to the subject matter which has made it famous -- G-d's admonitions and warnings of the consequences if the Jewish people abandon the Torah. Step by step, the Torah describes the tragedies which will befall the Jewish people if they abandon observance of the Torah, providing an eerie account of what has been part of our history to this day. There is good news, however; teshuva (return or repentance) is possible at any time to avert an otherwise harsh decree. The book of Leviticus concludes with a brief discussion of tithes.

OU KASHRUTH ADVISORY

Due to COVID-19, some companies are facing challenges producing OU certified products because of the inability to meet certain requirements. As a result, the OU may be temporarily removed from packaging of these products.

Rest assured that the OU will not appear on any products which do not meet OU standards.

Consumers should NOT rely on their familiarity of brands or products without verifying the presence of a kosher symbol. This is always true when purchasing food products online, as the product displayed or description may have a kosher claim, but the product received may not have a kosher symbol or be kosher certified.

Due to Covid-19, more consumers have turned to online shopping for their groceries, which makes it more difficult to determine whether a given item is kosher-certified. To facilitate shopping in this new reality, the cRc has compiled a short list of items that do not require certification. These items are inherently kosher, and nothing is done to them during the manufacturing process that affects their kosher status. This list can be found on at www.crcweb.org.

Mikvah

On June 1st, the Mikvah will be launching an online fundraiser for the whole community. We were unable to have our annual Pesach appeal, so this is in it's stead. Please be on the look out for information as to how to participate in this important effort.



NHBZ Online Classes

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. New Class Friday at 8:00 am ~ Rabbi Smason will discuss the **“Haftorah of the Week”**

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

3. 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>

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>

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>

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>



Welcoming Shabbat

Please join us
Friday Evening, May 15, 2020
Virtual Kabbalat Shabbat Service
6:45 pm



We can't be at shul, but we can be together! Join us starting this upcoming Friday for our Virtual Kabbalat Shabbat.

- Experience an Inspirational (Virtual) Kabbalat Shabbat evening, nourish your soul with joyous music and song.
- Special Guest Chazzan Richard Woolf
- Experience an inspirational and instructive Dvar Torah from Rabbi Smason

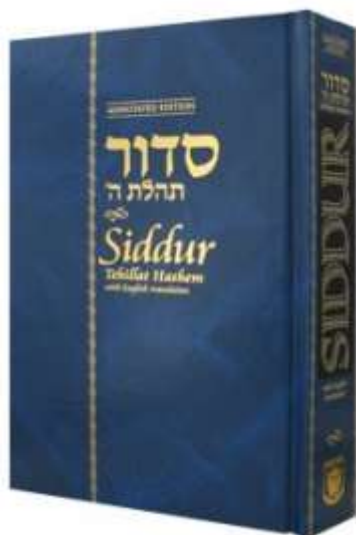
*We'll gather virtually on Zoom or
Phone to prepare for Shabbat together.*

Join by video: <https://zoom.us/j/295822730>
Join by audio: 314-325-8791





Are You In Need Of An NHBZ Siddur?



You may not have an NHBZ Siddur ('Tehillat Hashem') at home. We now have 75 new siddurim available for personal purchase and for dedication to our shul.

You now can dedicate a siddur in memory of a loved one or in honor of a simcha or special occasion and help the shul in the process.

Having an NHBZ siddur at home will also help you follow some of the services and learning sessions which we are now conducting via ZOOM and telephone.

Additionally, an NHBZ siddur can make a wonderful gift for a friend or member who is home-sheltered without a siddur.

Siddurim are offered at a price of \$50 each.

Please click on the link below to place an order online or call the office with your Credit Card information. When ordering, please indicate how you would like to dedicate the siddurs in your order.

The siddurim have been donated by Amy & Denny Feit in honor and memory of their parents and family. We thank Amy and Denny for their generosity.

BUY NOW

Limited Home Delivery Available



THE SISTERHOOD SCOOP

MAY 16



Volume 3

Number 17

22 Iyar 5780

May 16, 2020

Rabbi Smason's Online Class "The Book of Ruth" provides daily preparation for Shavuos

The class meets Monday-Friday
2:30-3:00PM – now until Shavuos.

for Zoom video
click on this link:

<https://zoom.us/j/136785930>

for telephone only
call this phone number:
(314) 325-8791



"I never before understood or appreciated the spiritual depth within the story of Ruth. Now I look forward to this 30-minute class each afternoon! Thank you, Rabbi Smason!" - an anonymous participant

Recognizing Sisterhood's Life Members

Since formally organizing in 1949, NHBZ's Sisterhood has provided much support for our Shul – the Sunday Torah School, kitchen equipment, major appliances, landscaping, gifts for Bar and Bat Mitzvah kids, school supplies and the Chanukah toy drive – as well as hundreds of holiday dinners and programs. The Sisterhood began sponsoring the Federation's Passport to Israel Program in 1988, raising thousands of dollars for NHBZ children to visit Israel. NHBZ women cooked in the kitchen, prepared meals, visited the sick, produced the famous annual NHBZ Picnic, and worked countless hours – out of dedication for the Shul, respect for each other, and a love of Yiddishkeit. Many of the women took on leadership responsibilities. And many became **Life Members** to demonstrate their financial support as well as their devotion to the Sisterhood they built.

Shirley Bluestein
Fran Cohen
June Cohen
Arlene Fredman
Esther Gelb

Evelyn Gross
Judy Levin
Ina Makovsky
Ruth Novack Alper
Rachael Pevnick

Phyllis Silverman
Trudy Sudin
Phyllis Sunshine
Roberta Tolpin

Thank you to all our Sisterhood Life Members!

Learning to Take the Good from the Bad

In answering a question from a reader about how to deal with a bad situation, **Sara Esther Crispe** (writing as 'Dear Rachel Week by Week' for Chabad's TheJewishWoman.org) reminds us that when the situation isn't changing, what is left to change is **you** and how you view your situation. She writes about a Shabbat law that she hopes is helpful... "the concept that on Shabbat it is forbidden to do *borer*. *Borer* is the act of separating, in which you remove the bad from the good. An example would be that you can't pick out a rotten tomato from your salad and throw it out. Now does that mean you are supposed to eat the rotten tomato? Absolutely not. So what are you allowed to do? The rotten tomato has to stay where it is, but you can take all the "good" from the "bad." So you can either eat around the rotten tomato, or you can separate all the rest of the salad away from what is rotten.

"Now the difference between the two is very subtle, yet very profound, and is a life lesson for so many situations. Often, when we don't like something, or there is something "bad" in a situation, we focus our energy on trying to get rid of it. But the Torah is teaching us that really it is not the way to handle it. We shouldn't be exerting our energy trying to change something or someone else, but rather, our energy should be focused on what we can handle and change ourselves. Leave the rotten tomato where it is. Don't eat it. Don't even touch it. But take out everything else from around it, take everything that is good, and focus on that."

If you often find yourself only seeing the negative... "start focusing on all the things you like, all the things that are positive, and you will notice that not only do they outweigh the things that you are not happy with, but you will therefore not be focused on what you don't like."

"Ultimately, the specifics are not the issue – the attitude is. We cannot change others, but we can change ourselves and our perspective. You now have a great opportunity to work on this. Put into practice the lesson Shabbat teaches us about the concept of *borer* and how one may not take the bad from the good. **Rather, our job is to take the good from the bad!**"



Sisterhood is grateful to **Rabbi Smason** for providing daily classes, Words of Torah, insight, inspiration, and comfort during this time.



Yom Yerushalayim



Thursday, May 21, 2020

7:00 pm

Join NHBZ as we celebrate Yom Yerushalayim via Zoom for KIDS & Adults with our very special guests from Israel:



Yitzy Kasowitz, founder of JBRICK. is a professional LEGO designer who will show the Lego models in his home which include IDF soldiers, tanks, menorahs, seder plates and a large scale model with moving parts of the Temple.



David Sussman is a well known Israel tour guide, former lone soldier, and international speaker. Mr. Sussman will speak about "The liberation of Jerusalem in 1967".

To join the fun click on the link below

<https://us02web.zoom.us/j/295822730>

For audio through your telephone: 314-325-8791





Curbside Pickup **MEMORIAL DAY BBQ**

Memorial Day, Monday, May 25, 2020
By Reservation for NHBZ Members Only

Orders help provide Chesed meals

Planned Menu (Each order serves 4):

1 Smoked Chicken (8 pieces—2 breasts, 2 thighs, 2 legs, and two wings)/ BBQ Sauce
(Regular or Spicy, on the side) / Coleslaw / Baked Beans / Smoked Corn (not on the
kernel) / Dessert *(No split orders and no substitutions)*

All for just \$50 – All food under kashrut supervision of Rabbi Ze'ev Smason!

Limited orders accepted, so order now online at
<https://www.nhbz.org/make-a-payment-2/>

(in details state that payment is for BBQ)

or by calling 314.991.2100 x 2

by *Wednesday May 20, 2020*

Delivery option available for those who cannot pickup (call 314.991.2100 x 2 to request)

The shul will remain locked and closed. All those ordering will be given instructions and a time to pick up their order outside via the south entrance to the shul (Congregating will be prohibited)

Let's make this a fun AND safe event!



zoom

Learning Opportunities

In Honor of *Shavuot*

We are Sheltered in Place....but All together at Sinai!

Join us for this Pre-Shavuot presentation
that will lift our spirits and lift us spiritually!

Shavuot commemorates the day we stood together as one people at the foot of Mount Sinai as God gave, and we accepted, the Torah. Many have the custom of staying up all night to learn Jewish texts and insights---once again "receiving" the Torah. Circumstances make that impossible this year, but we still have the opportunity to virtually learn Jewish texts and insights from each other.

Our program begins at
7 pm on Wednesday, May 27, 2020

(Shavuot actually runs from Thursday night, May 28 through Saturday night, May 30)

Connect via Zoom or telephone, but please connect!

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

Join by audio: 314-325-8791

Our Live and Video Presenters include: Caryn Alper, Jesse Barash, Susan Feigenbaum/Jay Pepose, Sheryl Levine, Rebbetzin Lori Palatnik, David Porter, Rabbi Jonathan Sacks, and Nancy Rush