



# Shabbos Bulletin

## Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

May 23, 2020 ~ 29 Iyar 5780

Candle Lighting 7:54 pm

Shabbat Ends 8:57 pm

Parshas: Bamidbar Numbers 1:1 -- 4:20  
Haftorah: 1 Samuel 20:18-42

Chumash pages 726 - 747  
Chumash pages 1207-1208

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

Minyan Times	Shabbos May 23	Sun. * May 24	Mon. May 25	Tues. May 26	Wed.* May 27	Thurs. May 28	Fri. ^ May 29	Shabbos^ May 30
Shachris	9:00 am	8:00 am	8:00 am	7:00 am	7:00 am	7:00 am	9:00 am	9:00 am
Mincha / Ma'ariv	7:40 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:55 pm	7:00 pm	7:45 pm

\*Rosh Chodesh Sivan

\*Yizkor

^Shavuot 1 & 2

Happy Birthday ~ Howard Loiterstein, Brent Waxman, Bruce Waxman, Adina Belasen,  
Myra Radinsky, Dr. Eliot Katz and June Cohen

Anniversaries~ Dr. Naftali & Jane Kadosh, Drs. Jay Pepose & Susan Feigenbaum,  
Dr. Erol & Sally Amon and Bruce & Faith Waxman

### Please join us Friday evening in welcoming Shabbat!

Friday Evening, May 22 ~ 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 a guest Chazzan **Ed Lyss** and **Rabbi Smason** providing inspirational and instructive Dvar Torah.

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

Join by audio: 314-325-8791

### 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 night, May 28 - 30 ~ Festival of Shavuot

## Parshas Bamidbar

This week we begin reading Sefer Bamidbar -- known in English as 'The Book of Numbers'. Bamidbar ('in the wilderness') begins with G-d telling Moses to take a census of all men over the age of 20. If you like names and numbers, you'll love this week's portion. The count reveals just over 600,000, excluding the Levites who weren't included in the census. We also find described the manner in which the Jewish People camped around the Mishkan (Tabernacle), and the order in which they traveled during the 40 years in the desert. The Jewish People were arranged in four sections around the Mishkan; east, south, west and north. The Levites are singled out for special responsibilities. A formal transfer is made between the first-born and the Levites, whereby the Levites take over the role the first-born would have served. The sons of Levi are divided into three main families; Gershon, Kehas and Merari. Each is given a special task in transporting the Mishkan.

## JWV Memorial Day Program

The St. Louis Jewish War Veterans Memorial Day Service (prerecorded) is available to be viewed on the <http://jwvstl.org/>

**Rabbi Smason** was honored to give the Memorial Day Address as part of this important and meaningful program.

## From the St. Louis Vaad

In recent weeks we have seen a significant increase in insect infestation of **blueberries**. After experimenting with different cleaning methods, we recommend that the following procedure be done to all blueberries until June 15<sup>th</sup>. [It is hoped that by mid-June the infestation will have passed, and we can return to our traditional recommendation for blueberries.]

- Prepare a quart-sized bowl of soapy water per pint of blueberries.
- Soak and agitate the blueberries in the soapy water for 20-30 seconds.
- Rinse blueberries in running water.

The above procedure is effective for many brands. However, the following brands of blueberries sold in the Chicago area were particularly infested: **Sunbelle** (from Florida only), **Driscoll's** (from Mexico), **North Bay** (from Florida only), and **Paradise** (from Mexico). The infestation of these brands was so bad that they will not be insect-free if washed using the above method, and should instead be cleaned either by (a) performing the aforementioned method three separate times, or by (b) using the thrip-cloth method, available on [our website here](#).

## Mikvah

Next week Taharath Israel will launch its annual spring campaign with a goal of raising \$30,000. This year has been a big year for our community Mikvah with the ongoing renovations at the Staenberg Family Mikvah. Taharath Israel is excited to show our community the new space in the coming months, but first needs to reach its fundraising goals to keep its doors open. Join the Mikvah appeal on June 1 at [www.fundrazr.com/stlmikvah](http://www.fundrazr.com/stlmikvah). Every gift makes a difference to help our community Mikvah.



# Welcoming Shabbat

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**Please join us**  
**Friday Evening, May 23, 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 Ed Lyss
- 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





# THE SISTERHOOD SCOOP

## MAY 23



Volume 3

Number 18

29 Iyar 5780

May 23, 2020

**Say "cheese" cake  
IT'S  
SHAVUOS**



Email your favorite  
'quarantine picture' to  
[sisterhood@nhbz.org](mailto:sisterhood@nhbz.org)  
by June 15. We will  
publish the best ones  
in the *First Day of Summer* edition of  
the Sisterhood Scoop next month.

### Sisterhood Book Club /June

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 life lived between two conflicting ethnic identities. For more information call **Terri Schnitzer** at 314-518-4107 or [terrischnitzer@yahoo.com](mailto:terrischnitzer@yahoo.com)



### 1 SIVAN – IN JEWISH HISTORY

In the Hebrew year 2448 (1312 BCE), seven weeks after the Exodus from Egypt, the Jewish people arrived at Mount Sinai. They spent the next five days in intense purification and preparation to receive the Torah. ✡ ✡ ✡

**Rabbi Smason's Online Class "The Book of Ruth,"** is wrapping up. Join in a review of *the Ten Commandments* each weekday at 2:30-3:00PM starting now until Shavuot.

for Zoom video

click on this link:

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

for telephone only

call this phone number:

(314) 325-8791



### PAID-UP Sisterhood Members for 2020:

Caryn Alper  
Debbie Barash  
\*Shirley Bluestein  
Marcie Brook  
\*Fran Cohen  
\*June Cohen  
Erika Del Castillo  
Jessica Fadem  
Tere Farbstein  
Amy Feit  
\*Arlene Fredman  
Meira Ganel  
\*Esther Gelb  
Leslie Gitel  
Devy Goldenberg  
Rhonnie Goldfader  
Michelle Goldstein  
Sandra Greenberg  
\*Evelyn Gross

Jane Kadosh  
Joni Kaiser  
Charlene Kass  
Sally Katz  
Tami Klayman  
Estelle Kram  
\*Judy Levin  
Helayne Levitt  
Phyllis Loiterstein  
Linda Luks  
\*Ina Makovsky  
Linda Markowitz  
Faye Cohen McCary  
Maxine Mirowitz  
Marcela Morgensztern  
Sally Needle  
\*Ruth Novack Alper  
\*Rachael Pevnick

Myra Radinsky  
Frances Reisler  
Rosalind Rosen  
Libby Routman Sorkin  
Randi Schenberg  
Terri Schnitzer  
Linda Shore  
\*Phyllis Silverman  
Chani Smason  
\*Trudy Sudin  
Sharon Summers  
\*Phyllis Sunshine  
\*Roberta Tolpin  
Peggy Umansky  
Sallie Volotzky  
Faith Waxman  
Gloria Waxman  
Lisa Weiss \*LIFE MEMBER

**If your name is NOT on the list and you have NOT YET PAID, please send \$25 to NHBZ by June 1 – note 'Sisterhood Membership Dues' in the check memo. Thank you to all our Paid-Up Sisterhood Members!**

### The Right Time for a Census

**Reflections on Bamidbar** – by **Zalman Posner**, [www.chabad.org](http://www.chabad.org)

One of the early expressions of the dignity of the individual is in this week's Torah reading. The greatness of giants is a commonplace: Adam, Noah, the Patriarchs, Moses—these are all noteworthy names. But the anonymous, the scores of thousands who were not leaders and chiefs, the masses—they too are endowed with worth by the simple theme of this week's Torah reading, the census. Counting implies value, for worthless things are not counted, certainly not as individual units but in the mass at best. The Torah counts Israel to the last man, because each one, insignificant though he may seem, is priceless.

Counting implies value, for worthless things are not counted

We are quite prepared to accept this idea, that even the little man is not so little that he may be ignored. But the biblical commentator Rashi makes a noteworthy observation. He cites several occasions when Israel is counted, specifically the count following the Golden Calf and the count following the dedication of the Sanctuary. These examples are in striking contrast. One depicts Israel in the depths of idolatry, at its spiritual nadir; the other represents Israel in a moment of dedication (of self no less than Sanctuary) to G-d's service.

Perhaps Rashi means to indicate that the worth of man is intrinsic, that his soul has an innate purity beyond sully. We cannot establish standards for "worthy" people and proceed to deny to the deficient the prerogatives of all men. Each individual is unique and priceless, and not only at moments of consecration, but even when fallible and fallen, is worthy of being counted as one of Israel.





## **NEW NHBZ Online Classes**

Rabbi Smason is offering new classes beginning next week, in addition to his existing classes, including the return of "Starting Points" his popular Shabbat program which will now be on Thursday evenings. Hope you see you there.

### **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.*

**New Class! 3 days only.** Monday-Wednesday, May 25-27: 2:30 - 3:00 pm

~ "The Ten Commandments" with Rabbi Smason. These sessions will help us prepare for Shavous

Join by video: <https://zoom.us/j/136785930>

**Beginning June 1:**

**Monday - Friday: 2:30 - 3:00 pm ~ "King David: His Life, Times and Spirit" with Rabbi Smason.** This class will offer an in-depth study of the King David through sources in the Book of Samuel and Psalms.

Join by video: <https://zoom.us/j/136785930>

### **The Return of Starting Points!!**

**Beginning June 4, Thursdays at 7:00 pm ~ Rabbi Smason will offer his popular "Starting Points" program -- a 45-minute discussion/presentation of relevant, contemporary topics. Titles and dates, below.**

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

June 4 -- "If You Were Told You Were Not Jewish, How Would You React?"

June 11 -- "Finding Joy in Difficult Times: Is Happiness a Choice?"

June 18 -- "Haters and Critics: How to Deal with People Who Judge You"

June 25 -- "To Tell the Truth: Is Honesty Always the Best Policy?"

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



# **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*

# ~ Shavuot 2020 ~

## Wednesday, May 27

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.

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

Join by audio: 314-325-8791

## Erev Shavout, Thursday, May 28

Yom Tov Candle Lighting ~ after 7:58 pm

## Friday, May 29 ~ First Day

Torah Portion: Exodus 19:1 – 20:26; Siddur: pages 520-522  
Maftir: Numbers 28:26 – 28:31 Siddur: page 522;  
Haftorah: Ezekiel 1:1 – 1:28; 3:12 Siddur pages 522-523

Chumash: pp. 400-415  
Chumash: pp. 892-893  
Chumash: pp. 1228-1229

Yom Tov Candle Lighting ~ after 7:59 pm.

## Shabbos, May 30 ~ Second Day

Deuteronomy 14:22 - 16:17 Siddur: pp.523-526  
Maftir: Numbers 28:26 – 28:31; Siddur: page 522;  
Haftorah: Habakkuk 2:20 – 3:19 Siddur pages 526-527

Chumash: pp 1012-1023  
Chumash: pp. 892-893  
Chumash: pp. 1229-1231

Shabbat / Yom Tov Concludes ~ 9:03 pm



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

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

**3. Sunday- Wednesday** (no longer meets Thursdays) **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>





# 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**