



Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

May 2, 2020 ~ 8 Iyar 5780

Candle Lighting 7:34 pm

Shabbat Ends 8:38 pm

Parshas: Acharei / Kedoshim
Haftorah:

Leviticus 16:1 - 20:27
Amos 9:7-15

Chumash pages 636 - 671
Chumash pages 1173 - 1174

No Minyanim at Shul: suggested times for davening at home

Minyan Times	Shabbos May 2	Sun. May 3	Mon. May 4	Tues. May 5	Wed. May 7	Thurs. May 8	Fri. May 9	Shabbos May 10
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	7:20 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:25 pm	7:25 pm

Please join us in welcoming Shabbat!

Friday Evening, May 1 ~ Virtual Kabbalat Shabbat Service at 6:45 pm

Join us 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.

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

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

Happy Birthday to ~ Boruch Smason, Rubin Amon, Daniel Chayet, Jim Pollock and Dennis Feit

Anniversaries ~ Craig & Marsha Feenberg and Victor & Anna Rose Tendler

Parshas Acharei / Kedoshim

Acharei begins with a lengthy description of the special Yom Kippur service to be performed in the Mishkan by the Kohen Gadol. The service included the lottery selection from among two identical goats, one of which would become a national sin offering and the other to be pushed off a cliff in the desert as the bearer of the people's sins (the 'scapegoat'). We also find described the command that Yom Kippur and its laws of fasting and refraining from work be observed eternally by the Jewish people as a day of atonement. Acharei concludes with a listing of the immoral and forbidden sexual relationships, and the command that the Jewish people maintain and ensure the holiness of the land of Israel.

Kedoshim begins with G-d's command to the entire nation of Israel to be holy, emulating the supreme sanctity of G-d Himself. The Torah goes on to delineate a multitude of mitzvos through which we can achieve sanctity, covering a wide variety of subjects, both positive commandments and negative injunctions, dealing with our unique relationships to G-d and our fellow man.

Amongst the highlights; revere your parents, guard Shabbos from desecration, have honest dealings with our neighbors, refrain from tale-bearing, don't hate your brother in your heart, and the well-known commandment to love your friend as yourself. Kedoshim concludes with the commandment that we be a holy and distinct people from among the nations of the world.

Upcoming Events

Tuesday, May 12 ~ 7:30 pm ~ NHBZ Lag Ba'Omer Celebration

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

Join by audio: 314-325-8791

Thank you

Yom Ha'Zikaron / Yom Ha'Atzmaut Program

Abundant thanks to those who planned and participated in this past week's highly successful Yom Ha'Zikaron / Yom Ha'Atzmaut Virtual Program! Over 100 people joined by video and teleconference! Thanks to participants **Meira Ganel, Alon Gilboa, Aviv Sarangi, Rabbi Smason, Menachem Szus, Dr. Ram Volotzky, and Margo & Reuven Tzadok.**

SUSAN HARI & NAI ZION - 455 NORTH PRIZE ROAD - ST. LOUIS MISSOURI 63122



Lag Ba'Omer

Tuesday, May 12 at 7:30 pm



Join us for an evening to celebrate

Lag Ba'Omer

We can't have a bonfire, but we can get together virtually and discover what Bows & Arrows and Bonfires have to do with this holiday

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

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Welcoming Shabbat

Please join us
Friday Evening, May 1, 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 first Virtual Kabbalat Shabbat.

- **Experience an Inspirational (Virtual) Kabbalat Shabbat evening, nourish your soul with joyous music and song**
- **Experience an inspirational and instructive Dvar Torah from Rabbi Smason**

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

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



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

MAY 2



Volume 3

Number 16

8 Iyar 5780

May 2, 2020

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

The class meets Monday-Friday
2:30-3:00PM – 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



"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

How Not To Waste Time While at Home

Treat your time like the valuable commodity that it is.

Why would we ever want to kill time? Or just "stay busy"? There are several reasons why we do this, not just during COVID-19, but in any "free" time.

1. Avoidance
2. A culture of productivity and "staying busy"
3. Too many choices

After COVID-19 recedes, will we be satisfied with the choices we made for how we spent our time? We struggle against a natural tendency to avoid guilt and anxiety, feelings which bring us discomfort, a culture that emphasizes being productive, and a deluge of choices that make it hard to know the best way to spend our time. Read this **Psychology Today** article: <https://www.psychologytoday.com/us/blog/flex-your-feelings/202004/how-stop-wasting-time-during-covid-19> by William Hwang, Psy.D to learn three cognitive strategies you can use to help you spend your time more wisely during (and after) quarantine.

"Truth does not become more true if the whole world were to accept it; nor does it become less true if the whole world were to reject it."

--- Maimonides

Sisterhood's Book Club Goes Virtual!



On Monday evening, April 27, the NHBZ Sisterhood Book Club got together – separately – to discuss the powerful bestseller about Hedy Lamarr by Marie Benedict, **"The Only Woman in the Room."** Everyone participating enjoyed the lively discussion organized by Book Club chairman, **Terri Schnitzer** and facilitated by **Linda Shore**. The next 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, scheduled for Monday, June 22, 7:15PM. **All women are welcome to join!** For more info call **Terri Schnitzer** at 314-518-4107 or terrischnitzer@yahoo.com



United We Stand / Parshas Kedoshim

You shall reprove your fellow and do not bear a sin because of him (Lev. 19:17)

Dan was on a luxury ocean liner when he heard banging in the cabin next to his. He entered the cabin, saw a man making a hole in the floor on his own side of the boat and asked him, "What are you doing?!" The man said, "I paid for this cabin and I can do what I want over here. It's none of your business." Dan replied, "Listen, we are all on this boat together; if you go down we are all going down! What you do is very pertinent to me!"

When the Torah mentions the commandment to rebuke a fellow Jew it ends with the words, "And do not bear a sin because of him." The Targum translates, "And do not receive a punishment for his sin." The Targum is teaching us that **all Jewish people are unified**. If a Jew sins and you could have prevented it, then you get punished for it. My actions affect you, and your actions affect me - we are one unit. For a Jew to say, "What I do is my business and doesn't affect anyone else," is categorically false. It is as if I have co-signed on your loan. If you default on your payments, the bank will come after me. I didn't borrow the money - but I am responsible.

The Chofetz Chaim writes that when we die G-d may say to us "Why didn't you keep Shabbos, learn Torah, and recite blessings?" You're going to reply, "Me?! I observed all those mitzvot!" But because **every Jew is a guarantor for every other Jew**, you bear another's sin if you did not try to correct him. Each of us is obligated to reach out to others and bring them closer to the Creator.

— adapted from Rabbi Eli Scheller, www.aish.com



“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

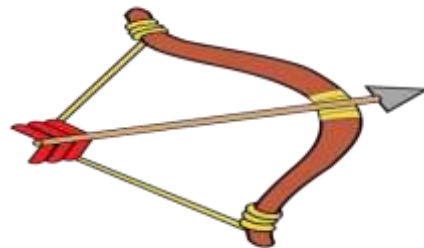




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