



Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

June 13, 2020 ~ 21 Sivan 5780

Candle Lighting 8:08 pm

Shabbat Ends 9:07 pm

Parshas: Beha'aloscha Numbers 8:1 - 12:16
Haftarah: Zechariah 2:14 - 4:7

Chumash pages 774 - 797
Chumash pages 1182-1184

Limited Minyanim Starting Sunday and Wednesday Evenings: RSVP Required

Minyan Times	Shabbos June 13	Sun. June 14	Mon. June 15	Tues. June 16	Wed. June 17	Thurs. June 18	Fri. June 19	Shabbos June 20
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	7:55 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:55 pm

Happy Birthday ~ Kate Friedman, Michelle Wallman, Yitzchak Rubin, Richard Woolf
Natalia Wallman, Barry Solomon, Joni Kaiser, Sam Bluestein and Amy Feit

Anniversaries~ Dr. Laura & David Goldmeier and Ed & Jane Lyss

This Week and Beyond.....

- **Friday Evening, June 12 ~ 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 and Rabbi Smason providing inspirational and instructive Dvar Torah.
Join by video: <https://zoom.us/j/295822730>
Join by audio: 314-325-8791
- **Sundays and Wednesdays Evenings ~ We are starting a limited outdoor minyan at NHBZ. Please see flyer for how to attend. RSVP required.**
- **Sunday, June 21 ~ Pizza Night Carry Out** ~ This Father's Day we will be offering our delicious pizza for carry out only. Pre-paid orders only. See the flyer in this issue for details or call Jeff at 991-2100 ext. 2 to order.
- **Week of June 22 ~ NHBZ will have several ZOOM sessions with Associate Rabbi candidate Rav Okin and his Rebbitzen.** Details to follow in the next week bulletin and via emails.

Parshas Beha'aloscha

Beha'aloscha (Hebrew for "when you step up") is thematically diverse, beginning with the daily lighting of the golden menorah in the Mishkan. The Levites are initiated into the Tabernacle service. The Torah then describes the celebration of Passover in the second year in the desert, complete with the bringing of the Korban Pesach (Passover offering). Some men could not bring the offering due to ritual impurity, and were thus commanded to celebrate Pesach Sheni, a 'make-up Passover' a month later. Lesson: Second chances are available.

Continued.....

Additionally, the standard procedure by which the Jewish people would break camp to travel in the desert is described. Soon after leaving Mt. Sinai, the people begin to kvetch. Spurred by the mixed multitude of insincere converts who joined the Jewish people upon leaving Egypt, the complaining is directed toward the manna, their daily miraculous portion of heavenly bread. G-d sends a massive flock of quail which the people gather to eat; those who had complained about the lack of food overstuff themselves and die during this supernatural event. The portion concludes with Miriam speaking loshon hara (defamatory words) to Aaron about their brother Moses. She is punished by G-d with tzaraas (a skin condition indicating a spiritual deficiency) and is quarantined outside the camp for seven days.

Accepting Classified Ads for the NHBZ Shabbat Bulletin

Do you have a business or wish to advertise an item in our Shabbat bulletin? For only \$18.00 per month your JPEG, PDF or MS WORD designed ad can be seen by all our members and friends plus on our website. Contact Jeff at jeff@nhbz.org or call 314-991-2100 ext 2.

HONOR ISRAEL'S FALLEN

We ask you to take a look at the website below which offers the ability to honor those Israelis who have made the ultimate sacrifice. You can pick a name and learn about the individual and even send a note via the website to the family expressing your gratitude.

<https://honorisrael fallen.com/>



Thank you for advertising in our bulletin!



Welcoming Shabbat

Please join us
Friday Evening, June 12, 2020
Virtual Kabbalat Shabbat Service
6:45 pm

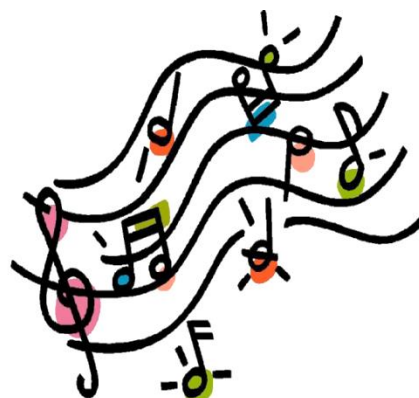


We can't be at shul, but we can be together! Join us starting this upcoming Friday for our Virtual Kabbalat Shabbat.

- Experience an Inspirational (Virtual) Kabbalat Shabbat evening, nourish your soul with joyous music and song.
- Special Guest Chazzan
- 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



EXCITING NEWS!



**Mincha/Maariv: Every Sunday and Wednesday
7:00 pm**

Please carefully review the procedures listed below. We have looked forward to this for weeks. For our minyan to continue, however, we must adhere to these guidelines which are consistent with the guidance from the CDC, the St. Louis Jewish Medical Advisory Board and the OU.

Anyone not complying will be asked to leave immediately.

1. Anyone with symptoms of Covid-19 or who has within the last 14 days been in contact with someone having symptoms MUST NOT ATTEND.
2. We recommend that those who are at high risk of severe COVID-19 not attend. This includes those over 65, or those with chronic medical conditions - including obesity, lung disease, diabetes, heart disease, hypertension, severe kidney or liver disease, neurological disorders, or immunocompromised. We suggest checking with your private physician.
3. Minyan will take place on the parking lot on the east side of the building. (Closest to Zeid Park)
4. Park in every other spot. Cones will indicate spots NOT TO BE USED.
If you walk to Shul, pick your spot and stay in it.
5. You must wear a mask prior to exiting your car or lowering a window. (Surgical or cloth mask)
6. The mask must remain on at times while on the Shul's grounds.
7. When exiting your car, you MUST STAY within your parking spot.
8. No roaming around or going to other parking spots.
9. Bring your own siddur.
11. At the conclusion of davening, return to your car.
12. Carefully leave the parking lot.

Attendance limited to 15. Register to attend by responding to this email.

We will be adding minyanim so look for regular updates.
Contact Alan Zarkowsky with any
questions. avzark@aol.com 314-805-1896



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. 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>

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

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

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 Tuesday: 12:30 -1:00 pm ~"Lunch for Kids with Rabbi Smason" Chat with the Rabbi and bring your lunch!. 30 minutes.

Join by video: <https://us02web.zoom.us/j/87618807354>

NHBZ Online Classes (cont.)

7. 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>

8. 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 at: <https://zoom.us/j/295822730>

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 – No class this week due to virtual visit with Rabbi Okin

July 2 -----"To Tell the Truth: Is Honesty Always the Best Policy?"

9. 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

JUNE 13



Volume 3

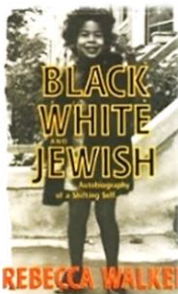
Number 19

21 Sivan 5780

June 13, 2020

Sisterhood Book Club News

The June Book Club book is ***"Black, White, & Jewish: Autobiography of a Shifting Self"*** by **Rebecca Walker**, the daughter of a Jewish father and an African-American mother who recalls her life lived between two conflicting ethnic identities.



The Book Club meeting will be a virtual Zoom discussion facilitated by **Devy Goldenberg** **Monday, June 22, 7:15-8:45PM**. Join us... just RSVP to Terri to make sure you get the Zoom link.

Looking ahead, the August Book Club date is scheduled for Monday evening August 24. Let us hear from you if you would like to have input on the selection of the next book. For more information call **Terri Schnitzer** at 314-518-4107 or terrischnitzer@yahoo.com

Nusach Hari B'nai Zoom



NHBZ Sisterhood reminds everyone that one way to stay in touch is to join one of Rabbi Smason's on-line Zoom classes!

Coming Soon to a Virtual Theater Near You!

Sisterhood Movie Night

Wednesday, July 1

7:00pm • Social Hour

7:30pm • Discussion

Watch the 2018 comedy/drama **JELLYFISH** at home during the next two weeks, then, on July 1st, join Sisterhood's Zoom discussion led by **Susan Fadem** to discuss the movie and "socialize distantly" together.

\$5 requested donation to NHBZ Sisterhood. RSVP to **Faith Waxman** at 314-852-2527 or faithegw@gmail.com. Once your RSVP is received, we will send you suggestions for where to stream the movie, as well as the link to join the Zoom discussion.

So, get comfortable, pop some popcorn, pour a drink, and join Sisterhood on Zoom!

"Speak Lower, I Can't Hear You"

Reflections on Be'halot'cha

– by **Rabbi Eli Scheller**, www.aish.com

He (G-d) said, "Please hear my words..." (Num. 12:6)



Miriam and Aharon spoke lashon hara, derogatory speech, against Moshe. Although they had not acted with malice, in fact speaking more out of concern for Moshe's welfare, G-d's anger flared up and He rebuked them. However, when G-d addressed them He spoke in a very soft tone, starting: "Please hear My words..." The Sifsei Chachamim explains that even though G-d was angry at Miriam and Aharon, He still spoke to them in a soft tone, for if He would have spoken to them in a harsh and angry tone, His words would not have been heeded.

When a person is spoken to harshly he feels under attack. His pride is at stake and he therefore does not fully hear what is being said. If G-d was careful in how He spoke to Miriam and Aharon who were prophets, then how much more so should we speak carefully to our spouses, colleagues or acquaintances. Even when one must confront an enemy, or admonish someone for a terrible misdeed, one should speak gently, for gentle words have a greater effect than words that are shouted and screamed. King Solomon teaches "A soft answer turns away wrath."⁽¹⁾ While one provocative remark can kindle anger, even the most intense fury can be soothed by a gentle word. Always remember: the louder the word the quieter it is heard.

1- Mishlei 15:1.

It's not too late to join Sisterhood 2020 !!

Send your check for \$25 to NHBZ Sisterhood, 650 N. Price Road, Olivette, MO 63132

Unifying Our City **JOIN** with the Power of Shmiras Haloshon **ST. LOUIS** **40-DAY MACHSOM L'FI 7-8 PM**

ONE  **HOUR** |
 ONE  **CITY** |
 ONE  **GOAL**

**JOIN THE
MACHSOM L'FI**

as a *z'chus* for protection for our community
and a *refuah* for all *cholim* in Klal Yisrael.



MACHSOM START DATE
TUESDAY, JUNE 23RD ת"ו ט"ב
LIVE TELECONFERENCE
MONDAY, JUNE 22ND ת"ו ט"א 8:00 PM
CALL: 646-726-9977

Mr. Michael Rothschild

A **Machsom L'Fi** is a program in which people commit to focusing for a set period of time (i.e. 1 hour) each day on the proper use of their power of speech as defined in the Torah. During that time, they concentrate on avoiding speaking, hearing, reading or writing *loshon hora* and any other forms of forbidden speech.

JOIN NOW! EMAIL "I'M IN!"
TO STLOUISMACHSOM@CCHFGLOBAL.ORG



VAAD HOEIR
OF ST. LOUIS
 ועד העיר סט. לואיס

CHOFETZ CHAIM



HERITAGE FOUNDATION



A division of the St. Louis Kollel



Pizza Night

Sunday, June 21, 2020

3:30 pm – 5:00 pm

It's Father's Day ~ Don't let Dad Cook!

All food under the supervision of Rabbi Ze'ev Smason

Carry Out ONLY

\$14.00 for a cheese pizza or choose from any one or combination of Mushroom, Green Pepper and Onion.

Final price is still \$14.00!

ALL orders are pre-paid! Order by noon Friday, June 19th ~ email orders to jeff@nhbz.org (you will get an email order confirmation)

**You can also order by calling Jeff at 314-991-2100, ext. 2
Pick up time between 3:30 pm – 5:00 pm**

**Nusach Hari B'nai Zion
650 North Price Road
Olivette, MO 63132
314-991-2100**

