



Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

June 20, 2020 ~ 28 Sivan 5780

Candle Lighting 8:10 pm

Shabbat Ends 9:13 pm

Parshas: Shelach Numbers 13:1 - 15:41
Haftarah: Joshua 2: 1-24

Chumash pages 798 - 819
Chumash pages 1184-1185

Minyan Times	Shabbos June 20	Sun. June 21	Mon. * June 22	Tues. * June 23	Wed. June 24	Thurs. June 25	Fri. June 26	Shabbos June 27
Shachris	9:00 am	8:00 am	6:45 am	6:45 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

*Rosh Chodesh Tammuz

Happy Birthday ~ Roberta Tolpen, Terre Farbstein, Esther Gelb, Alan Morgensztern
Dr. Adrian Shifren and Sanford Koenig

Anniversaries~ Richard & Mindy Woolf, Keith & Karen Zeff, Alan & Vivian Zarkowsky and
Boris & Alla Yasinev

This Week and Beyond.....

- **Friday Evening, June 19 ~ 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
- **MINYAN Sunday and Tuesday Evenings June 21 and 23 ~** We have started a limited outdoor minyan at NHBZ. Please see flyer for how to attend and RSVP.
- **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. **Deadline for orders is Friday, June 19 at 12 noon.**
- **Wednesday, June 24 ~ 7pm ~ Meet with NHBZ Associate Rabbi candidate Rav Okin and his Rebbitzen** through a Zoom video conference. After a short introduction by Rabbi Smason, Rabbi Okin will deliver a Dvar Torah, followed by a presentation by Rebbitzen Okin. After the Okins have shared their thoughts, we will open the Zoom session for member interaction and questions. See the flyer in this bulletin for more information.
Join by video: <https://zoom.us/j/295822730>
Join by audio: 314-325-8791

- **Wednesday, July 1 ~7:00 pm** ~ Join us for a presentation and discussion with Beth Koritz, M.Ed, L.P.C., N.C.C. on "**Coping with the Pandemic**". Ms. Koritz will touch upon pandemic-related issues such as depression, anxiety, and isolation from friends and family and answer questions submitted in advance. . If you have a question to submit in advance, please contact Rabbi Smason at Pepshort613@gmail.com See the flyer for more details. The Zoom link to this program is: <https://zoom.us/j/295822730>

Important NHBZ Survey Coming Tomorrow ~ Check Your Email!

Members – we are conducting a survey to determine the direction of our virtual programming for the summer and fall of 2020. We are looking for your ideas on what programs excite and inspire you. Holiday? Family? Education? Please fill in as many ideas as you like.

Parshas Shelach

Moses is pressed by the Jewish people to send twelve spies to the Land of Canaan (later to be called the Land of Israel). Forty days later they return carrying a gigantic cluster of grapes and two other large fruits. Ten of the spies warn that the inhabitants of the land are enormous in size and that the land 'consumes its inhabitants'. They convince the people that the land can't be conquered. Caleb and Joshua retain their faith in G-d, insisting that the Jewish people can, indeed, conquer the land. The people weep and proclaim that they'd rather return to Egypt. This tenth expression of a profound lack of faith in G-d prompts a Divine decree that entry into the Land should be delayed forty years. This decree was made on the ninth of the Hebrew month of Av -- known as Tisha B'Av. Numerous other tragedies occurred on Tisha B'Av, including the destruction of the first and second Temples and the expulsion of Spanish Jewry in 1492.

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.





Welcoming Shabbat

Please join us
Friday Evening, June 19, 2020
Virtual Kabbalat Shabbat Service
6:45 pm

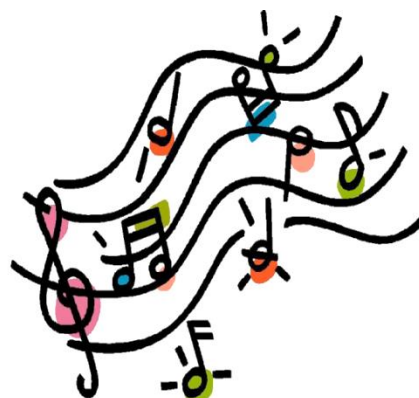


We can't be at shul, but we can be together! Join us starting this upcoming Friday for our Virtual Kabbalat Shabbat.

- **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





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**





zoom

Visit with

Rabbi Avi and Rebbetzin

Devorah Tova Okin

As part of our ongoing search for an Associate Rabbi, Rabbi Avi and Rebbetzin Devorah Tova Okin will be making a virtual visit from their home in Los Angeles with our NHBZ community

Rabbi Okin's wide and varied experiences include being a fourth grade teacher, an NCSY advisor, studying with a Kollel, an Outreach Fellow with Aish HaTorah, a sports camp counselor, substitute Rabbi, a "first responder" to stranded motorists with Chaverim in LA and NY, and has even led High Holiday services. He received his Bachelor's degree, Masters in Social Work (MSW) degree, and Rabbinic ordination (*smicha*) from Yeshiva University. Rebbetzin Okin is currently pursuing her Doctorate in Psychology. They are proud parents of a baby boy. Both are passionate about helping Jews grow Jewishly and are excited about their "visit" to NHBZ.

Wednesday, June 24, 2020 at 7pm

After a short introduction by Rabbi Smason, Rabbi Okin will deliver a Dvar Torah, followed by a presentation by Rebbetzen Okin

After the Okins have shared their thoughts, we will open the Zoom session for member interaction and questions

Connect via Zoom or telephone, but please connect!

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

Join by audio: 314-325-8791



THE SISTERHOOD SCOOP

JUNE 20



Volume 3

Number 20

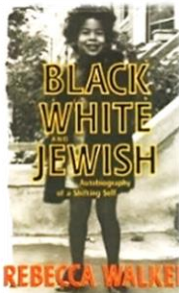
28 Sivan 5780

June 20, 2020

Join in Sisterhood's Book Club Zoom This Monday - June 22

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** **RSVP to Terri Schnitzer to get the Zoom link – terrischnitzer@yahoo.com**



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**

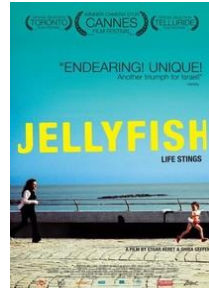
NHBZ Sisterhood Presents Girls Movie Night Out – In Wednesday, July 1

7:00pm • Social Hour
7:30pm • Discussion



Watch the movie **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.

RSVP to Faith Waxman at 314-852-2527 or faithegw@gmail.com. Once your RSVP is received, Faith will send you suggestions for how and where to stream the movie, as well as the link to join the Zoom discussion. **\$5 requested donation to NHBZ Sisterhood**, payable with PayPal on NHBZ's website **<https://www.nhbz.org/make-a-payment-2/>**, or mail your check to NHBZ Sisterhood, 650 N. Price Road., Olivette, MO 63132.



About the Movie

The 2007 Israeli comedy/drama Meduzot (the Hebrew word for **Jellyfish**) tells the story of three very different Israeli women living in Tel Aviv whose intersecting stories weave an unlikely portrait of modern Israeli life.

"Act As If" Parshat Shlach

by **Adam Lieberman**, www.aish.com

While in the desert, the Jewish people wanted to send spies into the Land of Israel to make sure that the land was safe to enter. The spies came back with a very negative report on the land's condition and the spies boldly said:

"...we were like grasshoppers in our eyes, and so we were like in their eyes!" (Numbers 13:33)

A LIFE LESSON

The spies strongly felt that the current inhabitants in the Land of Israel viewed them as people who were very small in size and who could easily be conquered. But this isn't how it was. The spies first felt that they were like grasshoppers in their own eyes. Only after they themselves felt that they were like grasshoppers did they believe that others perceived them as grasshoppers in their eyes.

This extra piece of information can have a life-changing impact on all of us. People will always perceive you exactly how you perceive yourself.

Most people go through life trying to have others think of them in a certain way. Their daily goal literally consists of making sure everyone has a certain impression of them. But the real you is one who stares back at you in the mirror. That's you - and there's no amount of acting that will ever change that.

Ironically, the way you see yourself is the exact way in which you'll think how others feel about you. And the only way to ever change how you think others view you is to actually change the way in which you see yourself. Doing this can make all the difference in the world.

Remember, as long as you really think of yourself as a grasshopper, you will walk around thinking others view you the same way. Whether you think of yourself as insecure, unattractive, unambitious, or any other negative belief - you will live with the reality that others view you in the exact same way.

The only way ever to change how you think others perceive you is to first change the way you see yourself. The secret isn't to get them to change their view of you. Rather, it's to change the way you see yourself and then the world will see you in this whole new light.

The quick and simple way to immediately change how you see yourself is done with action - not by thought or desire. Start acting in a manner consistent with who you want to become, you'll then see yourself more and more like this person, and you'll "notice" how all those around you seems to just naturally follow your lead.

For information or to join Sisterhood, call the NHBZ office at 314-991-2100, ext. 3, or email: sisterhood@nhbz.org



Coping with the Pandemic

Wednesday, July 1
7:00 P.M.

Join us for a presentation and discussion with
Beth Koritz, M.Ed, L.P.C., N.C.C.

Ms. Koritz will touch upon pandemic-related issues such as depression, anxiety, and isolation from friends and family.

In the second part of the program, Ms. Koritz will answer questions, including those submitted in advance.

If you have a question to submit in advance, please contact
Rabbi Smason at Pepshort613@gmail.com

For Zoom video

– click on this link:

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

Beth Koritz provides counseling as a Clinical Staff member of the Jewish Family & Children's Services, and is a Nationally Certified Counselor (NCC) and Certified Clinical Trauma Professional.



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

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

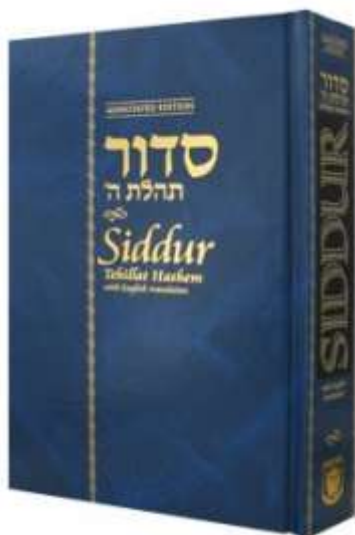
July 2 -----"To Tell the Truth: Is Honesty Always the Best Policy?"

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>



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

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://honorisraelshfallen.com/>



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