



Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

June 6, 2020 ~ 14 Sivan 5780

Candle Lighting 8:04 pm

Shabbat Ends 9:07 pm

Parshas: Naso: Numbers 4:21 -7:89
Haftorah: Judges 13:2-25

Chumash pages 748 - 773
Chumash pages 1181-1182

Limited Minyanim Starting Sunday and Wednesday Evenings: RSVP Required

Minyan Times	Shabbos June 6	Sun. June 7	Mon. June 8	Tues. June 9	Wed. June 10	Thurs. June 11	Fri. June 12	Shabbos June 13
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	7:50 pm	7:00 pm*	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:55 pm

Happy Birthday ~ Gia Shifren, Nathan Brook and Barb Bressler

Anniversaries~ Sid & Phyllis Silverman, Dr. David & Fran Reisler and Harry & Marcia Lyons

This Week and Beyond.....

- Friday Evening, June 5 ~ 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 Rabbi Yaakov Berkowitz** and **Rabbi Smason** providing inspirational and instructive Dvar Torah.

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

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

- Sunday and Wednesday June 7 and 10 ~ We are starting a limited outdoor minyan at NHBZ beginning this Sunday. Please see flyer for how to attend. RSVP required.**
- Tuesday, June 9 ~ NHBZ Board Meeting 7:30 pm**
- Sunday, June 21 ~ Pizza Night Carry Out ~ This Father's Day we will be offering our delicious pizza for carry out only.**

Parshas Naso

Among the topics appearing in Naso is the mitzvah of the 'Sotah'. When compelling circumstantial evidence suggests an act of marital infidelity may have taken place, the Torah provides a means to clarify the hoped-for innocence of the suspect parties. Contained in this mitzvah is dissolving G-d's name that was written on a parchment. We learn from this the supreme importance of shalom bayis -- peace in the home. If G-d allows His Holy Name to be erased for the sake of peace between husband

and wife, certainly each of us should seek shalom bayis with our spouses and other family members. What can each of us do to increase shalom bayis with those whom we love? Parshas Naso also describes the nazir -- an individual who takes a vow to refrain from drinking wine, cutting his hair, and other restrictions. Remember the story of Samson? Samson -- who was a nazir -- was the great Jewish judge and hero who 'brought down the house.'

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.

Special Cholov Yisroel Milk Program

We are happy to share that the USDA Farmers to Families Food Box program will now be available to the St. Louis Jewish Community due to the tremendous efforts of Jonathan and Yocheved Witten who spearheaded bringing this program to our community!! We are very grateful for the time and effort that they put in to make this a reality. Through this program, with the help of Agudas Yisroel, there will be a delivery of Cholov Yisroel 1% milk and 2% milk each Friday in June which will be available to the community at no charge. The pickup location will be at Torah Prep Girls School which is located at 8659 Olive Boulevard - please come up to the school from Woodson Ave. and then turn left onto Alfred Ave. which will lead you directly into the parking lot. There are no eligibility guidelines to be able to benefit from this program. For example, you do not need to keep only Cholov Yisroel, have children in the home, or be below a certain income level to be eligible. There will be volunteers who will load the milk for your family into your car when you pull up at the girls school following social distancing guidelines. You are able to pick up milk for other families as well. The truck is due to arrive each Friday at 10:15 and pickup of the milk will be between 10:15 - 11:00 starting with this Friday, June 5th. If there is a delay in the delivery time and therefore the pickup time we will notify you via email and whatsapp. We ask that you take the amount of milk that your family will need for the week so there will be enough for everyone. While there is no charge for the milk the shipping costs are not covered under the program. There is a suggested donation of \$1.00 per gallon of milk you take to help cover the shipping cost.

You can use the link to donate via paypal https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=N4BX9UG552MXL&source=url, make a check out to Shaarei Chesed and give it at the time of pickup, mail to U City Shul 700 North and South Rd, St. Louis, MO 63130.

If you have any questions please feel free to reach out to one of us on the numbers listed below.

All the best,

Rabbi Menachem Tendler
314-348-8821

Mrs. Racheli Staum
917-753-6338

EXCITING NEWS!



We have scheduled our first two minyanim!
Mincha/Maariv: Sunday, June 7 and
Wednesday, June 10 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



Welcoming Shabbat

Please join us
Friday Evening, June 5, 2020
Virtual Kabbalat Shabbat Service
6:45 pm

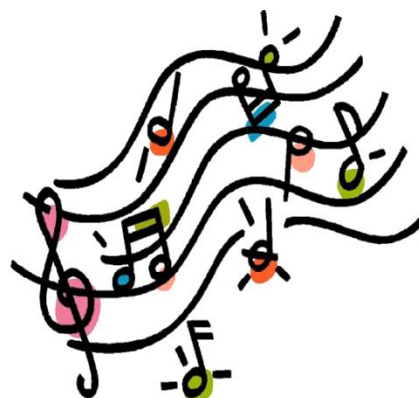


We can't be at shul, but we can be together! Join us starting this upcoming Friday for our Virtual Kabbalat Shabbat.

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





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 -- "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