



Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

August 1, 2020 ~ 11 Av 5780

Candle Lighting 7:55 pm

Shabbat Ends 8:57 pm

Parshas: Va'eschanan Deuteronomy 3:23 - 7:11
Haftorah: Isaiah 40: 1-26

Chumash pages 958 - 979
Chumash pages 1197-1198

Shabbos Nachamu

+SUGGESTED TIMES FOR DAVENING AT HOME

Minyan Times+	Wed ^ July 29	Thurs * July 30	Fri July 31	Shabbos Aug 1	Sun Aug 2	Mon Aug 3	Tues Aug 4	Wed Aug 5
Shachris	6:45 am	8:00 am	7:00 am	9:00 am	8:00 am	7:00am	7:00 am	7:00 am
Mincha / Ma'ariv	6:45 pm	7:15 pm	7:00 pm	7:35 pm	7:15 pm	7:15 pm	7:15 pm	7:15 pm

^Mincha Only * Tisha B'Av

Davening at Shul! (Tent on East Parking Lot) Mincha / Maariv: Sunday, Wednesday and Thursday: 7:15 pm - Kabbalat Shabbat: 7:00 pm - Shabbat Morning: 9:00 am

See attachment for full information.

Happy Birthday ~ Sally Needle & Janet Goldenberg

This Week and Beyond.....

- Friday Evening, July 31 ~ 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

Tisha B'av

Wednesday, July 29: Mincha only at 6:45 pm.

Fast begins before 8:15 pm. Maariv after 8:15 pm.

At 8:45 P.M. there will be a reading of Eicha - The Book of Lamentations and a D'var Torah on Zoom.

Please connect at <https://us02web.zoom.us/j/295822730>

Thursday, July 30: Mincha at 7:15 pm.

Tallis and Tefillin should be put on at each person's car prior to entering the tent area. (Questions? Please contact Alan Zarkowsky).

Maariv to follow.

Fast ends at 8:56 pm.

- Thursday, July 30 from 2:00 -3:00 pm ~ Tisha B' Av ~ NHBZ** invites You to a Zoom presentation titled: **"Jerusalem: The Legacy of Its Liberators"** Featuring Guest Speaker **Alon Wald**, Head of Marketing & Operations, Ammunition Hill National Heritage Center, Israel.
 - This program is sponsored by NHBZ, the Jewish National Fund, and others. To see the program, you must register here: <https://bit.ly/2B5Z8Xk> See Flyer in this bulletin

- **Tuesday, August 4 at 7:00 pm** ~ You are invited to a presentation through Zoom with NHBZ member **Dr. Isaac Amon**. Dr. Amon is a licensed attorney and counselor at law in Missouri. The title of his presentation is: ***“True Confessions? How Judaism and Other Traditions Approach the Role of Confession in Criminal Cases”***.

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

Do you have a simcha to celebrate? Saying Kaddish or observing a yahrzeit?

Consider sponsoring on of our many learning sessions with Rabbi Smason or our guest speakers. Donate \$18 or more to have a dedication made. Contact: Jeff@nhbz.org or call 991-2100 ext. 2

Parshas Va'eschanan

Moses continues his final speech to the Children of Israel. He tells them how he entreated G-d to allow him to enter the land of Israel, but his request was denied. Moses was allowed, however, to see the Promised Land from the peak of Mount Pisgah. Moses appeals to the people to keep the Torah, telling them to neither add to nor subtract from its mitzvos. They are told to always remember the Revelation at Mt. Sinai where every man, woman and child heard the presentation of the Ten Commandments. Moses repeats the Ten Commandments, with subtle differences between this version and that of the Book of Exodus. The Shema, found in this week's Torah portion, expresses our belief that G-d is One and states our commitment to love and serve Him. It exhorts us to transmit Torah to the next generation, and its laws should be remembered by a 'sign' upon one's hand and forehead (tefillin) and written on the doorposts of one's home (mezuzah). Finally, Moses encourages the people to trust in G-d and remain faithful to the Torah. Intermarriage is prohibited, and the source that Jewish identity is transmitted through the mother is stated.

Shabbos Nachamu

Literally the "Sabbath of Consolation", Shabbos Nachamu is the Shabbos following the fast of Tishah B'Av. Called Shabbos Nahamu (Console) after the first line of the day's prophetic reading (Nachamu, nachamu ami, Console, console my people...) (Isaiah 40:1-26), it is also the first of seven haftaros of consolation, all drawn from the book of Isaiah, that deliver a message of comfort in the seven weeks following Tisha B'Av and lead us to the period of Rosh Hashanah. Nahamu which provides words of consolation in the aftermath of Tisha B'Av, cushioning the blow of the day of destruction, allowing the mourners to go into it knowing there is salvation and emerge from it reassured that redemption will come.

The 9 Days

Rosh Chodesh Av occurs on Wednesday, July 22. This begins a period of time known as the '9 Days.' The first nine days of the month of Av, and also the morning of the tenth, are days of acute mourning for the destruction of the first and second Holy Temples. In addition to the restrictions that apply to the entire three-week period, during this time we refrain from the following additional joyous activities: Eating meat and drinking wine (except for Shabbos), laundering clothing, swimming or bathing for pleasure and remodeling or expanding a home. For questions or further details, please contact Rabbi Smason The Three Weeks.

The Three Weeks

An annual mourning period that falls out in the summer. We mourn the destruction of the Holy Temple and our launch into a still-ongoing exile. The period begins on the 17th of the Hebrew month of Tammuz, a fast day that marks the day when the walls of Jerusalem were breached by the Romans in 69 CE. The Three Weeks reaches its climax and concludes with the fast of the 9th of Av, the date when both Holy Temples were set aflame. This is the saddest day of the Jewish calendar, and it is also the date that many other tragedies befell our people.



Jerusalem:

The Legacy of Its Liberators

Thursday, July 30, 2020

Tisha B'av 2:00 - 3:00 pm CDT

**Nusach Hari B'nai Zion Congregation
Invites You to a Zoom presentation featuring
Guest Speaker: Alon Wald**

Head of Marketing & Operations, Ammunition Hill National Heritage Center, Israel



Alon Wald is the Head of Marketing & Operations at Ammunition Hill National Heritage Center, a facility supported by Jewish National Fund-USA, and the site that led to the reunification of Jerusalem in the Six-Day War. Wald served his country as an officer in several elite Israel Defense Force units, the Israeli Secret Service (Shabak), and oversaw security operations at Israeli embassies.

To see the program please register here: <https://bit.ly/2B5Z8Xk>



And : Citizens for a Just and Lasting Peace in the Middle East



Welcoming Shabbat

Please join us
Friday Evenings for a
Virtual Kabbalat Shabbat Service
6:45 pm

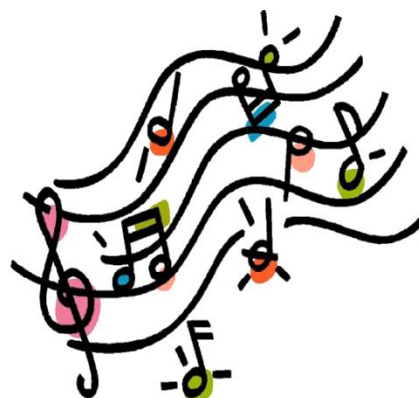


We can't be at shul, but we can be together! Join us starting this upcoming Friday for our Virtual Kabbalat Shabbat.

- **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



Davening at Shul! (Tent on East Parking Lot)

Mincha/Maariv: Sunday, Wednesday and Thursday - 7:15 pm

(approximately 25 minutes)

Kabbalat Shabbat: 7:00 pm (approximately 40 minutes)

Shabbat Morning: 9:00 am (approximately 1.5 hours)

We are limiting attendance to 25.

You must call or email to reserve your space for Kabbalat Shabbat and Shabbat morning.

Contact either Jeff Miller or Alan Zarkowsky by Thursday evening.

You will be contacted if we are unable to accommodate you.

Come on time! As noted, davening times are shortened.

Outdoor Davening Procedures

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. Those at higher risk for severe illness per CDC guidelines are strongly discouraged from attending. 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 strongly suggest checking with your private physician.
3. You must wear a mask at all times. Surgical or cloth masks are acceptable. If you feel the need to remove your mask, you must leave the area and then return when ready to put the mask back on.
4. Sanitize hands prior to entering.
5. Bring your own siddur. Men must bring their own tallis.
6. Pick any of the available seats. Do not rearrange seats or rows.
Stay at your seat for the duration of davening. Do not change seats or go to visit with others.
7. Proper physical distancing must be maintained at all times.
8. Do not share books or bring books to others.
9. We will limit any singing along with the davening.
10. Procedures for leyning will be provided when we read Torah.
11. Bathrooms are only available if absolutely necessary and then by one person at a time.
12. At the end of davening, exit the area as quickly as possible while maintaining distancing.

ANYONE NOT COMPLYING WITH THE ABOVE PROCEDURES WILL BE TOLD TO LEAVE.

Call or email Alan Zarkowsky with any questions.

Thank you. We look forward to seeing you.

Jeff Miller: 314-991-2100 ext 2 / jeff@nhbz.org

Alan Zarkowsky: 314-805-1896 / avzark@aol.com



THE SISTERHOOD SCOOP

AUGUST 1



Volume 3

Number 26

11 Av 5780

August 1, 2020

Sisterhood is grateful to *Rebbitzin Chani Smason* who, on July 22, gave an inspiring presentation on Zoom on the topic:

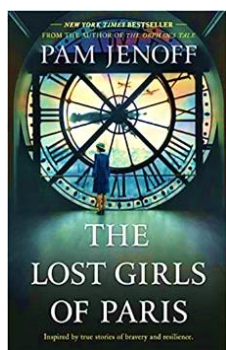
What on Earth Does G-d Want from Me? *Learning how to respond to a crisis from great Jewish women of our time*

Chani reminded us of the Six Constant Mitzvahs and used each one to describe how different inspirational women can motivate us to face the challenges in life by striving to get closer to HaShem. The Six Constant Mitzvot are:

1. To know there is a G-d
2. To reject the possibility of any other G-d
3. To believe in His absolute Oneness
4. To be in awe of G-d
5. To love G-d
6. To not stray after forbidden desires

Join Sisterhood's Book Club and come read with us!

The next Book Club meeting will be on Zoom on **Monday August 24, 7:15-8:45PM**, and the book selection is: *The Lost Girls of Paris*, by *Pam Jenoff*. Set in Manhattan, New York, in 1946, Grace Healey passed through Grand Central Terminal on her way to work and found an abandoned suitcase beneath a bench.



Inside she discovered twelve photographs of different women. A remarkable story of friendship and courage centered around three women and a ring of female secret agents during World War II. For more information call **Terri Schnitzer** at **314-518-4107** or terrischnitzer@yahoo.com

"An attitude should be a result of thought, not a prelude to it."

– Rabbi Shraga Silverstein

NHBZ SISTERHOOD ANNOUNCES A NEW PROJECT FOR THE NEW YEAR

Rosh Hashanah Gift Baskets

to send to your family & friends

Sisterhood will create and deliver beautiful baskets with all the essentials – honey, challah, grape juice, and other sweet goodies – all beautifully wrapped, including blessings and words of inspiration for a sweet holiday!

Watch your email for details on how to order!



Shabbat Nachamu 'Consolation'

When you're feeling sad, do you go to your father or to your mother?

When I seek my father's counsel, it's usually to hear him tell me that these things happen in our lives and the trick is to rise above them. As I grow in years and knowledge, he explains, my trouble will seem smaller, and ultimately insignificant. After this speech, I feel a bit cheated—after all, this is my big sorrow he's talking about—but it does seem diminished now, and I can begin to see a path to its eventual overcoming.

When I go to my mother, it's to hear how well she understands what I'm going through. She cries with me, and I see how my sorrow is as painful to her as it is to me. In this shared, broader context, my sorrow undergoes a subtle change. No longer is it a meaningless weight bearing down on me, deadening my heart and mind and cutting me off from the world, but an environment to inhabit, a world to navigate, a force to employ. My sorrow does not become smaller, but it is now bearable, even useful.

"As a father has compassion upon his children," sings the Psalmist, "so does G-d have compassion for those who fear Him." "Like a man whose mother does console him," proclaims the prophet Isaiah, "so shall I console you." Which is it? Who is G-d—mother or father?

Is G-d the transcendent force in our lives, the voice compelling and empowering us to grow beyond the here and now? Or is G-d our source of comfort, assuring us that nothing we experienced is meaningless, that everything we are, know and feel can be borne, inhabited and redeemed?

"Console, console My people," we read in this week's haftorah, the first of seven consoling readings that follow the three weeks of mourning over the destruction of the Holy Temple and the exile of Israel. "I, I am your comforter," begins a later reading in the series. The prophets are not stuttering, nor are they merely being poetic. According to the Midrash, the repetitious wording means that G-d is saying: "I shall do both. I shall be both father and mother to you." –adapted from *Yanki Tauber* (www.chabad.org)



Join the Nusach Hari B'nai Zion DOLLAR-A-DAY PUSHKE CAMPAIGN for 2020 – 2021

Although NHBZ remains physically closed, we remain spiritually and socially connected through our rabbi's many learning sessions, Kabbalat Shabbat programs and weekday and Shabbat outdoor minyanim. At the same time, our shul's financial needs remain ever present and demanding, exacerbated by the ongoing Covid-19 pandemic. We are concerned about potential loss of Shul income due to many challenges to our pre-pandemic means of raising funds.

Giving the new NHBZ Pushke a prominent place (and donating to it daily) in our homes represents the fulfillment of a mitzvah that is equal to all the others and materially and spiritually benefits the individual as well as our shul.



This is a one-year campaign that begins Monday, August 3, 2020 and runs through Monday, August 2, 2021. We suggest giving one dollar daily. If all members participate, this will go a long way towards keeping our shul financially stable. Even giving 50 cents daily will be helpful.

- Give small amounts daily. Maimonides said, "How often is more important than how much".

How you can participate:

O Pick up a Pushke at the NHBZ office. Call in advance: 314-991-2100, Ext 2. You may be able to pick up your Pushke prior to August 3. Call ahead for availability.

O If needed, we are happy to deliver a Pushke to you. Please call 314-991-2100, Ext 2 to make delivery arrangements.

O We will gladly accept old Pushkehs that are partially or fully filled. I will drop off a Pushkeh at the NHBZ office (whether or not I pick up a new Pushkeh). Please call in advance.

O Pick up a full or partially-filled Pushke from my home or office (whether or not I pick up a new Pushkeh). Please call in advance

O Opt in to receive an informative but short 30 second Dvar Torah by the rabbi by an automated phone call as a reminder to make daily Pushke contributions.

- Ideal times to add to the Pushke include before prayers, in the presence of children or grandchildren and before lighting Shabbos or yom tov candles.
- All who return or have picked up a completed Pushke once every three months will be entered into a quarterly drawing for a \$25 Target Gift Card!

You may elect any of the above options by checking the appropriate box and returning this form or by calling the office at 314-991-2100, Ext 2 to make your selections. Shul office hours for calling in requests or for the pick-up or drop-off of Pushkes are as follows: Monday - Friday 10AM to 1 PM. Hours subject to change. Please call ahead. **Wearing a mask is required.**

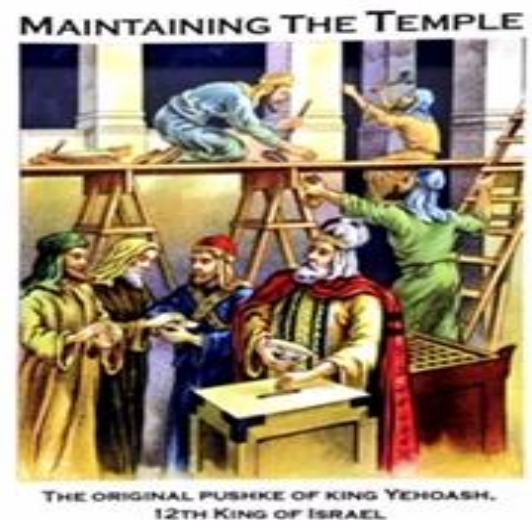
Your name _____ Telephone # _____

Thank you for taking part in this important effort. **If everyone participates**, we anticipate reaching our goal of \$30,000 from this effort! Even small amounts of tzedakah matter!

Your NHBZ Pushke Committee

Dr. Eliot Katz

Stella Vladimirov





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- Wednesday 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>

August 6: Humor: Laughing When You Need It Most"

August 13: Blind Spots: Are You Biased When Making Decisions?

August 20: The Battle Against Procrastination: What Are You Waiting For?

August 27: Five Habits of Incredibly Interesting People



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5. Start shopping! Every time you shop, sign into **smile.amazon.com**, and you will earn funds for Nusach Hari.