



# Shabbos Bulletin

## Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

July 25, 2020 ~ 4 Av 5780

Candle Lighting 8:01 pm

Shabbat Ends 9:03 pm

Parshas: Devarim -- Deuteronomy 1:1 - 3:11  
Haftorah: Isaiah 1: 1-27

Chumash pages 938 - 957  
Chumash pages 1195-1196

### 'Shabbos Chazon'

Minyan Times	Wed* July 22	Thurs July 23	Fri July 24	Shabbos July 25	Sun July 26	Mon July 27	Tues July 28	Wed ^ July 29
Shachris	6:45 am	7:00 am	7:00 am	9:00 am	8:00 am	7:00am	7:00 am	7:00 am
Mincha / Ma'ariv	7:15 pm	7:15 pm	7:00 pm	7:35 pm	7:15 pm	7:15 pm	7:15 pm	6:45 pm*

\*Rosh Kodesh Av

\*Mincha Only  
^Erev 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 ~** Larry Freistein, Sandy Kahn, Craig Feenberg and Benjamin Garmaise

**Anniversaries ~** Murray & Joyce Hochberg

### This Week and Beyond.....

- **Friday Evening, July 24 ~ 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
- **Wednesday, July 29 ~ Tisha B' Av ~** Mincha only at 6:45 P.M. Fast begins: before 8:15 P.M. Ma'ariv: after 8:15 P.M. 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 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, please register here: <https://bit.ly/2B5Z8Xk> See Flyer in this bulletin
- **Sunday, August 2 ~ Mexican Kosher Carry Out at NHBZ ~ Too hot to cook?** If so, make your reservation for a carry out kosher Mexican dinner! Please see the flyer for the menu and details. A limited number of dinners are available, so please reserve yours now.
- **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

## **Devarim -- Deuteronomy 1:1 - 3:11**

This week we begin the fifth and final book of the Torah, Deuteronomy. This book is also called Mishna Torah, "Repetition of the Torah" - thus the Greek title 'Deuteronomy.' Its contents were spoken by Moses to the Jewish people during the final five weeks of his life as the people prepared to cross the Jordan River into the land of Israel. A central theme of Deuteronomy is Moses' review of the mitzvos, and his emphasis on the change of lifestyle the Jewish people were to undergo. The transition was to be made from a supernatural existence in the desert to a natural life to be experienced in the Land of Israel. The portion begins with Moses' veiled rebuke in which he makes reference to the many sins and rebellions of the past forty years. Moses spends significant time discussing the failed mission of the spies; ten of the twelve men sent to scout out the land returned with a bad report, resulting in the entire nation wandering in the desert for forty years. Moses later discusses the Children of Israel's conquest on the eastern bank of the Jordan River. This Torah portion concludes with words of encouragement for Moses' successor, Joshua.

## **Shabbos Chazon**

The Shabbos preceding the observance of the fast of the Ninth of Av is called Shabbos Chazon—"Shabbas of the Vision." This Shabbos' reading from the Prophets begins with the words Chazon Yeshayahu, the "vision of Isaiah" regarding the destruction of the Holy Temple. The legendary chassidic master Rabbi Levi Yitzchak of Berdichev said that on this special Shabbos, every Jewish soul is shown a vision of the third Holy Temple. The purpose of this vision is to arouse within every Jew a yearning to actually see this edifice which will be built by G d, and to do as many mitzvos as possible in order to realize this dream. While this vision may not be sensed with the physical eyes, the soul certainly experiences this vision, and it affects the person on the subconscious level. There is no mourning on Shabbos, and eating meat and drinking wine is permissible. The observance of Tisha B'av begins on Wednesday evening, July 29, and concludes after nightfall on Thursday, July 30. (see bulletin for beginning and end times of the fast).

## **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.

**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](mailto:jeff@nhbz.org) or call 314-991-2100 ext 2.

**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](mailto:jeff@nhbz.org)**

**Alan Zarkowsky: 314-805-1896 / [avzark@aol.com](mailto:avzark@aol.com)**



# Welcoming Shabbat

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

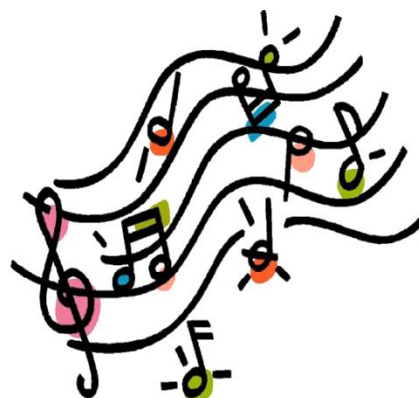


We can't be at shul, but we can be together! Join us starting this upcoming Friday for our Virtual Kabbalat Shabbat.

- **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







# THE SISTERHOOD SCOOP

## JULY 25



Volume 3

Number 25

4 Av 5780

July 25, 2020

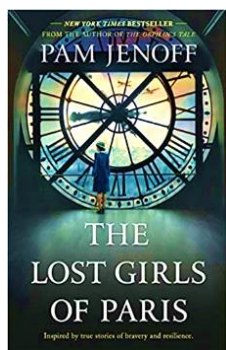
### The Nine Days - Shabbat Chazon

The Shabbat preceding the Ninth of Av is called *Shabbat Chazon* – “Shabbat of the Vision.” This Shabbat’s reading from the Prophets begins with the words Chazon Yeshayahu, the “vision of Isaiah” regarding the destruction of the Holy Temple. The legendary chassidic master Rabbi Levi Yitzchak of Berdichev said that on this special Shabbat, every Jewish soul is shown a vision of the third Holy Temple. The purpose of this vision is to arouse within every Jew a yearning to actually see this edifice which will be built by G-d, and to do as many mitzvot as possible in order to realize this dream. While this vision may not be sensed with the physical eyes, the soul certainly experiences this vision, and it affects the person on the subconscious level.

There is no mourning on Shabbat. (from Chabad.org)

### 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](mailto:terrischnitzer@yahoo.com)

### ANNOUNCING A NEW SISTERHOOD CLASS REBBITZEN CHANI SPEAKS ON:

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

**Wednesday, July 22**

**7:00 PM**  
**OPEN TO EVERYONE**



**ZOOM LINK:**

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

### Parshah Devarim – Deuteronomy 1:12–21

#### **‘The Load Always Fits the Camel’**

Moses reminded the Jewish people that when they were at Mount Sinai, G-d instructed him to share the responsibility of resolving their lawsuits with a system of judges. The people readily accepted this plan, but not for the right reasons: they hoped to be able to influence the rulings of judges of lesser moral caliber than Moses.

[Moses told the Jewish people at Mount Sinai,] “How can I bear your trouble, your burden, and your strife all by myself?”

[Deuteronomy 1:12](#)

We are all charged with the same mission as Moses: to educate and lead ourselves – as well as those over whom we have influence – in the ways of the Torah. If we wonder how we can bear such a heavy responsibility, we should recall that when Moses asked G-d the same question, G-d immediately provided him with a practical solution. Just as G-d gave Moses the means to fulfill his mission, G-d gives us the means and resources to fulfill our Divine mission, regardless of how difficult or overwhelming our responsibilities may appear to be.

– from Lubavitcher Rebbe, adapted by **Moshe Wisniefsky** ([www.chabad.org](http://www.chabad.org))

**“When the month of  
Av enters, we reduce  
our joy . . .”**

– Talmud, Taanit 26b



# 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**



# Mexican Dinner

**Sunday, August 2, 2020**



## Carry Out Kosher Mexican Dinner Menu

Each dinner includes your choice of:

- 2 soft or hard shell tacos with beef or
- 2 soft or hard shell tacos with chicken -served with *shredded lettuce, tomatoes, red onion, black olives-*
- Sides included: Spanish rice - Corn salad- Mexican beans - Chips & Salsa - Dessert

**Cost \$ 48 for 4 dinners or \$25  
for 2 dinners**

**Orders must be in by Wed., July 29 at 5:00 p.m.**



**PAY NOW**

All orders are paid in advance by clicking the Pay Now button (leave your taco choices in the memo box) or by contacting [Jeff@nhbz.org](mailto:Jeff@nhbz.org) 314-991-2100 ext.2



## **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>

July 23 - "Resilience: Rising Strong After Falling Hard"

July 28 (Tuesday): "How to Discuss Politics Without Losing Friends"

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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