



# Shabbos Bulletin

## Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

July 4, 2020 ~ 12 Tammuz 5780

Candle Lighting 8:11 pm

Shabbat Ends 9:14 pm

Parshas: Chukas -- Balak: Numbers 19:1 -- 25:9  
Haftorah: Micha 5:6 - 6:8

Chumash pages 838-875  
Chumash pages 1189-1190

### Our Sponsors for this Week's Shabbos Bulletin

- In memory of beloved father and grandfather, Nathan M. Ferman z'l on the 25th anniversary of his yahrzeit, Tammuz 13 - by **Fran** and **Lenny Alper, Caryn Alper** and **Joanna Alper**
- In honor of the July birthdays of Joanna (7/2), Fran (7/4), and Caryn (7/7) ~ by **Lenny Alper**
- Happy 90th birthday to **Fran Cohen** with love! - by **Jerry Cohen, his children** and **grandchildren**
- In memory of the yahrzeit of our grandfather, Isadore Feder z'l. By **Irwin Rosen, Jessica Fadem** and **Jackie Gitel**

Minyan Times	Shabbos July 4	Sun. July 5	Mon. July 6	Tues. July 7	Wed. July 8	Thurs.* July 9	Fri. July 10	Shabbos July 11
Shachris	9:00 am	8:00 am	7:00 am	7:00 am	7:00 am	6:45am	7:00 am	9:00 am
Mincha / Ma'ariv	7:55 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:55 pm	6:45 pm	7:50 pm

\*Fast of 17<sup>th</sup> of Tammuz, July 9<sup>th</sup> : Fast begins at 4:32 A.M., concludes at 9:09 P.M.

**Happy Birthday** ~ Fran Alper, Judy Levin, Jerry Goldenberg, Frieda (Smason) Aaronson, Linda Shore, Caryn Alper, Mateo John, Jane Lyss, Boris Yasinev and Mark Ragin

**Anniversaries** ~ Kurt & Sandy Kahn

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

- **Friday Evening, July 3 ~ 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 Wednesday Evenings at 7:00 pm** ~ We have started a limited outdoor minyan at NHBZ. RSVP to Alan Zarkowsky [avzark@aol.com](mailto:avzark@aol.com)
- **Wednesday, July 8 ~ 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](mailto:Pepshort613@gmail.com) See the flyer for more details.  
The Zoom link to this program is: <https://zoom.us/j/295822730>

## **Parshas Chukas**

This week's action-packed portion begins with the paradox of the Red Heifer, a mitzvah we are asked to perform though unable to understand its purpose and reason. The narrative jumps to the death of the prophetess Miriam. The Jewish people are then left without water, since the miraculous well which had accompanied them in the desert existed only in her merit. G-d commands Moses and Aaron to speak to a particular rock so it will miraculously produce water; Moses strikes it with his staff instead, and G-d tells the two leaders they will not enter the Promised Land. What did Moses do wrong? One classic approach suggests that Moses' sin was that he became angry (he said to the Jewish people, 'Listen now, you rebels'). Although the best among us can occasionally lose our temper, teachers and parents carry a special responsibility to be good role models for their students and children. Little pitchers have big ears! Later in the portion, the king of Edom refuses to let the Jewish people pass through his borders, causing them to take a longer route. Aaron dies and is buried on Mount Hor. The Children of Israel sing a song of praise about the well of Miriam. The portion concludes with the battles and victories over Sichon, the king of Emori, and Og, the king of Bashan.

## **Parshas Balak**

This week's portion shifts from the Jewish people's travels in the desert to the story of Bilam, the anti-Semitic prophet who attempted to curse the Children of Israel. Hired by Balak, the king of Moav, Bilam embarks upon a journey to the Israelite encampment. An angel brandishing a sword blocks Bilam's path, causing his donkey to repeatedly swerve off the road. Unable to see the angel, Bilam responds by striking the donkey three times. Miraculously, G-d causes the donkey to speak to Bilam - shades of Mr. Ed, the talking horse in the 1960's TV show! Bilam's eyes are uncovered, and the humiliated prophet sees the angel standing in the path. The angel reminds Bilam that he may only speak the words that G-d places in his mouth. Upon arrival near the Jewish camp, Bilam repeatedly attempts to curse the people; each time G-d prevents him from doing so, but instead he ends up uttering several sets of praises, much to Balak's dismay. The Torah portion concludes with the Jewish men's debauchery with the promiscuous daughters of Moav and Midian, and the public immoral act of Zimri (a prince of the tribe of Simeon) with a Midianite princess. Pinchas, Aaron's grandson, zealously responds by piercing them to death with a spear, halting a plague from G-d which had broken out in the camp.

## **The Three Weeks**

The Three Weeks is 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 Fast of the 17th of Tammuz is observed this Thursday, July 9.

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.



# DOLLAR-A-DAY PUSHKE CAMPAIGN



During the Pandemic, we are limited in giving Tzedakah to the Shul

Consequently, we are instituting a new Pushke Campaign

We hope everyone will participate and pick-up a Pushke from the Shul office shortly when the Pushkes are ready, but if needed, NHBZ will deliver them to homes. Please make it a habit to contribute a dollar a day or at least what you can afford. We will collect them every three months, again preferably by member drop-off at the Shul office, but home pick-up will be available.

**SPONSORSHIPS AVAILABLE:** To cover the costs of buying cans, mailing and office expenses, we are asking for three sponsors to donate \$100 to the campaign ~ Please contact the office at 314-993-2100 Ext. 2 for sponsorship details as soon as possible so that we can acknowledge your contribution and print Pushke labels with sponsor/dedication names.

For more information about the DOLLAR-A-DAY Pushke Campaign, see articles in upcoming Shabbos bulletins or contact the office at 314-993-2100, Ext 2

Thank you to Lenny Alper for providing the links below to help celebrate the 4<sup>th</sup> of July

<http://www.bhbirochester.org/adon/yankeeDoodle.mp3>

<http://www.bhbirochester.org/adon/wildBlueYonder.mp3>

<http://www.bhbirochester.org/adon/americaTheBeautiful.mp3>



### **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.

### **Important NHBZ Survey ~ Click here:**

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.

Take the survey now: <https://www.surveymonkey.com/r/2ZB8SNG>

#### **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://honorisraelsfallen.com/>



*Thank you for advertising in our bulletin!*



# Coping with the Pandemic

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Wednesday, July 8  
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](mailto: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.





# THE SISTERHOOD SCOOP

## JULY 4



Volume 3

Number 22

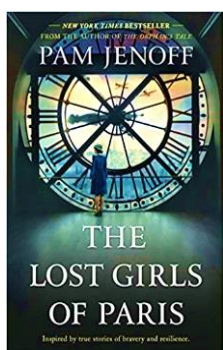
12 Tammuz 5780

July 4, 2020



### 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)

### This week's quote

**"True freedom – cherut – is the ability to control oneself without having to be controlled by others, accepting voluntarily the moral restraints without which liberty becomes licence and society itself a battle-ground of warring instincts and desires."**

**-Rabbi Jonathan Sacks**, The Chief Rabbi's Haggadah

### 'Girls Movie Night Out...In'

#### Discussion Tonight – Wed., July 1 – 7:00pm

***ENEMIES, A LOVE STORY*** The 1989 comedy/drama/romance about a ghostwriter who finds himself romantically involved with his current wife, a married woman, and his long-vanished wife. Join the **Zoom** discussion, led by **Susan Fadem**, to review the movie and "socialize distantly" together.



**\$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.

Many thanks to **Faith Waxman** for organizing the event! For further information or to receive the ZOOM LINK, contact Faith at **314-852-2527** or [faithegw@gmail.com](mailto:faithegw@gmail.com).

### Parshat Chuka: 'Generously Stingy'

– adapted from **Rabbi Eli Scheller** ([www.aish.com](http://www.aish.com))

This week's Torah portion begins, "This is the statute of the Torah," and proceeds to discuss the laws of *parah adumah* (the red heifer), a mitzvah that is beyond human comprehension. Why is this mitzvah called "the *chok* (statute) of the Torah." Does this mitzvah encompass the entire Torah? Wouldn't it have been more appropriate to say, "This is the *chok* of purity"?

A paradox is found in the laws of *parah adumah*; its ashes purify one who had become impure, yet those who engage in its preparation become impure themselves! The apparently contradictory elements of this mitzvah teach us that a person has to serve G-d with all his attributes - even conflicting ones.

It is important for a person to be humble and modest, but that is not enough. When one is unconcerned about his own honor, he may begin to be carefree with his friend's honor. He'll feel free to cause him pain and embarrass him. Likewise, it is important for a person to be giving and generous, although when one is generous and openhanded with his own money, he may begin to be very easy-going with other people's money as well, and end up causing damage to their property or stealing from them. The Torah is teaching us that the paradox of *parah adumah* must be applied to other parts of the Torah as well.

A person has to be generous yet stingy. When it comes to one's own money, a person has to be openhanded. However, when it comes to other people's money, one needs to be tightfisted. He has to make sure his friend does not lose any money or spend one cent more than he has to. Similarly, one has to be humble, not seeking any honor or admiration from others. But, when it comes to his friend's honor, he has to give his friend plenty of respect and honor.



## **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.

**UPDATE:** The Friday Torah Portion Class will not be meeting until further notice

### **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>

July 2 -- "How Do You Define Success?"

July 9 -- Five Ways to Make and be a Great Friend

July 16-- Religion vs. Spirituality - Is There a Difference?

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



### Do you shop on Amazon?

Sign up for Amazon Smile, and .5% of your qualified purchase will be donated back to the NHBZ.

#### How it works:

1. Visit **smile.amazon.com**
2. Sign in to your Amazon account
3. Under "Pick your own organization", search for "Nusach Hari"
4. Select "Nusach Hari-Bnai Zion Congregation"
5. Start shopping! Every time you shop, sign into **smile.amazon.com**, and you will earn funds for Nusach Hari.





## 613 Community Kitchen Meals

A meal service from the J's new catering service that can feed our families, feed our neighbors, and feed our desire to help.  
The J continues to be here to support you!

613 Catering will provide hot, kosher meals for pickup  
at the Adult Day Center at the J.

**To place an order, make a donation, or request a gifted meal,  
please call Robin Rickerman at 314.442.3275.  
Please do not leave the order on voicemail. Robin will return the call.**

**Meals feed 4 people**  
**Smoked Beef \$75.00   Grilled Chicken \$60.00**

### ***Shabbat Shalom*** **Friday, July 3**

- Smoked BBQ Pulled Beef or Applewood Grilled Chicken
- Gazpacho Soup
- Parisian Potatoes
- Grilled Summer Vegetables
- Chocolate Lava Cakes

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### **Order extra sides!**

Challah Rolls (4) \$4.00  
Cucumber Onion Salad \$10.00  
Roasted Garlic Dip \$10.00  
Hummus \$10.00  
Mabucha \$10.00

*Order by noon on Thursday, July 2 for pickup between 4:30-5:30pm on Friday.*

*First call, first served. Limited quantities available.*

*No substitutions for the meals. Pickup at the Adult Day Center entrance at the J.*

*Take Willow Village Parkway, west of the Fitness & Wellness building, to the ECC/ADC parking lot next to the pool.*

*Limited delivery available.*

