



# Shabbos Bulletin

## Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

August 8, 2020 ~ 18 Av 5780

Candle Lighting 7:55 pm

Shabbat Ends 8:57 pm

Parshas: Eikev -- Deuteronomy 7:12 - 11:25  
Haftorah: Isaiah 49:14 - 51:3

Chumash pages 980 - 997  
Chumash pages 1197-1199

### +SUGGESTED TIMES FOR DAVENING AT HOME

Minyan Times+	Wed Aug 5	Thurs Aug 6	Fri Aug 7	Shabbos Aug 8	Sun Aug 9	Mon Aug 10	Tues Aug 11	Wed Aug 12
Shachris	7:00 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	7:50 pm	7:15 pm	7:15 pm	7:15 pm	7:15 pm

**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** ~ Julie Eisenberg and Jonah Shifren

**Happy Anniversary** ~ Ed & Helayne Levitt, Dr. Stephen & Myra Radinsky and  
Jeff & Terri Schnitzer

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

- Friday Evening, August 7 ~ 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

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

**Thank you to Richard Woolf and Bob Kaiser** for putting their excellent cooking skills to the test with our first ever kosher Mexican Dinner carry out this past Sunday.

### **Parshas Eikev**

Moses continues to encourage the Children of Israel to trust in G-d and in the prosperity and health which will follow if they keep the Torah. If they are careful to observe even those 'minor' mitzvos that are usually 'trampled' underfoot, he promises that they will be the most blessed of the nations of the

Earth. Moses reminds them of their numerous transgressions in the desert, including the mystifying sin of the Golden Calf. Moses describes the bountiful Land of Israel filled with wheat, barley, grapes, figs and pomegranates, a land of oil-yielding olives and date-honey. He teaches the people the second paragraph of the Shema which stresses the fundamental doctrine of reward for keeping the mitzvos and the consequences of non-compliance.

All that G-d requires of us, Moses says, is to love G-d, revere Him, and to observe His Torah. Easier said than done! Parshas Eikev concludes with the promise that G-d will provide the Jewish people with protection if they observe the laws of the Torah. Many are familiar with the famous phrase (found in this week's portion), "Man does not live by bread alone." The less-familiar second half of the verse says, ". . . but by all that comes from the mouth of G-d." This important idea teaches that physical nourishment and external pleasures aren't sufficient for a satisfied life. Every human being has spiritual needs that must also be met.



## **DOLLAR-A-DAY PUSHKE CAMPAIGN**

**Be a part of the Pushke Campaign -get your Pushke now!**

We ask participants to contribute one dollar a day to their pushke, and we will collect them every three months.

To get your pushke contact [jeff@nhbz.org](mailto:jeff@nhbz.org) or the office at 991-2100 ext 2

**Your Pushke can also be delivered to your door at no charge. Just ask!**



# THE SISTERHOOD SCOOP

## AUGUST 8



Volume 3

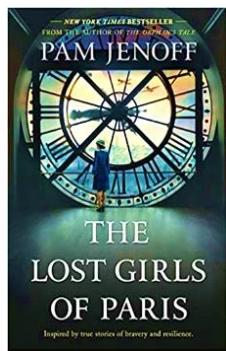
Number 27

18 Av 5780

August 8, 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)

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 (or wine), and other sweet goodies – all beautifully wrapped, including blessings and words of inspiration for a sweet holiday!**



**Send an unexpected gift to stay connected and to wish 'shana tova' to a friend, family or shul member.**

**See the Sisterhood Gift Basket page in this Bulletin for details on how to order!**

**NEXT SISTERHOOD BOARD MEETING:**  
**Tuesday, July 11, 5:30 pm**  
**Watch your email for ZOOM LINK**

### Do you know the origin of... 'Nachas'?

Nachas is the pride and joy we get from our children. A common Jewish sentiment is "may you have nachas from your children".

Nachas comes from the Hebrew word *nachat*, meaning satisfaction and pleasure. (That in turn derives from the Hebrew *lanuach*, meaning to rest.) To derive nachas is also expressed in the Yiddish phrase to *shep nachas*. *Shep* comes from the Yiddish *shepn*, meaning scoop.

– from Dr. Yvette Alt Miller at [www.aish.com](http://www.aish.com)

### Coming Soon...

#### Watch your email for Sisterhood's 'New Year Greetings' Fundraiser

Proceeds will benefit NHBZ's Passport to Israel Program and other Sisterhood projects. Please be as generous as possible. Help support your NHBZ Sisterhood!

### 'History vs. Memory'

Thoughts on Parshas Eikev from **Rabbi Jonathan Sacks**

Biblical Hebrew has no word for history. Modern Hebrew had to borrow a word: *historia*. The key word of the Hebrew Bible is not history but memory. *Zachor*, the command to remember, occurs time and again in the Torah... There is a profound difference between history and memory. History is *his story* – an event that happened sometime else to someone else. Memory is *my story* – something that happened to me and is part of who I am. History is information. Memory, by contrast, is part of identity. I can study the history of other peoples, cultures, and civilisations. They deepen my knowledge and broaden my horizons. But they do not make a claim on me. They are the past as past.

Memory is the past as present, as it lives on in me. Without memory there can be no identity. Alzheimer's disease, the progressive atrophying of memory function, is also the disintegration of personality. As with individuals, so with a nation: it has a continuing identity to the extent that it can remember where it came from and who its ancestors were.

– from *The Jonathan Sacks Haggadah*, pp. 38-39



# NHBZ Sisterhood Announces a New Project for the New Year

## *Rosh Hashanah Gift Baskets* *to send to your family & friends for the New Year*

Let us create and deliver beautiful baskets with all the essentials for a sweet holiday for you!

Each basket includes honey, challah, grape juice (or wine\*), and other sweet goodies, all beautifully wrapped, with blessings and words of inspiration.

To participate in this mitzvah – order baskets for friends, family or others in the St. Louis area.

**\$26 per basket**  
or choose a wine basket for \$36\*



Complete the attached form or send the names, addresses, and phone numbers of your recipients to *Jeff* at 314-991-2100, ext. 2, or email [Jeff@nhbz.org](mailto:Jeff@nhbz.org) by August 24.

For questions or more information, email [sisterhood@nhbz.org](mailto:sisterhood@nhbz.org), or contact *Margo Tzadok* at 314-323-0629 or [tmargo@sbcglobal.net](mailto:tmargo@sbcglobal.net)

**ALL ORDERS MUST BE RECEIVED BY AUGUST 24**



☆ NUSACH HARI B'NAI ZION SISTERHOOD ☆ SUPPORTING OUR CONGREGATION SINCE 1950 ☆

For information or to join Sisterhood, call the NHBZ office at 314-991-2100, ext. 2, or email: [sisterhood@nhbz.org](mailto:sisterhood@nhbz.org)



# Rosh Hashanah Gift Baskets

## NHBZ SISTERHOOD NEW YEAR GIFT BASKETS ~ FOR ROSH HASHANAH 5781 ~ ORDER FORM ~

Your Name \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Please list the name, address and phone number of **each recipient** below, and the amount:

NAME:	ADDRESS:	PHONE:	AMOUNT:
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____



Total Baskets: \_\_\_\_\_ Total Amount enclosed \$ \_\_\_\_\_

\_\_\_\_\_ @ \$26 for each **Basic basket** with grape juice, challah, honey

\_\_\_\_\_ @ \$36\* for each **Enhanced basket** with wine\*, challah, honey

*Proceeds benefit NHBZ's Chesed Program and other NHBZ Sisterhood projects*

Mail form to NHBZ Sisterhood, 650 N. Price Rd, Olivette, MO 63132 by **August 24** or email [Jeff@nhbz.org](mailto:Jeff@nhbz.org). Quantities are limited.

## Rosh Hashanah begins September 18

- Delivery is free of charge. Baskets will be delivered the week before Rosh Hashanah. Or, you may arrange to pick up your basket(s) at NHBZ.
- Remember, a small gift can brighten the mood, lift the spirits, and help to keep us connected during this challenging time.
- **Consider ordering an additional basket to be sent to Shul members who are on Rabbi Smason's Chesed list.**
- Receive a 10% discount for orders of 5 or more baskets.



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For information or to join Sisterhood, call the NHBZ office at 314-991-2100, ext. 2, or email: [sisterhood@nhbz.org](mailto:sisterhood@nhbz.org)

**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)**



## **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



### 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.





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

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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

