



Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

October 17, 2020 ~ 29 Tishrei 5781

Candle Lighting 6:02 pm

Shabbat Ends 7:04 pm

Parshas: Bereishis Genesis 1:1 -- 6:8
Haftorah: 1 Samuel 20:18-42

Chumash pages 2-29
Chumash pages 1207-1208

Shabbos Berashis

Erev Shabbos, October 16

- Mincha & Ma'ariv ~ 6:00 pm

Shabbos, October 17

- Shabbat Services ~ 9:00 am
- Mincha / Ma'ariv ~ 5:45 pm
- Shabbat ends ~ 7:04 pm



Minyan Times	Wed Oct 14	Thurs Oct 15	Fri Oct 16	Shabbos Oct 17	Sun* Oct 18	Mon* Oct 19	Tues Oct 20	Wed Oct 21
Shachris	7:00 am	7:00 am	7:00 am	9:00 am	8:00 am	6:45 am	7:00 am	7:00 am
Mincha / Ma'ariv	6:00 pm	6:00 pm	6:00 pm	5:45 pm	5:50 pm	5:50 pm	5:50 pm	5:50 pm

*Rosh Chodesh Cheshvan

Minyanim at NHBZ

With the conclusion of the holidays, minyanim have now begun to take place indoors at the shul, both daily and on Shabbos. The health precautions in effect during the High Holidays such as masks, social distancing, etc. will continue to be in effect.

Age Guidelines:

- Healthy individuals age 64 and under are welcome without additional restrictions.
- 65 - 74: Welcome only with a note or letter from their personal physician attesting that their health is good enough to reasonably assume the risk of a 45 minute (or for Shabbos, a three-hour) indoor prayer service held with medically-guided precautions. (**please see back of bulletin for full health guidelines**)
- Those 75 and over wishing to attend: Please contact Rabbi Smason directly.

Pepshort613@gmail.com or 314- 749-5271

Happy Birthday ~ Murray Baker, Dr. Laura Goldmeier, Libby Routman, Leo Bressler and Traci Goldstein

This Week and Beyond

Sunday, October 25 ~ Pizza Night Carry Out is Back ~

Sunday, October 25 ~ 1:00 -2:00 pm ~ Zoom Program " My Tree ~ "Israeli Olive Oil: The Journey from Field to Table" Zoom link <https://us02web.zoom.us/j/89414197963>

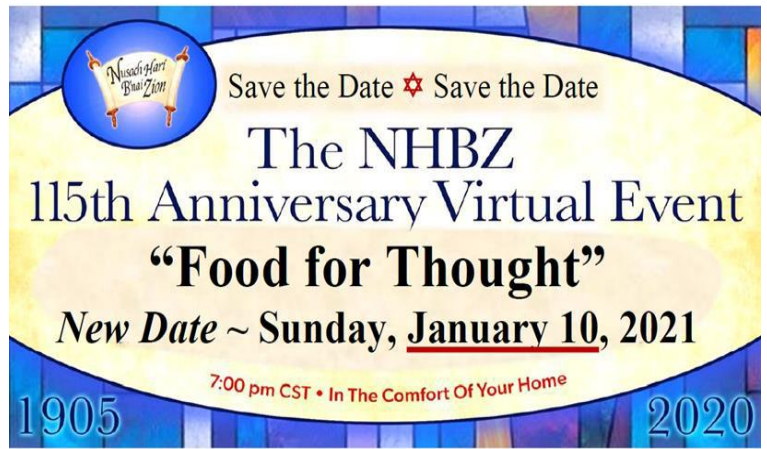
Motzi Shabbos, November 7 ~ Musical Havdalah Program for Young Families led by Rabbi Okin

Parshas Bereishis

This first portion of the Torah begins with G-d's creation of the world in six days and His 'resting' on the seventh. All was created during this first week; from the separation between light and darkness, to the establishment of the sun, moon and stars, to the creation of Man (Adam) and Woman (Eve) in G-d's image and their placement in the Garden of Eden.

Adam and Eve are given one command -- to refrain from eating the fruit of the Tree of Knowledge. Eve is enticed by the snake to eat of the forbidden fruit, and she offers some to her husband as well. G-d punishes them for their transgression, and they are banished from the paradise of Eden.

After the expulsion their first two sons, Cain and Abel, each bring an offering to G-d. In jealousy Cain kills his brother, and G-d sends him into exile to wander the face of the earth. The Torah then gives a genealogy of the first ten generations of the world, beginning with Adam and leading up to the birth of Noah and his three sons.



YOUNG FAMILIES PROGRAMS WITH RABBI AVI OKIN

November 2020 - March 2021

November 7th- Musical Havdalah Program
November 26th- Thanksgiving Parent-Child Learning
December 13th- Chanukah Party
January 1st- New Year's Day Parent Child Learning
January 28th- Tu Beshvat kids party
February 25th - Purim Party
February 26th- Purim Carnival/Meal
March 21st- Pre-Pesach Camp/Babysitting

Health guidelines for attending Minyanim:

Anyone 64 or younger with a comorbidity appearing on the following list may attend only with the physician's note attesting that their health is good enough to reasonably assume the risk of a 45 minute (or for Shabbos, a three-hour) indoor prayer service held with medically-guided precautions

- *People of all ages with underlying medical conditions, particularly if not well controlled, including:
 - * People with chronic lung disease or moderate to severe asthma
 - * .People who have serious heart conditions
 - *People who are immunocompromised. Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
 - *People with severe obesity (body mass index [BMI] ≥ 40)
 - *People with diabetes
 - *People with chronic kidney disease undergoing dialysis
 - *People with liver disease

**You May Not Be thinking about Chanukah Yet,
But The Nusach Hari B'nai Zion Israel Committee IS!**



MyTree *in Israel*

**Create Your Brand Of Boutique
Olive Oil From The Holy Land**

"Israeli Olive Oil: The Journey from Field to Table", by Yishai Gelb,
co-founder of My Tree in Israel Zoom link for
October 25, 2020 – 1:00-2:30 pm (Link opens at 12:30 pm)
<https://us02web.zoom.us/j/89414197963>



Do you like olive oil from Israel?

Would you like olive oil with your custom label on it? Would you like to support farmers on the moshav of Ein Eron in northern Israel to adopt an olive tree?

If your answer is **YES**, you can join us in adopting a tree from *MyTree in Israel*. Adopt your tree before November 1 and you will receive six bottles of Kosher Extra Virgin Israeli unfiltered olive oil fresh after the harvest. The adoption fee is \$220 for one year and you will receive six custom-labeled bottles. Shipping to your home is free!

You can adopt a tree for you and your family, as a gift for someone special, in memory of a loved one, for a Bar/Bat Mitzvah or for any other reason.

Here are two videos from MyTree about this program:

<https://youtu.be/YZ9KgEquwDo>

<https://youtu.be/kBgf504Skh0>

**Enter our raffle to win a tree! Buy a ticket for \$18,
and at the same time support NHBZ's Israel programming.**

Place your orders through Jeff. Call the office 314-991-2100 ext 2. Email: jeff@nhbz.org

The *My Tree in Israel* program is open to the entire St. Louis Jewish Community. If you have any questions about this program, please reach out to the NHBZ Israel Committee Chair, Mike Minoff, mikeminoff@gmail.com or visit mytree.org.il to learn more and adopt your tree. Remember the deadline for oil from this year's harvest is November 1.





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 connect in 2 ways:

1. *Preferred option* - Call **312- 626 - 6799** which connects you to the ZOOM audio number and will enable you to participate fully, except for the video. Toll Free.
2. Or call **314-325-8791** for our old audio connection. We encourage you to use the preferred option as this option will not be available soon.

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>

NHBZ Online Classes (cont.)

6. 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>

7. 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>

October 15 "The Naked Truth: Relationship Lessons from Adam & Eve"

October 22 "You Have \$100 Million to Spend; What Do You Do with It?"

October 29 "The Other Side of the Story: Judging Others Favorably"

November 5 "Love vs. Lust: Do You Know the Difference?"

November 12 "You Have a Gigantic Billboard: What Would It Say?"

November 19 "Tick-Tock: What Is Time?"

November 25 "Thanksgiving: An Attitude of Gratitude"



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