



Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

October 24, 2020 ~ 7 Cheshvan 5781

Candle Lighting 5:53 pm

Shabbos Ends 6:55 pm

Parshas: Noach Genesis 6:9 -- 11:32
Haftarah: Isaiah 54:1- 10

Chumash pages 30-53
Chumash pages 1130 - 1131

This week's bulletin is sponsored by **Kenny & Barb Bressler, Menachem & Linda Szus and Larry & Risa Bressler** in honor of the 98th birthday of their father **Leo Bressler**.

Erev Shabbos, October 23

- Mincha & Ma'ariv ~ 5:50 pm

Shabbos, October 24

- Shabbat Services ~ 9:00 am
- Mincha / Ma'ariv ~ 5:35 pm
- Shabbos ends ~ 6:55 pm



Minyan Times	Wed Oct 21	Thurs Oct 22	Fri Oct 23	Shabbos Oct 24	Sun Oct 25	Mon Oct 26	Tues Oct 27	Wed Oct 28
Shachris	7:00 am	7:00 am	7:00 am	9:00 am	8:00 am	7:00 am	7:00 am	7:00 am
Mincha / Ma'ariv	5:50 pm	5:50 pm	5:50 pm	5:35 pm	5:40 pm	5:40 pm	5:40 pm	5:40 pm

Happy Birthday ~ Jeffrey Scheer. Ellen Rosen, Gloria Waxman, Marvin Greenberg,
Robin Rickerman and Lawrence Hollander

Happy Anniversary ~ Arthur & Marcie Muskin, Lenny & Fran Alper and Irwin & Rosalind Rosen

This Week and Beyond

- **Sunday, October 25 ~ Pizza Night Carry Out is Back ~ All pizzas are \$14** with your choice or combination of mushrooms, green peppers and onions. Orders are prepaid, order by **Friday, October 23** by calling 991-2100 Ext 2 or emailing jeff@nhbz.org
- **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

Minyanim at NHBZ

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:

- a) Healthy individuals age 64 and under are welcome without additional restrictions.
- b) 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***)
- c) Those 75 and over wishing to attend: Please contact Rabbi Smason directly at: Pepshort613@gmail.com or 314- 749-5271

NHBZ Adopt-A-Tree Raffle

Enter our raffle to win one 'Adopted-Tree' for only \$18.00! The winner will get six bottles of custom-labeled Israeli olive oil, and support NHBZ's Israel advocacy programming. To enter the raffle email jeff@nhbz.org or call the office 314-991-2100 ext 2 . Deadline is Friday October 30th

Parshas Noach

As a result of Mankind's evil, G-d brings a flood to destroy every living creature. Only Noah, his family, and at least one pair of every animal species were spared. Trivia question: Do you know the name of Noah's wife? (hint -- it is NOT 'Joan of Ark') When the flood waters begin to recede after a lengthy deluge, Noah sends forth from the ark a raven and dove to determine whether the land has dried sufficiently so that they can leave the ark to once again resettle the earth. G-d promises that He will never again destroy all of Mankind by means of a flood, and He designates the rainbow as a sign for that eternal covenant. Noah plants a vineyard, drinks from its produce and becomes drunk. In his intoxicated state, he shamefully uncovers himself. While his son Ham dealt with his father inappropriately, Noah's other two sons, Shem and Japheth, cover their father in a respectful manner. Generations pass and the world is repopulated. The people attempt to wage war against G-d by building the Tower of Babel. G-d responds by mixing up their languages into a 'babble' and dispersing them across the planet.

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

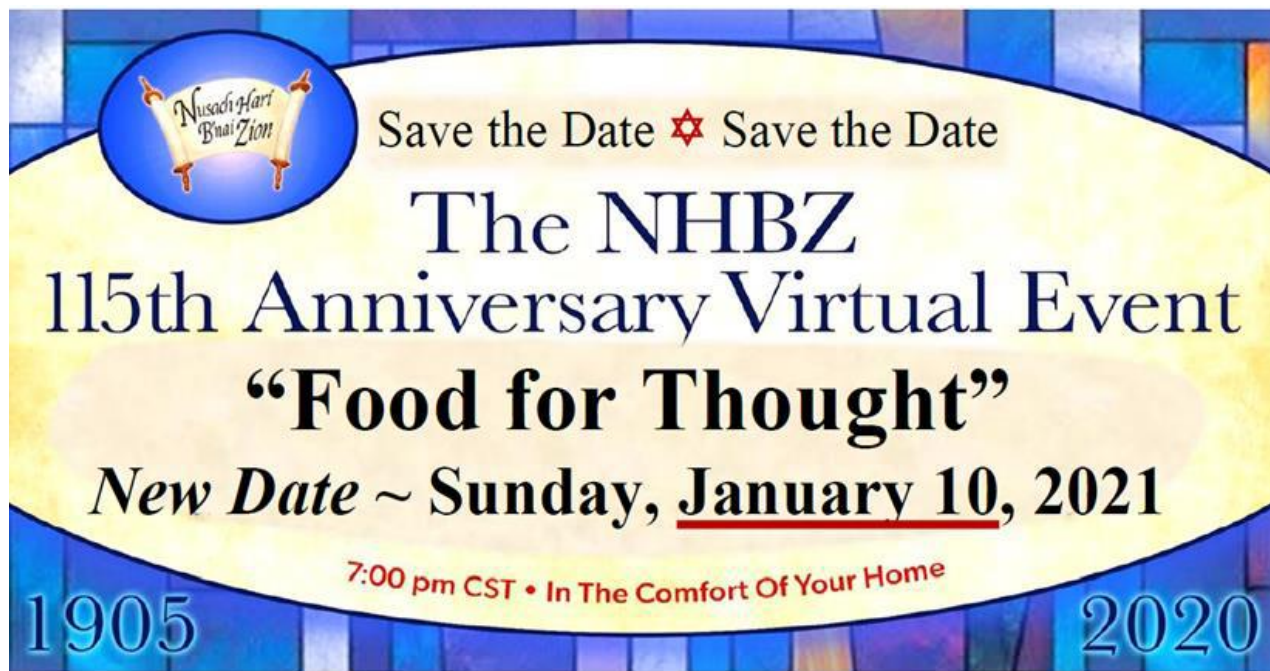
In the Community

The St Louis, Missouri **Post 644 of the Jewish War Veterans** will observe Veterans Day (November 11, 2020) with a ceremony at the flag pole in front of the Jewish Federation Building (12 Millstone Campus Drive, St., Louis, Missouri 63146). The Ceremony will take place at 11:00 AM, November 11, 2020 (rain or shine). (Face Masks and Social Distancing will be observed.)

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





Pizza Night

Sunday, October 25, 2020

4:00 pm – 5:30 pm

Carry Out ONLY

ALL PIZZAS \$14.00

Choose from any one or combination of Mushroom, Green Pepper and Onion. Final price is still \$14.00!

**ALL orders are pre-paid! Order by noon Friday, Oct. 23 ~
email orders to jeff@nhbz.org (you will get an email order confirmation) or
pay online below**

All food under the supervision of Rabbi Ze'ev Smason

**You can also order by calling 314-991-2100, ext. 2.
A pick up time between 4:00 pm – 5:30 pm will be given to you
when you order.**

**Nusach Hari B'nai Zion 650 North Price
Road Olivette, MO 63132
314-991-2100**



**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.





THE SISTERHOOD SCOOP

OCTOBER 24



Volume 3

Number 35

6 Cheshvan 5781

October 24, 2020

Next Book Club Selection:

The Marriage of Opposites

by Alice Hoffman

Next Meeting:

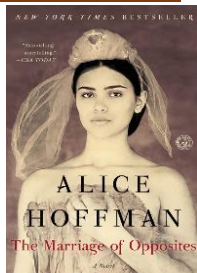
This Monday, October 26

7:15-8:45 pm

For more information call

Terri Schnitzer. 314-518-4107

or terrischnitzer@yahoo.com



The 7 Noahide Laws: Universal Morality

The Torah of Moses is a truth for all humanity, whether Jewish or not. The Torah (as explained in the Talmud - Sanhedrin 58b) presents seven mitzvot for non-Jews to observe. These seven laws are the pillars of human civilization, and are named the "Seven Laws of Noah," since all humans are descended from Noah who survived the Great Flood. They are:

1. Do not murder.
2. Do not steal.
3. Do not worship false gods.
4. Do not be sexually immoral.
5. Do not eat a limb removed from a live animal.
6. Do not curse G-d.
7. Set up courts and bring offenders to justice.

Maimonides explains that any human being who faithfully observes these laws earns a proper place in heaven. So, the Torah is for all humanity, no conversion necessary.

These laws were communicated by G-d to Adam and Noah, ancestors of all human beings. That is what makes these rules universal.

Laws made by humans may change according to circumstance. But laws made by the Creator of all souls, over all of time, remain the same – for all people and at all times.

– adapted from www.chabad.org and www.aish.com

JEWISH FEDERATION OF ST. LOUIS

Women's
PHILANTHROPY

L'Chaim!



A not-to-be-missed virtual evening of celebration, community, and giving, featuring Bari Weiss. As a writer and editor, formerly for the Opinion section of *The New York Times*, Bari continues to comment on the complex world we're living in today from anti-Semitism to COVID-19.

This Tuesday, October 27, 2020, 7pm

L'Chaim! The Roots of Our Community

Tickets: \$18

Includes a special *L'Chaim!* Box filled with tools to help us celebrate together.

Exclusive opportunity: Bari Spills the Beans

Submit questions and hear an exclusive conversation with Bari Weiss prior to the virtual event.

Tickets: \$54, includes a ticket to the Main Event, a signed copy of Bari's book, and a special *L'Chaim!* treat

To sit at NHBZ's table contact **Joanna** at joanna.alper@gmail.com

Or for more info: **Stacy** at WP@JFedSTL.org or 314-442-3730

"They Tried" – Noah (Genesis 6:9-11:32)

by Shoshanna Dresner (www.aish.com)

'Shooting the messenger' is a well-known phrase used to describe the act of blaming the bearer of bad news. In war a messenger would be sent from one camp to another, and the receiver might take out their anger on the unlucky envoy upon receiving negative information.

When Noah wanted to see if the flood water had subsided, he sent out a dove to see if she would find a resting place. Had the dove returned with a piece of vegetation this would show Noah that the waters had lowered.

Unsuccessful in her mission, she returned to the ark empty-handed.

Rabbi Berlin points out that the dove did not fly into the ark. She thought that her master would not allow her to come back inside as she was not presenting him with what he wanted to see!

Noah however had compassion and took her into his hand to warm her, "and he put forth his hand and took her and brought her to him into the ark" (Genesis 8:9).

An important lesson. If we ask someone to do something for us and they are unsuccessful, we should still treat them as if they were successful, not forgetting to express gratitude for the attempt.

We need to see the human behind the actions. Even if our emotions tempt us otherwise, we must always treat people with kindness and compassion.

Shabbat Shalom!



SISTERHOOD ELECTIONS ARE COMING...

We need YOU to be a part of Sisterhood!

Any woman who would like more info about becoming an Officer or Board

Member contact **Fran Alper** at

314-993-4024 or fran.alper@outlook.com



Havdalathon 2020!

*A New Program of
the NHBZ Children & Young Families Committee*

**NHBZ invites all Kids and Young Families to
join in a fun celebration as we say goodbye to
Shabbat**



Participate in a meaningful Musical Havdalah!

Each Family will make their own Havdalah set with a candle, kiddush cup, spice box, and much more!

Raffle tickets for participation



PLUS...Each Family will get two hot cheese pizzas, ice cream, and goody bags to take home!

**Saturday, November 7th, 2020
6:15 p.m. to 7:15 p.m.**

There is no cost for this event. You need not be a member of NHBZ to attend!

Attendance is limited to 10 families so please RSVP early!

We would love to see you as we slowly and safely come out of seclusion. (Social Distancing measures will be in place. Masks should be worn throughout the program) **Please RSVP to Rabbi Okin at aviokin@nhbz.org.**

Sponsorships are welcome!



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>

Oct. 8 "What's the Best Way to Start Getting Happier?"

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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1. Visit smile.amazon.com
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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.