



Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

October 31, 2020 ~ 13 Cheshvan 5781

Candle Lighting 5:45 pm

Shabbos Ends 6:56 pm

Parshas: Lech Lecha: Genesis 12:1 -- 17:27
Haftarah: Isaiah 40:27 - 41:16

Chumash pages 54 - 77
Chumash pages 1133

Erev Shabbos, October 30

- Mincha & Ma'ariv ~ 5:40 pm

Shabbos, October 31

- Shabbat Services ~ 9:00 am
- Mincha ~ 5:25 pm
- "Parsha Deep Dive" with Rabbi Avi Okin ~ after Mincha
- Ma'ariv/Shabbos ends ~ 6:56 pm



Minyan Times	Wed Oct 28	Thurs Oct 29	Fri Oct 30	Shabbos Oct 31	Sun ^^ Nov 1	Mon Nov 2	Tues Nov 3	Wed Nov 4
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*	5:40 pm	5:40 pm	5:40 pm	5:25 pm	4:35 pm	6:45 pm	6:45 pm	6:45 pm

*Ma'ariv only unless shown otherwise

^^Fall Behind' - Don't forget to set your clocks back one hour

Happy Birthday ~ Alana Minoff, Jeff Baker and Ethan Belau

This Week and Beyond

- **Motzi Shabbos, November 7 ~ 6:15- 7:15 pm ~ Havdalah Program for Young Families** led by Rabbi Okin
- **Wednesday, November 18~ 7:00 pm ~ Join a special class with Rabbi Smason "Getting Your Second Wind: How to Recharge Your Spirit as the Pandemic Drags On"**
Join by video: <https://zoom.us/j/295822730>
- **Chanukah, December 13th ~ NHBZ Chanukah Party Pack Fundraiser** sponsored by Amy & Denny Feit who hosted last year's fantastic Chanukah party. This Chanukah they will be offering Limited Edition Chanukah Party Packs filled with special items to make Chanukah happier for you, your children, your grandchildren, your friends or neighbors! More details to follow.

Join **Rabbi Avi Okin** between Mincha and Maariv on Shabbos afternoon as we thoroughly explore some of the Mitzvos, themes, and lessons of that week's Torah Portion.

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 Monday, November 2nd.

The NHBZ Pushke Project Wants Your Pushke !

The Pushke project began in September and is now approaching the first pickup or delivery date. Please see the flyer in this bulletin and plan on making arrangements for your Pushke to be counted.



Minyanim at NHBZ

Minyanim have now begun to take place indoors at the shul, both daily and on Shabbos. We welcome the participation of those able to attend, and our daily minyan always needs the support of our members. The health precautions in effect during the High Holidays such as masks, social distancing, etc. will continue to be in effect. For details, see below.

Parshas Lech Lecha

Abraham was called by G-d to leave his homeland, his father's house, and his position of status and prosperity to travel to the land that G-d would show him. Upon arrival with his wife Sarah and nephew Lot in the land of Israel, they discover it to be ravaged by a horrible famine. Traveling to descend to Egypt for a temporary stay, the immoral Egyptians immediately capture Sarah and take her to the Egyptian king. G-d responds by afflicting the king and his household with a debilitating plague until he releases her. Guess what the plague was?



Back in the land of Israel, Lot parts ways with Abraham, with Lot relocating to the fertile plains of Sodom. Abraham subsequently rescues the kidnapped Lot by miraculously defeating four kings and their armies. Through a Covenant, G-d promises Abraham that his descendants will be as numerous as the stars in the sky. Because she had no children, Sarah gives her maidservant Hagar to Abraham as a wife, and their son Yishmael is born. At the age of 99 Abraham circumcises himself, his son Yishmael, and the other male members of his household.

YOUNG FAMILIES PROGRAMS WITH RABBI AVI OKIN **November 2020 - March 2021**

November 7th- 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:

Age Guidelines:

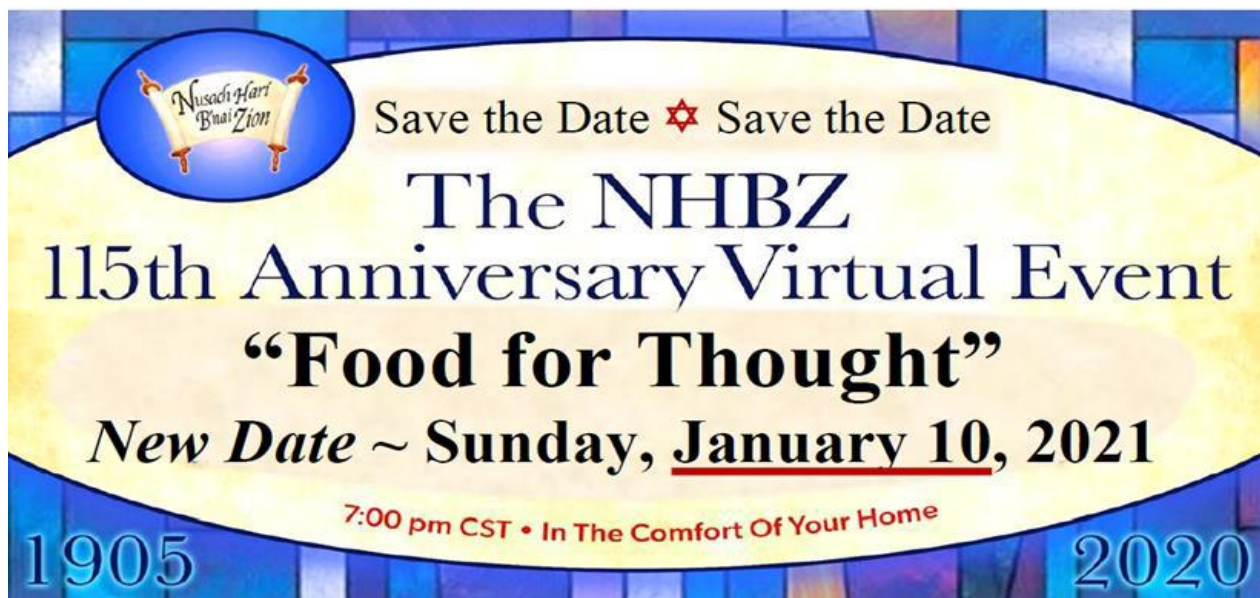
- a) Healthy individuals age 64 and under are welcome without additional restrictions.
- b) 65 - 74: Welcome only with a note or letter from their personal physician attesting that their health is good enough to reasonably assume the risk of a 45 minute (or for Shabbos, a three-hour) indoor prayer service 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

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

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.)





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!

**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 31



Volume 3

Number 36

13 Cheshvan 5781

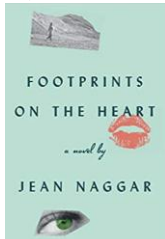
October 31, 2020

Book Club News

NHBZ Sisterhood Book Club discussed the historical novel, **The Marriage of Opposites** by Alice Hoffman on Monday, Oct. 26. Terri Schnitzer led the Zoom discussion. The next book club meeting is **Monday, December 21 7:15-8:45pm** and the book is **"Footprints on the Heart"** by Jean Naggar, an epic tale of love, loss, and exile in the lives of unforgettable characters over six decades. Ripped from the comfort of their Egyptian birthplace, they are propelled into the New York world of challenge, fashion and finance.

Save the date for the **February 22** book club meeting when we will read **"Noah's Wife,"** by Lindsay Starck, a gorgeously written, brilliantly introspective, fable-like novel reimagining Noah's Ark for our modern times. A philosophical, feminist parable.

To join Sisterhood's Book Club, or, for more info, call Terri Schnitzer 314-518-4107 terrischnitzer@yahoo.com



JEWISH FEDERATION OF ST. LOUIS

Women's PHILANTHROPY

L'Chaim!



On Tuesday, October 27, members of NHBZ Sisterhood, along with more than 950 other women of the St. Louis Jewish Community, participated in an exclusive virtual 'conversation' with the former editor of the Opinion section of The New York Times, **Bari Weiss**, who shared insights about the 2018 Tree of Life Synagogue mass shooting, the lack of neutrality of the media (led by the NYT), and the growing danger of anti-Semitism from the 'new Liberalism.' Ms. Weiss, in describing her heroic resignation from The New York Times, reminded all of us what serious Jews can do to fight anti-Semitism and restore the promise of American exceptionalism.

Thanks to Joanna Alper for serving as table host for NHBZ Sisterhood, and to all Sisterhood members who attended on Zoom.

Bless You! Lech Lecha (Genesis 12-17)

We often leave blessing people to those of a particular stature. Perhaps a great rabbi, a Kohen (priest) or a bride or groom on their wedding day. Although these people do have special strengths when it comes to giving a blessing, it is interesting to note that every one of us has actually been empowered with this tool.

G-d tells Avraham *"You shall be a blessing (you will have the power to bless those you wish – Rashi)and I will bless those who bless you."* This idea does not stop with Avraham but carries down to his descendants!

This creates a unique, easy opportunity for kindness that can be done so many times a day.

When greeting someone with a 'good morning', a 'good night', or a 'bless you' after a sneeze, don't merely mumble the words. Take the opportunity to infuse the phrase with meaning, by sincerely keeping in mind that you are wishing them a good morning, a good night, or good health! Give them a blessing! When someone is setting out to travel, starting a new job, or even taking an exam, send them on their way with a well-meaning blessing.

When we make an effort to wish well those around us, and to rejoice in each other's good fortunes, we often find that the care will be reciprocated, and hence creates an atmosphere of love and positivity.

And as the verse so clearly says, those who bless, will in turn be blessed... -by **Shoshanna Dresner**, www.aish.com

"Jewish Horoscopes" by Rabbi Shaul Rosenblatt, www.aish.com

The Sages tell us that G-d took Abraham and lifted him into the heavens, above the stars themselves. This is probably not meant to be taken literally. They explain, however, the message. G-d was telling Abraham that he was now above the stars. The stars would have no influence on his future or the future of his children.

It often comes as a surprise for people to find out that Judaism does in fact believe in star signs and horoscopes. In Jewish thinking, a person's whole future is mapped out in the stars, and for one who knows how, reading the stars is like reading a book of the future. Now this does not mean that one should take too seriously what is said in the tabloid horoscopes. I am absolutely confident that someone with a real knowledge of how to read the stars would not bother writing for a newspaper.

It is, however, forbidden in Torah law for a Jew to read the stars or listen to someone who can do so. A Jew, as G-d told Abraham, should be "above the stars."

The only person whose future is mapped out in the stars is the one who does not take responsibility to make meaningful decisions in their life. If a person rides through life on auto-pilot, responding to circumstance based on how they feel, then their future is mapped out already. Their course through life has been charted. It is a life of cause and effect, which, for one who understands how, is entirely predictable.

It's like a ball in a frictionless pinball machine. If you know the starting acceleration and mass of the ball, as well as the location and force exerted on the ball by every bumper, you will be able to predict exactly where the ball will go. It's complex, but entirely predictable.

If, however, a human being is at the flippers, his free will now makes it impossible to determine how the ball will move. It is now completely within the hands of that person to decide.

So too in life: If a person takes the driver's seat and makes meaningful decisions, he can change the destiny mapped out for him. If he looks into himself to decide what he really wants from life, and charts a course to achieve it, then his future is in his own hands.

Our horoscopes are only as true as we allow them to be. Unfortunately, it is much easier to go through life on automatic pilot. Life can go where the stars say it will, or where we want it to go. The choice is entirely ours to make.



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



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 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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