



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion
Affiliated with Union of Orthodox Congregations of America

April 17, 2021 • 5 Iyar 5781 • Candle Lighting 7:20 pm • Shabbos Concludes 8:24 pm

Torah Portion Tazria -- Metzora
Haftorah

Leviticus 12:1 - 15:33
2 Kings 7:3 - 20

Stone Chumash pp 608 - 635
Stone Chumash pp 1172 - 1173

Announcement

On Behalf of the Board of Directors and the entire NHBZ Congregation, I would like to thank Jeff Miller, our outgoing Shul Administrator, for his years of service to our congregation. Jeff's patience and dedication helped us to get through some very challenging times.

We wish Jeff all the best in his retirement and in any new endeavors he may take on. Behatzlacha Jeff, and Yasher Koach for all you have done for us.

- Menachem Szus, President NHBZ

Erev Shabbos, Friday, April 16

- 7:00 pm Mincha followed by Ma'ariv
- 7:20 pm Candle Lighting

Shabbos, Saturday, April 17

- 9:00 am Shachris followed by Musaf
- 7:10 pm Mincha followed by Ma'ariv
Jewish Thought with Rabbi Avi Okin:
Topic - "How We Feel About G-d"
- 8:24 pm Shabbos concludes



Minyan Times

Due to pandemic conditions, NHBZ can safely seat only 30 individuals for services. For Shabbos, when more people are likely to attend, please sign up in advance so we do not go over the limit of 30. Call 991-2100 ext. 2 or email jeff@nhbz.org by Thursday at 5:00 pm.

	Wed Apr 14	Thu Apr 15	Fri Apr 16	Shab Apr 17	Sun Apr 18	Mon Apr 19	Tues Apr 20	Wed Apr 21	Thur Apr 22	Fri Apr 23	Shab Apr 24
Shachris (am)	7:00	7:00	7:00	9:00	8:00	7:00	7:00	7:00	7:00	7:00	9:00
Mincha/Ma'ariv (pm)	7:00	7:00	7:00	7:10	7:00	7:00	7:00	7:00	7:00	7:00	7:15
Notes	*1	*2									

*1 Yom HaZikaron, Israel's Remembrance Day, dedicated to fallen soldiers and to civilian victims of terrorism

*2 On Yom Ha'Atzmaut, Israeli Independence Day, Israel celebrates its 73rd birthday

Congregation News

Simchas for the Week of April 17 - 23

Birthdays
Anniversaries

Fran Reisler – April 23
None this week



Meetings



Committee Chairmen, please submit meeting days and times to the office by Tuesday afternoon in order to be listed in the Shabbos Bulletin.

Watch this space for Tributes, Yahrzeits, Funerals and Stone Dedications

Shul Opening Status

We want to keep you updated frequently on the status of opening the Shul due to improvements in the Pandemic situation. For now, seating for all services is socially distanced, and safety protocols are followed. Please wear a KN-95 mask or double-mask. If you forget your mask, we will provide a KN-95 mask in the lobby. If you have any questions, please call Rabbi Smason.

Daily Minyan

Everyone is invited to attend daily minyan upstairs in the sanctuary. In order to build our minyan back to the attendance we had prior to Covid, and if you feel comfortable attending, we ask men to please call Howard Sandler (314-409-7266) or the NHBZ office (314-991-2100 ext. 2) to tell them which day(s) and time(s) you prefer.

Shabbos

We can safely seat 30 individuals for Shabbos services. (The previous announcement that 50 people may attend was only for Pesach Yizkor.) If you would like to attend on Shabbos, *please sign up in advance* so we do not go over the limit of 30. Call 991-2100 ext. 2 or email jeff@nhbz.org by Thursday at 5:00 pm. No proof of vaccination is required.



DOLLAR-A-DAY PUSHKE CAMPAIGN

We collect Pushkes every three months, and the next deadline is Friday, April 16. Please drop off your Pushke at the shul office. We will credit the amount of the contents to your account as a donation, and will return the empty Pushke to you. Alternatively, you can send in a check for the amount saved in your Pushke. Please call in advance (314-991-2100, Ext 2) to schedule a time to drop off your Pushke, or to arrange for us to pick it up your home. **If you return your Pushke** by Friday, April 16, we will enter your name in a drawing for a \$25 Target gift card.

Youth Programming

Rabbi Okin is starting a new program, **“Teen Schmooze”**, starting on Sunday, April 25, for middle school and high school students. For details, please contact Rabbi Okin at aviokin@nhbz.org

Israel

A Hero in Heaven

This past Sunday, NHBZ presented a joint program with the Musar Avicha Shul of Maaleh Adumim, Israel, in honor of Yom HaZikaron (Israel's Remembrance Day). The program, entitled "A Hero in Heaven", was a discussion with Mark & Harriet Levin who spoke about their son Michael's life. Michael's memory and courage live on in the thousands of lone soldiers who continue down the path he set. You can view the discussion here: <https://youtu.be/zRMowMhwdk8>

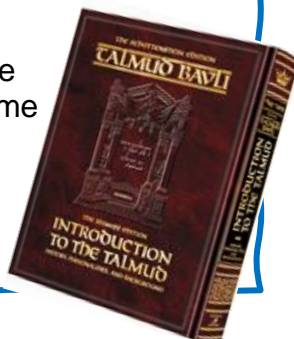
Learning at NHBZ

- **Join Rabbi Okin** and young men from all over St. Louis for Torah and Camaraderie Thursday Nights from 8:00 - 830 pm. Sessions will begin virtually for a text-based and interactive learning session. If you are interested, join the WhatsApp group using this link: <https://chat.whatsapp.com/leuwWw6NTFIDC96XIXkRGv>
- **Jewish Thought with Rabbi Okin** (between Mincha and Ma'ariv on Shabbos): Topic is "How We Feel About G-d". Last weeks Video D'Var Torah, "Stopping to Smell the Roses" can be found at: <https://youtu.be/jH9X1ZPtBvc>
- **Rabbi Smason's "Shabbos Shoutout"** for April 10 can be found at: <https://youtu.be/mYPRU45K6mg>

Dedication Opportunities

– Call the office 991-2100 ext 2

1. Did you know you can help replace our worn Siddurim (\$55) and Chumashim (\$65)?
2. You can also dedicate the Introductory volume of our Talmud Set for \$125



Parshas Tazria - Metzora

Parshas Tazria describes in great detail the varying manifestations of the disease called tzara'as. Although it has commonly been mistranslated as leprosy, this skin disease bears little resemblance to any bodily ailment transmitted through normal exposure. Rather, tzara'as is the physical manifestation of a spiritual malaise, a punishment from G-d primarily for the sin of speaking loshon hara. Loshon hara, meaning literally 'the evil tongue', is often translated as 'gossip'. However, loshon hara is the Hebrew term for derogatory speech that is true. Motzei shem rah refers to derogatory speech about others that is false and slanderous.

The metzora (one diagnosed with tzara'as) was to be sent into isolation, tear his garments, and to call out 'contaminated, contaminated!' Since he abused his power of speech, sowing strife and distancing people from one another, it was fitting that he too should suffer the effects of isolation. Parshas Metzora continues the discussion of tzara'as, detailing the purification process of the metzora. Tzara'as could afflict one's clothing and home, and necessitate the burning of one's clothes and demolishing of one's home if the disease spread. The various punishments recorded in the Torah are not intended to serve as revenge for the sin; they are measures that will hopefully restore the person to the correct path.



NHBZ Online Classes

Rabbi Ze'ev 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 the Zoom application to see the class) AND through audio only on your telephone.

Instructions to Attend Classes

For audio through your telephone, connect in one of two 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* since this way might become unavailable soon.

For Zoom video, each class has a Zoom link shown underlined in blue below. Click or tap on the link, or copy and paste the link into your browser to join the class.

List of Rabbi Ze'ev Smason's Zoom Classes

1. Weekdays, 8:15 am (Sun 9:15 am) ~ New topic "Tehillim Tips: Insights Into Our Prayers". Sessions are approximately 30 minutes.
Zoom video link: <https://zoom.us/j/99013706617>
2. Monday thru Friday, 3:00 pm - 3:30 pm ~ "King David: His Life, Times and Spirit". An in-depth study of King David through sources in the Books of Samuel and Psalms.
Zoom video link: <https://zoom.us/j/136785930>
3. Fridays, 8:15 am ~ Discussion of the "Haftorah of the Week"
Zoom video link: <https://zoom.us/j/99013706617>
4. Mondays, 7:45 pm ~ "To the Source" covers contemporary Torah topics using classic and modern English and Hebrew texts.
Zoom video link: <https://zoom.us/j/295822730>
5. Wednesdays, 12:15 pm ~ Pirkei Avos (Ethics of the Fathers). Our long-running class offers relevant, contemporary insights based upon the timeless wisdom of the Torah.
Zoom video link: <https://zoom.us/j/214068419>
6. Thursdays, 7:00 pm ~ Rabbi Smason offers his popular "Starting Points" program – a 45-minute presentation/discussion of relevant, contemporary topics.
See dates and topics below (note change to Wednesday on April 28).
Zoom video link: <https://zoom.us/j/295822730>

April 15: "How to Stay Young While Growing Old"

April 22: "Things I've Learned From the Pandemic"

April 28 (Wednesday): "Can We Agree to Disagree and Still Get Along?"

May 6: "Authenticity: Keeping It Real in a Fake World"

May 13: "Jewish Wisdom vs. Secular Knowledge: What's the Difference Between the Two?"

What's New



If you haven't visited the building in a while, we have added some new enhancements – drive by and take a look:

- Awnings at each entrance to protect you from the weather
- Beautiful covered pergola for outside events on the Kaiser Terrace
- Safety bollards at the North and South entrances
- Safety barriers around the Terrace which also make convenient benches
- New striping on the re-surfaced parking lot



Thanks again to all those who dedicated one or more Talmud volumes as part of the 2020 Anniversary Event

“Food for Thought”

We have applied dedication labels to all volumes and you can view them by clicking on this link:

<https://www.flipsnack.com/598FEAFF8D6/talmud-dedications.html>

For best viewing, click on the ‘Fullscreen’ button



THE SISTERHOOD SCOOP

APRIL 17



Volume 4

Number 14

5 Iyar 5781

April 17, 2021

Sisterhood wishes a *Happy Retirement* to Jeff Miller, our Shul Administrator.

We thank Jeff for his service to NHBZ and for all his assistance with our Sisterhood events and activities during the past six years. *Thank you and best wishes to Jeff!*



Jewish National Fund-USA Breakfast for Israel-Missouri
You, me, and Israel at 73!

Sunday, April 18, 2021
12:30 - 1:30 pm CT

Join JNF for an engaging, impactful, and informative virtual Breakfast for Israel! REGISTER AT:

<https://secure.jnf.org/site/Ticketing?view=Tickets&id=41977>

Login information will be sent prior to the event.

Sisterhood's Book Club News

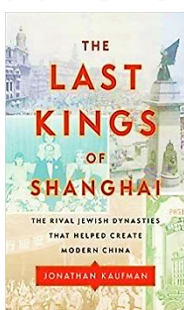
The next Book Club meeting will be **Mon., April 26, 7:15-8:45pm., on Zoom**, to discuss ***"The Last Kings of Shanghai"*** by Jonathan Kaufman, a riveting and historic multigenerational story of two rival dynasties who flourished in Shanghai and Hong Kong as twentieth-century China surged into the modern era.

Linda Shore will lead the discussion.

Mark your calendars for these upcoming Book Club discussions:

- ☐ **June 28 "People of the Book"** by Geraldine Brook - led by Linda Luks
- ☐ **Aug. 23 "Florence Adler Swims Forever"** by Rachel Beanland - led by Faith Waxman

For more information or to get the Zoom link call Terri Schnitzer at 314-518-4107 or email terrischnitzer@yahoo.com



Sharsheret: The Jewish Breast & Ovarian Cancer Community – Help at Every Stage

Sharsheret Supports STL changes lives of women and families through support. Sharsheret saves lives of men and women through hereditary cancer education.



For more information contact
Debbi Braunstein
Program Supervisor,
Sharsheret Supports STL
314.442.3266, dbraunstein@jccstl.org



About Sharsheret:

Sharsheret, Hebrew for chain, is the only national organization addressing the unique concerns of Jewish women and families facing breast and ovarian cancer. Sharsheret offers free, culturally relevant, and individualized support to those who are newly diagnosed, in treatment, post treatment or at high risk of developing a hereditary cancer. Sharsheret, a premier organization for psychosocial support, was started 20 years ago by a 28-year-old Orthodox woman who wanted to connect with other young Jewish women who had also been diagnosed with breast cancer. Today, Sharsheret supports **all** women and their families, however, its expertise remains young Jewish women.

Sharsheret Supports STL is a community partner of the national Sharsheret organization and a program of Nishmah at the J.

Sharsheret Supports STL provides local opportunities for women and their families to meet people who have similar experiences or concerns and complement the programs available from the national Sharsheret organization. Working together, women and families of St. Louis receive double the support and double the education.

Sharsheret's psychosocial support empowers women and families to better understand individual circumstances and cope with unique challenges so they can make the most informed decision and advocate for their own health. Sharsheret also understands the need for anonymity. Living in a close-knit community can be a wonderful source of support for those facing illness. For some women, though, cancer is an experience they would prefer to approach privately. Sharsheret ensures those who want to remain anonymous can do so while still receiving the much-needed support, breaking any feelings of isolation.

Stay Tuned to learn more about increased hereditary cancer risks **women** and **men** of Jewish ancestry face and the many support programs available. For more information contact Debbi Braunstein, Program Supervisor, 314-442-3266 or dbraunstein@jccstl.org