



Shabbos / Yom Tov Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

April 3, 2021 ~ 21 Nisan 5781

Candle Lighting 7:07 pm

Shabbos Ends 8:11 pm

Shabbos 7th Day of Pesach

Torah Portion: Exodus 13:17-15:26
Maftir: Numbers 28: 19-25
Haftorah: 2 Samuel Chapter 22

Siddur page 509-511
Siddur page 512
Siddur pages 512-513

Sunday 8th Day of Pesach

Torah Portion: Deuteronomy 15:19-16:17
Maftir: Numbers 28: 19-25
Haftorah: Isaiah 10:32-12:6

Siddur pages 514-515
Siddur page 516
Siddur Pages 516-517

Erev Shabbos ~ April 2

- Mincha & Ma'ariv ~ 7:00 pm

Shabbos, 7th Day Pesach ~ April 3

- Shabbat Services ~ 9:00 am
- Mincha ~ 6:55 pm

Jewish Thought:
with Rabbi Avi *"Stopping to Smell the Roses"*

- Mincha/Ma'ariv/Shabbos ends/ Yom Tov
Candle Lighting ~ 8:11 pm

8th Day of Pesach ~ April 4

Service 9:00 am
Yizkor Service



➡ **IMPORTANT Notice:** NHBZ now has capacity for 50 individuals on Shabbat services. If you wish to attend Shabbat and Yom Tov services it is mandatory that you sign up. Call 991-2100 ext. 2 or email jeff@nhbz.org by this Friday at 10AM.

Please read the guidelines for attending services on the next page of the bulletin.

Davening Times

| NEXT 4 DAYS | Wed Mar 31 | Thurs Apr 1 | Fri Apr 2 | *Shabbos Apr 3 |
|----------------|---------------|----------------|--------------|-------------------|
| Shachris | 6:45 am | 6:45 am | 6:45 am | 9:00 am |
| Mincha/Ma'ariv | 7:00 pm | 7:00 pm | 7:00 pm | 6:55 pm |

* 7th Day of Pesach

| NEXT WEEK | *Sun Apr 4 | Mon Apr 5 | Tues Apr 6 | Wed Apr 7 | Thurs Apr 8 | Fri Apr 9 | Shabbos Apr 10 |
|----------------|---------------|--------------|---------------|--------------|----------------|--------------|-------------------|
| Shachris | 9:00 am | 7:00 am | 7:00 pm | 7:00 pm | 7:00 pm | 7:00 am | 9:00 am |
| Mincha/Ma'ariv | 7:10 pm | 7:00 pm | 7:00 pm | 7:00 pm | 7:00 pm | 7:00 pm | 7:05 pm |

8th Day Pesach - Pesach ends 8:13 pm

Dear Members,

Based upon guidance from NHBZ medical and health professionals, I'm pleased to share new guidelines allowing expanded capacity for NHBZ davening / tefila services. Until now our maximum capacity has been 30 individuals. **Now, up to 50 individuals may attend under the new guidelines.**

The deadline to register for Shabbat and Yom Tov services for this weekend is tomorrow, FRIDAY at 10:00 AM. If you are already registered and have been vaccinated please send a photo of your card to jeff@nhbz.org.

NEW GUIDELINES

1. Maximum of 20 unvaccinated people
2. Maximum of 30 FULLY vaccinated people.
3. Vaccinated people means not only two shots, but 2 weeks out from their **SECOND shot. To be considered vaccinated for the purpose of davening registration, you must send a picture of your vaccine card for verification.**
4. N-95 masking or double masking (preferably a combination of surgical and non-surgical masks).
5. No singing.
6. Screening at the door by affirming a brief check-list of written questions.
7. To attend services on Shabbos morning (and this coming Sunday morning), you **MUST** pre-register.

All those who have previously registered for the upcoming final two days of Pesach (7th Day -- Shabbos, 8th Day -- Sunday) must send vaccination verification to be considered in the 'vaccinated' category for purposes of registration.

You can take a photo of your vaccination card with your phone and send it to jeff@nhbz.org

Birthdays ~ Keith Zeff, Eliana Brook, Margo Tzadok, Trudy Sudin, Dr. Melissa Schapiro and Yishama Minoff

Anniversary~ Jason Rush & Nancy Belau-Rush

Notice: Rabbi Smason's classes will resume on Monday, April 5.

This Week and Beyond

- **Sunday, April 4~ Last Day of Pesach-** 2-3pm Join friends and family in Zeid Park for a fun game of Pesach-themed Bingo. Please RSVP to Rabbi Okin at aviokin@nhbz.org . See the flyer below for more details.
- **Wednesday, April 7 ~ 7:30 pm~ Join NHBZ for a Yom HaShoah program entitled “Voices of the Generations”** presented by author, **Julie Kohner**. Join the program: <https://us02web.zoom.us/j/295822730>
- **April 11, Sunday, 12:30 pm ~** Please join us for a joint program with Musar Avicha Shul of Ma'aleh Adumim, Israel. ***"The Life & Death of Lone Soldier Michael Levin"*** -- a Zoom discussion with parents Mark & Harriet Levin. Further details to follow.

Join Rabbi Okin and young men from all over St. Louis for Torah and Camaraderie **Thursday Nights from 8-830 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>

Vaccine Hunting?

Try this link for more information on where to get vaccinated for Covid 19. [Click here](#)

Thank you for your continuing participation in the NHBZ Pushke campaign. You will recall that the program



calls for the collection of the Pushkes every three months and our returning the now empty Pushkes back to you to continue the ongoing cycle of daily contributions. The second cycle is now set to conclude Friday, April 16. At that time or a few days before, please drop off your Pushke at the shul office. The contents will be emptied, credited to your account and the now empty Pushke immediately returned to you for continued future use. **Please call in advance (314-991-2100, Ext 2) to schedule drop off or to arrange for us to pick-up the Pushke at your home.** Another convenient option is to send in a cheque for the amount saved in the Pushke.

All those returning Pushkes by Friday, April 16 will have their name entered in a drawing for a \$25 Target gift card to be held shortly after the return date.

NHBZ Pesach Schedule 2021

Thursday, March 25

Shacharis:7:00 am
Siyum for First Born Following Shacharis: At shul
and on Zoom (Link below)

Join Zoom Siyum:

<https://us02web.zoom.us/j/85359901388>

Mincha/Ma'ariv..... 6:55 pm
Bedikas Chametz (Search) After8:03 pm
The beracha and kol chamira are recited.

Friday, March 26

Shacharis:.....7:00 am
Biur Chametz (Burning of Chametz): by 12:06 pm
Mincha/ Ma'ariv.....6:55 pm
Candle Lighting Erv Shabbos.....7:00 pm

Shabbos March 27, Erev Pesach

Shacharis.....7:00 am
Sermon by Rabbi Okin
Finish Eating Chametz..... by 11:02 am
Bitul Chametz (Annulling).....by 12:04 pm
Mincha/Maariv 6:50 pm
Shiur by **Rabbi Okin** "Seder Matzah and Seizing
Our Opportunities"
Candle Lighting Yom Tov..... 8:05 pm
First Seder after 8:05 pm

Sunday, March 28 , 1st Day of Pesach

Shacharis 9:00 am
Sermon by Rabbi Smason
Mincha/Maariv 7:00 pm
Shiur by **Rabbi Smason**: "The Four Faces of
Freedom"
Candle Lighting & 2nd Seder after.... 8:06 pm

Monday, March 30, 2nd Day of Pesach

Shacharis..... 9:00 am
Sermon by Rabbi Okin
Mincha 7:00 pm
Shiur by **Rabbi Okin** "Learning How to Grow from
Counting the Omer"
Yom Tov Concludes..... 8:07 pm

Tuesday - Friday, March 30- April 2

Chol Hamoed

Shacharis.....6:45 am
Mincha/Maariv..... 7:00 pm

Wednesday, March 31

Yizkor on Zoom (link below) 5:30 pm
<https://us02web.zoom.us/j/86481064502>

Friday, April 2, Chol Hamoed -Erev Yom Tov

Mincha/Maariv.....7:00 pm
Candle Lighting Erev Yom Tov 7:07 pm

Shabbos, April 3, 7th Day of Pesach

Shacharis.....9:00 am
Sermon by Rabbi Smason
Mincha/Maariv.....6:55 pm
Shiur by **Rabbi Okin** "Stopping to Smell the
Roses"
Candle Lighting Shabbos/Yom Tov 8:12 pm

Sunday, April 4, 8th Day of Pesach (Yizkor)

Shacharis.....9:00 am
Sermon by Rabbi Smason
Yizkor 10:30 am
Mincha 7:10 pm
Pesach Concludes..... 8:13 pm

Important Note: *before eating chometz,
you must wait for at least one hour after Pesach
concludes, until 9:13 pm, so that the rabbis have
time to buy back your chametz & until pesach
utensils are put
away.*





THE SISTERHOOD SCOOP

APRIL 3



Volume 4

Number 13

21 Nissan 5781

April 3, 2021

Thanks to all of you who have sent in your Sisterhood Dues for 2021. There's still time... send your check for \$25 – payable to NHBZ



or call the office to pay by phone: 314-991-2100, ext. 3. For more information email: sisterhood@nhbz.org. Or call Fran Alper at 314-993-4024, fran.alper@outlook.com; or Teree Farbstein at 314-753-5035, tfarbstein2@gmail.com

We invite you to stay connected... and join us!

Sisterhood's Book Club News

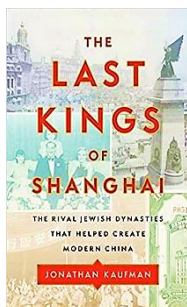
The next Book Club meeting will be **Mon., April 26, 7:15-8:45pm., on Zoom**, to discuss **"The Last Kings of Shanghai"** by Jonathan Kaufman, a multigenerational story of two rival dynasties who flourished in Shanghai and Hong Kong as twentieth-century China surged into the modern era.

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



The kids never let David forget the year he just couldn't find the afikoman

Remember to Count the Omer ...and to make these days count

The Torah commands that from the second night of Passover until the day before the holiday of Shavuot, we, the Jewish people, engage in the unique mitzvah of Sefirat HaOmer (counting of the Omer) for seven complete weeks – 49 days. At the end of this time we celebrate Shavuot, which means "weeks."

Why do we count these days? We learn several reasons. The foremost is that the count demonstrates our thrill for the impending occasion of receiving the Torah, celebrated on Shavuot. Just as a child often counts the days until the end of school or an upcoming family vacation, we count the days to show our excitement at again receiving the Torah (as we do in fact receive the Torah in a renewed sense every year).

We also learn that this period is meant to spiritually prepare and refine ourselves. When the Jewish people were in Egypt nearly 3,400 years ago, they had assimilated many of the immoral ways of the Egyptian people. The Jews had sunk to an unprecedented level of spiritual defilement and were on the brink of destruction. At the last possible moment, the children of Israel were miraculously redeemed. They underwent a spiritual rebirth and quickly ascended to the holiest collective state they had ever reached. They were so holy, in fact, that they were compared to angels when they stood at the foot of Mt. Sinai to receive the Torah.

The commandments of the Torah are not meant merely as our history, but instead represent an ongoing life lesson for every Jew. We view the Torah as freshly received every day of our lives, and approach it and its commandments with appropriate vigor.

So too must we digest the lesson of the counting of the Omer. It is specifically during this time that we strive to grow and mature in our spiritual state. The Torah does not allow us to become satisfied with our current level of spirituality. Instead it tells us to set high goals for ourselves, and then methodically strive to reach that goal.

The growth that occurs during this time is akin to a marathon. We pace ourselves and seek to improve day by day until we reach the day that we again receive the Torah. In this process, we look deep within ourselves and work on all of our negative attributes. If we are challenged in the realm of acts of kindness, we go out of our way to do more charitable works. If we are lacking in the area of justice, we hold ourselves to the highest possible standards and are exacting and demanding in our personal behavior and habits. And so it goes for all of our traits.

-adapted from Yeruchem Eilfort (www.chabad.org)

"Making a blessing over life is the best way of turning life into a blessing." – Rabbi Jonathan Sacks ^{z"l}



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.

Notice: Rabbi Smason's classes will be taking a Pesach break from Friday, March 26- Sunday, April 4. Classes resume on Monday, April 5.

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 8:15 pm (Sun 9:15 pm) .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: 3:00- 3:30 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 8:15 am ~ Rabbi Smason will discuss the “Haftorah of the Week”

Join by video at: <https://zoom.us/j/99013706617>

4. Every Monday at 7:45 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>

5. 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>

NHBZ Online Classes (cont.)

6. 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>

April 1 "What Does Pesach Teach Us About Raising Children?"

April 8 "What Makes You Feel Loved?"



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.