



# NHBZ Shabbos Bulletin

*Welcome to Nusach Hari B'nai Zion*

Affiliated with Union of Orthodox Congregations of America

May 29, 2021 • 18 Sivan 5781 • Candle Lighting 7:58 pm • Shabbos Concludes 9:02 pm

Parshas Beha'aloscha  
Haftorah

Numbers 8:1 - 12:16  
Zechariah 2:14 - 4:7

Stone Chumash pp. 774 - 797  
Stone Chumash pp. 1182 - 1184

**Memorial Day Weekend**

## The pools are open – so are we !!

**NHBZ Homecoming Month**

### Prayer

#### Erev Shabbos, Friday, May 28

- 7:00 pm Mincha followed by Ma'ariv
- 7:58 pm Candle Lighting

#### Shabbos, Saturday, May 29

- 9:00 am Shachris followed by Musaf
- 7:45 pm Mincha, Shalosh Seudos, Ma'ariv
- 9:02 pm Shabbos concludes



#### Minyan Times May 27 – June 5

	Thu May 27	Fri May 28	Shabbos May 29	Sun May 30	Mon May 31	Tues Jun 1	Wed Jun 2	Thur Jun 3	Fri Jun 4	Shabbos Jun 5
Shachris (am)	7:00	7:00	9:00	8:00	8:00	7:00	7:00	7:00	7:00	9:00
Mincha/Ma'ariv (pm)	7:00	7:00	7:45	7:00	7:00	7:00	7:00	7:00	7:00	7:50

May 31 Memorial Day

### Congregation News

#### Simchas for the Week of May 29 – June 4

##### Birthdays

Myra Radinsky – May 29    Dr. Eliot Katz – May 30  
June Cohen – May 31    Debra Barash – Jun 1  
Julie Friedman – Jun 3    Ed Lyss – Jun 3  
Rafi Minoff – Jun 3    Joyce Hochberg – Jun 4

##### Anniversaries

Bruce & Faith Waxman - May 29  
Dr. Erol & Sally Amon - May 29  
Richard & Michelle Goldstein – Jun 1  
Robert & Joni Kaiser - Jun 2  
Don & Julie Eisenberg - Jun 3

Please report any missing or incorrect information in this bulletin to the office.

## **Message From the President**

Shalom,

It has been quite some time since I have written to you, and still longer since we have seen each other face to face. I am excited to announce that we are reopening our shul to full usage and that **June 2021** has been designated as our **HOMECOMING MONTH**.

Based on guidance from our medical professionals, federal (CDC), state and local authorities, we are immediately restarting our regular programs, as well as new and interesting ones intended to welcome you back to your energized and vibrant Jewish community. We are creating opportunities for you to get reacquainted with old friends and meet new ones, recapture your spiritual health, provide opportunities for growing Jewishly and do so in a safe and responsible environment. The last year has taught us that we need each other! Please see below the (growing) list of our upcoming programs to kick start our **HOMECOMING**:

- On **Sunday, 5/30/2021**, you are invited to a BBQ—both sit down and carry out are available
- Starting on **6/5/2021** Rabbi Smason will be conducting his weekly, in person, “Starting Points” Shabbat program at 10:15 am.
- Starting on **6/5/2021** Rabbi David of Aish HaTorah is restarting his weekly, in person “Learners Service” Shabbat Program at 9:15 am.
- As a welcome back, on **6/5/2021** we will have a special Kiddush
- On Sunday, **6/13/2021** we will host an Ice Cream Social
- On Sunday, **7/25/2021** we will have a full BBQ event in Irv Zeid Park
- **And...every day, and every Shabbat, we have our regular religious services at our regular times. Please join us for services, and hear our Rabbis share uplifting words of wisdom, and flex those “social” muscles.**

(Obviously if the situation changes, we may need to alter these based on the protocols that will be required at their scheduled times. We will, of course, provide you with notices in such event.)

Rabbi Smason has approved the opening of our shul for services and programs, including the ones listed above, with still responsible but far less constraining protocols. The protocols for attendance have been frequently changing. So, I want to summarize, in a hopefully understandable fashion, the protocols for the foreseeable future:

- The shul is open without any restrictions concerning the number or ages of attendees
- Vaccination cards and advanced registrations are no longer required
- Fully vaccinated individuals do not require masks, nor practice social distancing, indoors or outside
- For their own safety and that of others, those who are not fully vaccinated must continue to wear masks and social distance at least three feet when indoors
- As you can tell from the upcoming events, we have begun to serve food, practically a hallmark of NHBZ. And this is being done with appropriate safeguards. Shabbat Kiddushim and Seudah Shlishit on Shabbat afternoon have restarted. Only fully vaccinated individuals may work in the kitchen and be involved in food service at any synagogue event. For the time being we are serving food with single serve distribution and less congregating in lines rather than our normal “buffet” style.
- Whether vaccinated or not, anyone who exhibits COVID like symptoms may not attend shul until any fever subsides, and they have received a negative COVID-test result. If you have any questions or concerns, please contact me or Rabbi Smason.

Upon your return, you will notice that we have installed a permanent pergola on the patio, and awnings and security bollards at our entrances. When you come you will see your shul with a face lift. Besides these, many other infrastructure projects were carried out, some visible and some less so.

I would like to take this opportunity to thank the Board of Directors, the Executive, the various committee heads and their volunteers, professional staff and, not the least, Rabbi Smason and Assistant Rabbi Okin, for doing their outmost to keep our shul as actively engaged as has been possible. I would also like to thank the “Minyanaires” who consistently attended our services during weekdays and all the men and ladies who came for Shabbat services. And, of course, a thanks go out to all the attendees on our daily ZOOM programs. Yashar Kochachem.

I hope that you will find these guidelines sufficient to return. As always, our goal is not merely to make it *possible* for you attend your shul, but to provide opportunities that *compel* you to attend. We want and need you back and hope you appreciate that you need to come back. It has been too long. We hope to see you very soon at our Services and Programs. And do not forget to bring your friends.

On behalf of the Board of Directors, I wish you and your family, health and safety.

Menachem Szus  
Shul President  
314.629.8741  
[menachem@alonsystems.com](mailto:menachem@alonsystems.com)  
5/26/2021

## **NHBZ Homecoming Month**

### **Shabbos, June 5**

9:15 am - Learners Service with Rabbi David

10:15 am - Starting Points with Rabbi Smason

Topic: “How to Respond to Anti-Semitism”

Kiddush following services

### **Sunday, June 13**

4:00 pm – 6:00 pm Ice Cream Social

Indoors at the back of the Sanctuary



### **Monday, June 28**

7:15 pm - Sisterhood Book Club

**Watch for more programs to be announced**  
**See you there!**

## **THE FOLLOWING SUPERSEDES ALL PREVIOUS GUIDELINES**

- ***No limit on the number of people who may attend services or events***
- ***No proof of vaccination is required to attend services***
- ***No pre-registration is required to attend services***
- ***No need to count the number of people who verify that they are vaccinated***

***THAT MAKES IT MUCH EASIER TO JOIN US FOR HOMECOMING MONTH!***

### ***Message from Rabbi Smason:***

Effective immediately, based upon recent updated CDC guidelines, updated CRC (Chicago Rabbinical Council) synagogue guidelines and in consultation with our synagogue's medical and health professionals, I present the following, updated NHBZ Covid guidelines.

1. ***Fully vaccinated individuals no longer must wear masks, nor practice social distancing, indoors or outside.***
2. Those who are ***not*** fully vaccinated must continue to wear masks and social distance at least ***three feet*** indoors.
3. Only fully vaccinated individuals may work in the kitchen and be involved in food service at any synagogue event.
4. Whether vaccinated or not, anyone who exhibits COVID-like symptoms may not attend shul until any fever subsides, and they have received a negative COVID test result.
5. We will maintain seating that allows for social distancing for those who are not fully vaccinated or who are at particularly high-risk.
6. For enhanced safety we encourage everyone to consider wearing their masks during services, even for those not required to do so by these new guidelines.

\* The Center for Disease Control considers you fully vaccinated **two weeks after** your final vaccination shot

I express my abundant thanks to all who have assisted us in reaching these wonderful milestones for these significant steps for the re-opening of our shul. I thank the shul's president, Board of Directors, and in particular our synagogue's medical and health professionals (listed below) who have been instrumental in generously providing me with their guidance and time.

Dr. Alan Brook • Dr. Faye McCary • Dr. Daniel Morgensztern • Dr. Adrien Shifren • Brian McCary

***Rabbi Ze'ev Smason***

For now, all minyanim will continue upstairs in the sanctuary.

## More Congregation News

### ***Kiddush and Shalosh Seudos Now Being Served! Come and Enjoy!***

#### **Guidelines for Food Service as of May 17, 2021 Per Rabbi Ze'ev Smason**

- If you are fully vaccinated, you do not need to be 'socially distanced' while eating, but we prefer that you eat in small groups of those whom you know are vaccinated.
- If you are not fully vaccinated, please maintain a 'social distance' of at least 3 feet from others (except for those who are in your 'pod').
- All servers will wear gloves and masks, and will be fully vaccinated.
- Servers will distribute pre-packaged food. When getting food from the serving table, please do not gather around the table, but rather, approach the server one at a time.

#### ***Pop Quiz: What is a 'pod'?***

- a. A seed container on a plant, such as a pea pod
- b. A species of plantlike aliens (pod people) who invaded Earth in 1956
- c. A small, self-contained network of people who limit their non-distanced social interaction only to one another

#### **Daily Minyan**

Daily minyan will continue to be held upstairs in the Sanctuary. In order to build our minyan back to the attendance we had prior to Covid restrictions, 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 will attend.



#### **Coming Events**

- Sunday, May 30 - BBQ
- Shabbos, June 5 - Starting Points Returns Live, In-Person  
- Learners Service with Rabbi David Returns
- Sunday, June 13 - Ice Cream Social
- Sunday, December 12 - Save the Date 😎

#### **Meetings**

- Board of Directors - Tuesday, June 8, 7:45 pm
- Public Relations Committee – Monday, June 14, 7:45 pm

*Committee members should always check to find out if a meeting time has changed.*

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





## **Honoring Perry Mendelson**

We are pleased to announce that we have reached the goal of dedicating a Seder of the Talmud in memory of Perry Mendelson, z"l. Thanks to all who contributed. Special thanks to Mr. Leo Bressler who generously made a large donation that put us comfortably over the top of our goal. We will still accept donations until June 11 for anyone else who would like to join in this mitzvah.



## **Tehillim Circle Requests Volunteers**

The recitation of Tehillim (Psalms) inspires and serves as a reminder of the role G-d plays in our lives, and provides us with a communication vehicle with G-d as we plead for his merciful intervention on behalf of those facing medical, emotional, spiritual or financial challenges. NHBZ has an organized 'Tehillim Circle', whose members recite Tehillim on behalf of those in need. If you know somebody facing challenges, you can add her or him to the list of people on whose behalf we say Tehillim.

**Please contact Julie Eisenberg at 314-494-8437 or [juliecooks@icloud.com](mailto:juliecooks@icloud.com) to place someone's name on the list or to volunteer to join the Tehillim Circle.** Men and Women are welcome.



## **NHBZ Tributes for May, 2021**

### **Trib-ute (trib'yoot)**

**A gift, payment, declaration, or other acknowledgement of gratitude, respect or admiration.**

**Make a tribute honor someone's simcha or good health or a loved one's memory.**

**Call Jeff in the office to make a tribute – 991-2100, ext 2.**

***Tributes will be listed monthly in the Shabbos bulletin.***

### **A SPEEDY RECOVERY TO**

Trudy Sudin

Peggy Umansky

### **IN MEMORY OF**

Cynthia Sandler

### **IN HONOR OF**

Birthday of Linda Szus

Howard Sandler becoming a Great-Grandfather  
on the birth of a Great-Grandson

Anniversary of Dr. Susan Feigenbaum &  
Dr. Jay Pepose

### **SENT BY**

Dr. Faye Cohen & Brian McCary  
Jay & Peggy Umansky  
Joyce & Murray Hochberg  
Denny & Amy Feit  
Helayne & Ed Levitt

### **SENT BY**

Sharon Smith

### **SENT BY**

Denny & Amy Feit  
Bob & Joni Kaiser  
Esther Gelb  
Bob & Joni Kaiser  
Helayne & Ed Levitt

# Youth Programming

**“Teen Schmooze”**, a special opportunity just for teens in an informal group setting, is now underway. This program meets every Sunday – middle school students start at 9:00 am, and high school students at 9:30 am. **Join us indoors at the back of the NHBZ Sanctuary. Refreshments will be served!** For details, contact Rabbi Okin at [aviokin@nhbz.org](mailto:aviokin@nhbz.org).



## HELP WANTED



Nusach Hari B'nai Zion Congregation is a dynamic and growing St. Louis, MO Synagogue looking for a detail-oriented person with good interpersonal, business, and communication skills to serve as its **Synagogue Administrator**. The Administrator is a hands-on individual who manages, directs, administers, and coordinates the secular and business activities of the Synagogue, including administrative functions, facilities, and staff, support of membership and membership activities, purchasing, and internal and external communications. For a complete description go to <https://www.nhbz.org/jobs-available-synagogue-administrator/>

Please send your resume and other details to [candidate\\_admin@nhbz.org](mailto:candidate_admin@nhbz.org).

## Volunteer Opportunities




*NHBZ needs YOU more than ever!*

We are ready to re-start serving Shalosh Seudos on Shabbos afternoon; however, we need someone to take charge of helping us fulfill this mitzvah until we hire a new Shul Administrator. If you are prepared to help with this, please email your contact information to [office@nhbz.org](mailto:office@nhbz.org) or leave a message at 314-991-2100 ext 2.

## What's New BUZZZZZ






**ANNOUNCING...**

**A SHUL-WIDE CONTEST  
TO RE-NAME OUR  
'SHABBOS BULLETIN'**

**SUBMIT YOUR ENTRIES TO**

**[OFFICE@NHBZ.ORG](mailto:OFFICE@NHBZ.ORG)**



The is the final week to submit a new name for the Shabbos Bulletin.

# Learning at NHBZ

## ● Parshas Beha'aloscha

Beha'aloscha (Hebrew for "when you step up") is thematically diverse, beginning with the daily lighting of the golden menorah in the Mishkan. The Levites are initiated into the Tabernacle service. The Torah then describes the celebration of Passover in the second year in the desert, complete with the bringing of the Korban Pesach (Pass-over offering). Some men could not bring the offering due to ritual impurity, and were thus commanded to celebrate Pesach Sheni, a 'make-up Passover' a month later. Lesson: Second chances are available. Additionally, the standard procedure by which the Jewish people would break camp to travel in the desert is described. Soon after leaving Mt. Sinai, the people begin to kvetch. Spurred by the mixed multitude of insincere converts who joined the Jewish people upon leaving Egypt, the complaining is directed toward the manna, their daily miraculous portion of heavenly bread. G-d sends a massive flock of quail which the people gather to eat; those who had complained about the lack of food overstuff themselves and die during this supernatural event. The portion concludes with Miriam speaking loshon hara (defamatory words) to Aaron about their brother Moses. She is punished by G-d with tzaraas (a skin condition indicating a spiritual deficiency) and is quarantined outside the camp for seven days.

## ● Rabbi Smason's Starting Points

Join Rabbi Smason for a 45-minute presentation/discussion of relevant, contemporary topics. Following is the list of upcoming topics:

On Zoom at 7:00 pm: <https://zoom.us/j/295822730>

May 27 What Book Would You Most Give as a Gift -- and Why?

At NHBZ every Shabbos at 10:15 am in the Feigenbaum-Pepose Multi-Purpose Room

June 5 How to Respond to Anti-Semitism

June 12 To Tell the Truth: Is Honesty Always the Best Policy?

June 19 How Fathers Change Lives: Stories of Remarkable Dads

June 26 What Do You Love About Being Jewish?

- **NHBZ Mishmar - Join Rabbi Okin** and young men from all over St. Louis for Mishmar, an evening gathering of Torah and Camaraderie on Thursday Nights from 7:30 pm – 8:00 pm. ***We will meet indoors at the back of the NHBZ sanctuary*** with a text-based and interactive learning session. If you are interested, join the WhatsApp group with this link:

<https://chat.whatsapp.com/leuwWw6NTFI DC96XIXkRGv>

- **Rabbi Smason's "Shabbos Shoutout"** can be found as follows: click on the following link to go to Youtube: <https://www.youtube.com/>. In the Youtube search bar type "NHBZ Shabbos Shoutout" for a complete list of all Shabbos Shoutout videos in date order – newest to oldest.

- **Rabbi Okin's "Torah Thoughts"** can be found as follows: click on the following link to go to Youtube: <https://www.youtube.com/>. In the Youtube search bar type "Rabbi Okin Torah Thought" for a complete list of all Torah Thought videos in date order – newest to oldest.

- **Rabbi David's Learners Service**

Every Shabbos at 9:15 am. Just starting out? No worries. Rabbi David teaches the basics of Shabbos prayers.





## 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.  
Zoom video link: <https://zoom.us/j/295822730>

**This Thursday, May 27, will be the last Zoom version of "Starting Points".**

Topic is What Book Would You Most Give As a Gift -- and Why?

Starting Points will resume in person, on Shabbos, June 5.



# THE SISTERHOOD SCOOP

## MAY 29



Volume 4

Number 21

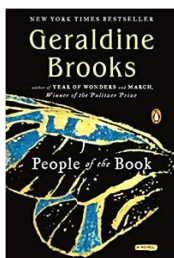
18 Sivan 5781

May 29, 2021

### Sisterhood's Book Club News

As part of NHBZ's *Homecoming Month*, the next Book Club Meeting will be **in-person** on Monday, June 28 at 7:15-8:45pm

to discuss "*People of the Book*" by Geraldine Brooks, the historical novel that traces the journey of the famed 15<sup>th</sup> century Sarajevo Haggadah. Linda Luks will facilitate the discussion. Location To Be Announced.



Mark your calendars now for these upcoming Book Club discussions dates. Locations TBA.

- ☐ **Aug. 23 "Florence Adler Swims Forever"** by Rachel Beanland – led by Faith Waxman
- ☐ **Oct. 25 "The Third Daughter"** by Talia Carner – discussion led by Ilene Brooks Scharnhorst

For more information call **Terri Schnitzer** at 314-518-4107 or email [terrischnitzer@yahoo.com](mailto:terrischnitzer@yahoo.com)



**Let's get back to Shul... Together.**

**TAKE ACTION**



Write to President Biden and to your legislators to let them know that you support Israel's right to defend her citizens against the violence from Iran-backed Hamas terrorists in Gaza. Tell them that we grieve for the Israeli lives lost in these attacks and wish a speedy recovery for those injured. Thank them for their statements of support for Israel and urge them to ignore pressure from those who are hostile to Israel. Remind them to maintain support of America's strongest ally and only democracy in the Middle East, by publicly condemning the attacks against Israel and affirming their commitment to a strong U.S.-Israel relationship.

## See you in Shul!



Beha'aloscha (Numbers 8-12)

### "Speak Lower, I Can't Hear You"

— by Rabbi Eli Scheller, [www.aish.com](http://www.aish.com)

He (G-d) said, "**Please hear my words...**" (Numbers 12:6)

Miriam and Aharon spoke *lashon hara*, derogatory speech, against Moshe. Although they had not acted with malice, in fact speaking more out of concern for Moshe's welfare, G-d's anger flared up and He rebuked them. However, when G-d addressed them He spoke in a very soft tone, starting: "*Please hear My words...*" The *Sifsei Chachamim* explains that even though G-d was angry at Miriam and Aharon, He still spoke to them in a soft tone, for if He would have spoken to them in a harsh and angry tone, His words would not have been heeded.

When a person is spoken to harshly he feels under attack. His pride is at stake and he therefore does not fully hear what is being said. If G-d was careful in how He spoke to Miriam and Aharon who were prophets, then how much more so should we speak carefully to our spouses, colleagues or acquaintances. Even when one must confront an enemy, or admonish someone for a terrible misdeed, one should speak gently, for gentle words have a greater effect than words that are shouted and screamed. King Solomon teaches "A soft answer turns away wrath." While one provocative remark can kindle anger, even the most intense fury can be soothed by a gentle word. Always remember: the louder the word the quieter it is heard.





# ICE CREAM SOCIAL

**SUNDAY, JUNE 13TH**

**4:00-6:00PM**

**IN THE NHBZ SOCIAL HALL**



*Free of charge*

**Stop by for a sweet summer treat  
& shmooze with friends**

**Individual bars + snow cones + sugar-free + non-dairy available**

*Kashrus under the supervision of Rabbi Ze'ev Smason*

