



NHBZ Shabbos Bulletin

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

May 8, 2021 • 26 Iyar 5781 • Candle Lighting 7:40 pm • Shabbos Concludes 8:44 pm

Parshas Behar / Bechukosai
Haftarah

Leviticus 25:1 - 27:34
Jeremiah 16:19 - 17:14

Stone Chumash pp. 696 - 723
Stone Chumash p. 1179

Thanks to our Bulletin Sponsors

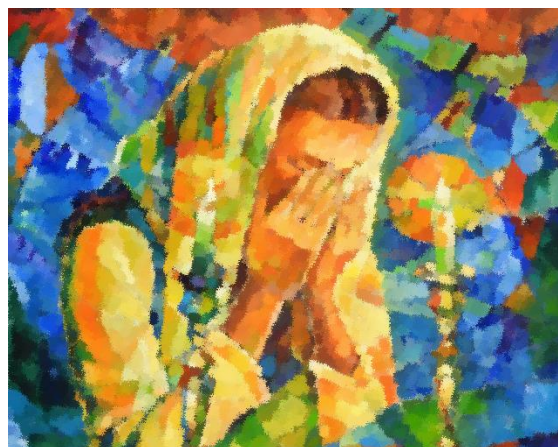
This week's bulletin is sponsored by Kenny Bressler and Family in honor of the 70th birthday of Kenny's sister and brother, Linda Szus and Larry Bressler.

Erev Shabbos, Friday, May 7

- 7:00 pm Mincha followed by Ma'ariv
- 7:40 pm Candle Lighting

Shabbos, Saturday, May 8

- 9:00 am Shachris followed by Musaf
- 7:25 pm Mincha followed by Ma'ariv
Jewish Thought with Rabbi Avi Okin:
Topic - **"More About Our Soul"**
- 8:44 pm Shabbos concludes



Minyan Times

Due to pandemic conditions, NHBZ can safely seat only 35 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 35. Call 991-2100 ext. 2 or email shabbatregister@nhbz.org by Thursday at 5:00 pm.

	Thu Apr 6	Fri Apr 7	Shabbos May 8	Sun May 9	Mon May 10	Tues May 11	Wed May 12	Thur May 13	Fri May 14	Shabbos May 15
Shachris (am)	7:00	7:00	9:00	8:00	7:00	7:00	6:45	7:00	7:00	9:00
Mincha/Ma'ariv (pm)	7:00	7:00	7:20	7:00	7:00	7:00	7:00	7:00	7:00	7:25
				*1			*2			

*1 Mother's Day "A mother understands what a child does not say" – Jewish Proverb

*2 Rosh Chodesh Sivan

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

Congregation News

Simchas for the Week of May 8 – May 15

Birthdays

Dennis Feit	May 8
James Pollock	May 8
Linda Szus	May 9
Dr. Milton Sallis	May 10
Nathan Avi Scheer	May 10
Donald Eisenberg	May 12
Hershel Tendler	May 12
Nava Danielle Scheer	May 13
Dr. Dana Szus Sutton	May 13

Anniversaries

Dr. Eliot & Sally Katz May 8



Meetings

Board of Directors

Tuesday, May 11, 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.



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 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 you 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 now safely seat 35 individuals for Shabbos services.

If you would like to attend on Shabbos, *please sign up in advance* so we do not go over the limit of 35. Call 991-2100 ext. 2 or email shabbatregister@nhbz.org by Thursday at 5:00 pm. ***If you regularly attend Shabbos services and would like to avoid having to register each week, please contact Rabbi Smason at Pepshort613@gmail.com. Your name will be registered each week -- with the understanding that if you are unavailable on any given Shabbos, you will inform Rabbi Smason, if possible.***

No proof of vaccination is required to attend; ***however, we would appreciate it if you let Rabbi Smason know if you are fully vaccinated, since this information will help us determine when and how we can extend our capacity.***

Kiddush

We will begin serving Kiddush outdoors on Shabbos – details and timing to be determined!
We welcome volunteers to help!

Shavuos

Pre-Shavuos Learning on Zoom

Thursday, May 13, 8:00 pm

Rabbi Shmuel Wasser, Rosh Yeshiva (Dean), Missouri Torah Institute

Topic "to be announced"

Zoom Link: <https://zoom.us/j/295822730>

Virtual Yizkor

Everyone is invited to attend **live** Yizkor services on Tuesday, May 18.

If you are not comfortable attending in person, we will also hold a Virtual Yizkor.

Sunday, May 16 (erev Shavuos), 11:00 am

Zoom Link: to be provided

Shavuos Services

Sunday, May 16, Erev Shavuos

Mincha/Ma'ariv 7:45 pm

Monday, May 17, First Day of Shavuos

Shachris/Musaf 9:00 am

Mincha/Maa'riv 7:45 pm

Tuesday, May 18, Second Day of Shavuos

Shachris/Musaf 9:00 am

Yizkor approximately 10:45 am

Mincha/Ma'ariv 7:45



There will be no organized late-night learning on Sunday night, nor will there be an early minyan on Monday morning.

Attendance Guidelines

Our attendance guidelines for Shavuos will be the same as those for the final days of Pesach: Attendance capacity for the first day of Shavuos is the same as Shabbos - 35 people. For the second day of Shavuos, since more people usually want to attend Yizkor, we are extending the capacity up to 50 people, 30 of whom must be fully vaccinated. If fewer than 30 report that they are vaccinated, then the total will be proportionally scaled down. *This is for the 2nd day of Shavuos only.*

If you would like to attend services on Shavuos, *please sign up in advance* so we do not go over the limit of 35 on day 1 and 50 on day 2. Call 991-2100 ext. 2 or email shabbatregister@nhbz.org by Thursday, May 13 at 5:00 pm.

Proof of vaccination is not required to attend; *however, if you **are** fully vaccinated, please let Rabbi Smason know in advance, since this information will help us determine how many total people may attend on the 2nd day of Shavuos. We do not want to turn people away.*

Office Update

We welcome Hindy Anton, who joined our staff as bookkeeper on May 1. You can contact her at bookkeeper@nhbz.org or 314-991-2100, extension 3.

Honoring Perry Mendelson



Perry Mendelson, z"l, was a longtime, active member of NHBZ, and brother of our former Executive Director, Sandie Abrams. Perry was an avid Torah Learner and participated in the Daf Yomi program for decades. He was also a teacher at many of our programs. It is only fitting that we dedicate Seder (Order) Kodashim from our new Talmud, in memory of Perry (Dov) Mendelson. We are asking you to participate in a wonderful double Mitzva – memorializing a friend and dedicating a set of Holy Books. The cost of dedicating one Seder is \$3,600. Please consider donating any amount to help us meet this goal. Email us at office@nhbz.org. Include the amount you wish to donate and provide your phone number. Alternatively, you may mail a check to NHBZ, 650 North Price Road, Saint Louis, MO 63132. Include your phone number

Trib-ute (trib'yoot)

A gift, payment, declaration, or other acknowledgement of gratitude, respect or admiration. Make a tribute in honor of someone's simcha or good health, or in memory of a loved one.

Call the office at 991-2100 ext 2, or email to office@nhbz.org to make a tribute. Tributes listed monthly

Recent Tributes

In Memory of Perry Mendelson

Sam and Shirley Bluestein
Ruth Novack
Irwin and Arlene Fredman
Rabbi Aaron and Pearl Borow
Faith and Larry Comensky

In Memory of Goldie Hogan

Debbie Finland
Dr. Eliot and Sally Katz
Howard Cohen

Volunteer Opportunities



NHBZ needs YOU more than ever!

Until we hire a full-time Synagogue Administrator, we have an urgent need for volunteers to do light office work – answering the phone, taking Pizza orders, recording tributes, sorting mail, etc. You may sign-up for any number of hours and day(s) that are convenient for you. Please email to office@nhbz.org or call 314-991-2100 extension 2, and leave a voice message.

The 115th Anniversary Commemorative Journal – **get it while you can!**

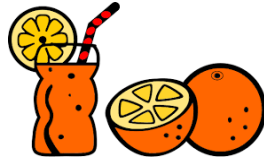


A hard copy version of the Commemorative Journal, including the NHBZ Membership Directory, is now available. If you purchased an ad or dedicated a Talmud Volume, you may pick up your copy from the office. Call to reserve your copy. 314-991-2100, extension 2, or send an email to office@nhbz.org.

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 on the Kaiser Terrace. Social distancing will be observed; bring a mask.

Refreshments will be served! For details, contact Rabbi Okin at 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.

What's New?

BUZZZZZ 

The name of this publication has been ‘Shabbos Bulletin’ for at least 50 years. It started as a one-page handout at Shabbos services with information about that day. Over time, more and more information was added to keep the congregation informed as membership and activities grew.

Now, it is much more than a Shabbos Bulletin! Maybe it is time to think about a new name. Here are some names that have been proposed: ‘The Bulletin’, ‘Weekly Bulletin’, **‘NHBuzz’**, or simply ‘the Buzz’. What do you think? Please submit your choice of these, or get creative and propose something completely new. Send email to office@nhbz.org, or snail mail to 650 N. Price, 63132.



ANNOUNCING...
A SHUL-WIDE CONTEST
TO RE-NAME OUR
‘SHABBOS BULLETIN’
SUBMIT YOUR ENTRIES TO
OFFICE@NHBZ.ORG



Learning at NHBZ

- **Join Rabbi Okin** and young men from all over St. Louis for Torah and Camaraderie Thursday Nights from 8:00 – 8:30 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>
- **Rabbi Okin's Video D'var Torah**
Topic is ***"Refining Ourselves During Sefirat Ha'Omer"***. This repeat Video D'Var Torah can be found at:
<https://youtu.be/CkyoHyAJHzU>
- **Rabbi Smason's "Shabbos Shoutout"** for May 8 can be found at:
https://youtu.be/bNa_QqMJ3B0

Kasherus Alert from CRC

In recent weeks we have seen a significant increase in insect infestation of blueberries. Accordingly, we recommend that the following procedure be done to all fresh blueberries until October 31, 2021.

- Prepare a quart-sized bowl of soapy water per pint of blueberries.
- Soak and agitate the blueberries in the soapy water for 20-30 seconds.
- Rinse blueberries in running water.

An exception to this is organic blueberries which should be washed and checked using the thrip-cloth method. Additionally, U-pick blueberries should be avoided as they are often infested with scale insects and other bugs. One should only use them if they were first checked for scales and other insects using a thrip cloth. Instructions for the thrip-cloth method can be found [here](#).

Parshas Behar /Bechukosai

Behar focuses primarily on mitzvos concerning the land of Israel, beginning with the command to observe a Sabbatical (Shemitta) year. During the Sabbatical year one's fields are to remain uncultivated every seventh year, refraining from the normal cycle of planting and harvesting. Similarly, the land in Israel is to remain unworked in the Jubilee (Yovel) or 50th year, at which time ownership of all land automatically returns to its ancestral heritage. A quote found on the Liberty Bell, "And you should sanctify the fiftieth year, and proclaim liberty throughout the land ..." is taken from the passage describing the Jubilee year. Behar also speaks about the poor and downtrodden. Not only are we commanded to give them tzedaka and do acts of loving kindness for them, but ideally provide them with the means to raise themselves out of their poverty-stricken state.

Bechukosai, the last Torah portion in the book of Leviticus, begins by briefly listing some of the blessings and rewards that the Jewish people will receive for diligently learning and following the Torah. The Portion then shifts to the subject matter which has made it famous -- G-d's admonitions and warnings of the consequences if the Jewish people abandon the Torah. Step by step, the Torah describes the tragedies which will befall the Jewish people if they abandon observance of the Torah, providing an eerie account of what has been part of our history to this day. There is good news, however; teshuva (return or repentance) is possible at any time to avert an otherwise harsh decree. The book of Leviticus concludes with a brief discussion of tithes.





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

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

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



THE SISTERHOOD SCOOP

MAY 8



Volume 4

Number 18

26 Iyar 5781

May 8, 2021

Sisterhood wishes a *Happy Retirement* to Laura Krueger, Shul Business Manager.

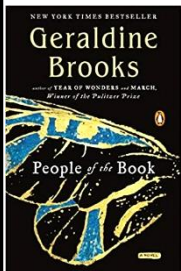
We thank Laura for her valuable service to NHBZ and for all her gracious help with Sisterhood's activities during the past seven years. *Thank You and Best Wishes, Laura!*

We will miss you.



Sisterhood's Book Club News

We thank *Linda Shore* for leading the informative discussion of *"The Last Kings of Shanghai"* by *Jonathan Kaufman* for our Book Club on April 26.



The next Book Club meeting will be Mon., June 28, 7:15-8:45pm, to discuss *"People of the Book"* by Geraldine Brooks, the historical novel that traces the journey of the famed 15th century Sarajevo Haggadah. *Linda Luks* will facilitate the discussion.

Mark your calendars now for these upcoming Book Club discussions:

- ☐ **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



YIDDISHE MOTHERS

G-t hot nit gekent zayn umetum, hot er beshafn mames. "G-d couldn't be everywhere, so He created mothers."

Mames farshteyen vos kinder zogen nisht. "Mothers understand what their children cannot say." HAPPY MOTHER'S DAY!

Behar-Bechukosai: **Just Hold on a Little Longer**

Imagine that it's the end of an especially trying week. You feel depleted emotionally and physically drained. You bump into a particularly difficult individual... who has a knack of rubbing you in all the wrong ways.

Generally, you try hard to remain positive with her, but it requires every ounce of your patience not to fall into the trap of escalating negativity. Today you bite your tongue, take deep breaths, and try hard to remain pleasant, but the conversation quickly deteriorates.

And then something happens. Perhaps precisely as a result of your worn-out state, this individual recognizes your effort—and responds positively.

Surprisingly, from that point on, there is a change in the dynamics of the relationship. It's almost as if she sensed that your effort was proof of how much she meant to you. Or perhaps it was the other way around. Perhaps your circumstances finally made you understand just how important this relationship is to you.



There is an interesting passage in this week's Torah portion.

"If you shall say: What shall we eat in the seventh year? Behold, we shall not sow, nor gather in our produce! But I will command My blessing upon you in the sixth year, and it shall bring forth fruit for three years . . ." (Lev. 25:20-21)

The seventh year is *shemittah*, a Sabbatical year; Jews are not permitted to plant or reap. After planting for the previous five years, the sixth year's growth is naturally less abundant. Nevertheless, G-d assures us that this year will provide sustenance for that year, as well as for the seventh year and beyond.

Metaphorically, the seven-year *shemittah* cycle corresponds to the seven millennia of history. For 6,000 years, we labor in preparation for the seventh millennium, the era of *Moshiach* that is "wholly Shabbat and tranquility."

We may wonder: "What shall we eat in the seventh year?" If the spiritual giants of earlier generations failed to bring about a perfect, tranquil world, what can possibly be expected of us? If the efforts from five millennia of history could not achieve the universal Sabbath, what can be expected of us, the "sixth year," exhausted and depleted of spirit?

But precisely because our spiritual resources are so meager now after so many centuries of harrowing exile, our trials and achievements are so much more meaningful—and so much more precious to G-d, Who promises to bless our efforts.

Perhaps, too, our insistence on maintaining a connection with G-d despite the ravages of our exile finally makes us realize how important this relationship is.

Because often when our situation seems hopeless, when we are at our rope's end and we still hold on, our smallest effort yields the greatest result.

– adapted from *Chana Weisberg*, www.chabad.org