



# NHBZ Shabbos Bulletin

*Welcome to Nusach Hari B'nai Zion*

Affiliated with Union of Orthodox Congregations of America

June 5, 2021 • 25 Sivan 5781 • Candle Lighting 8:03 pm • Shabbos Concludes 9:07 pm

Parshas Shelach  
Haftorah

Numbers 13:1 - 15:41  
Joshua 2:1 - 2:24

Stone Chumash pp. 798 - 819  
Stone Chumash pp. 1184 - 1185

## Thanks to Our Generous Sponsors . . .

- Thanks to **Linda** and **Menachem Szus** for co-sponsoring Kiddush in honor of their children and grandchildren who are visiting St. Louis this week
- Thanks to **Jackie** and **Craig Berkin** for sponsoring ice-cream and 'Welcome Back' balloons in honor of the Yahrzeit of their brother and brother-in-law Barry Pessin

## Prayer

### Erev Shabbos, Friday, June 4

- 7:00 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 8:03 pm Candle Lighting

### Shabbos, Saturday, June 5

- 9:00 am Shachris followed by Musaf
- 7:50 pm Mincha, Shalosh Seudos, Ma'ariv
- 9:07 pm Shabbos concludes

**Homecoming Month  
Continues!!**

### Minyan Times June 3 – June 12

	Thu Jun 3	Fri Jun 4	Shabbos Jun 5	Sun Jun 6	Mon Jun 7	Tues Jun 8	Wed Jun 9	Thur Jun 10 *	Fri Jun 11 *	Shabbos Jun 12
Shachris (am)	7:00	7:00	9:00	8:00	7:00	7:00	7:00	6:45	6:45	9:00
Mincha/Ma'ariv (pm)	7:00	7:00	7:50	7:00	7:00	7:00	7:00	7:00	7:00	7:55

\* Thursday and Friday - Rosh Chodesh Tammuz

## Congregation News

### Simchas for the Week of June 5 – June 11

#### **Birthdays**

Noah Belau Jun 5  
 Larry Goldenberg Jun 5  
 Rebecca Waxman Jun 5  
 Gia Shifren Jun 8

#### **Anniversaries**

Kerry & Sandy Klarfeld Jun 5  
 David & Fran Reisler Jun 8  
 Hesh & Marcia Lyons Jun 9

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

## Refuah Shelema

Trudy Sudin is now at the following address. Please send notes of encouragement and support to:

Weil-Cornell Hospital  
525 East 68th Street, east of York Avenue  
New York, NY 10065  
Attn: Trudy Sudin

## Special Gifts Campaign

Good Shabbos.

The world is beginning to reopen. The Shul has reopened. Especially now, these are times when people need connections. We need you back and active. There is no greater place than our Shul for people to find meaning, to find family, and to share with friends. The leadership of the Shul has rightly decided that the future of Nusach Hari B'nai Zion hinges upon our ability to bring in young members and to attract young families with children. That is the thrust of our Special Gifts Campaign.

Many of you have already made a pledge to this important effort. I am reaching out again seeking your participation in this critical project. We hired Rabbi Okin, who has now established himself in the community and has become an important part of NHBZ. The funds raised in the campaign will be directed to cover the costs of additional children's, young singles and family programming that the Shul will now offer to all our members. As you may be aware, Rav Okin has already begun many of these activities. As outlined last year, we are looking for commitments for each of the next three years.



The Campaign will run from now through the end of July, culminating with a celebration early in August. While we are planning a PHONE-A-THON in early July to gather additional pledges, please feel free to call the office to join in this effort. Many of you may recall my Yizkor Appeal Speech several years ago when I talked about the favorite member of the Shul, the guy who gets it all done, the person who serves on committees, the leader of the congregation....Who is he???? ..... of course, he's THE OTHER GUY. Well, this year may it be my prayer for each of you to look deep into your soul and recognize the time has come, YOU have it within you to be that OTHER GUY.

A special thank you to the members who have already committed to this important project. Please be safe and well, and understand just how much we appreciate your continued support of the Shul.

*Jay B. Umansky*  
Chair, Special Gifts Campaign

## Volunteer Opportunities



*NHBZ needs YOU more than ever!*

**We are now 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.**

# **NHBZ Homecoming Month Continues**

## **Shabbos, June 5**

9:15 am

- Learners Service with Rabbi David

10:15 am

- Starting Points with Rabbi Smason

“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

At the home of Linda Shore

## **Sunday, July 25**

4:00 pm

- BBQ Dinner at Irv Zeid Park Pavillion

- ‘Doors’ open

5:00 pm – 7:00 pm - Dinner is served

**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!**

## 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

## **Coming Events**

- Shabbos, June 5                      - Starting Points Returns Live, In-Person  
   - Learners Service with Rabbi David Returns
- Sunday, June 13                    - Ice Cream Social
- Monday, June 28                  - Sisterhood Book Club
- Shabbos, July 25                  - BBQ Dinner at Irv Zeid Park Pavillion
- Sunday, December 12          - Save the Date 😊

## **Meetings**

- Board of Directors - Tuesday, June 8, 7:45 pm
- Public Relations Committee (IN PERSON at NHBZ) – Monday, June 14, 7:45 pm
- Anniversary Event Committee – Tuesday, June 15, 3:00 pm
- Executive Committee – Tuesday, June 22, 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.



## **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.





# 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).

# Welcome Home



# Learning at NHBZ

## ● Parshas Shelach

Moses is pressed by the Jewish people to send twelve spies to the Land of Canaan (later to be called the Land of Israel). Forty days later they return carrying a gigantic cluster of grapes and two other large fruits. Ten of the spies warn that the inhabitants of the land are enormous in size and that the land 'consumes its inhabitants'. They convince the people that the land can't be conquered. Caleb and Joshua retain their faith in G-d, insisting that the Jewish people can, indeed, conquer the land.

The people weep and proclaim that they would rather return to Egypt. This tenth expression of a profound lack of faith in G-d prompts a Divine decree that entry into the Land should be delayed forty years. This decree was made on the ninth of the Hebrew month of Av -- known as Tisha B'Av. Numerous other tragedies occurred on Tisha B'Av, including the destruction of the first and second Temples and the expulsion of Spanish Jewry in 1492.

## ● Rabbi Smason's Starting Points

Join Rabbi Smason for a 45-minute presentation/discussion of relevant, contemporary topics every Shabbos at 10:15 am in the Feigenbaum-Pepose Multi-Purpose Room. Following is the list of upcoming topics:

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

The most recent Shoutout can be found at <https://youtu.be/IDcsofHpNqA>

The complete list of Shabbos Shoutouts 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

## Instructions to Attend Classes

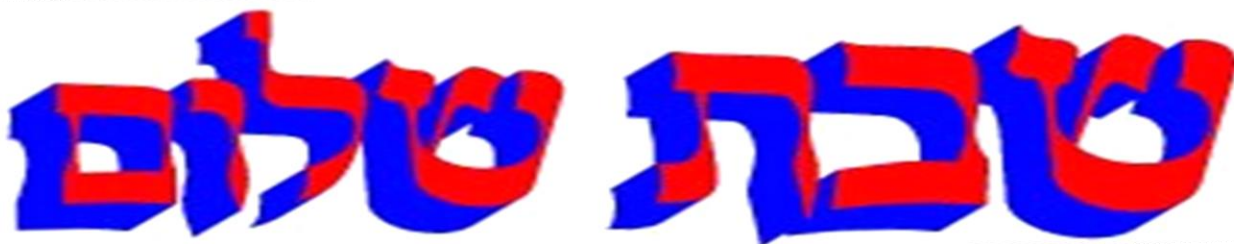
**For audio** through your telephone, connect in one of two ways:

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>





# THE SISTERHOOD SCOOP

## JUNE 5



Volume 4

Number 22

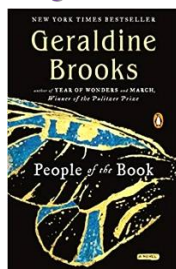
25 Sivan 5781

June 5, 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**,

at the home of **Linda Shore**, to discuss "*People of the Book*" by Geraldine Brook, the historical novel that traces the journey of the famed 15<sup>th</sup> century Sarajevo Haggadah. **Linda Luks** will facilitate the discussion.



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)



### TAKE ACTION

"Judaism is G-d's question-mark against the random cruelties of the world. It is His call to us to 'mend the world' until it becomes a place worthy of the Divine presence, to accept no illness that can be cured, no poverty that can be alleviated, no injustice that can be rectified. To ask the prophetic question is not to seek an answer but to be energized to action."

– Rabbi Lord Jonathan Sacks Z"l

### Shelach: "The Power of the Beginning"



A universally recognized feature of life is the "beginning." The beginning of all existence is the opening theme of the entire Torah. The Torah also emphasizes a "beginning" of a different kind. It speaks of establishing a "beginning," during the process of baking loaves of bread.

After kneading the dough, but usually before plaiting it, a portion of the dough is separated. This action is called "taking Challah." It teaches us something about the beginning, not only of baking, but of everything in life.

In Temple times a significant quantity of Challah dough would be given to the priest; today, only a small amount is taken, and it is burned. The law of taking Challah is written in our Sedra: "The first of your kneading bowl you shall donate to G-d as an offering; this applies in all your generations."

Chassidic teachings reveal a wider interpretation of this law, based on a subtle undertone in the wording. The Hebrew term for "kneading bowl" is arissa. But arissa has a double meaning: it means both a kneading bowl and also a bed, or a child's cradle.

According to the Sages, this double meaning is not by chance. Like everything in the Torah, it is teaching us something. The law of taking Challah is that at the very beginning of the activity of baking bread, one does something to express recognition of G-d. Taking Challah means the dedication of something to the Divine; and this step of dedication takes place right at the start.

The double meaning concealed in the Torah's words tells us not just about the kneading bowl, but about the cradle, the beginning of human life. From the very start there should be a step of dedication. How does one achieve the dedication of a child to Judaism? Through Jewish education. Every moment spent teaching a young child about his or her closeness to G-d, about the beauty of the Torah and of Jewish life, is a precious link with the past and with future. These moments spent at the beginning of life help to ensure that the future years, the "generations" mentioned in the verse, will also be successful, leading towards genuine fulfillment. This is the global sense.

There is also a lesson concerning another kind of "beginning" – the start of every single day. Jewish teaching advises that here too we should begin with a moment of dedication: prayer, "Modeh Ani," the Shema, Tefillin. This is the Challah, given to G-d. Then the rest of the day, the "generations," will be healthy, happy and wholesome, like the warmth of fresh-baked bread...

– by By Tali Loewenthal, [www.chabad.org](http://www.chabad.org)