



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

June 19, 2021 • 9 Tammuz 5781 • Candle Lighting 8:10 pm • Shabbos Concludes 9:13 pm

Parshas Chukas
Haftorah

Numbers 19:1 - 22:1
Judges 11:1 - 11:33

Stone Chumash pp. 838 - 859
Stone Chumash pp. 1187 - 1189

Thanks to **Avi Scheinberg** for sponsoring Shalosh Seudos today
in memory of his mother **Barbara Scheinberg**, Bracha bas Avraham and Devorah

Thanks to **Dr. Craig and Jackie Berkin** for enhancing Kiddush today
in honor of the Yahrzeits of **James Pessin** and **Mildred Pessin Drifon**

Prayer

Erev Shabbos, Friday, June 18

- 7:00 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 8:10 pm Candle Lighting

Shabbos, Saturday, June 19

- 9:00 am Shachris followed by Musaf
- 7:55 pm Mincha, Shalosh Seudos, Ma'ariv
- 9:13 pm Shabbos concludes



Minyan Times June 17 – June 26

	Thu Jun 17	Fri Jun 18	Shabbos Jun 19	Sun Jun 20	Mon Jun 21	Tues Jun 22	Wed Jun 23	Thur Jun 24	Fri Jun 25	Shabbos Jun 26
Shachris (am)	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	7:55	7:00	7:00	7:00	7:00	7:00	7:00	7:55

Congregation News

Simchas for the Week of June 19 – June 25

Birthdays

Sam Bluestein	June 19	Teree Farbstein	June 21
Amy Feit	June 19	Esther Gelb	June 21
Joni Kaiser	June 19	Alan Morgensztern	June 21
Barry Solomon	June 19	Dr. Adrian Shifren	June 22
Natalia Wallman	June 19	Sanford Koenig	June 23



Anniversaries

Keith & Karen Zeff	June 23
Richard & Mindy Woolf	June 23
Alan & Vivian Zarkowsky	June 24

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

Refuah Shelema

Please send tributes and words of encouragement and support for Trudy Sudin to:

Gary Sudin
408 Berkley Place Court
Saint Louis, MO 63132

Special Gifts Campaign

This is such an exciting time at NHBZ. As I mentioned last week, the Shul is the place to be. People are coming back to services and classes. Last Sunday, more than fifty people joined us at our **ice cream social**. Children were playing and the mood was electric. What a joy to have people back in the building!

The response to my last Special Gifts letter has been incredible. NHBZ is open and with Hashem's aid the pandemic is in our rearview mirror. In order to kickstart the campaign, two members have stepped forward offering a total of \$20,000.00 in matching funds to contributions made over the course of the next four weeks. Don't count on the OTHER GUY to make this happen. This is an opportunity that we can't let go to waste.



Please email me, or feel free to call the Shul's office this week with your commitment. This is your moment to perform a mitzvah which will solidify the future of the congregation. Join Peggy and me and all the members who have stepped forward. Your children and grandchildren will thank you.

Jay B. Umansky, Chair
Special Gifts Campaign
jumansky@stllaw.net



Ice Cream Social **June 13, 2021**



Volunteer Opportunities



NHBZ needs YOU more than ever!

We still 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.

NHBZ Homecoming Month Continues

Wednesday, June 23

12:15 pm

- Pirkei Avos Class, In Person at NHBZ

Shabbos, June 26

- Dedication of new Torah Breastplate donated by the Rush/Belau Family

Monday, June 28

7:15 pm

- Sisterhood Book Club
At the home of Linda Shore



Tuesday, June 29

1:30 pm

- "The Righting Reflex" with Jimmy Fendelman
Keeping Your Balance in Everyday Life

Sunday, July 25

4:00 pm

- BBQ Dinner at Irv Zeid Park Pavillion

5:00 pm – 7:00 pm

- 'Doors' open
- Dinner is served

Watch for more programs to be announced!

In The News

Mazel Tov to Jeff Miller, our past Shul Administrator, who was Pickleball royalty for a day. Jeff won the USAPA Middle States Regional with a 5.0 rating in the 60 + age group here in St Louis. 5.0 is highest rating for pickleball players.

That qualifies Jeff to play in Indian Wells, CA for the USAPA Pickleball National Tournament in December.

If you or somebody you know has achieved something unique, and you would like to publicize it here, call the office at (314) 991-2100 ext 2, or send email to office@nubz.org.



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 to place someone's name on the list or to volunteer to join the Tehillim Circle.

Men and Women are welcome.



More Congregation News

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 must be fully vaccinated, and must wear gloves and masks
- 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.

General 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

We are taking steps to return to pre-pandemic status, but we are still observing some safeguards:

- We are not carrying the Torah around the Sanctuary
- Men with an Aliyah do not remain at the Bima for the next Aliyah, but return to their seats
- The "choir" is not leading singing from the Bima at the end of services

Coming Events

- Shabbos, June 26 – Dedication of New Torah Breastplate
- Monday, June 28 – Sisterhood Book Club
- Tuesday, June 29 – "The Righting Reflex" with Jimmy Fendelman
- Sunday, July 25 – BBQ Dinner at Irv Zeid Park Pavillion
- Sunday, December 12 – Save the Date 😎

On-Going Events

- Every Shabbos 9:15 am – Learners Service with Rabbi David
- Every Shabbos 10:15 am – Starting Points with Rabbi Smason,
- Every Wednesday – Pirkei Avos Class with Rabbi Smason
- Every Thursday, 7:30 pm – Mishmar Learning with Rabbi Okin

Meetings

- Executive Committee – Tuesday, June 22, 7:45 pm
- Anniversary Event Committee – Tuesday, June 29, 3:00 pm at NHBZ

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.



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.



The Middle School group is on break until Mid-July.

The final High School Group of the season will be on Sunday, June 20.

Teen Schmooze will resume in a month or so. Watch for announcements!

Community News

The Sarah Adelman Memorial Fund* of Dallas, Texas, invites you to attend a community-wide event commemorating the 15th Yahrzeit of **Sarah Adelman, z'l**

Sunday, July 11, 2021 at 11:00 am

Via Zoom through the courtesy of Young Israel of St. Louis**

featuring **Rabbanit Shani Taragin** speaking on the topic

“Eichah & Eliyahu: Agony of Abandonment and Cries of Consolation”

* The Fund supports needy children in the St. Louis Orthodox community who need counselling;
To contribute to the fund, go to the website samfstl.com

** To obtain the Zoom link, send an email to samfstl@gmail.com

NHBZ Giving Opportunities

NHBZ is open 7 days per week, and 52 weeks per year. To provide such a facility, the congregation depends upon gifts and contributions above and beyond members' dues. In giving to NHBZ, you fulfill an important mitzvah. We have established numerous ways to contribute to NHBZ listed below. Call the office at (314) 991- 2100 for details.

- **TRIBUTES** - Honor someone's simcha or good health or a loved one's memory
- **CAPITAL CAMPAIGN** - Help build our shul
- **SYNAGOGUE HONORS** - It is customary to make a donation to the congregation for an Aliyah or other honors
- **SPECIAL GIFTS CAMPAIGN** - A special gift is a donation above and beyond annual dues and any specific funds.
- **SPONSORSHIPS** - Sponsor kiddush, Soda, Shalosh Seudos, or this bulletin
- **PLAQUES** - Honor or memorialize friends, relatives and events
- **BOOK FUNDS** - Purchase, repair or dedicate books
- **EDUCATIONAL FUNDS** - Help students and teachers
- **SPECIAL PURPOSE FUNDS** - Donations are used for various purposes



New Bulletin Name coming soon! Contest winner to be announced!

Learning at NHBZ

● Parshas Chukas by Rabbi Smason

This week's action-packed portion begins with the paradox of the Red Heifer, a mitzvah we are asked to perform though unable to understand its purpose and reason. The narrative jumps to the death of the prophetess Miriam. The Jewish people are then left without water, since the miraculous well which had accompanied them in the desert existed only in her merit. G-d commands Moses and Aaron to speak to a particular rock so it will miraculously produce water; Moses strikes it with his staff instead, and G-d tells the two leaders they will not enter the Promised Land. What did Moses do wrong? One classic approach suggests that Moses' sin was that he became angry (he said to the Jewish people, 'Listen now, you Rebels'). Although the best among us can occasionally lose our temper, teachers and parents carry a special responsibility to be good role models for their students and children. Little pitchers have big ears! Later in the portion, the king of Edom refuses to let the Jewish people pass through his borders, causing them to take a longer route. Aaron dies and is buried on Mount Hor. The Children of Israel sing a song of praise about the well of Miriam. The portion concludes with the battles and victories over Sichon, the king of Emori, and Og, the king of Bashan.

● Rabbi David's Learners Service

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

● 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 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/cVG5aTJzCY4>

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**

The most recent Torah Thoughts can be found at: <https://youtu.be/03yunMWupTs>

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 "Rabbi Okin Torah Thought" for a complete list of all Torah Thought videos in date order – newest to oldest.





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>

Wednesdays, 12:15 pm ~ *Pirkei Avos (Ethics of the Fathers)*. Now in person at NHBZ

DOLLAR-A-DAY PUSHKE CAMPAIGN

We collect Pushkes every three months, and the next deadline is in mid-July. 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



THE SISTERHOOD SCOOP

JUNE 19



Volume 4

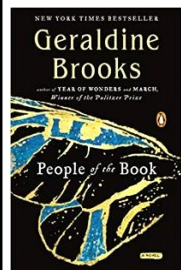
Number 24

9 Tammuz 5781

June 19, 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 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 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



Sisterhood is Coming Back!

and we need You!

As we emerge from our homes and look forward to getting together *in person* we invite all women to be a part of the future of NHBZ Sisterhood. There is no better time to get involved than **NOW**. We need your input and help to plan our coming activities. Are you interested in one of our standing committees?

★ **Membership** ★ **Education** ★ **Program Planning** ★ **Fundraising**

How about our **Movie Nights**, **Book Club**, or **Chesed Projects**? Sisterhood continues to fund the JFed's '**Passport to Israel**' Program for our eligible members, as well as many other synagogue activities.

We invite you to join us!

For more information: email sisterhood@nhbz.org or contact **Fran Alper** at 314-993-4024 or fran.alper@outlook.com or **Teree Farbstein** at 314-753-5035 or tfarbstein2@gmail.com

10 Facts About Miriam

–from Rabbi Menachem Posner at www.chabad.org

1. Miriam Was One of the 7 Prophetesses of the Bible
2. She Was the Elder Sister of Aaron and Moses
3. Her Name Means "Bitter"
4. She Is Identified As Puah
5. She Saved Moses' Life
6. She Led the Women in Song
7. Miriam Was Struck With Leprosy
8. She Was the Wife of Caleb
9. Miriam Passed Away on Nissan 10
10. There Was Water in the Desert in Her Merit

Chukat: "In Miriam's Merit"

Without water, life cannot survive. Nonetheless, millions of Jewish people survived in the parched and barren desert for forty years because of the miracle of Miriam's Well that provided a constant supply of water. The Torah tells us that when Miriam died, Miriam's Well ceased to function, and the people were faced with a critical water shortage.

One of the most striking features of water is that its viscosity allows it to adapt perfectly to its surroundings; water will naturally assume the shape of any container into which it flows. Symbolically, Miriam represented this quality. She was able to adapt her faith and her steadfast fealty to G-d's will under all circumstances. Miriam was the paragon of staunch faith.

Miriam was born during the darkest chapter of the Jewish bondage in Egypt. Her name, recalling the word Marah [bitter] evokes the bitterness of the Jewish condition. When she was a very young girl, Pharaoh decreed that all male babies be thrown into the river. Husbands and wives separated in order to avoid producing children who would be drowned, but Miriam persuaded her parents to have faith and remain together. As a result, her brother Moses, redeemer of the Jewish people, was born. Miriam was the famous midwife Puah, who crooned to the infants when they were born.

Like water, Miriam adapted to the oppression and the suffering and remained strong in her faith. Therefore, in her merit, G-d provided the Jewish people with miraculous water in the desert. (adapted from www.torah.org)