



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

June 26, 2021 • 16 Tammuz 5781 • Candle Lighting 8:11 pm • Shabbos Concludes 9:14

Parshas Balak
Haftorah

Numbers 22:2 - 25:9
Micah 5:6 - 6:9

Stone Chumash pp. 856 - 875
Stone Chumash pp. 1189 - 1190

We thank our generous sponsors this week:

- **Nancy Belau Rush and Family** for sponsoring soda for Kiddush in honor of the dedication of a new Torah Breastplate which they donated to the shul
- **The Edelstein Family** for sponsoring the Bulletin and Kiddush Soda in memory of their father, grandfather and great-grandfather **Mr. Ludwig (Lou) Edelstein**, Shmuel Hirsch ben Meir Tzvi, a Holocaust Survivor from Sighet, Romania, whose 3rd Yahrzeit was on Thursday, 14 Tammuz 5781. Part of his amazing story is available to read on <https://HeebsonHogs.com>.
- **Alan Zarkowsky and family** for enhancing Kiddush in celebration of Vivian and Alan's anniversary and Vivian's birthday.

Prayer

Erev Shabbos, Friday, June 25

- 7:00 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 8:11 pm Candle Lighting

Shabbos, Saturday, June 26

- 9:00 am Shachris followed by Musaf
- 7:55 pm Mincha, Shalosh Seudos, Ma'ariv
- 9:14 pm Shabbos concludes

Minyan Times June 24 – July 3

	Thu Jun 24	Fri Jun 25	Shabbos Jun 26	Sun Jun 27 *	Mon Jun 28	Tues Jun 29	Wed Jun 30	Thur Jul 1	Fri Jul 2	Shabbos Jul 3
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	8:00	7:00	7:00	7:00	7:00	7:00	7:55

* Fast of 17th of Tammuz

The Three Weeks, June 27 – July 18

The Three Weeks is an annual mourning period that occurs in mid-summer. We mourn the destruction of the Holy Temple and the beginning of our ongoing exile. The period begins on the 17th of the Hebrew month of Tammuz, a fast day that marks the day when the walls of Jerusalem were breached by the Romans in 69 CE. The Fast of the 17th of Tammuz is observed this Sunday, June 27. The Three Weeks reaches its climax and concludes with the fast of the 9th of Av (July 18), the date when both Holy Temples were set aflame. This is the saddest day of the Jewish calendar, and it is also the date that many other tragedies befell our people.

* **Times for Fast of 17th of Tammuz:** Starts Sunday June 27 at 4:27 am, and ends at 9:11 pm.



Congregation News

Simchas for the Week of June 26 – July 2

Birthdays

Vivian Zarkowsky July 1
Joanna Alper July 2
Frances Cohen July 2
Jessica Fadem July 2
Melanie Sallis July 2

Anniversaries

Boris & Alla Yasinev June 26
Jeff & Irena Scheer June 27



Dedication of new Torah Breastplate – Shabbos June 26

We are grateful to **Nancy Belau Rush and Family** for donating a new Torah Breastplate which will be dedicated on Shabbos, June 26. May they go from strength to strength. The inscription on the Breastplate reads:

"The Rush/Belau Family and Future Generations"



New Name for this Publication

The contest for a new name for this publication has concluded. Based on numerous suggestions, and input from many sources, the Public Relations Committee selected a name proposed by Fran Reisler. Fran, thank you so much, and thanks to all who participated. The new name is

‘NHBZ Weekly News’.

Welcome to New Office Staff

Please welcome our new Shul Administrator, **Nancy Stenn**, who will start with us on July 1. Nancy joins our new Bookkeeper, **Hindy Anton**. You can reach Nancy at 991-2100, extension 2, or at office@nhbz.org. You can reach Hindy at extension 3, or at bookkeeper@nhbz.org.

Nancy Stenn



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 UPDATE

We are just one week into the Campaign. As mentioned last week, two shul members have stepped forward to challenge the others at the Shul. Every dollar raised over the course of the next three weeks, will be matched up to \$20,000.00. Each dollar you give becomes **TWO**. Please call the Shul's office **this week** and share in this exciting effort. The funds raised will go directly towards programming and activities designed to draw children, young adults and young families into NHBZ. Share in the future of the Shul. Join committee members Denny and Amy Feit and take part in this important project.

Your children and grandchildren will thank you.





DOLLAR-A-DAY PUSHKE CAMPAIGN

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 third cycle is now set to conclude **Friday, July 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, July 16** will have their name entered in a drawing for a \$25 Target gift card to be held shortly after the return date.

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

Trib-ute (trib'yoot)

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

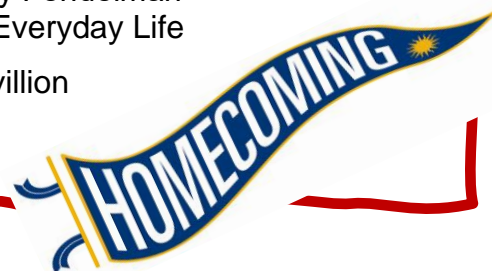
Make a tribute honor someone's simcha or good health or a loved one's memory.

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

Tributes will be published NEXT WEEK so call the office ASAP!

NHBZ Homecoming Month Continues

- | | |
|---------------------------|---|
| 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 | - BBQ Dinner at Irv Zeid Park Pavillion |
| 4:00 pm | - 'Doors' open |
| 5:00 pm – 7:00 pm | - Dinner is served |



A Day in the Life of Magen David Adom

Please join us for a special Zoom program with representatives of Magen David Adom (MDA), Israel's national Emergency Medical Services, blood services, and international relief organization, on **Monday, July 12, at 7:30 pm**. You will have an opportunity to learn about MDA's leading role in responding to the Covid-19 pandemic, the tragedy at Mount Meron on Lag B'Omer, and the recent rocket attacks from Gaza. Here is the Zoom link to participate

<https://zoom.us/j/92020957231?pwd=NWdxY0hzWU1jTFp0MGczK2VKNFg3QT09>

Meeting ID: 920 2095 7231 Passcode: 842955

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.



Volunteer Opportunities



NHBZ needs YOU more than ever!

Even though we have hired a full-time Shul Administrator, we still need volunteers to help with 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.

Covid Guidelines

General

- 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

Food Service

- 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.

Temporary 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

Events

Coming Soon

- 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

- Every Shabbos, 9:15 am – Learners Service with Rabbi David
- Every Shabbos, 10:15 am – Starting Points with Rabbi Smason,
- Every Wednesday, 12:15 pm – Pirkei Avos Class with Rabbi Smason
- Every Thursday, 7:30 pm – Mishmar Learning with Rabbi Okin

Meetings

- Anniversary Event Committee – Tuesday, June 29, 3:00 pm at NHBZ
- Board of Directors – Tuesday, July 13, 7:45 pm on Zoom as of this writing

Committee Chairmen, please submit meeting days and times to the office by Tuesday afternoon in order to be listed in the Shabbos Bulletin. *Committee members should always check to find out if a meeting time has changed.*

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.



Teen Schmooze is on break until Mid-July. 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

The Righting Reflex

"THE RIGHTING REFLEX"

with Jimmy Fendelman

KEEPING YOUR BALANCE IN EVERYDAY LIFE

**Learn the four key tools
of stress management:**

- 1) Mindfulness
- 2) Perspective
- 2) Self Regulation
- 4) Resilience

*Fun and fast-paced
Master your stress
Approach each day with vigor*



TUESDAY JUNE 29, 2021

1:30 pm

At:

**Nusach Hari B'nai Zion Congregation
650 N. Price Road
Olivette, MO 63132**

Jimmy Fendelman has been a trial attorney for twenty-five years and has been speaking for eight years on the topics of stress management, communications skills and leadership skills for teens, graduate students and adults. Mr. Fendelman has a blog, *Surfing the Blender*, devoted to the delicate art of staying sane in high-stress situations, and has presented his mindfulness workshop, *The Righting Reflex*, for a wide variety of audiences. He is known for his up-beat, high energy style.

"THE RIGHTING REFLEX"

Life is stressful; how do we balance the demands of our personal and professional lives with our own mental health? In this high-energy, extremely entertaining program you will learn the four key tools of stress management: mindfulness, perspective, self-regulation, and resilience. This class deals with deep concepts in a fast-paced, light-hearted manner with lots of vivid examples. You will leave this program with a clear map for negotiating the stress of personal and professional life and find yourself able to approach each day with renewed vigor.

PLEASE NOTE:

This is a live class that will be simultaneously transmitted via video link as part separate webinar sponsored by The Bar Plan Foundation. Our one-hour session must begin promptly at 2:00 p.m. in order that we may begin live at NHBZ in time for the Bar Plan Foundation remote webinar viewers to link into our class. In order to achieve this, we will have a Cookies & Cake reception at Nusach Hari B'nai Zion Congregation beginning at 1:30 pm. The live class will go from 2:00 pm. to 3:00 pm., after which Mr. Fendelman will be available for questions and comments. Please arrive at 1:30, enjoy the snacks and good company and please plan on being in your seats at 1:55 so that we are ready for the live program to begin at exactly 2:00 pm.

Learning at NHBZ

- **Parshas Balak by Rabbi Smason**

This week's portion shifts from the Jewish people's travels in the desert to the story of Bilam, the anti-Semitic prophet who attempted to curse the Children of Israel. Hired by Balak, the king of Moav, Bilam embarks upon a journey to the Israelite encampment. An angel brandishing a sword blocks Bilam's path, causing his donkey to repeatedly swerve off the road. Unable to see the angel, Bilam responds by striking the donkey three times. Miraculously, G-d causes the donkey to speak to Bilam -- shades of Mr. Ed, the talking horse in the 1960's TV show! Bilam's eyes are uncovered, and the humiliated prophet sees the angel standing in the path. The angel reminds Bilam that he may only speak the words that G-d places in his mouth. Upon arrival near the Jewish camp, Bilam repeatedly attempts to curse the people; each time G-d prevents him from doing so, but instead he ends up uttering several sets of praises, much to Balak's dismay. The Torah portion concludes with the Jewish men's debauchery with the promiscuous daughters of Moav and Midian, and the public immoral act of Zimri (a prince of the tribe of Simeon) with a Midianite princess. Pinchas, Aaron's grandson, zealously responds by piercing them to death with a spear, halting a plague from G-d which had broken out in the camp.

- **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 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



Do you shop on Amazon? Signup for Amazon Smile, and .5% of your qualified purchase will be donated back to NHBZ

How it works – it's as easy as 1-2-3:

1. Visit smile.amazon.com and sign-in to your Amazon account
2. Under "Pick your organization, search for "Nusach Hari"
3. Select "Nusach Hari-Bnai Zion Congregation"

Start Shopping! Every time you shop, sign-in to smile.amazon.com, and you will earn \$\$\$ for NHBZ



THE SISTERHOOD SCOOP

JUNE 26



Volume 4

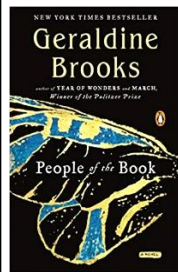
Number 25

16 Tammuz 5781

June 26, 2021

Sisterhood's Book Club News

As part of NHBZ's *Homecoming Month*, the next Book Club Meeting will be *in-person... THIS 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 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 or to **RSVP** call **Terri Schnitzer** at 314-518-4107 or email terrischnitzer@yahoo.com



Balak: "Counting Other People's Money"

"Modesty is one of my more outstanding qualities."—Anonymous.

Growing up, I remember a song parody about wedding extravagance. In the song, a man tells his friend about the wedding he's planning for his daughter. Flowers would be imported from overseas, a 100-person band would entertain the guests with their symphony and an outlandish Viennese table would culminate the meal. Finally, each guest would receive a token gift before leaving: an entire set of the Talmud.

"But what about modesty?" asks his friend after hearing of the lavish plans.

"But, of course!" the father of the bride responds. "On the invitation, I will write that all guests should come to the wedding in modest attire."

There are many facets to this trait we call modesty. While the way you dress may be the most obvious, modesty is certainly not limited to appearance.

In biblical times, modesty played a pivotal role in thwarting Balaam's evil intent. Balaam was a non-Jewish prophet employed by Balak, king of Moab, to curse the Jewish people. Now, Balaam knew that a military attack would be futile; the Jews had a track record of supernatural and forceful victories in war. So Balaam tried to weaken them at their source, by diminishing their spiritual connectivity. As a spiritual guru, he felt he had the skills needed to undermine their connection to G-d.

Ironically, whenever Balaam opened his mouth to curse the Jewish people, out flowed the most magnificent blessings. Finally, after his second fruitless attempt to lash out words of destruction, he said something very telling: telling, since it exposed the reason for his inability to curse them.

"How goodly are your tents, O Jacob; your dwelling places, O Israel!" (Numbers 24:5)

The Midrash explains that Balaam was noting the modest way in which the tents of Israel were aligned. They were staggered so the windows of one tent had no visual access to the windows of its neighboring tent. At each stop over their 40-year trek, the people made sure to erect their tents in this modest arrangement. Apparently, it was this exceptionally sensitive quality among them that made it impossible for Balaam to harm them.

Modesty means having healthy boundaries. Today, modesty is underrated. As Americans, we're hooked on TV shows that dig into the most personal parts of people's lives and display them to millions of viewers. Conversely, many teens (and adults) are misled to believe that if they don't expose what is meant to be sacred and private, they are prudish.

People who are careful not to speak *lashon hara* [gossip] are merely expressing their appreciation for healthy boundaries. Who gave you permission to analyze another's life? You shouldn't be looking in their window. And if you are exposed to a private bit of information about your friend, be sensitive. Gossiping violates the sacred space of another person.

The Jews were in transit, and yet they still made sure to uphold this subtle expression of modesty as they assembled their tents. Preserving strong and healthy boundaries was high on their priority list. Mirroring their efforts, G-d shielded them from harm with a protective barrier, and Balaam was unable to diminish their prowess. **-Rochel Holzkenner, www.chabad.org**

Sisterhood wishes a *refuah shelema*, a quick and complete recovery, to Sisterhood Past President

Trudy Sudin

You can send get well wishes to Trudy – 408 Berkley Place Court, St. Louis, MO 63132

**Sisterhood Welcomes
our new Shul Administrator
Nancy Stenn!**

