



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

July 24, 2021 • 15 Av 5781 • Candle Lighting 8:01 pm • Shabbos Concludes 9:03 pm

☆ *This Shabbos is Shabbos Nachamu, the Shabbos of Consolation* ☆

Parshas Va'eschanan
Haftarah

Deuteronomy 3:23 - 7:11
Isaiah 40:1 - 40:26

Stone Chumash pp. 958 - 979
Stone Chumash pp. 1196 - 1197

- This bulletin is sponsored by **Sam & Shirley Bluestein** in honor of the birth of their new great-grandson **Shimon Mendell, Simon Miles Peysakovich**; parents are **Roman & Emma Peysakovich**, and grandparents are **Ephraim & Michelle Mufson**
- The ice cream at today's Kiddush is sponsored by **Rachael Pevnick** in memory of her beloved husband **Teddy**, on his Yahrzeit, for all the love he has given her and her family
- A belated thank you to **Dr. Eliot & Sally Katz** for partly sponsoring last week's pre-Tisha B'Av Shabbos Kiddush Lunch

Prayer

Erev Shabbos, Friday, July 23

- 7:00 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 8:01 pm Candle Lighting

Shabbos, Saturday, July 24

- 9:00 am Shachris followed by Musaf
- 7:35 pm Mincha, Shalosh Seudos, Ma'ariv
- 9:03 pm Shabbos concludes



Minyan Times July 22 - July 31

	Thu Jul 22	Fri Jul 23	Shabbos Jul * 24	Sun Jul 25	Mon Jul 26	Tues Jul 27	Wed Jul 28	Thur Jul 29	Fri Jul 30	Shabbos Jul 31
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	7:35	7:00	7:00	7:00	7:00	7:00	7:00	7:30

* July 24 this year is 15 Av, 'Tu B'Av', and Shabbos Nachamu, the Shabbos of Consolation

Congregation News

Simchas for the Week of July 24 - July 30

Birthdays

Craig Feenberg July 24
Benjamin Garmaise July 25

Anniversaries

Murray & Joyce Hochberg July 28

Fund Raising

Special Gifts Campaign UPDATE

The Campaign is well underway, and we need your help. The matching effort outlined in the Bulletin over the last few weeks has been a great boost, but to be successful we need 100% participation from all the members of the Shul's family. While we are scheduling a Phone-a-thon in the coming weeks, that effort should only reach out to the handful of members who may not yet have stepped forward. This is your opportunity. Send a strong message. A vibrant Nusach Hari B'nai Zion is the insurance policy we need to guarantee our children live and thrive Jewishly. Don't let this fall to others. It is as much your responsibility as mine. Please call the Shul's office **this week** to share in this exciting effort. The funds raised will go directly towards programming and activities designed to draw children, young people and young families into NHBZ. Share in the future of the Shul.

I thank you for your time, your commitment and your support of NHBZ.

Jay B. Umansky, Chair



Events

Coming Soon

- Sunday, July 25 – BBQ at Zeid Park – check flyer for details
- Thursday, July 29 – Security Training – watch for flyer
- Monday, Nov 15 **new date** – "A Day and a Night Living on the Gaza Border"
- 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

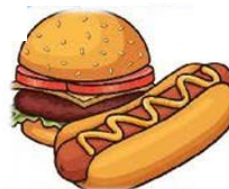
High Holiday Seating

Believe it or not – Rosh Hashanah is just around the corner! All members of NHBZ (not Associate Members) are entitled to their own seat for the High Holidays, so they can come and go as much as needed, and return to their own seat. If you weren't entirely happy with your seat last year (too noisy? too cold? too close to the front?), you can change it! If you are a new member we can help you pick out a seat to your liking. Please contact Lenny Alper at lenny.alper@outlook.com to review your seating options, or contact Nancy in the office at office@nhbz.org.

BBQ

SUNDAY, July 25

4:00-7:00pm (food service starts at 5:00pm)
at Irv Zeid Park, just east of NHBZ



- Everyone is welcome, even if you didn't RSVP
- We'll have enough food for all!

Congregation-Wide Safety and Security Information and Training

We invite all members to register and attend a Safety and Security training session entitled Entry Point, presented by Community Security Service (CSS). The mission of CSS is “Protecting Jewish Life and Jewish Way of Life”. This is a one-hour virtual training session about the basics of security and how to help protect our community. It is a standalone program, and no background in security is required. This live, interactive, virtual session will be held via Zoom on **Thursday, July 29th at 7:45 pm CDT. Watch for the flyer with sign-up instructions.**

On-going Covid Guidelines

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
- The last two rows of seats in the sanctuary have every-other seat taped-off for those who prefer social distancing

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. Watch for announcements!

Israel

A Year in the Life of Magen David Adom Video

If you were not able to attend the special Zoom program with representatives of Magen David Adom (MDA), Israel’s national Emergency Medical Services, on Monday, July 12, here’s a link to a video of the program: <https://vimeo.com/575457797/f59a8ac8db>

A Day and a Night Living on the Gaza Border

Reserve the evening of Monday, November 15 (**new date**) for a program entitled ‘A Day and a Night Living on the Gaza Border’ to take place at NHBZ. The program will be presented by Lieutenant Colonel Keith Isaacson and a security official from the Eshkol Region of Israel. We thank Irl Solomon, of Friends of Israel, and Pastor Bryan Sharp for enabling us to host this event.

Learning at NHBZ

Ask Our Rabbis!

Q: What is an example of a ritual that we assume to be listed in the Bible, but is instead a Rabbinic enactment? What is the purpose for this enactment? Why did the Rabbis make enactments in the first place?

A: There are a number of Jewish rituals that we perform on a regular basis which many people assume to be in the Bible. One example is Netillas Yadayim, the ritual hand-washing procedure that is performed before any meal where bread will be consumed. The Gemara (Chullin 105a) states that this hand-washing is of Rabbinic origin. Rabbi Yaakov ben Asher explains that the reason for this enactment is to ensure that the food which we consume should be done in a state of purity (Tur Orach Chaim 158 based on Chullin 106a). One intent behind this practice is that when the Beis Hamikdash, the Holy Temple in Jerusalem, will be rebuilt, speedily in our days, the Jewish people will automatically eat the sacrificial foods in the proper state of ritual purity, through having ritually washed their hands before eating.

The Rabbis have a mandate to establish Takanos, enactments, in a number of circumstances. Netilas Yadayim is an example of the type of enactment that was established in response to an identified shortcoming in the Mitzvah observance of the Jewish People. In this case, the problem at hand was that the Kohanim were not being careful with the state of their hands when they would eat ritual foods. This was extended to all Jews, but only to meals that contained bread, when the Rabbis determined that a uniform standard was needed for the whole Jewish community to ensure that ritual food was not eaten in a defiled state. The Rambam (Hilchos Brachos 6:2) notes that “this is an ordinance of the sages whose instructions the Torah bids us heed, as it is said ‘According to the law which they will instruct you’ (Devarim 17:11). This is the source of the injunction that the Jewish People follow the prescription of the Sages, which is designed to ensure that we have the best possible relationship with Hashem that we can.

Is there something you've always wanted to know about Judaism, but were afraid to ask? Email your questions to: Pepshort613@gmail.com and enter 'Ask Our Rabbis' as the subject of the email.

Tu B'Av – extracted from www.chabad.org/library/article_cdo/aid/53680/jewish/15th-of-Av.htm

The 15th of Av is a most mysterious day. A search of the Shulchan Aruch (Code of Jewish Law) reveals no observances or customs for this date, except for the instruction that the *tachanun* (confession of sins) and similar portions should be omitted from the daily prayers (as is the case with all festive dates), and that one should increase one's study of Torah, since the nights are beginning to grow longer, and “the night was created for study.”

The Talmud tells us that many years ago, the “daughters of Jerusalem would go dance in the vineyards” on the 15th of Av, and “whoever did not have a wife would go there” to find himself a bride. And the Talmud considers this the greatest festival of the year, with Yom Kippur (!) a close second!

As the “full moon” of the month of Av, it is the festival of the future Redemption, marking the end of the tragedy that marred the first part of the month. Until this day, we held siyumim and gave charity each day to mitigate our sadness and hasten the Redemption. But on the 15th of Av, this is no longer. Forty-five days before Rosh Hashanah, this is also the first day on which we begin to wish each other a ketivah vachatimah tovah, to be signed and sealed for a good year.

Learning at NHBZ (continued)

- **Parshas Va'eschanan - by Rabbi Smason**

Moses continues his final speech to the Children of Israel. He tells them how he entreated G-d to allow him to enter the land of Israel, but his request was denied. Moses was allowed, however, to see the Promised Land from the peak of Mount Pisgah. Moses appeals to the people to keep the Torah, telling them to neither add to nor subtract from its mitzvos. They are told to always remember the Revelation at Mt. Sinai where every man, woman and child heard the presentation of the Ten Commandments. Moses repeats the Ten Commandments, with subtle differences between this version and that of the Book of Exodus. The Shema, found in this week's Torah portion, expresses our belief that G-d is One and states our commitment to love and serve Him. It exhorts us to transmit Torah to the next generation, and its laws should be remembered by a 'sign' upon one's hand and forehead (tefillin) and written on the doorposts of one's home (mezuzah). Finally, Moses encourages the people to trust in G-d and remain faithful to the Torah. Intermarriage is prohibited, and the source that Jewish identity is transmitted through the mother is stated.

- **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/leuwWw6NTFIDC96XIXkRGv>

- **Rabbi Smason's Shabbos Shoutout**

The complete list of Shabbos Shoutouts, with most recent listed first, can be found at https://www.youtube.com/playlist?list=PLI_MFI0zsmKIlmpR3KpHROrHDWIDNbgsN

- **Rabbi Okin's Torah Thoughts**

The complete list of Torah Thoughts, with most recent listed first, can be found at: https://www.youtube.com/playlist?list=PLI_MFI0zsmKJG-HuXMG1Ej2aUImgQHkJ-

- **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:

July 24: What Makes You Laugh?

July 31: How to Conquer Anger



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



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3. Select "Nusach Hari-Bnai Zion Congregation"

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THE SISTERHOOD SCOOP

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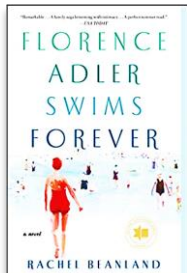
15 Av 5781

July 24, 2021



Sisterhood's Book Club News

The next book club meeting will be on Monday, August 23, 7:15-1:45 pm, at the home of Sallie Volotzky. The book will be



"*Florence Adler Swims Forever*," a novel by Rachel Beanland. Winner of the 2020 National Jewish Book Award for Debut Fiction, and set in Atlantic City in 1934, it tells the story of a Jewish family struggling to conceal a tragic secret. *Faith Waxman* will lead the discussion.

Mark your calendars now for these upcoming Book Club discussions dates:

- ☐ Oct. 25 "*The Third Daughter*" by Talia Carner – discussion led by Ilene Brooks Scharnhorst
- ☐ Dec. 27 "*The Ghost of Hannah Mendes*" by Naomi Ragen

For more information or to **RSVP** call **Terri Schnitzer** at 314-518-4107 or email terrischnitzer@yahoo.com



The Shabbat after the Ninth of Av is called **Shabbat Nachamu** ("Shabbat of Consolation"), the first of the series of readings known as "The Seven of Consolation" read in the seven weeks from the 9th of Av to Rosh Hashanah.

♥♥♥ It's Tu B'Av ♥♥♥

The Talmud teaches, "There were no greater festivals for Israel than the 15th of Av and Yom Kippur."

Seriously? Comparing this unknown day to the holiest day on our nation's calendar? What is so special about the 15th of Av?

The Talmud writes: "The daughters of Jerusalem would go out in borrowed linen garments (so as not to embarrass those without beautiful clothes of their own) . . . and dance in the vineyards," and "whoever did not have a wife would go there" to find himself a bride. (Taanit 31a)

There are many explanations about this day. *Here's one:*

My take is very basic, but it is at the core of what I love so much about Judaism.

Judaism tells us to strive for the heavens while keeping our feet grounded to the earth.

The message of the 15th of Av is so down-to-earth: Experience the mystery of marriage. Taste the wonder of love. See the beauty of two very diverse people uniting in body, heart and soul to create harmony in our world. Observe the selflessness of two individuals coming together despite personal barriers to bring new life to our world. And as you do, realize that you are witnessing holiness.

Judaism teaches us that the 15th of Av is no less holy than the hallowed day of Yom Kippur, when we fast and forgo all our bodily needs in our quest to reach spiritual heights. Why? Because this was the day that marriages were forged.

And marriage is a holy institution.

There's one more important point. The girls would wear borrowed clothing so no one would be embarrassed. No high-fashion couture clothing surrounded in luxurious posh mansions; no petty competitiveness to outshine one another. The girls danced joyously in the vineyards in simple, borrowed, linen garments.

The matchmaking festivity underscored: look beyond the outer shell and find a deeper soul connection.

In our society, when the sanctity of marriage is being eroded, when our values have become shallow and our ideals battered, this day has a valuable message.

Let's make the 15th of Av a day of increased love, focused less on superficial externals and more on what really matters.

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

NHBZ Sisterhood will serve as a Congregational Table Host for the JFed's Women's Philanthropy Annual **L'Chaim Event** on October 27, 5:00-9:00 pm
Watch for details!