



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

July 31, 2021 • 22 Av 5781 • Candle Lighting 7:54 pm • Shabbos Concludes 8:56 pm

Parshas Eikev
Haftarah

Deuteronomy 7:12 - 11:25
Isaiah 49:14 – 51:3

Stone Chumash pp. 980 – 997
Stone Chumash pp. 1197 – 1199

Please see Page 3 for important information about NHBZ's new mask policy.

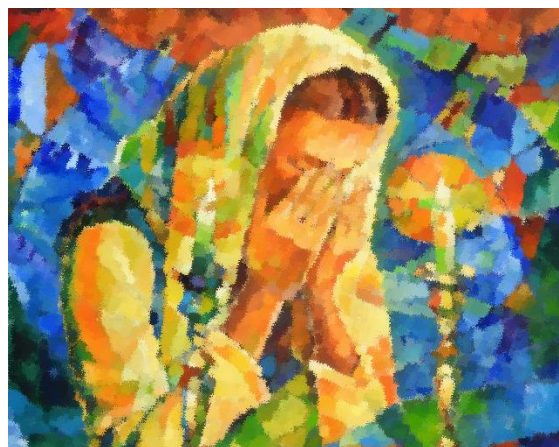
Prayer

Erev Shabbos, Friday, July 30

- 7:00 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 7:54 pm Candle Lighting

Shabbos, Saturday, July 31

- 9:00 am Shachris followed by Musaf
- 7:30 pm Mincha, Shalosh Seudos, Ma'ariv
- 8:56 pm Shabbos concludes



Minyan Times July 29 – August 7

	Thu Jul 29	Fri Jul 30	Shabbos Jul 31	Sun Aug 1	Mon Aug 2	Tues Aug 3	Wed Aug 4	Thur Aug 5	Fri Aug 6	Shabbos Aug 7
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	7:30	7:00	7:00	7:00	7:00	7:00	7:00	7:25

Congregation News

Mazel Tov on Simchas This Week! July 31 – August 6

Happy Birthday

Sally Needle August 3
Janet Goldenberg August 4
Julie Eisenberg August 6
Jonah Shifren August 6
Allan Swan August 6

Happy Anniversary

None this week

Show your friends you care - SEND A TRIBUTE
Call the office at 991-2100 ext 2 or send an
email to office@nhbz.org

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



A note from Rabbi Smason regarding taking food home from Kiddushim and Lunch

Individuals have asked whether the prepackaged food currently being served on Shabbos at our Kiddushim and lunches may be taken home following services or our food events. Our synagogue policy is that no one may take home any food -- prepackaged or otherwise -- following an NHBZ food event. This rule involves both halachic considerations of items being taken outside the eruv, as well as the synagogue's need to save reusable food for future food vents. *Exceptions can be made on a case-by-case basis only by speaking directly to Rabbi Smason.* We thank you for your understanding and cooperation in this matter.

Events

Coming Soon

- Thursday, July 29 – CSS 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

- Online Classes – See listing on Page 6
- 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.

On-going Covid Guidelines

New mask policy

With the renewal of St. Louis City and County mask mandates on July 26, and recommendations from both the CDC and our synagogue's medical and health advisory team of physicians, NHBZ is now requiring *everyone* ages 5 and over, including those who are vaccinated, to wear a mask indoors. This applies to weekday prayer services, classes and programs, as well as on Shabbos. The exception will be those who are eating and drinking *while seated* at a food event such as at a Kiddush. While it is no doubt disappointing to revert to this mandatory mask policy, we must continue to do what we can to protect ourselves and others. Further guidelines will soon be forthcoming.

Rabbi Ze'ev Smason

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

Take it from me,
the Lone Ranger:
"**Your** mask should cover
your mouth and nose"!



Reminder

An *eruv* is an enclosure, constructed according to halacha (Jewish law), as a way to permit Jewish residents or visitors to carry certain objects outside their own homes on Shabbos and Yom Tov. The St. Louis *eruv* encompasses parts (but not all) of Olivette, U.City and Clayton. We respectfully request that Shabbos bulletins or any other item not be removed from the synagogue by those who do not live within the *eruv*. Also, the bulletin contains *Divrei Torah* (words of Torah) and as such, must not be thrown into the trash. For questions on either or both of these guidelines, please contact Rabbi Smason

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 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: I was studying Torah laws regarding prohibited speech, mostly gleaned from the writings of the *Chafetz Chaim*. I came across the following law: *It is also forbidden to repeat anything about another, even if it is not a negative thing. This is called rechilut.* How does this apply to eulogies or honors given when they make speeches about the honoree?

A: Thank you for sharing this important question.

Even positive things said about others have the potential to bring a negative response from someone who might be jealous, or an adversary of a particular person. In other words, upon hearing something positive said about someone, the respondent might say, "Well ... he wasn't perfect. Did you know that he used to do x, y and z?"

At a funeral, though, even adversaries will let their animosity and jealousy lie -- if for no other reason than being looked at as being a scoundrel for speaking negatively about the dead. And when it comes to honorees at dinners, I think it's also understood that for the sake of the benefit of the organization and *tzedaka*, honorees will be publicly extolled. Therefore, someone who might respond with sarcasm or negative comments would (generally speaking) hold their tongue.

Learning at NHBZ (continued)

● Parshas Eikev - by Rabbi Smason

Moses continues to encourage the Children of Israel to trust in G-d and in the prosperity and health which will follow if they keep the Torah. If they are careful to observe even those 'minor' mitzvos that are usually 'trampled' underfoot, he promises that they will be the most blessed of the nations of the Earth. Moses reminds them of their numerous transgressions in the desert, including the mystifying sin of the Golden Calf. Moses describes the bountiful Land of Israel filled with wheat, barley, grapes, figs and pomegranates, a land of oil-yielding olives and date-honey. He teaches the people the second paragraph of the Shema which stresses the fundamental doctrine of reward for keeping the mitzvos and the consequences of non-compliance. All that G-d requires of us, Moses says, is to love G-d, revere Him, and to observe His Torah. Easier said than done! Parshas Eikev concludes with the promise that G-d will provide the Jewish people with protection if they observe the laws of the Torah. Many are familiar with the famous phrase (found in this week's portion), "Man does not live by bread alone." The less-familiar second half of the verse says, ". . . but by all that comes from the mouth of G-d." This important idea teaches that physical nourishment and external pleasures aren't sufficient for a satisfied life. Every human being has spiritual needs that must also be met.

● NHBZ Mishmar - Join Rabbi Okin

This week, Mishmar will be cancelled due to the CSS program on Thursday night

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_MFI0zsmKlImpR3KpHROrHDWIDNbqsN

● 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 31: How to Conquer Anger
- August 7: Are You Really Living or Just Alive?
- August 14: How Do You Measure a Life Well-Lived?
- August 21: The Best Advice I Ever (and Never) Got
- August 28: (No Starting Points)
- Sept. 4: Begin Again - What Can Make This the Best Year Ever?
- Sept. 11: Mistakes We Need to Stop Making



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>

"To The Source" is now on pause, possibly continuing after the Holidays



BBQ

Sunday, July 25, 2021 at Irv Zeid Park





THE SISTERHOOD SCOOP

JULY 31

Volume 4

Number 29

22 Av 5781

July 31, 2021

After We Eat

—by Rabbi Elisha Greenbaum

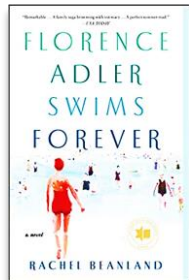
...From the perspective of Jewish Law the grace **after** meals is far more important than the blessings **before** eating. The Torah tells us “and you will eat and be sated, and you shall bless the Lord, your G-d (Ekev 8:10).” Biblical Law only really commands us to bless once we’ve eaten and been satisfied, and it was the rabbis who added the command to give thanks in advance.

On reflection, this makes sense. When we’re hungry we generally have no difficulty remembering G-d; when we need things from Him, we always remember to ask. However, it’s vitally important to bless G-d afterwards too.

When things are going well; when we’ve eaten already and are sated, are we just as mindful then of our responsibilities to our Creator? The true measure of maturity is when we thank G-d after eating, demonstrating gratitude and appreciation for the gifts we have received. (www.chabad.org)

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 1934 Atlantic City, 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:**

- ☐ 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



Everyone is Invited to participate in Sisterhood’s

New Year Greetings



Fundraiser for 5782

The NHBZ Sisterhood wishes you Health, Happiness & Prosperity in the New Year...

...and invites you to wish **L'Shana Tova Tikatevu** to everyone in our NHBZ family!

Make checks payable to ‘NHBZ’ and write ‘Sisterhood Greeting’ on the memo line. \$5 minimum donation – no maximum!

Be sure to Include:

- how to list your name
- your phone number
- your email address
- the amount enclosed

Names of donors will be published in the NHBZ 5782 Rosh Hashanah Bulletin

Mail your contribution by August 27 to:

NHBZ Sisterhood
650 North Price Road
St. Louis, MO 63132



or email your greeting information directly to bookkeeper@nhbz.org and visit the website www.nhbz.org to make a payment

FOR QUESTIONS, CALL THE NHBZ OFFICE, 314-991-2100, EXT.3 OR EMAIL: sisterhood@nhbz.org

"There are only two kinds of people in the world. Those who are alive and those who are afraid."

--- Rachel Naomi Remen

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!