



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

August 21, 2021 • 13 Elul 5781 • Candle Lighting 7:29 pm • Shabbos Concludes 8:31 pm

Parshas Ki Seitzei
Haftorah

Deuteronomy 21:10 - 25:19
Isaiah 54:1 – 54:10

Stone Chumash pp. 1046 – 1067
Stone Chumash p. 1201

We thank our generous sponsors:

Denny & Amy Feit for sponsoring the Young Families Event:
"Preparing for a Sweet New Year"

Menachem & Linda Szus for sponsoring this Bulletin, in memory of
Menachem's mother, **Sonia Szus**, on her first Yahrzeit

In celebration of **Jonathan & Devorah's marriage**, we thank the following sponsors
of today's Kiddush-Luncheon and Sheva Brachas:

- Craig & Jackie Berkin
- Ken & Barbara Bressler
- David & Lisa Gellman
- Alan & Janet Haber
- Bob & Joni Kaiser
- Stuart Klamen
- Sally Needle
- Mark Ragin & Gail Rose
- David & Fran Reisler
- Phyllis Silverman
- Menachem & Linda Szus
- Victor & Anna Rose Tendler
- Leonid & Stella Vladimirov
- Alan & Vivian Zarkowsky

Prayer

Erev Shabbos, Friday, August 20

- 7:00 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 7:29 pm Candle Lighting

Shabbos, Saturday, August 21

- 9:00 am Shachris followed by Musaf

Thank You for Leading Services

- Pesukei D'Zimra: **Howard Sandler**
- Shacharis: **Rabbi Avi Okin**
- Leyning: **Stuart Klamen**

- 7:10 pm Mincha, Shalosh Seudos, Ma'ariv
- 8:31 pm Shabbos concludes



- Haftorah: **Hal Rosen**
- Sermon: **Rabbi Ze'ev Smason**
- Musaf: **Rabbi Avi Okin**

Minyan Times August 12 – August 21

	Thu Aug 19	Fri Aug 20	Shabbos Aug 21	Sun Aug 22	Mon Aug 23	Tues Aug 24	Wed Aug 25	Thur Aug 26	Fri Aug 27	Shabbos Aug 28
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	7:10	7:00	7:00	7:00	7:00	7:00	7:00	7:00

Congregation News

Mazel Tov on Simchas This Week! August 21 – August 28

Happy Birthday

Beatrice Epstein	August 22
Debbie Sher	August 22
Jonathan Yasinev	August 24
Dodi Smason	August 25

Happy Anniversary

Hal & Ellen Rosen	August 23
Jesse & Debbie Barash	August 27

Mi Sheberach

Are you or a loved one in need of some special prayers for healing? Simply provide the person's English and Hebrew names (including the mother's Hebrew name), and notify Nancy by calling (314-991-2100, ext. 2) or emailing (office@nhbz.org). The Mi Sheberach prayer will be said for 30 days. It is customary to make a donation to the Synagogue when requesting a Mi Sheberach.

Special Gifts Campaign – Matching Program

With the consent of our very generous donors, there is ONE MORE WEEK of pledge matching! Make every dollar doubled. Call today with your pledge. This is your opportunity to help form the future of our Shul.

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

Jay B. Umansky, Chair



Events

Coming Soon

- | | |
|-----------------------|---|
| • Sunday, August 22 | – "Preparing for a Sweet New Year"
~A Young Families Event (Everyone invited!) |
| • Sunday, August 29 | – CHANGE: Carry-out PIZZA NIGHT* |
| • Monday, Nov 15 | – Teen Schmooze Restarts |
| • Sunday, December 12 | – "14 Days Living in Eshkol, Israel" |
| | – 116 th Anniversary Event |

On-Going

- | | |
|-----------------------------|---|
| • Online Classes | – See listing on Page 6 |
| • Every Shabbos, 9:15 am | – Learners' Service with Rabbi David (On Hiatus) |
| • 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 |

On-going Covid Guidelines *New Shul Policy*

The NHBZ Board of Directors voted, on August 10, 2021, that attendance at our shul requires vaccination against COVID-19. Masks must still be worn, and there is no restriction on the numbers attending. Food will continue to be served indoors.

Per Dr. Shifren's recommendations, children under 3 are not required to wear masks and children under 13 do not require vaccinations.

Per Rabbi Smason's requirement, shul members need to show the Rabbi proof of vaccination.

Lulav & Esrog Sets --Only 2 weeks left! Order yours today.

High Holidays are almost here and it is time to place your orders for Lulav & Esrog sets. Please email your orders to Nancy at office@nhbz.org, or call 314-991-2100, ext. 2. Please be sure to leave your name, call back phone number and your order. Prices are as follows:

- Basic Lulav & Esrog set \$50
- Deluxe Lulav & Esrog set \$70
- Standard Lulav & Esrog set \$60
- Premium Lulav & Esrog set \$85

*** All orders must be received and paid for on or before Thursday, Sept. 2, 2021.
No exceptions, as order will be placed first thing Friday morning.**

Yizkor Book of Remembrance

Have you confirmed your Yizkor listings? As in the past, we request a \$10 donation for each name listed (or group of names such as "and family") in the Book of Remembrance, and an additional \$36 donation for each Name Read Aloud during Yizkor. The Book of Remembrance is used on Yizkor throughout the year for Yom Kippur, Shemini Atzeres, Passover and Shavuot. Please notify the Office today (office@nhbz.org or call 314-991-2100, ext. 2) of how you want to honor the memory of your loved ones.

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 at office@nhbz.org.

High Holiday Parking

Parking will be available on the Logos School Parking Lot. Please park in the spaces closest to the synagogue. Thank you to Logos School!!!!

Reminders

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. 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.

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 events.

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.

Youth Programming

"Preparing for a Sweet New Year" Join the Young Families program of NHBZ for a fun and tasty event as we prepare for Rosh Hashanah and a sweet new year! Learn about how honeybees produce honey. Enjoy tasting fresh, natural honey, and learning why Jews traditionally have honey on Rosh Hashanah!

8/22 from 1-2pm All ages welcomed!! Feel free to contact Rabbi Okin at aviokin@nhbz.org with any questions.



Teen Schmooze is RETURNING, Sunday, August 29, 2021.

"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.

Israel

Israeli Olive Oil

Get ready to place your orders! Once again, we can support Israeli business and eat well while doing it! Yes, you can adopt an olive tree! Stay tuned for details.

14 Days Living in Eshkol, Israel

Reserve the evening of Monday, November 15 for a program entitled "14 Days Living in Eshkol, Israel" 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: During Shabbat Morning Services I am not always sure of appropriate times to stand and sit. My guiding cue is observation of your standing and sitting. Is this OK or is there a better solution? I am aware of standing for Kaddish, Amidah, Aleinu, etc.

A: In many communities, the rabbi or the president of the congregation gives people a prompt — “Please rise” — so they know when to stand up, and a “You may be seated” when it’s OK to sit down. Additionally, a congregant can simply follow the lead of the rabbi or president when they rise and take a seat.

So, what’s with all the up and down? In Jewish prayer, as in life, standing for something symbolizes a greater level of respect. Just as people stand to greet their parents, visiting dignitaries or the president, we stand during some prayers to indicate a greater level of respect and intention. The centerpiece of any Jewish prayer service is the *Amidah*, a prayer whose very name means “standing.” So, of course we stand during the standing prayer.

We also stand for *Barechu*, *Aleinu*, *Hallel*, and as a general rule, one should stand any time that the Ark is open. It is customary to stand as the Torah is being paraded to and from the table where it is read, and when it is being held up and wrapped at the end of the Torah service. It’s also customary to stand when Kaddish is being recited.

● **Parshas Ki Seitzei - by Rabbi Smason**

This week's Torah portion contains 74 mitzvos (commandments) -- more than 10% of the 613 mitzvos of the Torah. Among the highlights:

- Guidelines for treatment of captured female prisoners of war
- Treatment of the 'stubborn and rebellious son'
- Prohibition of wearing shatnez -- a mixture of wool and linen in the same garment
- The case of the defamation of a married woman
- Men are forbidden from wearing women's clothing and vice versa.
- Taking interest for lending to a Jew is forbidden
- The requirement of a get (bill of divorce) when divorce takes place
- The obligation to pay workers in a timely fashion (handymen, babysitters, etc.)
- Special consideration must be given to a widow and orphan

This power-packed Torah portion concludes with the command to remember the atrocities which the nation of Amalek (from whom Haman came) committed against us upon our exodus from Egypt.

In the Month of Elul

Beginning with the month of Elul, when writing a letter or meeting one another, we bless one another by including the greeting *Kesivah vachasimah tova*—which roughly translates as “May you be inscribed and sealed for a good year.”

Learning at NHBZ (continued)

- **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_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 – *On Hiatus until Rosh Hashanah***

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:

- August 21: The Best Advice I Ever (and Never) Got
- August 28: Good Person/Good Jew: Is There a Difference?
- Sept. 4: Begin Again - What Can Make This the Best Year Ever?
- Sept. 11: Mistakes We Need to Stop Making

Trib-ute (trib'yoot)

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

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

To make a tribute, call Nancy in the office 314-991-2100, ext. 2, or email office@nhbz.org.

Tributes will be listed monthly in the Shabbos bulletin.



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 Solomon: His Wisdom, Wealth and Wives".
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



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**



PIZZA NIGHT

CARRY OUT ONLY

SUNDAY, AUGUST 29, 5-7 PM



\$14.00 for a whole pizza.

Choose 1, 2, or 3 pizza toppings:

plain cheese – mushroom – green pepper – onion

Place orders BY NOON on Wednesday, August 25

call 314-991-2100, ext. 2 to order your pizza and arrange a time for pickup between 5:00 and 7:00pm.

You may email orders to office@nhbz.org and pay online at <https://www.nhbz.org/make-a-payment-2/> or mail your check to NHBZ

All food under the supervision of Rabbi Ze'ev Smason





2021



5782



314-991-2100

WWW.NHBZ.ORG

KIDS' PROGRAMS for the HIGH HOLIDAYS

**Come join NHBZ as we celebrate
the Birthday of the World ...**

Rosh Hashanah!

10:00 AM-12: 30 PM on Rosh Hashanah.

NHBZ will be offering meaningful and age-appropriate Jewish programs, interactive games, snacks & lunch for ages <1-12 years old.

The separate groups will be:

'GAN'- Babysitting for ages 0-4,

'APPLES & HONEY'- Program for ages 5-8, and

'SHOFROT'- Program for ages 9-12.

Please RSVP to office@nhbz.org to sign your kids up for the program!

Stay tuned for information about our Yom Kippur Children's program. Membership isn't required and there is no cost to participate. Feel free to contact Rabbi Okin at aviokin@nhbz.org with any questions.

NUSACH HARI B'NAI ZION - 650 N. PRICE ROAD - ST. LOUIS MISSOURI 63132



Teen Schmooze

Teens of all levels of observance welcome

***A special opportunity just for teens
in an informal group setting***

***Weekly, starting Sunday, August 29
On the NHBZ Patio***

Refreshments will be served

Join Rabbi Avi Okin to talk about . . . life,
Jewish stuff, not-so Jewish stuff, concerns,
questions . . . and whatever is on your mind!

5th-8th graders 9:00 am - 9:30 am

9th-12th graders 9:30 am - 10:00 am

Got Questions

There is no charge for this program
NHBZ membership not required

Please RSVP to Rabbi Okin at aviokin@nhbz.org





THE SISTERHOOD SCOOP

AUGUST 21



Volume 4

Number 32

13 Elul 5781

August 21, 2021

Book Club Meets *this Monday*

The next book club meeting will be on **Monday, August 23, 7:15-8:45 pm**, in person, outdoors, at the patio 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. **RSVP to Terri.**



ZOOM option also available.
RSVP for the link.

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



Life is Sweet: What Rosh Hashanah Says to Us

excerpted from *Rabbi Lord Jonathan Sacks*^{ZL}

Life may be hard, but it can still be sweet, the way the challah and the apple are on Rosh Hashanah when we dip them in honey. Jews have never needed wealth to be rich, or power to be strong. To be a Jew is to live for simple things: the love between husband and wife, the sacred bond between parents and children, the gift of community where we help others and others help us and where we learn that joy is doubled and grief halved by being shared. To be a Jew is to give, whether in the form of *tzedakah* or *gemilut chasadim* (acts of loving-kindness). It is to learn and never stop seeking, to pray and never stop thanking, to do *teshuvah* and never stop growing. In this lies the secret of joy. Throughout history there have been hedonistic cultures that worship pleasure and ascetic cultures that deny it, but Judaism has a different approach altogether: to sanctify pleasure by making it part of the worship of G-d. Life is sweet when touched by the Divine.

Reflect on where the sweetness is in your life.

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!

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

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

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

All Women are Invited to Sisterhood's 'Welcome Back' Open House Thursday, September 23

Join us for schmoozing & refreshments in the Sukkah – watch for details!



For information or to join Sisterhood, call the NHBZ office at 314-991-2100, ext. 3, or email: sisterhood@nhbz.org



New Year Greetings

fundraiser

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 your check payable to NHBZ,
and write '*Sisterhood Greeting*' on the memo line

*In order to encourage everyone to participate we have kept the minimum
donation to just \$5 per name – There is NO MAXIMUM – Please be generous!*

Names will be published in the 5782 Rosh Hashanah Bulletin

Send your contribution, along with the form below, **by August 27** to:

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

or you may email your greeting information directly to bookkeeper@nhbz.org
or 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

NHBZ SISTERHOOD NEW YEAR GREETING ~ FOR ROSH HASHANAH 5782 BULLETIN

Name _____

Phone _____ Email _____

Amount enclosed \$ _____ (*\$5 per name minimum – no maximum!*)

Please list my name(s) as follows:



Proceeds benefit NHBZ's Passport to Israel Program and other NHBZ Sisterhood projects

A Good and Sweet Year !



MEAT ★ UP ★



WIN A
WEBER SMOKEY
MOUNTAIN COOKER

- ★ Gourmet BBQ featuring Romanian Meats
- ★ Sushi
- ★ Craft Beer and Wine
- ★ Scotch and Bourbon
- ★ Learn to make your own Meat Rubs
- ★ Professional Cigar Roller
- ★ Live Music
- ★ Free Gift Bags



Sunday, August 29th
5:30 PM - 8:30PM



World's Fair Pavilion
at Forest park



\$100 per person
(\$125 after Aug. 22nd)



RSVP at jsustl.org/MeatUp

For sponsorship opportunities or more information
contact Alana Umansky Minoff @ (314) 303-0861
or info@jsustl.org

