



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

April 30, 2022 • 29 Nisan, 5782 • Candle Lighting 7:33 pm • Shabbos Concludes 8:36 pm

Parsha Acharei Mos
Haftorah:

Leviticus 16:1 - 18:30
1 Samuel 20:18-42

Chumash pp. 636 - 655
Chumash pp.1207-1208

NHBZ Extends a Very Warm Welcome to Rabbi Nissan Andrews and Family

*We thank Dr. Stephen & Myra Radinsky for contributing generously
to the sponsorship of today's Kiddush/Luncheon*

Prayer

Shabbos, Friday, April 29

- 7:00 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 7:33 pm Candle Lighting

Shabbos, Saturday, April 30

- 9:00 am Shachris followed by Musaf
Pesukei D'Zimra: **Howard Sandler** Haftorah: **Kenny Bressler**
Shacharis: **Rabbi Avi Okin** Sermon: **Rabbi Nissan Andrews**
Leyning: **Stuart Klamen** Musaf: **Rabbi Nissan Andrews**
- 10:00 am Kids' Program (downstairs)
- No "Starting Points" this Shabbos, it resumes next week
- 7:20 pm Mincha, Shalosh Seudos, D'var Torah by **Rabbi Nissan Andrews**, Ma'ariv
- 8:36 pm Shabbos concludes



Minyan Times April 28 – May 7, 2022

	Thu Apr 28	Fri Apr 29	Shabbos Apr 30	Sun May 1*	Mon May 2*	Tues May 3**	Wed May 4***	Thu May 5	Fri May 6	Shabbos May 7
Shachris (am)	7:00	7:00	9:00	8:00	6:45	7:00	7:00	7:00	7:00	9:00
Mincha/Ma'ariv (pm)	7:00	7:00	7:20	7:00	7:00	7:00	7:00	7:00	7:00	7:25

*Rosh Chodesh Iyar **Yom HaZikaron *** Yom HaAtzmaut

Sign Up for Text Reminders

You can receive text reminders of your scheduled minyan times! Email minyan@nhbz.org with your name, cellphone number and carrier, and the days and services (Shachris or Mincha/Ma'ariv) you will be attending our daily minyan.

Shabbos Mornings Kids' Programs

Every Shabbos, from 10:00 am until Kiddush is served, NHBZ offers programs for elementary and middle school students. Families do NOT need to be members of NHBZ to participate. See you Shabbos!

Congregation News

Mazel Tov on Simchas This Week! May 1 – May 7, 2022

Happy Birthday

Boruch Smason May 5
Rubin Amon May 6
Daniel Chayet May 7



Happy Anniversary

Craig & Marsha Feenberg May 4
Victor & Anna Rose Tendler May 7

A (belated) happy birthday to Gail Tullman (April 14)! You get another piece of cake 😊

Events

Coming Soon

- Tonight, April 28, 7:30 pm – Holocaust & Heroism – In Memoriam
- Next Shabbos, May 7 – "Blue & White Shabbat" Yom HaAzmaut Celebration including Kiddush Lunch
- Shabbos, May 14 – Kollel Shabbaton, details coming soon

On-Going

- Online Classes – See listing on Page 7
- Every Shabbos – No Learners' Service this Shabbos (4/30)
- Shabbos Morning Kids' Program, 10:00 am (downstairs)
- No Starting Points this Shabbos (4/30)
- "Bitachon: Relying on G-d to Get Through Tough Times", with Rabbi Okin at Shalosh Seudos (Resumes 5/7)
- Sunday Mornings, after Shachris – Mishna learning with Rabbi Swidler
- Sunday Nights, 6:00 pm – "The Schmooze" with Rabbi Okin
- Mondays, 7:40 pm – St. Louis Kollel Amud-A-Week (after davening)
- Wednesdays, 12:15 pm – Pirkei Avos Class with Rabbi Smason
- Thursdays, 7:40 pm – Mishmar Learning with Rabbi Okin

Yom HaAzmaut Celebration – "Blue and White Shabbat", May 7, 2022

Please join us in celebration and support of the 74th year of Israel's statehood!

On May 7th, we will have our Yom HaAzmaut celebration at NHBZ.

Partake in an Israeli inspired Kiddush/lunch, the singing of a few favorite songs and HaTikvah, and an interesting presentation regarding our awesome Israel.

Sponsors for this event are welcome and needed!!! Just email office@nhbz.org or call the office at 314-991-2100, ext 2.



RABBINIC CANDIDATE WEEKEND – THIS SHABBOS!

We are pleased to announce that Rabbi Nissan Andrews and his family will join us on Shabbos, April 30. Rabbi Andrews will lead services, deliver the Sermon, and Rebbitzen Andrews will speak at a Kiddish/Luncheon.

There will be a question-and-answer session on Sunday morning as an additional opportunity for you to get to know Rabbi Andrews and his family.



"Rabbi Andrews hopes to touch the lives of the members of his community and grow alongside his congregants. He and his wife Hannah, a bubbly, charismatic and talented educator, have four children.

"Born and raised in Canada, Rabbi Andrews attended Telshe Yeshiva in Chicago, where he received both his undergraduate and graduate degrees in Rabbinics. While at Telshe, he developed a special relationship with its Rosh Hayeshiva, Rabbi Avrohom C. Levin zt"l, from whom he received his semicha.

"Rabbi Andrews has been deeply involved in the Rabbinate and Jewish education. He taught at Jewish schools in every city he ministered and ran educational outreach program. This afforded Rabbi Andrews the opportunity to learn the craft from some of the most significant personalities in contemporary Jewish education and rabbinics. Additionally, he has served as the administrator for the local kosher supervising agency as part of his capacity as the Assistant Rabbi of Congregation House of Jacob-Mikveh Israel in Calgary and as the Rav Hamachshir for the Lehigh Valley Kashruth Commission in his **most** recent post in Allentown. He was also the Rabbi of Lake Park Synagogue in Milwaukee.

"Before moving to Allentown, Rabbi Andrews was employed as the Associate Rabbi of Finchley United Synagogue in London, a flagship congregation of the United Synagogue with over 1,800 member families. There he began innovative social and educational programming and worked tirelessly to strengthen the social engagement of its vast and broad membership.

"In Allentown, Rabbi Andrews has been employed as the Rabbi of Congregation Sons of Israel. There, he provided leadership shepherding his congregation through the Covid crisis, implemented new educational programs, and engaged in significant community outreach. Both Hannah and the Rabbi are excited to spend Shabbos/Shabbat with you!"

NHBZ Updated COVID Policy

Dear Members,

While we still find ourselves in the midst of the Covid pandemic, with thanks to HaShem, hospitalizations are at an all-time low nationally, and mortality (which is around 300 deaths a day nationally) is still too high, but relatively low. Therefore, effective immediately we are ending our vaccination mandate at NHBZ.

Proof of vaccination will no longer be required for attendance at NHBZ prayer services and programs. Mask-wearing remains highly recommended to protect ourselves and each other.

We owe a great debt of gratitude to our shul's medical advisory board for their extensive guidance throughout the pandemic that has served to protect our members and all who have entered our shul: Dr. Alan Brook, Brian McCary, Dr. Faye McCary, Dr. Daniel Morgensztern, and Dr. Adrian Shifren.

To our good health,

Rabbi Ze'ev Smason

The Four Questions Gallery

Here are the faces to go with our players, in order of appearance:



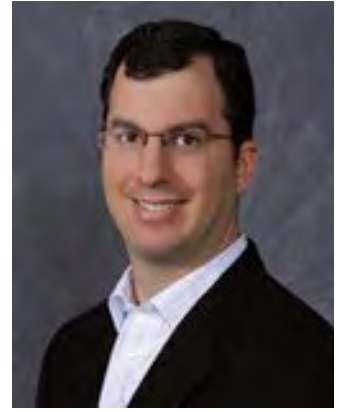
Caryn Alper



Gavriel Matt



Bruce Waxman



Dan Winograd

THE FOUR QUESTIONS

We pose "The Four Questions" this week to:

ZEV ROSENBERG*

Originally from Chicago, Zev and his beautiful wife, Arin, and their gorgeous twin girls, Franki and Joey, are thrilled to be part of the growing NHBZ family. His desire is to give to the community through *bain adom l'chaveiro* and *bain adom l'makom* with kindness and generosity. Zev serves as the CEO for his company, *The Estates*, a group of behavioral health nursing facilities.

The Questions:

1. Who is your favorite Torah personality and why?

A: "Moshe is an inspiration for me. His leadership continued through challenges while maintaining his attitude and aptitude of humility through the course of his life. His relationship with Hashem is something I strive for daily."

2. What is your favorite snack food?

A: "Twizzlers because it makes mouths happy!"

3. Three words that best describe you?

A: "Bitachon, loyalty and integrity."

4. What inspires you?

A: "Hashem, Tefillah, the Rebbe, my family."

Thanks, Zev, for sharing this glimpse into your world. We look forward to seeing who you bring to us next week!

* Zev prefers no photo. Look for the very tall, gregarious guy in a suit. Can't miss him!

NHBZ NEEDS YOU

Are you running an errand? Maybe NHBZ needs something from the same store. Is there an event in the Newsletter that looks interesting? We need volunteers to make events happen. Everything that gets done here takes hands. Won't you please join us? Volunteer today.

Share the love. Share your heart and hands. Support our community.

Please call or email the Office (314-991-2100, ext. 2, or office@nhbz.org), and let us know how you would like to help.



Youth Programming

- **Shabbos Morning Kids' Program**, Rabbi Okin

NHBZ offers Shabbos morning programs for elementary and middle school students. Programs offered from 10:00 am until Kiddush is served. All program content will be personally designed and coordinated by Rabbi Okin. Families do NOT need to be members of NHBZ to participate. Please contact Rabbi Okin at aviokin@nhbz.org with any questions. See you on Shabbos!



- **The Schmooze**, Sunday nights

Join kids from around St. Louis, 4th grade and up, at NHBZ at 6:00 pm on Sunday nights for a discussion-based Torah learning session with Rabbi Okin.

NUSACH HARI B'NAI ZION • 650 NORTH PRICE ROAD • SAINT LOUIS MISSOURI 63132



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 fifth cycle is now set to conclude Monday, May 2. 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 Monday, May 2 will have their name entered in a drawing for a \$25 Target gift card to be held shortly after the return date.

In the Community

● JSU Meat-Up, Sunday, May 8

Join us at the World's Fair Pavilion in Forest Park, supporting Jewish engagement. Finest Kosher smoked meats from Romanian, BBQ, Sushi, Live Music and More! Special Mothers' Day gift bags for all in attendance. See flyer for details!

Learning at NHBZ

● Parashas Acharei – By Rabbi Smason

Acharei Mos begins with a lengthy description of the special Yom Kippur service to be performed in the Mishkan by the Kohen Gadol. The service included the lottery selection from among two identical goats, one of which would become a national sin offering and the other which would be pushed off a cliff in the desert as the bearer of the people's sins (the 'scapegoat'). We also find described the command that Yom Kippur and its laws of fasting and refraining from work be observed eternally by the Jewish people as a day of atonement. Acharei Mos concludes with a listing of immoral and forbidden sexual relationships, and the command that the Jewish people maintain and ensure the holiness of the land of Israel.

Ask Our Rabbis

Q. What happens if I forgot to eat the foods which comprised the Eruv Tavshilin that I made before the last days of Pesach? Am I allowed to eat them or do I need to dispose of them?

A. The purpose of the Eruv Tavshilin was to allow food preparation to be performed on the Friday of a Yom Tov for the following day of Shabbos, whether the Shabbos in question is a Yom Tov or not (Shulchan Aruch OC 527:1). The Eruv Tavshilin allows food preparation to be done on Yom Tov for another date, when food preparation on Yom Tov is supposed to be done for the day on which the preparation is being performed. In our case, the Eruv Tavshilin was made before Yom Tov as required and was extant throughout Yom Tov. It did its job as intended. The Halacha is that the Eruv Tavshilin should be eaten on Shabbos, preferably for Shalosh Seudos (Mishnah Berurah 527:11). There is no statute of limitations on the consumption the Eruv Tavshilin, and it should be consumed at the earliest possible time after Shabbos, so that it is still edible. It should not be discarded, as this would be wasteful and a violation of the prohibition of Bal Tashchis- wasting food (Devarim 20:19-20).

● **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.

Upcoming topics:

- | | |
|----------|--|
| April 30 | No Class, as we welcome Rabbi Andrews |
| May 7 | Overcoming Rejection: When People Hurt You and Life Isn't Fair |
| May 14 | A Sense of Awe: How Can You Capture the "Wow" in Life? |
| May 21 | Finding Your Sense of Purpose in Life |
| May 28 | How to Love Your Difficult Neighbor ... or Relative |



Learning at NHBZ (con't)

- **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 7:40 pm – 8:00 pm. **We will meet in the back of the NHBZ sanctuary** with a text-based and interactive learning session. If you are interested, please contact Rabbi Okin at aviokin@nhbz.org.

- **Rabbi Smason's Wednesday In-Person Class**

Same place and time, same health and safety protocols.

- **Rabbi David's Learners' Service (No class 4/30)**

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

- **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-



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>



THE SISTERHOOD SCOOP

APRIL 30



Volume 5

Number 17

29 Nisan 5782

April 30, 2022



Sisterhood Book Club News!

The next meeting of the NHBZ Sisterhood Book Club will be **Monday, May 23, 7:15-8:45 PM** at the home of Linda Shore. The book is: ***The Last Rose of Shanghai: A Novel***, by Weina Dai Randel. A National Jewish Book Awards Finalist, *The Last Rose of Shanghai* is a powerful story of the relationship between a Shanghai heiress and a Jewish refugee, set against the backdrop of a nightclub in China on the eve of the Second World War. For more information or to join, contact Fran Alper at 314-993-4024 or email fran.alper@outlook.com or sisterhood@nhbz.org.



The Book Club meets on the **fourth Monday of odd-numbered months** at 7:15-8:45 PM.

Make a note of the remaining dates for **2022**:

May 23, July 25, Sept. 19, Nov. 28

We welcome you to join us!

With the Matzos of Passover behind us, we now count the days...



...until the cheese-eating holiday of Shavuot!

“Pass the Salt, Please . . .”



Feeling spiritual on Yom Kippur is easy. No eating, no business, . . . and hours praying in the synagogue are conducive to intense spirituality. It's no wonder that so many religions place a premium on asceticism, separating oneself from the temptations offered by the world. Celibacy, long hours of meditation, fasting, and life in a secluded monastery can be a path to a life of spirituality.

The Torah, however, has a very different perspective. This week's portion starts with a mention of Nadav and Avihu's deaths—partially a punishment for their spiritually motivated decision to remain celibate. G-d wants us to walk a thin tightrope. He wants us to be married, go to work, and partake of lavish Shabbat and holiday meals—and at that very moment to be at the pinnacle of spirituality and holiness. A daunting task—how does one simultaneously dwell in two contradictory worlds—the world of the spirit and the world of the flesh?

Every mitzvah is comprised of a body and soul. The body is the physical act which we are commanded to do (or instructed to avoid). The soul is the lesson the mitzvah imparts, its message which we must implement in our lives. Also discussed in the week's Parsha is the prohibition against consuming blood, as well as the process of its removal. This teaches a powerful lesson pertaining to our approach to our relationship with the world.

We are not always fortunate enough to contend with the divine, or even with “humanity.” On a daily basis we also have to deal with the “animalistic,” completely non-spiritual aspects of regular life. Consumption of animal flesh is a metaphor for these moments of the day. Blood represents warmth, life and passion. The Torah enjoins us to remove all the “blood” from our worldly activities: to be involved in the world, to partake of its flesh, but without excessive enthusiasm or excitement.

How, you ask, is this possible? Through salt. Blood is removed from meat via a thorough salting process.

The Torah describes the covenant between G-d and His nation as a “salt covenant.” The commentators explain that salt never decays; The commentators explain that salt never decays; it remains eternally fresh, much as our relationship with G-d never expires or even becomes slightly stale.

Interestingly, the symbol of our relationship with G-d is a food item which is independently inedible—its primary purpose is to add wonderful taste to practically all other foods. **Similarly, our relationship with G-d is not an end within itself; rather, it is meant to give a spiritual “flavor” and meaning to all other aspects of our life.**

We have to liberally “sprinkle salt” on every part of our life—on our workplace, on our dinner table, on our gym, and even on our vacation destinations. When our love for G-d and our desire to serve Him with every fiber of our being is our leading motivation, then all we do is for Him. We eat and exercise so that we have the strength to serve Him; we work to have the means to serve Him...

And when life is salty, there's no need to run away to a monastery.

— adapted from **Rabbi Naftali Silberberg**, www.Chabad.org



The Schmooze

Sunday Evenings, 6:00 pm



**DINNER
PROVIDED!**



**FUN
RAFFLES!**

**Join with children
from around St. Louis for a
discussion-based Torah learning session
at NHBZ with Rabbi Avi Okin!**

YOU DO NOT HAVE TO BE A NHBZ MEMBER FAMILY TO PARTICIPATE

4TH GRADE AND UP

FOR MORE INFORMATION: 991-2100 EXT: 2

NHBZ's Covid protocol is in place. Kids under age 12 are not required to be vaccinated but they will need to remain masked except when eating. Children 12 and up are required to be vaccinated to participate.



CELEBRATE ISRAEL'S 74th INDEPENDENCE DAY!

חוגגים יום העצמאות

St. Louis

FOOD
BOOTHs

INFLATABLES

ARTS &
CRAFTS

DJ
UTOPIA

ISRAELI
DANCING

THURSDAY, MAY 5 | 5:30-7:30PM

PARKING LOT AT THE JCC STAENBERG FAMILY COMPLEX, CREVE COEUR

[HTTPS://IAC360.ORG/EVENT/ISRAELS-INDEPENDENCE-DAY-CELEBRATION-MIDWEST](https://iac360.org/event/israels-independence-day-celebration-midwest)

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ISRAELI
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Jewish Federation
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For our community - now and in the future



SAVE THE DATE

May 8th

2nd ANNUAL



MEAT

★ UP ★

Special
Mother's
Day
Gift Bag

RSVP TODAY - Last Year's Event Sold Out!

**Event Chairpersons: Moshe & Chavi Andrew
Daniel & Chaya Manne**

**Committee: Tammy Friedman, Joey Mufson, Becca Near
Batya Zidel**



Sunday, May 8th
5:30 PM - 8:30PM



World's Fair Pavilion
at Forest park



\$136 per person
(\$150 after April 30th)



RSVP at jsustl.org/MeatUp

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





TRANSFORM THE JEWISH FUTURE WITH THESE SPONSORSHIP OPPORTUNITIES

\$5,400 SPONSORSHIP

Send a teen to Israel for a
GAP Year of Torah Study

8 Tickets to Event
Premier Romanian Meat Basket
Gift bag value \$1,500

Studying in Israel let me reach levels in my Jewish growth that I didn't even know were possible. Without JSU, I wouldn't have known about these opportunities or had the courage to take this path."

\$1,800 SPONSORSHIP

Sponsor JSU Clubs, Programming and
Pizza for a Month

4 Tickets to Event
Super Romanian Meat Basket
Gift bag value \$750

"JSU introduced me to a new love of Judaism and of Israel. It gave me a support system in high school as well as in my gap year."

\$720 SPONSORSHIP

Send a JSUer on a
Leadership Retreat
2 Tickets to Event
Romanian Meat Basket
Gift bag value \$360

"Joining over 200 teen leaders at the JSU president's Conference gave me the tools and courage I needed to engage and impact my peers."

\$3,600 SPONSORSHIP

Send a teen to Israel on a
JSU Summer Program

6 Tickets to Event
Deluxe Romanian Meat Basket
Gift bag value \$1,000

"This summer was the most amazing and inspirational experience I have ever had. I have connected deeper with my Jewish identity and myself"

\$1,250 SPONSORSHIP

Send a Teen on a
JSU Relief Mission

2 Tickets to Event
Special Romanian Meat Basket
Gift bag value \$500

"The Relief Mission to Puerto Rico taught me the true meaning of chessed and Tikun Olam."

Event Chairpersons:

Moshe & Chavi Andrew
Daniel & Chaya Manne

Committee: Tammy Friedman, Joey Mufson
Becca Near, Batya Zidel

For questions and more information
please contact Alana Minoff @
(314) 303-0861 or info@jsustl.org

