



# NHBZ Weekly News

## Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

May 21, 2022 • 20 Iyar 5782 • Candle Lighting 7:53 pm • Shabbos Concludes 8:56 pm

Parshas Behar  
Haftorah

Leviticus 25:1 – 26:2  
Jeremiah 32:6 – 22

Chumash pp. 696 - 707  
Chumash pp.1177-1178

### *We thank our generous sponsors*

- In honor of the birth of their daughter, granddaughter, and great-granddaughter, **Eleora Rose Matt**, this week's Weekly News is sponsored by **Dr. Gavriel & Sarah Beth Matt, Bruce & Faith Waxman, and Marvin & Sandy Greenberg.**
- **Zev Rosenberg and Family** for today's Kiddush
  - In honor of the Shloshim of **Adam Szus<sup>z"l</sup>**
  - In honor of Zev's Chavruta, **Chaim Kohanchi**
  - In commemoration of the Yahrzeits of Zev's Uncle, **Robert Rosenberg<sup>z"l</sup>** (Reuven ben Yosef), and **Goldie Rickerman<sup>a"l</sup>**

## Prayer

### Shabbos, Friday, May 20

- 7:00 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 7:53 pm Candle Lighting

### Shabbos, Saturday, May 21

- 9:00 am Shachris followed by Musaf  
Pesukei D'Zimra: **Howard Sandler**  
Shacharis: **Rabbi Avi Okin**  
Leyning: **Stuart Klamen**  
Haftorah: **Brent Waxman**  
Sermon: **Rabbi Ze'ev Smason**  
Musaf: **Rabbi Avi Okin**
- 9:15 am Learners' Service with **Rabbi Yosef David** (downstairs)
- 10:00 am Kids' Program (downstairs)
- 10:15 am "Starting Points" with **Rabbi Ze'ev Smason** (downstairs)
- 7:40 pm Mincha, Shalosh Seudos, D'var Torah by **Rabbi Avi Okin**, Ma'ariv
- 8:56 pm Shabbos concludes



### Minyan Times May 19 – May 28, 2022

|                     | Thu<br>May<br>19 | Fri<br>May<br>20 | Shabbos<br>May<br>21 | Sun<br>May<br>22 | Mon<br>May<br>23 | Tues<br>May<br>24 | Wed<br>May<br>25 | Thu<br>May<br>26 | Fri<br>May<br>27 | Shabbos<br>May<br>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             | 7:40                 | 7:00             | 7:00             | 7:00              | 7:00             | 7:00             | 7:00             | 7:45                 |

## Sign Up for Text Reminders

You can receive text reminders of your scheduled minyan times! Email [minyan@nhbz.org](mailto: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.

## Congregation News

### Mazel Tov on Simchas This Week! May 22 – May 28, 2022

#### Happy Birthday

Jane Kadosh May 22  
Phyllis Silverman May 23  
Howard Loiterstein May 24

Brent Waxman May 27  
Bruce Waxman May 27  
Adina Belasen May 28

#### Happy Anniversary

Dr. Naftali & Jane Kadosh May 25  
Allan Swan & Teretha Carter May 25  
Drs. Jay Pepose &  
Susan Feigenbaum May 27



## Events

### Coming Soon

- This Sunday, May 22, 6:00 pm – Final week of "The Schmooze" with Rabbi Okin
- Shabbos, June 4 – Pre-Shavuot Learning and Kiddush/Luncheon in honor of Rabbi & Rebbitzin Okin
- Shavuot, June 4 – 6 – Shavuot learning programs (and meals!) – stay tuned (sponsorships welcome!)

### On-Going

- Online Classes – See listing on Page 6
- Every Shabbos – Learners' Service, 9:15 am (downstairs)
- Shabbos Morning Kids' Program, 10:00 am (downstairs)
- Starting Points, 10:15 am (downstairs)
- "Bitachon: Relying on G-d to Get Through Tough Times", with Rabbi Okin at Shalosh Seudos
- Sunday Mornings, after Shachris – Mishna learning with Rabbi Swidler
- Mondays, 7:40 pm – St. Louis Kollel Amud-A-Week (after davening)
- Wednesdays, 12:15 pm – Pirkei Avos Class with Rabbi Smason (see page 6)
- Thursdays, 7:40 pm – Mishmar Learning with Rabbi Okin

### GLOW OF SUCCESS and GRATITUDE, Shabbaton with Kollel Rabbanim

Rabbi Smason articulated it best: "The Kollel-led davening was permeated with *ruach* and spirit from start to finish. The Divrei Torah given for the drasha, the post-davening shiurim and during the kiddush were meaningful and inspiring. ...The St. Louis Kollel is one of the great treasures of our community. We extend our deepest thanks to the rabbis...and their families".

Special thanks to **Jackie Berkin** and **Anna Rose Tandler** for preparing the beautiful Kiddush!

## **THE FOUR QUESTIONS**

Next up, our very own:

### **LINDA (BRESSLER) SZUS**

Linda (Bressler) Szus was born and reared in St. Louis. She attended Ladue High School and graduated from Washington University with a degree in Graphic Design. On a group trip to Israel, she met her husband, Menachem. (Yes, Linda is the wife of the NHBZ immediate past-president, and sister of our current President!) After marriage, they spent 10 years living in Alon Shvut, in Judea. Linda became the mother of three children: Eli, Micky and Dana. Upon returning to St. Louis, Linda taught pre-Kindergarten in EHA for many years. Linda is an avid quilter, and the proud Safta of Sammy, Jane and Linda Sutton.

#### **The Questions:**

1. **Who is your favorite Torah personality and why?**  
A: "Noah, because I love the Ark with all the animals."
2. **What is your favorite snack food?**  
A: "Chocolate and ice cream."
3. **Three words that best describe you?**  
A: "Aesthetic, perfectionist and friendly."
4. **What inspires you?**  
A: "Love of my kids and grandkids."



Thank you, Linda! So wonderful learning a little more about you!

### **FINAL WEEK of "The Schmooze" with Rabbi Okin, This Sunday, 6 p.m.**

Our final discussion-based Torah learning with Rabbi Okin (for kids 4<sup>th</sup> Grade and older) is this Sunday, May 22, at 6:00 p.m. We're having hot dogs and hamburgers and other treats for this special event. See you Sunday, and we will Schmooze!

### **Pre-Shavuos Learning & Kiddush Luncheon, Shabbos, June 4**

Please join us as we express our thanks to the Okins. On Shabbos, June 4, we honor Rabbi Okin and thank him for his tenure and the Torah wisdom he taught us. Rabbi Okin will share some farewell remarks at the luncheon. (Sponsorships welcome.)

After celebrating Shavuos with our NHBZ family, Rabbi and Rebbitzen Okin will be taking their family on their new adventure. We dedicate the Pre-Shavuos Learning programs to the Okin Family's movement from strength to strength. Please join us as we say "**Tzayschem L'Shalom!**"

**Details of the Pre-Shavuos Learning coming soon....**

### **Frances Rothman Monument Dedication, Sunday, May 29, 10:30 a.m.**

The monument dedication for Frances Rothman<sup>z"</sup> takes place at Beth Hamedrosh Hagadol Cemetery, 9125 Ladue Road, St. Louis, MO 63124. May our prayers be a comfort to her family.

## **NHBZ Giving and Dedication Opportunities**

Your support enables NHBZ to maintain and expand its programs and to serve the needs of the congregation and the greater St. Louis Jewish Community. Donating to the Shul is a meaningful way to fulfill the mitzvah of *zedakah* while honoring those you hold dear.

Some available ways to contribute: Building Contributions and Dedications; Inscribed Pavers (\$250 - \$500); Brass Leaves on the Tree of Life (\$360 minimum); Memorial Plaques (see box, below); Book Funds (for Siddurim, Chumashim and Machzorim, \$55 – 70); Tributes (\$10 minimum) and Kiddush, Shalosh Seudos or Newsletter sponsorship.

We have a method available for however you choose to honor someone! Your support means everything to our Shul. Thank you, in advance, for your generosity.

### **MEMORIAL PLAQUES** – Limited Time, Special Pricing on Two

Take advantage of the special opportunity to memorialize family members and friends. Our handsome brass memorial plaques normally cost \$360.00 each. This year, through July 16, two memorial plaques will be available for \$600 – you save \$120. Ordering soon will enable us to have your plaques mounted on our Memorial Boards (in the Pepose-Feigenbaum Multipurpose Room) no later than Yom Kippur of this year. May the memory of good people bless our days.

## **In the Community**

- **Aish HaTorah & Shaare Emeth Co-Sponsored Blood Drive, May 22**

Donate blood in memory of Arianna "Ari" Dougan. Sunday, May 22, 10:00 am – 3:00 pm at Congregation Shaare Emeth, 11645 Ladue Road, St Louis, 63141. Please call 1-800-733-2767 to make an appointment.

- **St. Louis Kollel – PreShavuot Event (for Men and Women), May 24**

Please join your friends, Kollel Rabbis & Rebbitzens for group, in-depth Pre-Shavuot learning. The event will take place at the Clayton Plaza Hotel, Tuesday, May 24. Doors open at 7:45pm. Please see flyer for details, and RSVPs to [yberkowitz@stlkollel.com](mailto:yberkowitz@stlkollel.com) appreciated.

- **Missouri Torah Institute 15<sup>th</sup> Annual Dinner, June 12**

Save the date! Sunday, June 12 at 5:45 pm at the Ritz Carlton in Clayton. Honoring Yosef & Chaya Bernath and Rabbi Shlomo Soroka. To RSVP and/or to place an ad, please call 636-778-1896 or email [dinner@missouritorah.org](mailto:dinner@missouritorah.org). 12<sup>th</sup> Grade graduation at 1:30 pm, also on June 12 at the Yeshiva, 1809 Clarkson Road, Chesterfield.

## **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](mailto:aviokin@nhbz.org) with any questions. See you on Shabbos!



- **The Schmooze, Final Meeting**, Sunday, May 22

Join kids from around St. Louis, 4<sup>th</sup> grade and up, at NHBZ at 6:00 pm this Sunday night for our final discussion-based Torah learning session with Rabbi Okin.



# Learning at NHBZ

## ● Parashas Behar – By Rabbi Smason

Behar focuses primarily on mitzvos concerning the land of Israel, beginning with the command to observe a Sabbatical (Shemitta) year. During the Sabbatical year one's fields are to remain uncultivated every seventh year, refraining from the normal cycle of planting and harvesting. Similarly, the land in Israel is to remain unworked in the Jubilee (Yovel) or 50th year, at which time ownership of all land automatically returns to its ancestral heritage. A quote found on the Liberty Bell, "And you should sanctify the fiftieth year, and proclaim liberty throughout the land ..." is taken from the passage describing the Jubilee year. Behar also speaks about the poor and downtrodden. Not only are we commanded to give them tzedaka and do acts of loving kindness for them, but ideally provide them with the means to raise themselves out of their poverty-stricken state.

### Ask Our Rabbis

Q: Why are mirrors covered in a house of mourning / shiva?

A: There are several suggested reasons for this custom, most perfectly rational and practical, while some more Kabbalistic.

(1) Covering Mirrors is a way to remind us that the observation of shiva is not about ourselves but rather a time to concentrate on the deceased. The concept of vanity is shunned as this is considered a time of self-reflection, to concentrate on one's inner self and not outward appearances.

(2) Prayers are normally held in a house of mourning, and we may not pray in front of a mirror. This is both because of the distraction and because it looks like the person is praying to himself.

(3) There was a custom in Talmudic times to overturn the beds in a house of mourning. One reason given for this was to avoid the temptation for marital relations during the week of *shiva*, which are forbidden. This is not in practice today, but possibly as an alternative, the mirrors are covered to lessen the desire for relations.

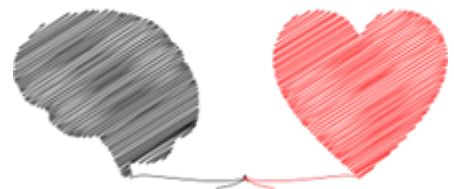
(4) According to the Zohar, various images come to visit a home during a time of loss. Thus, the mirrors are covered.

## ● **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:

|        |   |
|--------|---|
| May 21 | Finding Your Sense of Purpose in Life               |
| May 28 | How to Love Your Difficult Neighbor ... or Relative |



## ● **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](mailto:aviokin@nhbz.org).

# Learning at NHBZ (con't)

## ● Rabbi Smason's Wednesday In-Person Class

Pirkei Avos / Ethics of the Fathers: Feed your soul 45 minutes of spiritual nourishment from the timeless wisdom of our Sages, chock full of relevant, contemporary insights and lessons. Low-calorie, gluten free, and refreshing!

## ● 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 Shabbos Shoutout

The complete list of Shabbos Shoutouts, with most recent listed first, can be found at

[https://www.youtube.com/playlist?list=PLI\\_MFI0zsmKlImpR3KpHROrHDWIDNbgsN](https://www.youtube.com/playlist?list=PLI_MFI0zsmKlImpR3KpHROrHDWIDNbgsN)

## ● 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-](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

## MAY 21



Volume 5

Number 20

20 Iyar 5782

May 21, 2022

## BOOK CLUB MEETS THIS MONDAY, MAY 23, 7:15PM

The NHBZ Sisterhood Book Club will discuss ***The Last Rose of Shanghai: A Novel***, by Weina Dai Randel this **Monday, May 23, 7:15-8:45 PM** at the home of **Linda Shore**. It 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.



To **RSVP and get directions** to Linda's home in Creve Coeur, please call **Linda Shore** at **314-576-1950**, or [linda.shore@sbcglobal.net](mailto:linda.shore@sbcglobal.net). We plan to meet outside, on the patio, weather permitting.

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

For more information, contact **Fran Alper** at 314-993-4024 or [fran.alper@outlook.com](mailto:fran.alper@outlook.com), or email [sisterhood@nhbz.org](mailto:sisterhood@nhbz.org).

**All women are welcome to join us!**

## This Week in Jewish History

☆ **22 Iyar** – Following the descent of the manna (the miraculous "Bread from Heaven" that sustained the Israelites in the desert), G-d commanded the Children of Israel to keep the Shabbat – That was the 22nd of Iyar, of the year 2448 from Creation (1313 BCE). On that Friday morning, enough manna fell for two days' worth of meals, as on Shabbos it would be prohibited to gather the manna. The "Two Loaves" of challah bread (*Lechem Mishneh*) that form the foundation of our Shabbos meal are in commemoration of the double portion of manna.



## PARSHAS BEHAR: *Mountain Climbers*

This week's Torah reading seems to emphasize that the granting of the Torah to Moshe, and through him to Israel generally, took place at the Mountain of Sinai. Since the Torah does not deal with incidental geographic details, this emphasis regarding the mountain bears study and analysis. Mountain climbing is a sport for the hardy of spirit and the physically fit. However, most of us are perfectly content with our lives without attempting to scale cliffs. Yet, in a spiritual sense, the Torah seems to indicate that living a moral and observant Jewish lifestyle requires spiritual mountain climbing.

The Talmud teaches us that Mount Sinai was a rather modest mountain in height, as mountains go. It was chosen, so to speak, because it represented humility amongst its greater companions, such as the Alps and the Himalayas. Yet, it required effort, energy, and purpose to be able to ascend it. In that respect it represents the Torah itself, which was given to Moshe on its summit.

Life is never smooth or easy – a flat plain, simple to traverse. Rather, it is always an uphill climb that many times leaves us short of breath and doubtful of hope. We all know this to be true of our physical lives and it is doubly so regarding the spiritual component of our existence. There is a phrase in Yiddish that says: "It is hard and difficult to be a Jew." Well, like most Yiddish aphorisms, this one is certainly accurate and telling. The only problem is that, over the long run of history, it is obvious that it is much more difficult and harmful for us not to live proper Jewish lives.

The prophets always speak of Jewish redemption as being a formidable mountain that somehow will be flattened and made into a smooth and level plain. What appears to be formidable and forbidding, almost impossible to overcome, a gigantic mountain which blocks our view of the horizon, will somehow eventually be transformed, and made accessible and comfortable. I think that that is a proper metaphor for Jewish life generally and for Torah life and values particularly.

It is a mountain to climb but once ascended it leads to smooth going and a level journey through life. The Talmud records for us that the temptations of life appear to the righteous as mountains, and that they stare in amazement at their ability to somehow overcome each obstacle. The wicked, evil temptation appears to be as thin as a single hair that can be easily dismissed.

However once engaged with that hair, one runs the danger of being inextricably shackled by it. So, the Torah bids us all to be mountain climbers. We are to steel ourselves against the difficulties that living a Jewish life presents and realize that according to the effort will be the reward. There is no easy way or smooth path to a concentrated Jewish life. The example of Moshe climbing Mount Sinai remains the metaphor for all of us and for all Jewish life until eternity.

– by **Rabbi Berel Wein**, [www.torah.org](http://www.torah.org)





# Rose Ragin Chesed Fund

## Supporting our Members

### What is the Rose Ragin Chesed Fund?

The fund provides for acts of chesed (lovingkindness) to support lifecycle events of NHBZ members, such as...



**Shiva trays  
for mourners**



**Gifts for  
newborns**



**Meals for  
the sick**



**Gifts for  
bar/bat mitzvah**

### How can I contribute to the Rose Ragin Chesed Fund?

- buy Rose Ragin Chesed cards and Purim Cards
- buy 'onesies' for a baby
- make a donation to the Rose Ragin Chesed Fund
- watch for upcoming special fund-raising campaigns

### How else can I help?

Call Nancy in the NHBZ Office – 314-991-2100, ext. 2, to...

- notify her about someone who is in need of chesed
- have a misheberach said for someone
- volunteer for the Chesed Committee

Purchase a **pack of 5** Rose Ragin Chesed cards – **\$25 minimum donation**.  
Keep some handy to send out whenever you'd like. It's a great way to  
honor a simcha, remember a loved one, or acknowledge anything at all.

**314-991-2100, ext. 2**





# 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.**



# United by Torah

## UNITED FOR TORAH

A PRE-SHAVUOS EVENT FOR MEN & WOMEN

**Men:** *What did Moshe **really** receive on the mountain?*

**Women:** *Emotions & Torah:  
Can a person love too much?*

Join your friends, Kollel  
Rabbis & Rebbetzins for  
group in-depth  
pre-Shavuos learning!

ST. LOUIS  
**KOLLEL**

**Tuesday, May 24**

**Clayton Plaza Hotel**  
7750 Carondelet Ave

**Doors open 7:45PM**

**Mincha 8:00PM**

**Program begins 8:15PM**

**Ma'ariv 9:15PM**

RSVP appreciated to  
Rabbi Yaakov Berkowitz  
[yberkowitz@stlkollel.com](mailto:yberkowitz@stlkollel.com)

*Sponsorships available*

*Salad Bar • Fruits • Pastries • Tea Table*