



# NHBZ Weekly News

## Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

May 7, 2022 • 6 Iyar, 5782 • Candle Lighting 7:40 pm • Shabbos Concludes 8:44 pm

Parshas Kedoshim  
Haftarah

Leviticus 16:1 – 20:27  
Ezekiel 20:2 – 20

Chumash pp. 636 - 671  
Chumash pp.1175-1176

### ***We thank our generous sponsors of this week's News***

"We feel great gratitude for the tributes, calls of well wishes and hugs and sincere concerns expressed by our NHBZ family, on the passing of our father, Avraham Leib (Adam) Szus on 4/14/2022 (erev Pesach). We are blessed to be part of this congregation and surrounded by great and caring friends. *Yihye Zichro Baruch*. Menachem, Linda, Micky Szus"

### ***We thank our generous sponsors for our "BLUE and WHITE SHABBAT" Kiddush/Lunch***

- Rachael Pevnick; The Morgensztern Family; Reuven & Margo Tzadok; David & Norma Rubin; Stuart Klamen; and Alan & Janet Haber.

***We thank Anna Rose & Victor Tendler for sponsoring the sodas***

## Prayer

### Shabbos, Friday, May 6

- 7:00 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 7:40 pm Candle Lighting

### Shabbos, Saturday, May 7

- 9:00 am Shachris followed by Musaf  
Pesukei D'Zimra: **Howard Sandler** Haftarah: **Alan Haber**  
Shacharis: **Rabbi Avi Okin** Sermon: **Rabbi Ze'ev Smason**  
Leyning: **Stuart Klamen** Musaf: **Rabbi Avi Okin**
- 10:00 am Kids' Program (downstairs)
- 10:15 am "Starting Points" with Rabbi Ze'ev Smason (downstairs)
- 7:25 pm Mincha, Shalosh Seudos, D'var Torah by **Rabbi Avi Okin**, Ma'ariv
- 8:44 pm Shabbos concludes

### Minyan Times May 5 – May 14, 2022

|                     | Thu<br>May<br>5* | Fri<br>May<br>6 | Shabbos<br>May<br>7 | Sun<br>May<br>8 | Mon<br>May<br>9 | Tues<br>May<br>10 | Wed<br>May<br>11 | Thu<br>May<br>12 | Fri<br>May<br>13 | Shabbos<br>May<br>14 |
|---------------------|------------------|-----------------|---------------------|-----------------|-----------------|-------------------|------------------|------------------|------------------|----------------------|
| 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            | 7:25                | 7:00            | 7:00            | 7:00              | 7:00             | 7:00             | 7:00             | 7:30                 |

\*Yom Ha'Atzmaut

## 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!

## 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 8 – May 15, 2022

### **Happy Birthday**

|                   |        |                      |        |
|-------------------|--------|----------------------|--------|
| Denny Feit        | May 8  | Donald Eisenberg     | May 10 |
| Linda Szus        | May 9  | Hershel Tendler      | May 12 |
| Dr. Milton Sallis | May 10 | Nava Danielle Scheer | May 13 |
| Nathan Avi Scheer | May 10 | Dana Szus            | May 13 |

### **Happy Anniversary**

Dr. Eliot & Sally Katz May 10



## Events

### **Coming Soon**

- This Shabbos, May 7
  - "Blue & White Shabbat" Yom HaAzmaut Celebration including Kiddush Lunch
- Next Shabbos, May 14
  - Kollel Shabbaton, details p. 6 and flyer

### **On-Going**

- Online Classes
  - See listing on Page 7
- 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
  - Mishna learning with Rabbi Swidler
  - "The Schmooze" with Rabbi Okin
  - St. Louis Kollel Amud-A-Week (after davening)
  - Pirkei Avos Class with Rabbi Smason
  - Mishmar Learning with Rabbi Okin
- Sunday Mornings, after Shachris
- Sunday Nights, 6:00 pm
- Mondays, 7:40 pm
- Wednesdays, 12:15 pm
- Thursdays, 7:40 pm



## "Blue and White Shabbat" – Chag Sameach! – Today's Kiddush

Please stay for Kiddush/lunch today and join our celebration of the 74th year of Israel's statehood! Food, song and community celebration and support for our awesome Israel



## THE FOUR QUESTIONS

Please allow us to introduce:

### **BORIS YASINEV**

From Babrusk, Belarus, Boris and his lovely wife, Alla, will celebrate 40 years of marriage this June. They came to St. Louis with two children (Dennis and Alex), and two more were born here (Daniella and Jonathan), as were three grandchildren. Boris serves the greater St. Louis Orthodox community as a full-time Mashgiach with the Vaad. He LOVES his job! When not working, Boris is studying Torah and following *HaYom Yom*.

#### The Questions:

1. **Who is your favorite Torah personality and why?**

A: "Dovid. He was the first of our nation. He always thought of and cared for old people and his actions were extremely nice!"

2. **What is your favorite snack food?**

A: "Apples."

3. **Three words that best describe you?**

A: "Determined. Passionate. Devout."

4. **What inspires you?**

A: "My wife, my kids and Shabbat."

Thank you, Boris!

## NHBZ TRIBUTES – APRIL, 2022

### IN MEMORY OF

#### **Avraham Leib ("Adam") Szus**

Anonymous  
Libby Sorkin Routman  
The Morgensztern Family  
Irwin & Arlene Fredman  
Dr. Alan & Marcie Brook  
Amy & Denny Feit  
Feigenbaum/Pepose Family  
Jay & Peggy Umansky  
Dr. Jerry & Gail Tullman  
Dr. Stephen & Myra Radinsky  
Gary Benson  
Phyllis & Howard Loiterstein  
Fran Hoffman  
Keith & Karen Zeff  
Joni & Bob Kaiser  
Dr. Michael & Charlene Kass

#### **Morris Fredlich**

Marcia Fredlich

#### **Dave Plengemeier**

Ed & Helayne Levitt

### IN MEMORY OF (CON'T)

#### **Jerry Cohen**

Barbara & Joel Schwartz  
Lawrence & Carmen Puccio  
Monica, Tomislaw, Tomi and  
Maya Zigo  
Carol & Kevin Blinder  
Ellanie Balber  
Phyllis & Howard Loiterstein  
McKnight Place

#### **Jacqueline ("Jackie") Fiszal**

Anonymous  
Jay & Peggy Umansky  
Ed & Helayne Levitt  
Amy & Denny Feit  
Libby Sorkin Routman  
Dr. Stephen & Myra Radinsky  
Phyllis & Howard Loiterstein  
Terri & Jeff Schnitzer  
Joni & Bob Kaiser  
Menachem, Linda & Micky Szus  
Feigenbaum/Pepose Family

### IN HONOR OF

#### **Fran Reisler's Birthday**

Feigenbaum/Pepose Family

#### **Dan Winograd's (Special) Birthday**

Marcia Fredlich

#### **The NHBZ Sisterhood**

Larry & Faith Comensky

#### **Victor & Anna Rose Tendler's New Grandson, Harrison**

Feigenbaum/Pepose Family



# Learning at NHBZ

## ● Parashas Kedoshim – By Rabbi Smason

The portion begins with G-d's command to the entire nation of Israel to be holy, emulating the supreme sanctity of G-d Himself. The Torah goes on to delineate a multitude of mitzvos through which we can achieve sanctity. We are commanded to revere our parents, to guard Shabbat from being desecrated, and to refrain from the worship of idols. G-d instructs us to leave various gifts from our harvest for the poor and downtrodden, including the edge of the field and the sheaves which were unintentionally dropped while being gathered. We must maintain justice, have honest dealings with our neighbors, refrain from gossip, not stand by while another's life is in danger, and not hate another in our heart.

One of the most famous mitzvos in the Torah appears in this week's portion: "You shall love your friend as yourself." We are commanded to admonish our neighbor if he does wrong and forbidden to take revenge or bear a grudge. The portion continues with a listing of the punishments to be meted out against people who transgress and participate in various forbidden relationships. Parshas Kedoshim concludes with the commandment, once again, that we be a holy and distinct people from among the nations of the world.



### Counting the Omer

The *omer* is a biblical-era measurement equivalent to approximately 2 quarts (43 oz).

Counting the Omer each day for 50 days created anticipation for the new crop, but more importantly, serves as a way for us to refine our character traits each day, leading up to the giving of the Torah on Shavuot.

## 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 Sunday Nights

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



# Learning at NHBZ (con't)

## Ask Our Rabbis

Q: How is it that my appliances seem to know when it is Erev Yontiff? Invariably, JUST before Yom Tov (a major holiday) they seem to break. What gives?

A: To answer your question we reached out to a stove owned by a Jewish family. Its response:

Rabbi: "Mr. Stove. Pleasure to meet you. Thank you for sitting down to today's interview."

Mr. Stove: "My pleasure, Rabbi. I was sitting anyway. But I do have to tell you that I had a rough Pesach. Over Yom Tov the family who owns me had a visiting relative who's a cowboy. He sat on me several times."

Rabbi: "Why would he do such a thing?"

Mr. Stove. "He says that it made him feel more at home... on the range."

Rabbi: "Mr. Stove, enough with the bad puns. Let's get down to business. One of my congregants wants to know why you and your fellow appliances always seem to cause them trouble just before Yom Tov. What gives?"

Mr. Stove: "People think that only these new fancy phones are 'smart', but me and my fellow appliances get a bum rap. We're also plenty smart, because we take orders directly from The Boss. Not Springsteen. THE Boss. HaShem. Just as I and my fellow appliances come with user manuals, those who own me also come into this world with directions. And lesson number one is: *Life is a test*. Everyone gets tested in various ways so that they can develop their character and actualize their potential.

Rabbi: "Does that mean, Mr. Stove, that sometimes you stop working at particularly busy times to deliberately try people's patience and emunah?"

Mr. Stove: "Exactly! If I'd go on the fritz on a Monday in the summer, anyone can deal with that type of challenge. That would be easy-peasy. But if I start acting up a few days before Pesach, that can cause a lot of gaswork. It might make a balebusta really boil over. It could ...."

Rabbi: "Mr Stove!"

Mr. Stove: "Ahem ... It would cause a more formidable challenge for said balebusta. Will she keep her cool? Will her husband be understanding, supportive, and drop everything he is doing to get a repairman out to fix me? Will the neighbors pitch in to help? Life is a test, Rabbi. I and my fellow appliances just follow orders to help everyone reach their latent inner potential."

## Holocaust & Heroism Memorial – Recording Available

It is our honor to provide a recording of the stories shared. Children of survivors recounting the stories of survival and heroism their parents told them. The recording is on-line, and available on YouTube, via this link <https://youtu.be/I2UMsQI7BCK>

We are deeply grateful to the presenters for sharing their hearts, memories and family stories with us.

# 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!

## ● Staenberg Building Causematch Campaign Launch, May 8 – 9

"Please join Taharath Israel Mikvah Association of St. Louis as we launch our Causematch Campaign Sunday, May 8-9th. We hope to raise \$100,000, which includes the following: \$50,000 toward replacement of old and broken equipment at the Shabbos Mikvah; monthly payroll; and upkeep, cleaning, and constant maintenance of our four pools." Please contact the St. Louis Mikvah Association with questions at [stlouismikvah@gmail.com](mailto:stlouismikvah@gmail.com). You may donate online at <https://campaigns.causematch.com/StLMikvah>, or by check made out to St. Louis Mikvah Association, and submitted through NHBZ.

## Shabbaton with Kollel Rabbonim, Next Shabbos, May 14, 2022

It is with great excitement and joy that NHBZ invites you to join us for an UPLIFTING and INSPIRING Shabbos morning with the Rabbis of the St. Louis Kollel! A special Shabbos experience of Torah & Tefilla, classes and Kiddush. Rabbis Berkowitz, Hess, Tajerstein, Bin-Nun, Freund and Miller join us, and Mrs. Yael Miller will offer a class for women. Please see the flyer for full details, and plan to join us for this marvelous event!

## MEMORIAL PLAQUES

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.

# Learning at NHBZ (con't)

## ● **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 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            |



## ● **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**

Same place and time, same health and safety protocols.

- **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\\_MFI0zsmKlImpR3KpHROrHDWIDNbqsN](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-](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 7

Counting the Omer



Volume 5

Number 18

6 Iyar 5782

May 7, 2022

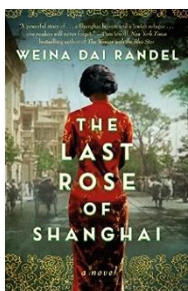
### Sisterhood Book Club News!

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](mailto:fran.alper@outlook.com) or [sisterhood@nhbz.org](mailto: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!**



Happy Mother's Day!

### PARSHAH KEDOSHIM: So many mitzvot, so little time

*Kedoshim* means "holy" and the Parshah of Kedoshim begins with G-d telling us: "You should be holy because I, your G-d, am holy." But how can we be holy? By doing the mitzvot that G-d commands. Just some of the mitzvot given in this Parshah are: do not lie, do not steal, don't swear falsely, don't bear a grudge, don't take revenge, don't spread gossip about others, keep Shabbat, stand up when somebody respectable comes into the room, give charity to the poor, respect the elderly, when a person gathers the wheat from his field, he should leave a corner for poor people, and a very important mitzvah: "Love your fellow as yourself."

### PARSHAH KEDOSHIM: "As Yourself?"

According to Rabbi Akiva, "Love your fellow as yourself"<sup>1</sup> is "a great principal of the Torah," yet it is a commandment easier said than done. How can we love every person as we love ourselves? People possess the full gamut of negative traits, shortcomings, and failings. Often, the closer we become to someone, the more we see his or her personality flaws. How then can we be expected to love every person? Must we ignore one's negativity?

The most seemingly problematic part of the statement is "as yourself." Even if, somehow, we learn to love our fellow, can the Torah expect the love to rise to the level of self-love?

Chassidic philosophy explains that the words "as yourself" are the key to the ability to love our fellow. When a person loves himself, he is not ignorant of his own personality flaws. On the contrary, no one is as aware of his flaws as he himself is. But somehow, the awareness of his own flaws does not contradict or destroy his self-love. That is because a person does not see his own flaws in isolation; he sees his own flaws against the backdrop of self-love.

The person who is aware of his own flaws will work very hard to conceal those flaws from others. He fears, often correctly, that the other person's focus will zero in on the fault alone, and the person will define him by his flaws.

The Talmud relates that a gentile who sought to convert asked the great sage Hillel to teach him all of the Torah while standing on one foot. Hillel told him, "What is hateful to you, don't do to others."<sup>2</sup> You hate when others define you by your shortcomings; therefore, don't do the same to others. Never look at the shortcomings of your child, your spouse, your neighbor, or your fellow in isolation. See them only against the backdrop of love.<sup>3</sup>

#### FOOTNOTES

1. Leviticus 19:18.
2. Talmud, Shabbat 31a.
3. Adapted from *Derech Mitzvotecha, Ahavat Yisrael*.

— adapted from **Rabbi Menachem Feldman**, [www.Chabad.org](http://www.Chabad.org)

### יומ הא'atzmaut



Seventy-four years ago, in 1948, the State of Israel was proclaimed an independent state. The British mandate to govern the Holy Land expired on Friday, May 14, 1948. A United Nations resolution passed six months earlier endorsed the establishment of a Jewish state in the biblical homeland of the Jewish people. That afternoon, the state of Israel was proclaimed in Tel Aviv. Four neighboring Arab countries launched a brutal war on Israel's Jewish inhabitants but were unable to realize their full bloodthirsty intent in circumstances describable only as miraculous. The date — Iyar 5 on the Jewish calendar — is celebrated in Israel as the Israeli "Independence Day" or "Yom Ha'atzmaut."



# A Shabbos WITH THE Kollel

ST. LOUIS  
**KOLLEL**



Join *your* shul for an uplifting and inspiring  
Shabbos morning experience of Torah  
& Tefilla with the St. Louis Kollel

**Shacharis** - Rabbi Berkowitz  
**Leining** - Rabbi Hess  
**Mussaf** - Rabbi Tajerstein  
**Drasha** - Rabbi Berkowitz

**Parshas Emor,**  
**May 14 - 13 Iyar**

**CLASS 1:** Rabbi Bin-Nun - **What does it mean "Hashem chose us"?**

**CLASS 2:** Rabbi Freund - **Investing Wisely: How to get more  
out of our Torah & Mitzvos**

**CLASS 3:** Mrs. Yael Miller - **For Women**

**Short remarks at Kiddush** - Rabbi Miller



**PARSHAS BECHUKOSAI**  
May 28 - 27 Iyar  
U. City Shul



**PARSHAS CHUKAS**  
July 9 - 10 Tamuz  
Young Israel



**PARSHAS LECH LECHA**  
November 5 - 11 Cheshvan  
Agudas Israel







# 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.**