



# NHBZ Weekly News

## Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

June 11, 2022 • 12 Sivan 5782 • Candle Lighting 8:07 pm • Shabbos Concludes 9:11 pm

Parshas Naso  
Haftorah

Numbers 4:21 – 7:89  
Judges 13:2 – 25

Chumash pp. 748 – 773  
Chumash pp. 1181 – 1182

## Prayer

### Shabbos, Friday, June 10

- 7:00 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 8:07 pm Candle Lighting

### Shabbos, Saturday, June 11

- 9:00 am Shachris followed by Musaf  
Pesukei D'Zimra: **Howard Sandler**  
Shacharis: **Rabbi Avi Okin**  
Leyning: **Stuart Klamen**  
Haftorah: **Marvin Lerner**  
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)
- 7:50 pm Mincha, Shalosh Seudos, D'var Torah by **Rabbi Avi Okin**, Ma'ariv
- 9:11 pm Shabbos concludes



### Minyan Times June 9 – June 18, 2022

|                     | Thu<br>Jun<br>9 | Fri<br>Jun<br>10 | Shabbos<br>Jun<br>11 | Sun<br>Jun<br>12 | Mon<br>Jun<br>13 | Tues<br>Jun<br>14 | Wed<br>Jun<br>15 | Thu<br>Jun<br>16 | Fri<br>Jun<br>17 | Shabbos<br>Jun<br>18 |
|---------------------|-----------------|------------------|----------------------|------------------|------------------|-------------------|------------------|------------------|------------------|----------------------|
| 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             | 7:50                 | 7:00             | 7:00             | 7:00              | 7:00             | 7:00             | 7:00             | 7:50                 |

### 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! June 12 – June 18, 2022

### Happy Birthday

|               |         |                |         |
|---------------|---------|----------------|---------|
| Barb Bressler | June 12 | Yitzchak Rubin | June 17 |
| Nathan Brook  | June 12 | Richard Woolf  | June 17 |

### Happy Anniversary

|                              |         |
|------------------------------|---------|
| Ed & Jane Lyss               | June 14 |
| Drs. David & Laura Goldmeier | June 14 |



## Events

### Coming Soon

- Tuesday, June 28, 5:00 pm – LADIES ONLY! Chesed Fundraiser (see below)
- Shabbos Weekend, July 7–10 – SAVE THE DATES for a Special Guest Speaker Weekend with Rabbi Uri Lati (Details coming soon!)

### 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 5)
- Thursdays, 7:40 pm – Mishmar Learning with Rabbi Okin

## GIRLS JUST WANT TO ...

...get together, have some laughs, share insights and camaraderie, and raise a few ... no, neither glasses nor eyebrows is correct. We prefer to raise some dollars for the Rose Ragin Chesed Fund!

In celebration of the launch of the new Rose Ragin Chesed Cards, we are having a get-together and fundraiser. We cordially invite the women of the greater NHBZ community to participate!

Tuesday, June 28, 5:00 – 6:30pm, we will gather upstairs at NHBZ for tasty treats, appetizers and drinks (alcoholic and non-alcoholic). Rebbitzen Mimi David joins us and will offer a D'var Torah.

Minimum donation of \$18 requested. Proceeds go to the Rose Ragin Chesed Fund (see flyer for details). Donations of \$50 or more will receive one pack (5 cards) of Rose Ragin Chesed Fund cards.

RSVP to [office@nhbz.org](mailto:office@nhbz.org) or call 314-991-2100, ext. 2. And, **bring a friend!**

## 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 *tzedakah* 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, \$60 – 75); 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 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.

### GLOW OF SUCCESS – Shavuot at NHBZ

Special thanks to **Stuart Klamen** for his double-duty in reading Torah and leading services for BOTH services on Shavuot morning. We had outstanding overnight learning sessions, thanks to presentations by **Menachem Szus**, **Dr. Isaac Amon**, **Stuart Klamen** and **Rabbi Avi Okin**. Thank you, **Bob Kaiser**, for ensuring there were plenty of refreshments. Thanks goes to **Boris Yasinev** for arranging early morning minyan. We again thank **Libby Sorkin Routman** for providing us with delicious cheesecake, and thanks to **Jackie Berkin**, **Anna Rose Tendler** and **Vivian Zarkowsky** for the food preparation and presentation. As always, we are deeply grateful to our **Teretha Carter** who makes our house a home.

## In the Community

### ● 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!



# Learning at NHBZ

## ● Parashas Naso – By Rabbi Smason

Among the topics appearing in Naso is the mitzvah of the 'Sotah'. When compelling circumstantial evidence suggests an act of marital infidelity may have taken place, the Torah provides a means to clarify the hoped-for innocence of the suspect parties. Contained in this mitzvah is dissolving G-d's name that was written on a parchment. We learn from this the supreme importance of shalom bayis -- peace in the home. If G-d allows His Holy Name to be erased for the sake of peace between husband and wife, certainly each of us should seek shalom bayis with our spouses and other family members. What can each of us do to increase shalom bayis with those whom we love? Parshas Naso also describes the nazir -- an individual who takes a vow to refrain from drinking wine, cutting his hair, and other restrictions. Remember the story of Samson? Samson -- who was a nazir -- was the great Jewish judge and hero who 'brought down the house.'

### Ask Our Rabbis

Q: I am planning on going on vacation shortly, and I anticipate spending some time in the mountains. I have heard that there is a blessing that is recited when seeing a tall mountain after a long time. Is this true? If so, what is the reason for such a blessing?

A: Enjoy your vacation! When one sees any impressive natural phenomenon, one recites the Brachah of Oseh Ma'aseh Bereishis (Shulchan Aruch OC 228:1). The full text and translation is as follows: Baruch Atta Adonay Elo-heinu Melech HaOlam Oseh Ma'aseh Bereishis. Blessed are You Hashem, Our God, King of the Universe who has made the acts of creation. As long as you have not seen the natural phenomenon in question in the past 30 days, you have the opportunity to make this blessing. The objective is to reflect on the fact that Hashem created all of the aspects of our beautiful world. When we see our world's natural beauty, we should stop, wait, and reflect on our beautiful world.



## ● **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:

- June 11     Humanity: Is It Still Alive?
- June 18     How Fathers Change Lives: Stories of Remarkable Dads
- June 25     What Is Your Greatest Blessing?



## ● **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\\_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

## JUNE 11



Volume 5

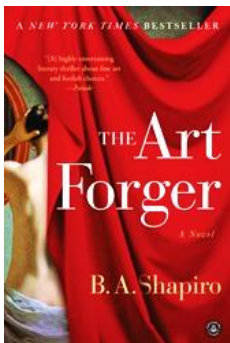
Number 23

12 Sivan 5782

June 11, 2022

### NHBZ Book Club News!

The next book selection is ***The Art Forger***, by Barbara Shapiro, and will be discussed at the **July 25** meeting. The historical novel weaves through three centuries of forgers, art thieves, and obsessive collectors to uncover secrets that lie beneath the 1990 theft of thirteen paintings from The Gardner Museum in Boston.



To help choose future book club selections, host a meeting, or lead a discussion, call us. The Book Club meets on the **fourth Monday of odd-numbered** months at 7:15-8:45 PM.

*We welcome all interested women to join us.*

The remaining dates for 2022 are  
**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).

### PARSHAH NASO: Journey Toward Peace

It's hard to be spiritual in a material world. Our possessions come to possess us; we can't put down our smartphones or that last piece of chocolate cake. We can spend years working to achieve success in a career, in a relationship or in any other worthy pursuit, and then throw it all away for a foolish, temporary temptation.+

So how do we achieve harmony in our lives? How do we get to a place where there is no conflict between our spiritual goals and our physical needs?

In the portion of Naso, the Torah teaches us how to move from spiritual folly to inner peace. It does so by describing three laws: 1) the "wayward woman"; 2) the nazirite; 3) the priestly blessing, which concludes with the blessing for peace.

First the Torah describes the law of the "wayward woman." The Hebrew word for "wayward" (*sotah*) is related to the word for "foolishness" (*shtut*). The Talmud states, "A person does not commit a transgression unless the spirit of folly enters him." Thus, the *sotah* personifies the person who acts against his or her better judgment as a result of great temptation. To discover how to overcome the state of the *sotah*, we look to the next portion, the portion of the *nazirite*, which when understood correctly is the secret to achieving the inner spiritual harmony described in the priestly blessing.

The *nazirite*—the man or woman who takes a vow to temporarily refrain from drinking wine, cutting hair and becoming ritually impure—is referred to as "holy." Yet, paradoxically, the Torah teaches that at the conclusion of the *nazirite* period he or she must offer a sin offering. This implies that although the choice to become a *nazirite* was the right choice for that person at that specific time, thus, a holy choice, the *nazirite* way of life is not the preferred one.

In Torah's ideal model of holiness, the human being engages with the physical world and imbues it with spirituality, creating peace between body and soul. But occasionally, in order to achieve this ideal state of holiness, a person may have to take the path of the *nazirite*. If one wants to ensure that he is in control, that the wine, chocolate cake or smartphone will indeed enhance his spiritual life, then sometimes he first has to disengage. He has to demonstrate that he can survive for a period of time without dependence on the specific material possession. After refraining from drinking wine for 30 days, the *nazirite* can return to the consumption of wine while still maintaining his holiness. Through undergoing the process of the *nazirite*, one can be holy while engaged in the world. He can use his possessions as tools to attain his spiritual goals, not detract from them. The Torah provides the roadmap to journey from *sotah* to *nazirite* to the priestly blessing—from folly to control to peace and harmony.

– by **Rabbi Menachem Feldman**, [www.chabad.org](http://www.chabad.org)







## JOIN THE WOMEN OF NHBZ FOR HAPPY HOUR TUESDAY

In celebration of the launch of the new Rose Ragin Chesed Cards, we invite the women of the greater NHBZ community to stop by and join us for tasty treats, appetizers and drinks!

**Rebbetzin Mimi David will present a D'var Torah**

**TUESDAY, JUNE 28  
5:00-6:30PM at NHBZ**

Donation of \$18 requested. Proceeds go to the Rose Ragin Chesed Fund (see flyer for details).  
Donations of \$50 or more will receive one pack (5 cards) of Rose Ragin Chesed Fund cards.

**RSVP by  
Thursday, June 23**

**314-991-2100 ext. 2  
or email [office@nhbz.org](mailto:office@nhbz.org)**



Kashrus under supervision of Rabbi Ze'ev Smason



# 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**