



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

June 18, 2022 • 19 Sivan 5782 • Candle Lighting 8:10 pm • Shabbos Concludes 9:14 pm

Parshas Beha'aloscha
Haftorah

Numbers 8:1 – 12:16
Zechariah 2:14 – 4:7

Chumash pp. 774 – 797
Chumash pp. 1182 – 1184

We thank our generous sponsors

- ~ **RABBI & REBBITZEN OKIN** sponsor this week's Weekly News in honor of **AHUVAH TZIPPORAH** coming home and to thank everyone for their support
- ~ **DENNY FEIT** for the kiddush and cake in celebration of the birthdays of **AMY FEIT** and those who share her birthday, **JONI KAISER, BARRY SOLOMON, SAM BLUESTEIN** and **NATALIA WALLMAN**

Prayer

Shabbos, Friday, June 17

- 7:00 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 8:10 pm Candle Lighting



Shabbos, Saturday, June 18

- 9:00 am Shachris followed by Musaf
Pesukei D'Zimra: **Howard Sandler**
Shacharis: **Rabbi Avi Okin**
Leyning: **Stuart Klamen**
- 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
- 9:14 pm Shabbos concludes

Haftorah: **Alan Haber**
Sermon: **Rabbi Ze'ev Smason**
Musaf: **Rabbi Avi Okin**

Minyan Times June 16 – June 25, 2022

	Thu Jun 16	Fri Jun 17	Shabbos Jun 18	Sun Jun 19	Mon Jun 20	Tues Jun 21	Wed Jun 22	Thu Jun 23	Fri Jun 24	Shabbos Jun 25
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	7:55

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.

Congregation News

Mazel Tov on Simchas This Week! June 19 – June 25, 2022

Happy Birthday

Sam Bluestein	June 19	Esther Gelb	June 21
Amy Feit	June 19	Alan Morgensztern	June 21
Joni Kaiser	June 19	Dr. Adrian Shifrin	June 22
Barry Solomon	June 19	Sanford Koenig	June 23
Natalia Wallman	June 19		

Happy Anniversary

Keith & Karen Zeff	June 23
Alan & Vivian Zarkowsky	June 24



Events

Coming Soon

- Shabbos, June 25
- Tuesday, June 28, 5:00 pm
- Shabbos, July 8
- Monday, July 11 Noon
- Luncheon in honor of Rabbi & Rebbitzin Okin
- LADIES ONLY! Chesed Fundraiser (see page 3)
- Special Guest Speaker (including Shabbos luncheon) with Rabbi Uri Lati
- “Time to Come Back” Lecture (see page 3)

On-Going

- Online Classes
- Every Shabbos
- See listing on Page 6
- Learners' Service, 9:15 am (**On Hiatus until July 2**)
- 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
- Mondays, 7:40 pm
- Wednesdays, 12:15 pm
- Mishna learning with Rabbi Swidler
- St. Louis Kollel Amud-A-Week (after davening)
- Pirkei Avos Class with Rabbi Smason (see page 6)

APPRECIATION LUNCHEON FOR THE OKINS – Next Shabbos, June 25

With Ahuvah Tzipporah home with big brother Benny and the rest of her family (B'H!), it is off to New Jersey they go!

Please join us for a farewell luncheon as we show our appreciation to Rabbi and Rebbitzin Okin. Postponed no more, it is time to send them on their way.

The luncheon will immediately follow Shabbos morning services. May the Okin Family move from strength to strength as they continue to thrive and grow. Wherever they are, they remain in our hearts and prayers.



"Time to Come Back" Lecture Series – Second Monday of the Month, Noon

With great joy and excitement, we are pleased to announce a new collaboration with our long-cherished friends at the **Crown Center for Senior Living**. We cordially invite you to join **Rabbi Ze'ev Smason** for an engaging and informative series of classes. We will meet in the Sanctuary (upstairs) at NHBZ, from 12:00 – 1:00 pm, on the second Monday of the month.

Our topics will be:

July 11: **You Could Die Laughing: What is the Humor in Jewish Jokes?**

August 8: **May You Live Until 120: 6 Keys to Living Long, and Living Well**

September 12: **7 Steps to Worry-Free Living**

\$10 per class, includes a box lunch (\$3 per class if you choose to forego lunch). Come on out and laugh and learn!

Rabbi Uri Lati at NHBZ – July 8, 2022 – Save the Date!

It is with great honor that NHBZ welcomes internationally acclaimed **Rabbi Uri Lati** to our Shul. Rabbi Lati will join us for a Moroccan-themed luncheon, offer D'veiri Torah at morning services, at lunch and Shalosh Seudos. Please RSVP to office@nhbz.org for lunch. Sponsorships in any amount appreciated. Stay tuned for topics and more details.

As described in his introduction on torahanytime.com, "[Rabbi] Uri Lati has been giving shiurim in both the English and Arabic languages for over 18 years. He focuses on Emunah and Ahabat Yisrael."



Born in Damascus, Syria, Rabbi Lati came to the United States at age 4. Raised in Brooklyn, NY, he attended Magen David Yeshiva from nursery school through 12th Grade. He studied at Brooklyn College for 1 year, then learned at and graduated Yeshiva Mikdash Melech, Jerusalem.

After returning to the U.S., Rabbi Lati worked during the day, and continued his learning and teaching at night. He has resumed working on his previously postponed Semicha.

Please plan to join us for this very special learning opportunity! Our profound thanks to **Zev & Arin Rosenberg & family** for arranging and generously sponsoring the teaching portion of this weekend of Shiurum, and for hosting Rabbi Lati and his family.

GIRLS JUST WANT TO ... -- Please join us! Tuesday, June 28 – RSVP today

...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). Rebbitzin Mimi David joins us and will offer a D'var Torah.

Donations welcome! 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.

Learning at NHBZ

● Parashas Beha'aloscha – By Rabbi Smason

Beha'aloscha (Hebrew for "when you step up") is thematically diverse, beginning with the daily lighting of the golden menorah in the Mishkan. The Levites are initiated into the Tabernacle service. The Torah then describes the celebration of Passover in the second year in the desert, complete with the bringing of the Korban Pesach (Passover offering). Some men could not bring the offering due to ritual impurity, and were thus commanded to celebrate Pesach Sheni, a 'make-up Passover' a month later. Lesson: Second chances are available. Additionally, the standard procedure by which the Jewish people would break camp to travel in the desert is described. Soon after leaving Mt. Sinai, the people begin to kvetch. Spurred by the mixed multitude of insincere converts who joined the Jewish people upon leaving Egypt, the complaining is directed toward the manna, their daily miraculous portion of heavenly bread. G-d sends a massive flock of quail which the people gather to eat; those who had complained about the lack of food overstuff themselves and die during this supernatural event. The portion concludes with Miriam speaking loshon hara (defamatory words) to Aaron about their brother Moses. She is punished by G-d with tzaraas (a skin condition indicating a spiritual deficiency) and is quarantined outside the camp for seven days.

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.

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!



Learning at NHBZ (con't)

Ask The Rabbi

Q: I visit my 92 year old mother every day in her old age home, and every day I look around at the seniors there and ask myself the same question: why does G-d leave these old people to die without dignity? Every one of them needs someone to feed them, wash them, even take them to the bathroom. I have faith, but this thing really makes me angry. Why can't they die with dignity?

A: It is so hard to see a loved one fade after living a vibrant and active life. How we approach this painful stage will depend on our perspective. And the Jewish perspective on the end of life differs greatly to much of mainstream thinking today. To approach life and death the Jewish way, we need to make sure we have that perspective very clear.

It often happens that immoral ideas creep into the minds of even those who have otherwise good values. Usually, the way these concepts infiltrate is via catch phrases and clichés. First they enter our vocabulary, then they become a part of our mentality.

One example is "dying with dignity."

That phrase is poison. It originates in the movement promoting euthanasia. This is a phrase that deserves to die.

True dignity comes from the soul. The good deeds we do in our lifetime, the meaning we bring to our days, the beauty and joy we bring to those around us all come from the soul.

Our body is the vehicle for our soul. It is through the body that our soul achieves goodness in this world. And this goes both ways. We do good for others with our body, and others can do good for us. We give and we receive.

Towards the end of life, as the body's strength wanes, we become more dependent on the care of others. There may be some rather unpleasant tasks required in order to bring comfort to the body. Those who are charged with these tasks should view them as an honor. There is no greater dignity than to serve another human being in need.

This is not to belittle the pain of seeing a loved one suffer. The body's deterioration can be extremely hard to witness. But some of the most awe-inspiring displays of selfless and unconditional love happen in these final stages of life. These acts of pure giving are among the highest examples of the goodness of the human spirit. That is living with dignity. That is making the world a better place.

We end our life in the same way we started it, dependent on the love of others. Your mother is blessed to spend her final days in good care, surrounded by those who love her. That is a most dignified departure from this world to the next. (Rabbi Aron Moss)

● **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 18 How Fathers Change Lives: Stories of Remarkable Dads
- June 25 What Is Your Greatest Blessing?



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

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 – **On hiatus until July 2**

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

JUNE 18



Volume 5

Number 24

19 Sivan 5782

June 18, 2022

In honor of Father's Day...

Thought for the Day by Rabbi Jonathan Sacks^{ztl}

We must recover the idea of fatherhood

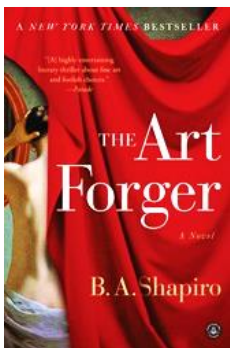
Think of this: more than half the 6 billion people on earth today are followers of the Abrahamic monotheisms, and if you look in the bible there's only one place where it explains why G-d chose Abraham. G-d says, I've chosen him so that he will teach his children the way of the L-rd. He was chosen to be a father. In fact, the Hebrew name Avram means, great father.

My late father had to leave school at 14...and didn't have an education so he couldn't answer many of my questions. But he told me: "one day you will have the education I never had, and then you will teach me the answer to those questions."

What a gift that was. He gave me time. He gave me love. And he gave me the chance to give him pride. If we fathers can do that for our children, we'll find that we've given them much, and they have given us even more.

NHBZ Book Club News!

The next book selection is **The Art Forger**, by Barbara Shapiro, and will be discussed at the **July 25** meeting (location TBA). 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.

Remaining dates for 2022: **July 25, Sept. 19, Nov. 28**

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

JOIN THE WOMEN OF NHBZ FOR HAPPY HOUR TUESDAY Tuesday, June 28, 5:00-6:30PM

Stop by for tasty treats, appetizers, drinks, and a special D'var Torah by **Rebbetzin Mimi David**
Proceeds benefit the **Rose Ragin Chesed Fund**

PARSHAH BEHAALOTECHA: **Miriam's Courage**

At the conclusion of parshah Behaalotecha we read how when Miriam had to live outside of Israel's desert encampment for seven days, "...the people did not journey till Miriam was brought in again." Two million people, with all their leaders, their prophets, judges, elders and sages delayed their scheduled journey to wait for one individual! For **they remembered**...how she had waited at the banks of the Nile to guard her baby brother Moses floating in the reed box in the river... how Miriam, a little girl, had molded Israel's destiny and changed the course of history...

Amram, father of Aaron and Miriam, was the leader of the generation prior to the exodus from Egypt. When Pharaoh decreed "Every son that is born you shall throw into the river" Amram declared that it was useless to continue bearing children, and he divorced his wife Jochebed. All the Jews followed his example and divorced their wives. Then Miriam spoke up. Only six years old at the time, and well aware that her father was righteous and the leader of the nation, she courageously voiced her conviction: "Your decree is worse than Pharaoh's! For Pharaoh only decreed against the boys; but you decree against boys and girls. Pharaoh is an evil man, and his decree may or may not be effective; but you are a righteous person and your decree will be effective."

Miriam declared that one must follow G-d's commands, including the precept to "...be fruitful and multiply" without regard to "logic," "rationale," or the consequences. Amram recognized the truth and sincerity of his little daughter's words. He immediately remarried Jochebed, and all Israel, inspired by his example, followed suit.

What was the result of Miriam's actions? Moses was born; and as soon as his mother placed him in the river, Pharaoh's astrologers declared, "Their deliverer has already been thrown into the water" and the decree (to drown all male children) was revoked. The undaunted courage of a six-year-old girl, to "tell it like it is" even to the leader of the generation, effected the annulment of the evil decree while still in the exile of Egypt, and eventually brought deliverance, through Moses, not only for herself, for her parents and for her family, but for all Israel.

– by **Rabbi Yitschak Meir Kagan**



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