



# NHBZ Weekly News

## Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

June 25, 2022 • 26 Sivan 5782 • Candle Lighting 8:12 pm • Shabbos Concludes 9:15 pm

Parshas Shelach  
Haftorah

Numbers 13:1 – 15:41  
Joshua 2:1 – 24

Chumash pp. 798 - 819  
Chumash pp. 1184 - 1185

**NHBZ extends its heartfelt thanks to**  
**Rabbi Avi & Rebbetzin Devorah Tova Okin**

*We thank our generous sponsors*

- **Bob Kaiser** for ice cream treats, sundaes and floats (Oh, my!) in celebration of **Joni Kaiser's** birthday
- **Bob & Joni Kaiser, Victor & Anna Rose Tendler** and **Dr. Craig & Jackie Berkin** for the luncheon in honor of **Rabbi & Rebbitzin Okin**
- **Boris Yasinev** for lunch soda, in honor of **Alla & Boris Yasinev's** wedding anniversary

## Prayer

### Shabbos, Friday, June 24

- 7:00 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 8:12 pm Candle Lighting

### Shabbos, Saturday, June 25

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

Haftorah: **Marvin Lerner**  
Sermon: **Rabbi Avi Okin**  
Musaf: **Rabbi Avi Okin**



- 10:00 am Kids' Program (downstairs)
- 10:15 am "Starting Points" with **Rabbi Ze'ev Smason** (downstairs)
- 7:55 pm Mincha, Shalosh Seudos, D'var Torah by **Rabbi Avi Okin**, Ma'ariv
- 9:15 pm Shabbos concludes

### Minyan Times June 23 – July 2, 2022

	Thu Jun 23	Fri Jun 24	Shabbos Jun 25	Sun Jun 26	Mon Jun 27	Tues Jun 28	Wed Jun 29*	Thu Jun 30*	Fri Jul 1	Shabbos Jul 2
Shachris (am)	7:00	7:00	9:00	8:00	7:00	7:00	6:45	6:45	7:00	9:00
Mincha/Ma'ariv (pm)	7:00	7:00	7:55	7:00	7:00	7:00	7:00	7:00	7:00	7:55

\* Rosh Chodesh Tamuz

## 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 26 – July 2, 2022

#### Happy Birthday

Vivian Zarkowsky	July 1	Jessica Fadem	July 2
Joanna Alper	July 2	Melanie Sallis	July 2
Frances Cohen	July 2		

#### Happy Anniversary

Boris & Alla Yasinev	June 26
Jeff & Irena Scheer	June 27



## Events

### Coming Soon

- Tuesday, June 28, 5:00 pm – LADIES ONLY! Chesed Fundraiser (see page 5 and flyer)
- Shabbos, July 7 - 8 – Special Guest Speaker (including Shabbos luncheon) with Rabbi Uri Lati (see page 5 and flyer)
- Monday, July 11 Noon – “Time to Come Back” Lecture (see page 4 and flyer)

### 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)

### Appreciation and Farewell Luncheon for The Okins -- This Shabbos!

All their bags are packed, and they're ready to go....

Won't you please join us as we express our thanks to Rabbi and Rebbitzin Okin, and say our farewells to their family?



Maybe Binyomin will say “So long!” before he starts tawkin’ like he’s from Joyzee. 😊

The farewell luncheon will begin immediately following morning services.

We wish the Okins only great things!! May they move from strength to strength!

**NHBZ Tributes – May 2022****IN MEMORY OF****Adam Szus**

Sam & Shirley Bluestein  
 Dr. Arnold Brody  
 Alan & Vivian Zarkowsky  
 Linda Luks  
 Mimi Fiszal  
 Dr. Eliot & Sally Katz  
 Betty Epstein

**Pamela Feigenbaum**

Mimi Fiszal

**Jerry Cohen**

Sandy & Marvin Greenberg  
 Great Neck Nurses

**Dan Schultz**

Bruce & Ellie Wainer

**Phyllis Sunshine**

Beverly Stuhlman  
 Mark Ragin & Gail Rose

**Sharon Selenko**

Ed & Helayne Levitt

**IN HONOR OF****Marsha Feenberg's  
Refuah Sh'lemah**

Sandy & Marvin Greenberg

**100<sup>th</sup> Anniversary of  
St. Louis Music**

Dr. Eliot & Sally Katz

**Harrison Tendler, Grandson  
of Anna Rose &  
Victor Tendler**

Anonymous  
 Joni & Bob Kaiser

**Allan Swan's Refuah Sh'lemah**

Menachem, Linda & Micky Szus

**IN HONOR OF (con't)****Dr. Craig Berkin's Birthday**

Dr. Arnold Brody

**Dr. Ram & Sallie Volotzky's  
New Grandson**

Amy & Denny Feit

**Rabbi & Rebbitzen Smason's  
New Grandson, Ariel**

Ed & Helayne Levitt  
 Libby Sorkin Routman  
 Hal & Ellen Rosen  
 Dr. Faye & Brian McCary & Family  
 Mimi Fiszal  
 Joni & Bob Kaiser  
 Dr. Jerry & Gail Tullman  
 Sandy & Marvin Greenberg  
 Feigenbaum/Pepose Family  
 Tony & Carole Granillo

**Eleora Rose, Daughter of  
Dr. Gavriel &  
Sarah Beth Matt**

Ed & Helayne Levitt

**Eleora Rose, Granddaughter of****Bruce & Faith Waxman**

Ed & Helayne Levitt  
 Joni & Bob Kaiser  
 Dr. Jerry & Gail Tullman  
 Amy & Denny Feit

**Eleora Rose, Great-granddaughter  
of Marvin & Sandy Greenberg**

Ed & Helayne Levitt  
 Joni & Bob Kaiser

**Phyllis Silverman's Birthday**

Feigenbaum/Pepose Family

**Drs. Susan Feigenbaum &  
Jay Pepose's Anniversary**

Ed & Helayne Levitt

**IN HONOR OF (con't)****Brent Waxman's Birthday**

Feigenbaum/Pepose Family

**Bruce Waxman's Birthday**

Feigenbaum/Pepose Family

**Dr. Jerry Tullman's Birthday**

Feigenbaum/Pepose Family

**Ahuvah Tzipporah Okin**

Anonymous  
 Sally Needle  
 The Morgensztern Family

**Myra Radinsky's Birthday**

Feigenbaum/Pepose Family

**Dr. Eliot Katz's Birthday**

Feigenbaum/Pepose Family

**Joyce Hochberg's Birthday**

Feigenbaum/Pepose Family

**Debbi Barash's Birthday**

Feigenbaum/Pepose Family

**Bruce & Faith Waxman's  
Anniversary**

Feigenbaum/Pepose Family

**Dr. Erol & Sally Amon's  
Anniversary**

Feigenbaum/Pepose Family

**Joni & Bob Kaiser's  
Anniversary**

Feigenbaum/Pepose Family

**Don & Julie Eisenberg's  
Anniversary**

Feigenbaum/Pepose Family

**Thank you for your kindness!**

## Yizkor Books 2021/5782

Having completed the fourth Yizkor service, the Yizkor books for last year are now available for you to take. If you would like to keep a personal copy of the NHBZ Yizkor book for 2021/5782, please pick one up! They are in a box in the Sanctuary, between the bookracks of Siddurim.

The 2021/5782 Yizkor books remain available until Friday, July 1. Please take your copy before then.

## MEMORIAL PLAQUES – Only THREE MORE WEEKS, 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

### “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 “**Crown on the Road**” and **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: **Seven 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! Please see flyer for full details and how to RSVP!

## 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 (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 – On Hiatus until Next Shabbos**

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

## JUNE 25

We will miss you! 

Volume 5

Number 25

26 Sivan 5782

June 25, 2022

**Sisterhood Bids Farewell to Rabbi Avi & Devorah Okin and to Benny and Ahuvah!**

**שְׁלוֹם חֲבֵרִים**

We are grateful for your leadership, guidance, and friendship, and wish you all the best in your next adventure. May you go from strength to strength!

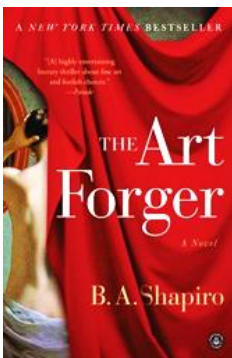
**JOIN THE WOMEN OF NHBZ FOR**  
**HAPPY HOUR TUESDAY**  
**THIS TUESDAY, June 28, 5:00-6:30PM**



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

### NHBZ Book Club News!

The Book Club will be discussing ***The Art Forger***, by Barbara Shapiro, at the **July 25** meeting, hosted by **Trudy Sudin** at her home in Olivette. 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](mailto:fran.alper@outlook.com), or email [sisterhood@nhbz.org](mailto:sisterhood@nhbz.org).

### PARSHAH SHLACH: **One Step at a Time**

The weekly Torah portion concludes with the commandment of *tzitzis*, the commandment that helps one focus on his duties to G-d. As the Rabbis explain, the blue strand of wool reminds one of the ocean, which is blue, which then reminds one of the sky, which is reminiscent of G-d's throne of glory. The question is why we need all these steps. We should put some resemblance of G-d on the *tzitzis* and go straight to the top. With all these steps we might never get to the top - we'll lose focus along the way!

As a baby matures it goes through various stages: turning over, sitting up, crawling and finally walking. Many times, if the baby goes straight from the sitting stage to walking, they'll still teach it how to crawl. Any stage that it misses can greatly affect its capabilities later on in life. Every stage the baby goes through is necessary in developing another part of the brain.

The Torah is teaching us that the same concept exists in spirituality. Growth needs to be systematic. One needs to go through every stage, step by step, until he can get to the top. In every stage he develops skills which are needed to make him a complete person.

Quite often one gets inspired and wants to become great overnight. In order for it to really last, a person needs to move at slow increments until each step becomes a part of him. For example, if he wants to improve his prayer and have stronger concentration, he needs to start with one small segment until he masters it, then moving on, as opposed to trying to master the whole thing at once. Growth is made up of lots of small steps, eventually leading to greatness.

– by **Rabbi Eli Scheller**, [www.aish.com](http://www.aish.com)





## 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 St. Louis Jewish 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**

Donations are 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.

***Just stop by!***  
No RSVP needed

For more information:  
**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**





# Save the Date!

**Rabbi Uri Lati at NHBZ - July 8 & 9, 2022**

650 NORTH PRICE ROAD • ST. LOUIS, MO 63132 • 314-991-2100 • EMAIL: [OFFICE@NHBZ.ORG](mailto:OFFICE@NHBZ.ORG) • [WWW.NHBZ.ORG](http://WWW.NHBZ.ORG)

**It is with  
great honor  
that we welcome  
internationally  
acclaimed  
Rabbi Uri Lati  
to our Shul!**

Rabbi Lati will join us for Shabbat,  
speak at a Moroccan-themed luncheon  
and offer D'var Torah at Shalosh Seudos.  
Stay tuned for topics and more details.



As described in his introduction on [torahanytime.com](http://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 3. 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.

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

**Please RSVP to [office@nhbz.org](mailto:office@nhbz.org) for lunch. Sponsorships in any amount appreciated.**

Gladys & Henry  
**crown**  
center  
for Senior Living



crown  
on the  
road

**Crown Center & Nusach Hari B'nai Zion Synagogue  
present a Crown on the Road speaker series**

# Time to Come Back



*With Rabbi Ze'ev Smason*

*The Second Monday of the Month*

**JULY 11**

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



**AUG 8**

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

**SEPT 12**

Seven Steps to Worry-Free Living

**12:00-1:00pm**

**NHBZ Sanctuary**

**\$10 per class Includes**  
**Vaad Approved Kosher Dairy**  
**Boxed Lunch from**  
**Circle@Crown Cafe**

**Call**

**314-991-2055**  
**to register**



**friends**

*Cafe Specialty*  
*Tuna Salad*  
*on bed of lettuce*  
*Crackers*  
*Homemade cookie*



# Feeling boxed in? It's time to get out of the box

## **Our synagogue helps you to feel comfortable & welcome**

NHBZ members are eclectic and diverse, and desire personal growth without politics or an obligatory commitment to any particular movement, denomination, or label.

## **Our synagogue is proudly Pro-Israel and against the BDS movement**

Support for a secure Israel as our Jewish homeland is not a political or liberal or conservative cause – it is a Jewish cause.

## **Our synagogue will engage you Jewishly**

...with abundant and accessible learning opportunities so that you can become the best version of yourself.

## **Our synagogue has meaningful, spiritually oriented services**

...simultaneously tapping into the enduring wisdom of our people and your personal experience.



**Come grow with us. We are here for you.**  
**Experience Nusach Hari B'nai Zion**



650 North Price Road, Olivette, MO 63132 ✡ 314-991-2100 ✡ [www.nhbz.org](http://www.nhbz.org)