



# NHBZ Weekly News

## Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

August 20, 2022 • 23 Av 5782 • Candle Lighting 7:32 pm • Shabbos Concludes 8:34 pm

Parshas Eikev  
Haftorah

Deuteronomy 7:12 – 11:25  
Isaiah 49:14 – 51:3

Chumash pp. 988 - 997  
Chumash pp. 1197-1199

### *We thank our generous sponsors*

- **Alan & Janet Haber** for today's enhanced kiddush in celebration of their wedding anniversary
- **Amy & Denny Feit** for this week's NHBZ Weekly News in celebration of their son **Andrew's** engagement to **Katie Frank**

## Prayer

### Shabbos, Friday, August 19

- 7:00 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 7:32 pm Candle Lighting

### Shabbos, Saturday, August 20

- 9:00 am Shachris followed by Musaf
  - Pesukei D'Zimra: **TBA**
  - Shacharis: **TBA**
  - Leyning: **TBA**
- 10:00 am Kids' Program (downstairs)
- 7:15 pm Mincha, Shalosh Seudos, Ma'ariv
- 8:34 pm Shabbos concludes

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



### Minyan Times August 18 – August 27, 2022

	Thu Aug 18	Fri Aug 19	Shabbos Aug 20	Sun Aug 21	Mon Aug 22	Tues Aug 23	Wed Aug 24	Thu Aug 25	Fri Aug 26	Shabbos Aug 27
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	7:15	7:00	7:00	7:00	7:00	7:00	7:00	7:05

### 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! August 21 – August 27, 2022

### Happy Birthday

Beatrice Epstein	Aug 22
Debbie Sher	Aug 22
Jonathan Yasinev	Aug 24
Dodi Smason	Aug 25



### Happy Anniversary

David & Norma Rubin	Aug 21
Hal & Ellen Rosen	Aug 23
Jesse & Debbie Barash	Aug 27

## Events

### Coming Soon

- Next Sunday, August 21
  - Special Gifts Campaign, Donor Appreciation Brunch (11 am)
  - Men's Event: Scotch, Cigars & Learning (5:30 pm, see flyer)
- Sunday, August 28
  - Shaving Israel Presents: "Challenges for Lone Soldiers (And Others in Combat)" (3:30 pm, see page 4)
  - Lion's Den: All You Can Eat Pizza Night (5:00 pm, see flyer)

### On-Going

- Online Classes
  - See listing on Page 5
- Every Shabbos
  - Learners' Service, 9:15 am – **On hiatus until Sept. 3**
  - Shabbos Morning Kids' Program, 10:00 am (downstairs)
  - Starting Points, 10:15 am (downstairs)
- 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)

## High Holiday Seating New Layout and Options This Year

Believe it or not – Rosh Hashanah is just around the corner! One of the benefits of Full Membership at NHBZ is being guaranteed a seat for the High Holidays. This year, guaranteed seats will be either **reserved** or **open**. You may choose a specific seat to reserve; otherwise, if you prefer open seating, you may sit in any unreserved seat. There will be enough seats to guarantee that all Full Members have a seat.

***This year, seats will be reserved upon request only.***

The seating layout will be slightly different this year, with the Bima somewhat closer to the front. If you want a reserved seat, please contact Lenny Alper at [lenny.alper@outlook.com](mailto:lenny.alper@outlook.com) or Nancy Stenn at [office@nhbz.org](mailto:office@nhbz.org) **by September 9** and we can help you pick out a seat to your liking. Your seat will be marked as reserved. If you do not want a reserved seat, you may sit in any seat that is not marked as reserved.

## The Four Questions

If you don't already know our next player, she is a gentlewoman known as:

### **LIBBY SORKIN ROUTMAN**

"I was born and bred in St. Louis. I was in a Conservative congregation all my life but when radical changes began to be made I was not pleased. So, Baruch HaShem, I found NHBZ and have been very happy here."

#### **The Questions:**

1. **Who is your favorite Torah personality and why?**  
A: "Caleb is my favorite Torah personality because as one of the spies he stood up for his convictions and told the truth."
2. **What is your favorite snack food?**  
A: "My two equally favorite snack foods are ice cream and natural, smooth peanut butter."
3. **What are three words you use to describe yourself?**  
A: "I am dependable, adaptable and quiet."
4. **What inspires you?**  
A: "I am inspired every day when I awaken and am able to get up and enjoy another day."

Thank you, Libby, for always being so kind! Next up.....you will have to wait until next week!

## **NEXT LION'S DEN PIZZA NIGHT** **Sunday, August 28**

**Join us again in just 2 weeks for our next  
ALL YOU CAN EAT Pizza Night at NHBZ**

**Adults \$15; Kids 4-10 \$7; Kids 3 and under FREE!**

***We need chefs, setup & cleanup crews, servers***

**<https://www.nhbz.org/pizza-volunteer/>**

**All food under supervision of Rabbi Smason**

**See flyer for all the details**



## Special Gifts Campaign Underway!

To those of you who have made your contribution, thank you! We have not yet hit our goal, so the campaign continues! If you have not already made your donation or pledge, there is still time!

We postponed the Appreciation Brunch to ensure that everyone who donates (at the suggested level) is included! Please send your pledge TODAY and help us attain our goal.

### Big Thanks to...

**Nancy Rush** and **Marcela Morgensztern** who were quick to respond to a call for volunteers! They came, they wrote tribute cards, they conquered the list!! Way to go, Ladies!

## MEMORIAL PLAQUES – FINAL WEEK for Special Discounted Pricing

Our handsome brass memorial plaques normally cost \$360.00 each. Our special pricing is extended until the end of August, so two memorial plaques will be available for \$600 – you save \$120. Take advantage of this special opportunity to memorialize family members and friends. May their memory be a blessing.



*presents*

# Challenges for Lone Soldiers

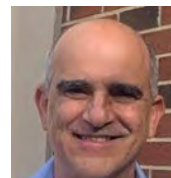
(and others in combat)

**Sunday, August 28, 3:30pm at NHBZ**

*featuring IDF Veterans:*



**Sachar Cohen & Nissim Tal**  
*Live feed from Israel*



**Meir Armoza**  
*Live at NHBZ*

***Pizza Night follows immediately at 5:00 pm***

## NHBZ Sisterhood's

### *New Year Greetings* Fundraiser Returns for 5783

Sisterhood wishes you a Happy New Year... and invites you to wish *L'Shana Tova Tikatevu* to everyone in our NHBZ family!

Send us your donation and how you want your name listed by September 9, and we will publish your greeting in the 5783 Rosh Hashanah Bulletin. See the Sisterhood flyer for complete details.

## In the Community

- **"Time to Come Back" Lecture Series** – 2nd Monday of the Month, Noon

Please join us for the final lecture in the **"Crown on the Road"** featuring Rabbi **Ze'ev Smason** in the Sanctuary (upstairs) at NHBZ, from 12:00 – 1:00 pm, on the second Monday of the month.

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!

- **Sababa: Jewish Arts and Culture Festival**, Sunday, September 18

Mark your calendars, and save the date for Sababa, St Louis' premier Jewish Arts & Culture Festival. For more information or to volunteer, please visit [sababastl.com](http://sababastl.com).

## Learning at NHBZ

- **Parashas Eikev** – By Rabbi Smason

Moses continues to encourage the Children of Israel to trust in G-d and in the prosperity and health which will follow if they keep the Torah. If they are careful to observe even those 'minor' mitzvos that are usually 'trampled' underfoot, he promises that they will be the most blessed of the nations of the Earth. Moses reminds them of their numerous transgressions in the desert, including the mystifying sin of the Golden Calf. Moses describes the bountiful Land of Israel filled with wheat, barley, grapes, figs and pomegranates, a land of oil-yielding olives and date-honey. He teaches the people the second paragraph of the Shema which stresses the fundamental doctrine of reward for keeping the mitzvos and the consequences of non-compliance. All that G-d requires of us, Moses says, is to love G-d, revere Him, and to observe His Torah. Easier said than done! Parshas Eikev concludes with the promise that G-d will provide the Jewish people with protection if they observe the laws of the Torah. Many are familiar with the famous phrase (found in this week's portion), "Man does not live by bread alone." The less-familiar second half of the verse says, ". . . but by all that comes from the mouth of G-d." This important idea teaches that physical nourishment and external pleasures aren't sufficient for a satisfied life. Every human being has spiritual needs that must also be met.



# 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:

**August 20** How to Be a Modern-Day Mensch

**August 27** Habits for Happiness: 5 Steps to Living Your Happiest Life



## ● 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)



## 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

# AUGUST 20

Anne Frank's hideout discovered by the Nazis on 25 Menachem Av, 1944

Volume 5

Number 32

23 Menachem Av 5782

August 20, 2022

## Sisterhood Book Club News

The next meeting of the Sisterhood Book Club will be **Monday, September 19, 7:15-8:45**. Location TBA. To help select the next book for September, email your suggestions to Fran Alper.



### Upcoming Book Club dates and titles:

September 19 – **email your suggestion or choose:** *The Last Summer at the Golden Hotel*, by Elyssa Friedland

December 5 – *By Fire Possessed: Dona Gracia Nasi*, by Sandra Toro

The Book Club usually meets on the **fourth Monday of odd-numbered months** at 7:15-8:45 PM. *All women are welcome!*

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).

## Ten Commandments of Social Media

How do we harness the power of social media while avoiding the pitfalls along the way? Here are the Ten Commandments to keep in mind while using social media:  
**I am the L-rd your G-d:** Yes, social media is powerful and it can be positively harnessed to build real and virtual empires that encompass the globe. But remember, G-d runs the world. You can have a great idea, build an amazing business model, get investors and work really hard, but it's ultimately up to G-d if you succeed or fail. Social media can also be abused to wreak havoc, and destroy people's lives and careers. It appears to provide the anonymity that enables this activity. But remember that G-d sees and hears everything we do.

**Don't have other gods:** The Talmud compares anger to idolatry because when we get angry we have not fully internalized the belief everything in the world—the bad as well as the good—emanates from G-d since G-d is One. Social media exposes us to many different situations and opinions, some we agree with and some that we can't fathom. Don't get angry and later regret what you said. Instead try to understand what you should learn from a contrary viewpoint and cogently express your opinion.

**Don't take the name of G-d in vain:** The Torah requires us to be extremely careful with our speech, even uttering G-d's name must be done with the utmost care. The power of speech is uniquely human and enables us to connect the physical and spiritual worlds. Using profanity just dumbs down the message and the person. Use refined language when expressing yourself.

**Remember the Sabbath:** On Shabbat we commemorate G-d's creation of the world by ceasing from all creative work, including electronic activity. Being constantly bombarded by emails, phone calls, and other distractions, Shabbat enables us to take the time to connect with our inner selves, our families and G-d, and refocus our energies on what is most important in life.

**Honor your father and mother:** Social media tools can be excellent tools for the elderly and the homebound to keep in touch with friends and family and to speed up painfully slow bureaucratic hurdles. But some don't know how to use them and are scared to even try. Many would love to video chat with their children or grandchildren, but just can't. Take the initiative to help others use technology to connect online with their loved ones.

**Don't murder:** The sages said "Whoever embarrasses his friend in public, it is as if he spilled his blood." Everything that we do on social media is public. When we were kids, we learned how to avoid bullies in the hallway. Cyberbullies today create a 24/7 bullying experience that can overwhelm young people, causing great pain. Don't participate in this type of behavior and put a stop to it by calling out the bullies or by reporting it to others.

**Don't commit adultery:** Avoid suggestive content. The Torah tells us "Do not follow after your heart and after your eyes by which you go astray." If a person looks at suggestive content, it leaves an imprint in their heart and they are more likely to go astray in the non-virtual world. Break the pattern before it starts by avoiding looking at online suggestive content.

**Don't steal:** Social media is fueled by shared content, most of which is freely available. It's an ecosystem of kindness where people share ideas, experiences and knowledge for the benefit of others. However, this openness can lead to plagiarism or theft of other people's ideas, data and possessions. Don't take what does not belong to you and if you elaborate on an idea, give credit to the author.

**Don't bear false witness:** Check out the facts. If you can't get all the facts before posting, then wait until you have the facts. It's better not to post than to make false accusations.  
—Adapted from *Rabbi Carmi Wisemon*, [www.aish.com](http://www.aish.com)

**Everyone is Invited to participate  
in Sisterhood's  
New Year Greetings  
Fundraiser for 5783**



*NHBZ Sisterhood* wishes you  
Health, Happiness & Prosperity  
in the New Year...

...and invites you to wish  
*L'Shana Tova Tikatevu*  
to everyone in our NHBZ family!

Send us your donation and how you want your name listed by September 9, and we will publish your greeting in the 5783 Rosh Hashanah Bulletin.

See the attached flyer for complete details.



# Sunday, Aug 28<sup>th</sup> • 5:00-7:00 pm

**Dine-In Buffet • Adults: \$15.00 ~ Kids 4-10: \$7.00 ~ Kids 3 & under: FREE**

Cheese is Cholov Yisroel; pareve crusts available upon request. All food under the supervision of Rabbi Ze'ev Smason.

NHBZ.ORG 314-991-2100

*Nusach Hari  
B'nai Zion*

## The Lion's Den Pizza Night

**ALL YOU CAN EAT BUFFET**

Includes Pizza, Pasta, Salad and Garlic Bread plus a Dessert and a Beverage

# Returns!







# **Scotch, Cigars & Learning**

## **...an NHBZ Men's Event**

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)

## **Scotch, Cigars and Torah Learning Outside on the NHBZ Patio**

**650 N. Price Road**

**Sunday, August 21**  
**5:30-7:00pm**

**Kosher Food under the supervision of Rabbi Smason.**

**Stay afterwards and join us for minyan.**



**Sponsors in any amount are welcome.**

**(Please contact the office to sponsor. 314-991-2100)**

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)



# New Year Greetings fundraiser

The **NHBZ Sisterhood** wishes you  
Health, Happiness & Prosperity in the New Year...

...and invites you to wish **L'Shana Tova Tikatevu**  
to everyone in our **NHBZ family!**

Make your check payable to **NHBZ** – write 'Sisterhood Greeting' on the  
memo line – suggested minimum donation is \$10 per name – no maximum!

**Names will be published in the 5783 Rosh Hashanah Bulletin**

Send your contribution, along with the form below, **by September 9** to:

NHBZ Sisterhood  
650 North Price Road  
St. Louis, MO 63132

or you may email your greeting information directly to [bookkeeper@nhbz.org](mailto:bookkeeper@nhbz.org)  
or visit the website [www.nhbz.org](http://www.nhbz.org) to make a payment

FOR QUESTIONS, CALL THE NHBZ OFFICE, 314-991-2100, EXT.3, OR EMAIL: [sisterhood@nhbz.org](mailto:sisterhood@nhbz.org)

---

## NHBZ SISTERHOOD NEW YEAR GREETING ~ FOR ROSH HASHANAH 5783 BULLETIN

Name \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Amount enclosed \$ \_\_\_\_\_ [suggested minimum donation is \$10 per name – no maximum!]

Please list my name(s) as follows:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Proceeds benefit NHBZ's Passport to Israel Program and other NHBZ Sisterhood projects

*A Good and Sweet Year!*