



# NHBZ Shabbos Bulletin

## Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America  
650 Price Road, St. Louis, Missouri  
314.991.2100 [www.nhbz.org](http://www.nhbz.org)

*Shabbos*  
January 30, 2016  
20 Shevat 5776

Torah Portion:  
Haftorah:

Yisro: Exodus: 18:1 - 20:23  
Isaiah: 6:1-13

Stone Chumash: pages 394 - 415  
Stone Chumash: pages 1154-1155

*Candle Lighting ~ 5:01 pm*

*Shabbos Concludes ~ 6:05: pm*

### Our Generous Sponsors This Shabbos . . .

~Thank you to **Irwin and Arlene Fredman** for the chocolate cake in celebration of **Irwin's** birthday!

~Thank you to **Faye, Barbara, and Bruce** for sponsoring the strawberry shortcake on the 65th wedding anniversary of their parents **Jerry and Frances Cohen!**

## Shabbat Shalom!

Erev Shabbos, Friday Night, January 29, 2016

- Mincha & Ma'ariv (4:55 pm)

Shabbos, Saturday, January 30, 2016

- Shachris & Musaf (9:00 am) ~ *Thank You for Leading Davening*

- Pesukei D'Zimra: **Howard Sandler**
- Shacharis: **Dr. Ethan Schuman**
- Leyning: **Max Gornish**

- Haftorah: **Fabian Attoun**
- Drasha: **Rabbi Ze'ev Smason**
- Musaf: **Dr. Ethan Schuman**

- Tefillah/Prayer Learners' Service ~ (9:30 am) Led by **Rabbi Yosef David** in the Rivkin Chapel.
- Tot Shabbat ~ (10:00 am – 11:30 am) Led by **Kate Freidman** in the Youth Lounge.
- Learners' Service ~ (10:15 am) Led by **Rabbi Ze'ev Smason** in the Rivkin Chapel

**Happy Birthday to: Sally Katz, Dr. Milton Tofle, & Gloria Sussman.**

**Happy Anniversary to: Jason & Nicole Loiterstein.**

## SHUL NEWS . . .

- **Sunday, January 31 ~ Pizza Night ~ All-You-Can-Eat Pizza Buffet ~ 5:00 to 7:00 p.m. Credit Card Payments Accepted!!!** Bring your family and friends to enjoy a delicious dinner of pizza, pasta, salad and garlic bread, dessert and beverage! Reservations are not needed - just show up, eat to your heart's content, have fun schmoozing and have a great time!!! Plus a movie for the kids every month!!!! *Are you new to NHBZ, looking to meet more members...sign up to help on our Pizza Buffet Line! It's a great way for everyone to say "Hi."* (Please place carry-out orders by 10:00 a.m. on Sunday morning, January 30, 314-991-2100, ext. 2. Pick up time for carry out pizzas is 4:30-4:45 p.m.)

- **Sunday, February 7 ~ Rabbi Smason** will lead a new 4 week class - ***King David's Heart: "The Life of Dovid HaMelech Seen Through Tehillim"***. The class will be exploring the life of King David, as seen through selected Tehillim (Psalms). No prior familiarity with Tehillim or Hebrew required. Classes: **Sunday, February 7, 14, 21, 28 from 10 -11:15 A.M. at NHBZ.**
- **Shabbos, February 13 ~ Shabbos Monthly Lunch & Learn.** Rabbi Smason will speak on the topic, **"The Death of Cupid: Jewish Lessons from Successful Couples".**
- **Shabbos, February 13 ~ Junior Congregation** and *Tot Shabbat* with Kate Freidman.
- **Sunday, February 14 ~ SAVE THE DATE! Restaurant Night Out** featuring **Sushi Chef Aaron Edelstein's** fabulous sushi creations at Nusach Hari B'nai Zion. Expanded menu, charming dine-in ambiance, and TO-GO orders, too!!! More to come . . . stay tuned for details!!!
- **Sunday, February 21, 12:30 pm ~ Sisterhood Pushke Luncheon.** NHBZ's Sisterhood is reviving its celebrated pishka (aka pishke, pushke, pushka) luncheon event to promote the mitzvah of tzedakah. Our own Julia Child – **Julie Eisenberg** – will create a delicious repast with the assistance of her talented team. Enjoy lunch and choose from two program offerings: "How to Instill the Mitzvah of Tzedakah in Our Children" and "How to Make Tzedakah Less Taxing: Innovations in Giving Arrangements." Cost of event: 1 filled pishka or \$18 per attendee. Kids program and childcare available. Proceeds of this event will benefit NHBZ's Passport to Israel Program in conjunction with STL JFederation. To make your reservation, call the shul office, ext. 2 or email Jeff at [jeff@nhbz.org](mailto:jeff@nhbz.org).
- **Rabbi Smason's Pirkei Avos / Ethics of the Fathers class – Live Video!**  
Available to view from your computer on Wednesday's at 12:15 P.M. CST, if you can't make it to the class at NHBZ! All you need is an internet connection to see a streaming broadcast of this popular class. Visit our website at [www.nhbz.org](http://www.nhbz.org) - click on 'media', then 'online classes', then 'ustream\_graphic'. Or go directly to <http://www.ustream.tv/channel/nhbztest> - When the screen comes on and you're asked what video you want to see - don't select any. Watch the commercial for about 20 seconds or just wait 20 seconds, and the live broadcast of the class should come into view. Enjoy!
- **February Classes ~ Mashgiach/Kitchen Helper -- Rabbi Smason** will lead a 2-part class series for those interested in being a mashgiach and for kitchen helpers in the NHBZ kitchens, and for NHBZ food events. If you are Shomer Shabbos and interested in assisting the shul as a mashgiach, please contact Rabbi Smason directly. Also, anyone who has helped or would like to help in the kitchens on Shabbos, Pizza Nights, etc. is also welcome to attend and learn more about our kitchens and the many details of "keeping kosher". Class 1, Wednesday, February 10 at 5:30 P.M. Class 2, Wednesday, February 17 at 5:30 P.M. To sign up for the Mashgiach/Kitchen-Helper Classes --please call Rabbi Smason.

## *Looking forward... Save the Dates*

**Shabbos, March 11 & 12 ~** A Shabbaton with Kadimah High School. Join us for a beautiful Friday Night dinner with the Kadimah students open to the community! Reservations required, more information to follow.

**Shabbos, March 19 ~** Synaplex Shabbat ~ program schedule to be determined.

**Israel Trip: December 5 to 15 ~** Just in the planning stages, but start saving your shekels!



**Junior Congregation (JC) and Tot Shabbat (TS) Schedule.**

Feb 13, 27	Both TS & JC
Mar 5	JC only,
Mar 12	TS only
Mar 26	Both TS & JC
Apr 9, 30	Both TS & JC

## Sponsor a Kiddush for your next Simcha

### In The Community . . .

- **The Jewish Federation of St. Louis' Inclusion Initiative** invites individuals with disabilities and/or their families to participate in an online community survey. This survey will help collect data in order to prioritize the needs of individuals with disabilities and their families in the St. Louis Jewish community. The online survey is available at <https://www.surveymonkey.com/r/InclusionInitiative> and is open through February, 29, 2016
- **February 6th** ~ You are invited to Torah MiTzion Kollel's 13th Anniversary "Bar Mitzvah" Gala to be held on February 6, 2016 at 8:00 pm at the Clayton Commons, featuring the screening of the critically acclaimed, recent Israeli film, "The Little Dictator," and to enjoy light refreshments and dessert bar. Cost per participant is \$90.00 and additional donor categories, which include two gala tickets, are available. For more information call 314-224-9481.
- **February 28, 2016** ~ JSU Bar Mitzvah Gala to Honor Gail & Yale Miller and Bill Solomon. Come celebrate JSU's Bar Mitzvah year at Meadowbrook Country Club on February 28th @ 5:00pm. JSU will honor Gail & Yale Miller and Bill Solomon for their dedication to strengthening Jewish identity and engagement of the teens of St. Louis. JSU will also pay special tribute to the faculty advisors for the JSU Club at the Saul Mirowitz Jewish Community School. To RSVP visit: [jsustl.org/gala](http://jsustl.org/gala) or call the JSU office at 314-696-0578. The 800+ teens in JSU's 14 clubs and the Movitz-Senator John Danforth Israel Scholars say THANK YOU for Inspiring their Jewish Future!
- **Tomchei Shabbos On-Going FOOD DRIVE!!** *Tomchei Shabbos* (Supporters of the Sabbath) is maintained through contributions of food and money, and was established by the Vaad Hoeir, which discreetly provides families in our community with Shabbos & Yom Tov meals. For information on how you can help, please call Jackie Oppenheimer at 997-6924, or Angela at 802-7710. Bring your non-perishables to our office or, for home pick-up, please call **Sally Needle**, 314-991



**Mazal Tov to all those who had a birthday or anniversary this month!**

*January Birthdays*

*Avraham Smason*

*Nina Levine*

*Stanley Goldfader*

*Nancy Lisker*

*Joel Manesberg*

*Sidney Weisberg*

*Dr. Jay Pepose*

*Dr. Mordecai Magencey*

*Ellie Pinto*

*Beverly Magencey*

*Lauren Brenner*

*Abigail Sarah Bialecki*

*Yael Eva Minoff*

*Leonard Alper*

*Bella Segal*

*Rachael Pevnick*

*David Klarfeld*

*Steven Weiner*

*Goldie Hogan*

*Phyllis Loiterstein*

*Terri Schnitzer*

*Sally Katz*

*Dr. Milton Tofle*

*Gloria Sussman*

*Andrew Berg*

*Anniversaries*

*Robert & Kate Friedman*

*Sam & Shirley Bluestein*

*Harold & Fran Hoffman*

*Jason & Nicole Loiterstein*

## *Welcome to Beyond Twelve Gates by Rabbi Ze'ev Smason*

### *Parshas Yisro January 30, 2016*

#### *"Cory Lewis: 14 Year-Old Hero"*

The Robeson County School Board held its first meeting of the year in early January, but this meeting was special. One student from a middle school in Lumberton, North Carolina was honored and named a hero because he saved the lives of 50 students on his bus after the school bus driver fell out of her chair unconscious back in December. His name is Cory Lewis, and he was riding the bus home from school when a car ran into the back of the school bus. "We were going across the stop sign, and we got halfway when a car hit us. I noticed the bus driver wasn't in her seat, I got up from off the ground, I went up here and I hit the brake," said Cory. School officials said the driver of the car and the bus driver were both okay, and thanks to Cory, no students were injured.

Cory said he reacted on instinct when he saw the bus was headed towards a ditch and pine trees on the side of the road, but that he couldn't have done it without some training from one special person. Lisa Locklear is Cory's mom, and she's been a bus driver for more than twenty years. She said each morning her son helps her with all of her security checks, but she never thought that training would come in handy until now. "It makes me feel good within myself that all that I've taught him is not in vain," said Lisa. His mom says that bus wasn't Cory's usual ride home, and she knows why he was there that day. "I just feel in my heart that G-d put him on that bus for a reason," said the proud mom. The 14-year-old says it was all instinct, but his actions have given him a new name. "Cory is my little hero. He is my little hero," said Lisa Locklear.

Dr. Elisabeth Kubler-Ross said, "... know that everything in this life has purpose. There are no mistakes, no coincidences, all events are blessings given to us to learn from." It's not always easy to understand and decipher G-d's message in all that happens in our lives. But if we look carefully (and with an open mind) at our past history, we can discover a great network of intricate plan and purpose, which will make us aware of G-d's guiding hand in the seemingly random events in our lives.

#### *Parshas Yisro Exodus 18:1 -- 20:23*

The weekly portion begins with Moses' father-in-law, Yisro, arriving at the Jewish people's camp in the desert, where he is greeted warmly by a large entourage. Yisro was inspired to join them when he heard about all of the wonders and miracles which G-d performed for the Jewish people during the Exodus from Egypt. Upon witnessing Moses serving as the people's sole judge from dawn until dusk, Yisro declares that this system will never work. He therefore suggests that subordinate judges be appointed to adjudicate the smaller cases. Moses agrees to this plan. The Jewish people arrive at Mt. Sinai and prepare to receive the Torah. Moses ascends the mountain and G-d tells him to convey to the people that they will be to Him a treasure from among the nations. After three days of preparation the moment of revelation finally arrives. Amid thunder, lightning and the sound of the shofar, G-d descends upon the mountain and proclaims -- with the entire Jewish people listening -- the Ten Commandments. Referred to in Hebrew as the Aseres HaDibros, a more accurate translation would be the Ten Sayings or the Ten Statements. One noteworthy feature of the revelation is that both before and since Sinai, no nation has ever made the claim that G-d spoke to an entire nation of millions of individuals. Moses then ascends the mountain to receive the remainder of the Torah from G-d, both the written and oral segments. The portion concludes with several mitzvos concerning the construction of the altar in the Temple.

## *Rabbinic Ruminations*

The classic powers of comics character Superman include flight, super strength, x-ray vision, speed, heat vision and invulnerability. But for all those who live in fear of making a mistake, take heart; the Man of Steel's invulnerability isn't absolute. Superman's most famous weakness, Kryptonite, originated as radioactive fragments of the planet Krypton. And there's even better news for us fragile, imperfect human beings. According to a research-confirmed theory, making mistakes makes us more, not less, likable. Originally described in 1966 by social psychologist Eliot Aronson as the pratfall effect, this theory suggests the tendency for attractiveness to increase or decrease after an individual makes a mistake, depending on the individual's perceived competence, or ability to perform well in a general sense.

Dr. Aronson organized a test in which students would listen to tape recordings of a confederate (actor) pretending to be a contestant for the show College Bowl. The tapes consisted of an interview with extremely difficult questions. At the end of the interview, a pratfall, or small blunder, was introduced in some tapes, where listeners would hear the sound of the person knocking over a cup of coffee. When participants were asked to rate the quizzers on likability, the attractiveness of a competent coffee-spill group increased after the blunder. Results suggest that those who never make mistakes are seen as less likable than those who commit the occasional faux pas. Messing up draws people closer to you, makes you more human. Perfection creates distance and an unattractive air of invincibility. Those of us with flaws win out every time.

In contrast to some writings in the works of other religious faiths, no one in the Torah is portrayed as perfect. Noah, the only person in Tanakh to be called righteous, ends drunk and shamed. Moses, Aaron and Miriam are all punished for their sins. So is King David. Solomon, wisest of men, ends his life as a deeply compromised leader. In the words of Rabbi Jonathan Sacks, "In Judaism the moral life is about learning and growing, knowing that even the greatest have failings and even the worst have saving graces. It calls for humility about ourselves and generosity toward others. This unique blend of idealism and realism is morality at its most demanding and mature." We are imperfect and flawed. And in our imperfection and vulnerability, there is an elegant beauty.

## *Quote of the Week*

There are 7 days in a week, and someday isn't one of them. – Shaquille O'Neal

## **Joke of the Week**

While making the rounds, Dr. Schwartz points out an X-Ray to a group of medical students.

"As you can see," he says, "the patient limps because his left fibula and tibia are radically arched. Mr. Schlemiel, what would you do in a case like this?"

Schlemiel pondered for a second and answered, "I guess I'd limp, too".



# Shiv'at Haminim



The 7 species of the Land of Israel mentioned in the Torah.

**Wheat (*chitah* in Hebrew)**

**Barley (*se'orah* in Hebrew)**

**Grapes (*gefen* in Hebrew)**

**Figs (*te'enh* in Hebrew)**

**Pomegranates (*rimon* in Hebrew)**

**Olives (*zayit* in Hebrew)**

**Dates (*d'vash* or *tamar* in Hebrew)**

**The 7 Species have been incorporated into our Shabbos Kiddush menu!**

**Wheat** - in the Cakes

**Barley & Olives** – in the Barley & Olive Salad

**Grapes, Figs, Pomegranate seeds, Dates** – in the Tossed Salad

**When You Need Rabbi Smason ~** When you or a loved one becomes ill, and is hospitalized, please have a family member or friend contact Rabbi Smason on his cell phone as soon as possible . . . 314-749-5271.



## **The Power of Tehillim**

A new Facebook group has formed, led by Rabbi Smason. Thoughtful recitation of Tehillim (Psalms) has the power to change the world -- and to change us. This new group is for sharing thoughts or raising questions about anything related to Tehillim that is important and meaningful to you. To join, or for further information, contact Rabbi Smason in person, or at [Pepshort613@gmail.com](mailto:Pepshort613@gmail.com), or 314-991-2100 x1.

**The NHBZ Women's Emergency Tehillim Circle ~** The following women have made the commitment to be "on call" to say Tehillim for individuals whenever an **emergency** situation occurs at Nusach Hari B'nai Zion: Julie Eisenberg, Chairperson, Debbie Barash, Shirley Bluestein, Marcie Brook, Teree Farbstein, Dr. Susan Feigenbaum, Mimi Fiszal, Rhonnie Goldfader, Rebecca Goldman, Joyce Hochberg, Sandy Kahn, Joni Kaiser, Sandy Klarfeld, Sarah Klein, Svetlana Kogan, Lori Laird, Cindy Looney, Phyllis Loiterstein, Beverly Magencey, Marcela Morgensztern, Laura Rader, Nancy Rush, Mimi Sabol, Terri Schnitzer, Dr. Shayna Scribner, Debbie Sher, Phyllis Silverman, Margo Tzadok, Peggy Umansky, and Mindy Woolf. We say the prayers at home. Please call Julie Eisenberg, 314-695-5615, or Jeff Miller, 314-991-2100, ext. 2., if you would like to participate. We will ask you to provide your phone number(s) and email address so we can get word to you as soon as an emergency arises.

**Women's Community Tehillim Group ~** the group meets at 9:15 a.m. on Sunday mornings, at the home of Jan Adelman, 8032 Amherst Ave, (314) 960-4050/863-5438. The Women's Tehillim Group meets each Sunday to say Tehillim in the *zechus* (merit) of a *refuah shelayma* (full & speedy recovery) for the *cholim* (the ill people) in our community. The Tehillim hotline for names and updates: 314-441-6460. If you have questions please call Julie Eisenberg at 314-494-8437.

**THIS SUNDAY!**

**DINE-In Buffet**

**All You Can Eat Buffet of**  
**Pizza,**

**Hot Italian Pasta, Salad and**

**Garlic Bread plus Dessert & Beverage**

**Sunday, Jan 31 / 5:00p.m. – 7:00p.m.**



*From Our Families to Yours...ALL NEW*  
*New Programs from the NHBZ KidsZone*

Calling ALL Kids (& Friends)!  
*Junior Congregation for ALL 7 - 11 year olds!*

*Join us February 13th and 27th*

- Learn and recite the main Shabbat prayers and tunes
- Review the weekly Torah portion
- Discuss Israel and learn cool facts about the Holy Land
- Hang out with old friends and make new ones!
- Led by Sammy Chervitz and Yonatan Hirschhorn of Kadimah High School

**Time: 10:00 a.m. - Noon**

## *Tot Shabbat*

**(Age 5 and under, siblings welcome!)**

***This Shabbos January 30th and FEBRUARY 13th and 27th.***

*Parents and Grandparents* come with the kids to participate in a fun, interactive, educational Tot Shabbat family service. Learn about Shabbat, Judaism, and how to pray with your children in a way they will appreciate and look forward to! Enjoy our songs, prayers, tiny Torahs, stories, special games and so much more!

**Time: 10:15 a.m. - 11:00 am**

**Where: Both take place Downstairs**

(NHBZ membership NOT required...All levels of observance  
welcome!!!)

# Join the Minyan It's good of us, it's good for you!

This Week's Schedule	Shabbos Jan. 30	Sunday Jan. 31	Monday Feb. 1	Tuesday Feb. 2	Wednesday Feb. 3	Thursday Feb. 4	Friday Feb. 5	Shabbos Feb. 6
Shacharis	9:00 am	8:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	9:00 am
Mincha/Ma'ariv	4:45 pm	5:05 pm	5:05 pm				5:05 pm	4:55pm
Ma'ariv Only				6:45 pm	6:45 pm	6:45 pm		

## NHBZ Event Planner

(Check "**Shul News . . .**" for time, date or location changes.)

Call the office, 314-991-2100, ext. 2, to confirm the date and time of any event.

**All events will be at NHBZ unless otherwise noted.**

### WEEKLY at NHBZ

#### SHABBOS

- Tefillah Class (9:30 am) led by Rabbi Yosef David in the Rivkin Chapel.
- Child Care (10:15 am – Noon) for kids 3 & under in the Children's Room.
- Learners Service (10:15 am) led by Rabbi Ze'ev Smason in the Rivkin Chapel.
- Shabbos Tanach (Bible) (One hour before Mincha)

#### SUNDAY

- Mishna Learning (after Shacharis) with Rabbi Chanan Swidler.
- "Mystical Moments" with Rabbi Max Weiman. (between Mincha & Maariv.)
- Tanya (8:00 pm) with Rabbi Shaya Mintz, of the St. Louis Kollel.

#### MONDAY

- Mah Jongg (Mondays, 4-6:00 pm) NHBZ Lower Level. Proceeds benefit The NHBZ Chesed Fund.

#### WEDNESDAY

- Rabbi Smason's Lunch & Learn (12:15-1:00 pm) Studying Pirkei Avos.

### BI-MONTHLY at NHBZ

- JUNIOR CONGREGATION & TOT SHABBAT ~ Dates to be announced each month.

### MONTHLY at NHBZ

- Irvin Alper Social Club (First Sunday) 5:00 pm.
- Mussar Mondays (First Monday) 7:00-7:45 pm. at the home of Richard & Mindy Woolf.
- Women's Home Study Group (First Tuesday) 2:30 pm with Rabbi Shaya Mintz, of the St. Louis Kollel, at the home of Jackie Berkin.
- Morris Lenga Yiddish Club (First Thursday) 7:30 pm at NHBZ.
- Sisterhood (Third Tuesday)
- Dine-In Pizza Night (Last Sunday) 5:00 – 7:00 pm Place Carry-Out Pizza orders by 10:00 am, 314-991-2100, ext 2. Pick up time 4:30–4:45 pm.

### NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn

# **Please Join us for Epstein Hebrew Academy 6th Annual Super Bowl Party!**

**February 7, 2016 at Olivette Bowling Lanes  
4:45pm until the End of the Game**

**Dinner Includes:**

- **Mini Sub Sandwiches**
- **2 Types of Pasta**
- **Large salad bar with many toppings**
- **Chips**
- **Pretzels**
- **Brownies**
- **Chocolate Chip Cookies**
- **Drinks available for Purchase**

**Any Questions Call 314-503-2792**

**\$10 per Child (Under 10 Years)**

**\$15 per Adult**

**Reservations must be made by**

**Monday February 1, 2016**

**Email all Reservations To:**

**bonitaellen@yahoo.com**

**Walk - in Price: \$13 per Child & \$18 per  
Adult**

