



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America
650 N. Price Road, St. Louis, Missouri
314.991.2100 www.nhbz.org
Rabbi Ze'ev Smason
Board President Robert Kaiser

Shabbos/Pesach
April 23-24, 2016
15-16 Nisan, 5776

Erev Shabbos, First Seder, Friday Night, April 22, 2016

Mincha & Ma'ariv ~ 7:00 pm

Candle Lighting: Shabbos/Yom Tov 7:26pm

Our Generous Sponsors This Shabbos and Yom Tov . . .

Thank you to our anonymous donors for sponsoring this week's bulletin in honor of Phyllis & Nicole Loiterstein for their generosity and hard work for enhancing our children's room.

Thank You to Jeff & Murray Baker and Jesse & Debbie Barash for sponsoring Kiddush on the 1st Day of Pesach.

Thank you to Irwin & Rosalind Rosen and Marvin & Jackie Gitel, for sponsoring Kiddush on the 2nd Day of Pesach.

Shabbos, First Day of Pesach, Saturday, April 23, 2016

● Shachris & Musaf ~ 9:00 am

- Pesukei D'Zimra: **Ed Lyss**
- Shacharis: **Szus/Sutton**
- Leyning: **Kenny Bressler**

- Haftorah: **Louis Goldman**
- Drasha: **Rabbi Ze'ev Smason**
- Musaf: **Szus/Sutton**

Torah Portion:

Exodus 12: 21-51

Siddur page 496

Maftir:

Numbers 28: 16-25

Siddur page 497

Haftorah:

Joshua 3: 5-7; 5:2-6:1; 6:27

Siddur pages 497-498

- **Learners' Service ~ 10:15 am** Led by **Rabbi Ze'ev Smason** in the Rivkin Chapel.

Mincha, Ma'ariv ~ 7:15 pm

Candle lighting ~ 8:30 pm

Second Day of Pesach, Sunday, April 24, 2016

● Shachris & Musaf ~ 9:00 am

- Pesukei D'Zimra: **Ed Lyss**
- Shacharis: **Szus/Sutton**
- Leyning: **Asher Zarkowsky**

- Haftorah: **Lenny Alper**
- Drasha: **Rabbi Ze'ev Smason**
- Musaf: **Szus/Sutton**

Torah Portion:

Leviticus 22:26 - 23:44

Siddur pages 498-500

Maftir:

Numbers 28: 16-25

Siddur pages 500-501

Haftorah:

2 Kings 23: 1-9, 21-25

Siddur page 501

- **Mincha, Ma'ariv ~ 7:25 pm**

Yom Tov Concludes ~ 8:31 pm



Chol HaMoed ~ Pesach ~ Monday/Tuesday/Wednesday/Thursday ~ April 25-28

Shacharis.....6:45 a.m.
 Mincha/Ma'ariv ~ Mon/Tues/Wed.....7:00 p.m.
 Mincha/Ma'ariv ~ (**Erev Yom Tov**) Thursday, April 28.....7:30 p.m.
 Yom Tov Candle Lighting ~.....7:32 p.m.

- **Seventh Day of Pesach** ~ Friday, April 29

Shacharis9:00 a.m.
 Mincha/Ma'ariv ~7:30 p.m.
 Shabbos & Yom Tov Candle Lighting.....7:33 p.m.

- **Eighth Day of Pesach, Yizkor Recited** ~ Shabbos, April 30

Shacharis9:00 am
Yizkor.....10:30 a.m.
 Mincha/Ma'ariv ~7:20 p.m.
 Shabbos & Yom Tov Concludes.....8:37p.m.

Vaad Hoeir Maos Chittim Campaign ~ (now and after Pesach) – The campaign assists people in Israel and St. Louis to properly observe and celebrate Pesach. Please make your checks payable to Vaad Hoeir Maos Chittim.

Eruv Tavshilin

Since the 7th day of Pesach falls on Friday this year, it is necessary to make an ERUV TAVSHILIN in order to prepare food from Yom Tov to Shabbos. According to Jewish Law, one is permitted to cook on Yom Tov - only for the day, but not for the following day. Thus the problem - how to cook for Shabbos when Yom Tov occurs on Friday?!

The Rabbis instituted the ERUV TAVSHILIN to solve the problem. If one begins preparation for Shabbos BEFORE Yom Tov, i.e. on Thursday, April 28, before Yom Tov, then it is permitted to continue the preparation on Yom Tov for Shabbos. Therefore, make a hard-boiled egg, take gefilte fish or meat, and set aside a piece of matzo on Thursday, April 28, beginning the preparations for the Shabbos following. For more details, call Rabbi Smason. The following prayer is recited:

ERUV TAVSHILIN

Recited over food on the eve of a festival that is followed by Shabbos

Blessed art Thou, L-rd our G-d, King of the universe, who hast sanctified us with Thy commandments and commanded us concerning the observance of eruv.

By means of this eruv may we be permitted to bake, cook, keep dishes warm, light Shabbos candles, and prepare during the festival all we need for Shabbos - we and all Israelites that live in this town.

SHUL NEWS. .

- **April 30, 10:00 am ~ Tot Shabbat and Junior Congregation.** Tot Shabbat meets from 10-11:30 am, and includes play and Oneg Shabbat snack for half an hour, followed by the program full of singing, movement, stories, puppets, learning, games, and more fun!
- **Happy Birthday to: Fran Reisler, Evan Woolf, Mickey Szus, and Madeline Hartranft**
- **Graduation Shabbat & Lunch and Learn is June 4 ~ CALL US WITH YOUR GRADUATES!** Do you have a graduate in your family? Please call Jeff, 314-991-2100, ext. 2, and give us your graduates' names and schools so we can wish you and your graduates a big Mazel Tov at the Lunch & Learn June 4th! Email: jeff@nhbz.org
- **The Chesed Committee** is excited to begin a new program for visiting the home-bound. Being isolated at home can lead to feelings of loneliness and sadness. A visit by a friendly face to our dear friends and members can help them feel they aren't forgotten. Women and men of all ages are welcome to participate in this mitzvah. For more information, please contact Phyllis Silverman at 314- 434-2482.
- Thank you to those who purchased cash cards in April. Every cash card brings in money to the shul at no cost to you! **Dr. Alan & Marcie Brook, Dr. Faye Cohen & Brian McCary, Terree Farbstein, Scott & Leslie Gitel, Bob & Joni Kaiser, Judy Levin, Howard & Phyllis Loiterstein, Dr. Daniel & Marcela Mogensztern, Lana Weinbach, and Rich & Mindy Woolf.**

May 7, SYNAPLEX SHABBAT

The speakers and topics are: **"The Power of Patience: How to Slow the Rush and Enjoy a Better Life"**, by Rabbi Ze'ev Smason, **"A Choice for Israel: Middle Eastern Country or a European Implant?"** by Repps Hudson, MA, Journalism coordinator, adjunct instructor and freelance journalist, and **"Lag B'Omer: Bar Yochai, the light of the Zohar and the Cave"** by Rabbi Joey Rosenfeld.

Wednesday Lunch & Learn Online

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**. Visit our website at www.nhbz.org - click on 'media', then 'online classes', then 'ustream_graphic'. Enjoy!

Upcoming NHBZ Classes

Discover the Shabbat Morning Service: Meaning, Music and Magic ~ A four-part class on Wednesdays: **May 4, 11, 18, and 25 from 7:30 pm – 9:00 pm** at NHBZ, lower level. Have you ever gotten lost while trying to follow along in the Siddur? Guess what - you're not alone! This course will help you be able to participate in the prayer service, and follow the Torah service. The class will be led by Rabbi Ze'ev Smason. Call the office at 991-2100 x 2 to sign up. Suggested donation is \$25 for the entire series.

In the Community

May 5, Thursday ~ This year's **Yom HaShoah Commemoration** which will take place at 7:00 p.m. at Congregation Shaare Emeth. The theme for this year's commemoration will be, "To Honor and Remember: Testimonies of St. Louis Survivors and Witnesses," and will include several survivor speakers, a traditional candle-lighting service, liturgical readings, prayers and appropriate music.

May 17, Tuesday ~ You are invited to an evening of active listening and learning to explore how the movement to boycott, divest and sanction Israel (BDS) is affecting students and professors on college campuses today. **7:00 PM:** Wine & Dessert Reception (Dietary Laws Observed) **7:45 PM:** Program. **The Ritz Carlton, St. Louis** Individual Tickets \$36. For more information, e-mail stlouis@ajc.org or call the AJC St. Louis office at 314-721-8866.

Beyond Twelve Gates by Rabbi Ze'ev Smason ~ Passover April 23, 2016

Some Like it Hot

Since early childhood, Ann Makosinski has taken an interest in science and inventing, her first toy being a box of transistors. She's been tinkering ever since, creating products with a hot-glue gun and household items. A few years ago, the now-nineteen year-old used her hobby to solve a real-world problem. A friend in the Philippines mentioned she was failing school; without electricity, she couldn't do her homework at night. So Ann devised a flashlight powered by the heat of your hand. It uses Peltier tiles, which generate electricity when one side is hotter than the other, to draw energy from the heat difference between hand and air. Ann submitted her invention to the 2013 Google Science Fair and won first place in her age group.

The young inventor has since nabbed prizes from competitions such as the 2014 Intel International Science and Engineering Fair, and has twice appeared on *The Tonight Show Starring Jimmy Fallon*. Ann is now enrolled at the University of British Columbia in Vancouver, but hitting the books hasn't stopped her from inventing. Her latest invention is the eDrink, a coffee cup covered in the Peltier tiles. The eDrink uses the heat of a hot beverage to charge your gadgets via a USB port on the bottom of the mug. On Twitter, Ann succinctly explained her approach to seemingly intractable challenges: "Anything is possible."

An act of self-creation is also an act of creation. Judaism teaches that G-d arranges a person's life to give him the precisely particular circumstances needed in order to attain one's full potential or completeness, one's *shlemut* (from the word *shalom*, which denotes peaceful completion, or complete peace). If a person responds to his circumstances ethically -- that is, according to the laws and values of the Torah -- he can have *shlemut*. As George Bernard Shaw once said: "Life is not about finding yourself but about creating yourself." You, too, can be an inventor: G-d offers to be your partner in your own creation when you make good choices.

Passover

Passover begins on Shabbos -- Friday evening, April 22. On the first day of Passover, Shabbos, the Torah reading is from Exodus 12: 21- 51. This reading describes the Exodus from Egypt and the Passover offering. On the second day of Passover, Sunday, the Torah reading is from Leviticus 22:26 -- 23:44. This reading describes journeying to the Holy Temple in Jerusalem on the three pilgrimage festivals (Passover, Shavous, Sukkos) and the counting of the Omer.

When we were children most of us had the experience of sinking our hands into the earth to plant seeds. Over the following weeks we watched with wonder as those seeds grew into green plants, edible vegetables and beautiful flowers. As adults, we can plant 'seeds' in our children that will lead to responsible and enlightened adulthood. Passover is a time of 'planting Jewish seeds' within our children. What type of seeds will we plant?

Rabbinic Ruminations

Some like it hot. But as if the climate-change debate weren't heated enough, it turns out that as global temperatures rise, so do tempers. A UC Berkeley researcher has gathered data from social media that links warmer weather and general crankiness. Environmental economist Patrick Baylis wanted to quantify what the incremental effects of climate change mean for the average person, so he fed a billion geo-located tweets from 2014 and 2015 into a computer model. It scored each post's sentiment based on factors such as profanity and word choice (e.g., "furious" meant a greater displeasure than "hate").

Mr. Baylis then mapped sentiments against the average temperature where each tweet originated. The increase in misery between a 70-degree day and a 90-degree day was equivalent to the drop between the end of a weekend and the start of a work week. And that's after he compensated for factors such as income, location and humidity. Mr. Baylis paired his results with climate projections through 2099. As Earth warms, he predicts unfavorable mood swings -- largely in cool states like Wisconsin and Minnesota. Since people might crank up the air conditioning to counteract rising temps, he hinted at climate change's broader cost. "Would I be willing to pay a buck to have it be a 70-degree day?" Baylis wonders.

What are some strategies to keep our cool other than lowering the thermostat? When things don't go our way, we say things we don't mean to say. That's why the Talmud tells us not to discipline our kids when angry; we're not being objective and at that moment any action is not for the sake of the child. Our sages refer to anger as idolatry. When you think you're the Master of the Universe, and things inexplicably don't bend to your will, remove yourself from the situation. Write a letter. Give yourself a time out. Take a long walk. As King Solomon says, *The fool vents all his anger, but the wise bring calm in the end.* (Proverbs 29:11)

Quote of the Week

We can't solve problems by using the same kind of thinking we used when we created them. - Albert Einstein

Joke of the Week

On the second day, G-d turned to the Angels and said, "I am going to create a land called Israel, it will be a land of mountains full of snow, sparkly lakes, forests full of all kind of trees, high cliffs overlooking sandy beaches with an abundance of sea life."

G-d continued, "I shall make the land rich so to make the inhabitants prosper, I shall call these inhabitants Israeli, and they shall be known to the most people on earth."

"But Lord," asked the Angels, "don't you think you are being too generous to these Israelis?"

"Not really," G-d replied, "just wait and see some of the neighbors I am going to give them."

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

This Week's Schedule	Shabbos Apr. 23	Sunday Apr. 24	Monday Apr. 25	Tuesday Apr. 26	Wednesday Apr. 27	Thursday Apr. 28	Friday Apr. 29	Shabbos Apr. 29
Shacharis	9:00 am	9:00 am	6:45 am	6:45 am	6:45am	6:45am	9:00 am	9:00 am
Mincha/ Ma'ariv	7:15pm	7:25 pm	7:00 pm	7:00 pm	7:00 pm	7:30 pm	7:30pm	7:20 pm
	First Day of Pesach	Second Day of Pesach					Seventh Day of Pesach	Eight Day of Pesach

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 ~

MONTHLY at NHBZ

- 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

The Nusach Hari B'nai Zion KidZone Committee is pleased to share our popular program with the community



Did you know? There's a great kids program going on...

Tot Shabbat and Yom Tov!

Shabbos ~ April 30

Twice Monthly and on Holidays

Tot Shabbat takes place downstairs at our shul, 650 Price Blvd., Olivette, in our family-friendly play room and is be led by Morah Kate Friedman.

From 10:00-10:30am:

Parents and grandparents with young children (ages 1- 6) begin with *Oneg Shabbat* snacks, playtime, getting to know each other, and stories.

From 10:30-11:30am:

Gather 'round, and participate in a joyful, interactive, educational Tot Shabbat program. Learn about Judaism, Shabbat, and how to pray with your children in a way they will enjoy! Join in our songs, prayers, stories, movement, dancing, learning, puppet tales, felt board games, plush Torahs, stories, treats, and special events!

So tell me a few things about what makes Tot Shabbat special!

- Our movement and singing activities get everyone involved, having fun, and inspired!
- On Teddy Bear Shabbat, we bring our favorite stuffed friends! Look out for other special events!
- We read amazing kids' books and our puppets help tell the stories!
- We learn new Hebrew words, a little bit each time!



Everyone is invited to Tot Shabbat & Yom Tov, no membership required!



Discover the Shabbat Morning Service: *Meaning, Music and Magic*

Have you ever gotten lost while trying to follow along in the Siddur? Does everyone else seem to know what they're doing while you're looking for the page? And have you ever wondered why so many people are standing around the Torah?

***Guess what... you're not alone! This course will help you be able to participate in the prayer service, and follow the Torah service. Services are so much more meaningful when you know what's going on!
The class will be led by Rabbi Ze'ev Smason. Come join us!***

When: Four classes on **Wednesdays: May 4, 11, 18, and 25** from 7:30 pm – 9:00 pm at NHBZ, lower level. Each class is self-contained so you can attend one or any of them.

What will you learn in this class?

- The progression of the Shabbat morning service
- Why we read Torah and Haftarah on Shabbat morning
- What is "Musaf" and why is there a Musaf service
- The common congregational melodies and words
- The structure of the Siddur
- The structure of the Chumash
- The difference between what the text looks like in the Chumash vs. in the Torah Scroll, and how the cantillation (or chanting) helps us understand meaning (and where we are!)
- The sequence of events of taking an Aliyah
- And more



NHBZ membership is not required. Please invite your friends!

Suggested donation is \$25 for the four-part series. Reservations are requested by May 1st, 2016.

For questions or to RSVP, please contact Jeff Miller at jeff@nhbz.org or (314) 991-2100, ext. 2.