



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with the Union of Orthodox Jewish Congregations of America

650 North Price Road, Saint Louis, Missouri 63132

314.991.2100 www.nhbz.org

Rabbi Ze'ev Smason

President Robert Kaiser

Shabbos September 17, 2016

14 Elul, 5776

Torah Portion: Ki Seitzei Deuteronomy 21:10 - 25:19

Stone Chumash: pages 1046 - 1067

Haftorah: Isaiah 54:1 - 55:5

Stone Chumash: pages 1201,1199

Candle Lighting ~ 6:50 pm

Shabbos Concludes ~ 7:51 pm

Our Generous Sponsors This Shabbos . . .

Thank you to Ephraim and Michelle Mufson for sponsoring the cake in honor of the engagement of their son Joey Mufson to Jamie Rosenberg!

Thank you to Sam and Shirley Bluestein for sponsoring the bulletin in honor of the engagement of their grandson Joey Mufson to Jamie Rosenberg!

Thank you to Mrs. Norma Finer Perell and her children Marsha, Moshe, and Steven for their generous contribution to our Kiddush lunch in memory of Albert Bell Finer.

Erev Shabbos, Friday, September 16, 2016

- **Mincha & Ma'ariv ~ 6:45 pm**

Synaplex Shabbat

Shabbos, Saturday, September 17, 2016

- **Shachris & Musaf ~ 8:30 am ~ Thank You for Leading Davening!**

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

- Haftorah: **Bruce Waxman**
- Drasha: **No Drasha**
- Musaf: **Dr. Ethan Schuman**

- **Learners' Service ~ 9:15 am ~ Led by Rabbi Yosef David in the Rivkin Chapel.**
- **Learners' Service ~ 10:00 am ~ Led by Rabbi Ze'ev Smason in the Rivkin Chapel.**
- **Tot Shabbat and Junior Congregation 10:00 am ~ Pepose/Feigenbaum Room**
- **Break-out sessions beginning at 11:15 am – The topics are:**

- ✓ **Rabbi Ze'ev Smason "Making Habits, Breaking Habits: Become a New Person for the New Year".**
- ✓ **Dr. John C. McManus, military historian, author, and professor of military history at the Missouri University of Science and Technology (Rolla) will discuss his book 'Before Their Very Eyes: American Soldiers Liberate Concentration Camps in Germany, April 1945'.**
- ✓ **Rabbi Yaakov Berkowitz, St. Louis Kollel "What Makes Rosh Hashana Beautiful?"**

- **Kiddush Luncheon** honoring our members with September birthdays and anniversaries.
- **Family Shalosh Seudos Program with speaker Rabbi Joey Rosenfeld.** At **5:40 pm** Rabbi Rosenfeld will lead a discussion for both men and women, on: **"Wanting to Want: The Third Meal and the Cultivation of Will"**.
- **Mincha/Ma'ariv at 6:25 pm.**

SHUL NEWS....

Your Yizkor Book of Remembrance information for Yom Kippur is due on **Monday, September 19** to have your loved ones names listed and/or read aloud. Call Jeff with any questions at 991-2100 ext 2.

Ordering Lulavim & Esrogim ~ Deadline ~ Monday, September 26, just one week before Rosh Hashana. Prices per set: \$45.00, \$55.00, \$65.00, and \$80.00. Please send your check to the office, or to charge your payment to your credit card, call Jeff at 314-991-2100 ext.2.

- **September 18, Sunday ~ Pizza Night 5:00pm - 7:00pm ~ All-You-Can-Eat Pizza Buffet ~** Credit Card Payments Accepted!!! Bring your family and friends to enjoy a delicious dinner of pizza, pasta, salad and garlic bread, dessert and beverage! Plus a movie for the kids every month!!!! (Please place carry-out orders by 10:00 a.m. on Sunday morning, September 18, 314-991-2100, ext. 2. Pick up time for carry out pizzas is 4:30-4:45 p.m.)
- **September 18, Sunday ~ 3:00- 5:00 pm The Irv Alper Social Club** meets for games and pizza on the lower level.
- **September 21, Wednesday ~ A series of four classes titled "The Soul's Journey: What You Can Do in Memory of a Departed Loved One" taught by Rabbi Smason through September 21 at 7:30 pm.** You may attend one or all the classes. Please RSVP to jeff@nhbz.org. Class 4 of 4.
- **Sunday September 25 ~ RAP with the RABBI Returns!** Calling all teens; RAP with the RABBI with Rabbi Smason resumes at 10:15 A.M. at Starbucks Olive & Price.
- **September 25, Sunday ~ Speaker Night with Michael Medved.** Get your tickets now!



Happy Anniversary this week to: *none*

Happy Birthday this week to: *Ed Appelman, Robert Schnurman, Suzanne Tendler
Marcela Morgensztern, Jackie Berkin, Jennifer Hartranft, and Max Minoff*

Does anyone have a small portable sukkah which we could borrow to set up on the UMSL Campus? Please email Susan Feigenbaum at sskfeig@umsl.edu or Mindy Woolf at mwoolf2002@gmail.com

Adult Learning at NHBZ

Every Wednesday at 12:15 pm Lunch & Learn with Rabbi Smason. Study Pirkei Avos / Ethics of the Fathers. This class is also available to view from your computer on Wednesday's at 12 pm CST. Visit our website at **www.nhbz.org** - click on 'media', then 'online classes', then 'ustream_graphic'. Enjoy!

Amud-A-Week Program ~ Join Rabbi Daniel Freund every Monday at 7:30 pm for a weekly Talmud class/shiur. This class is open to everyone, whether you are unacquainted with Talmud or are on a basic or intermediate level.

In the Community

September 18 ~ Senior Men's Kollel Program this Sunday morning at 10:30 am in Young Israel's Social Hall (8101 Delmar, U City). This event is open to men and women. Dr. Todd Silverman, MD - Chief of Neurology at St. Luke's Hospital will be giving a presentation titled "Something to Remember", addressing the topic of memory loss and what you can do about it.

September 20, Tuesday from 4pm- 8pm. ~ Blood Drive at Aish HaTorah Jewish Learning Center, 457 N. Woods Mill Rd. Chesterfield MO.

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

This Week's Schedule	Shabbos Sept 17	Sunday Sept 18	Monday Sept 19	Tuesday Sept 20	Wednesday Sept 21	Thursday Sept 22	Friday Sept 23	Shabbos Sept 24
Shacharis	8:30 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	6:25 pm	6:35pm	6:35pm	6:35pm	6:35pm	6:35pm	6:35pm	6:15 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

- RAP with RABBI Teen Group (10:15 A.M.) with Rabbi Smason @ Starbucks Olive and Price
- 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.
- 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- Services begin at 8:30am
- Shabbos Lunch & Learn

"Do We Get Happier As We Age?"

The NFL season kicked off last Thursday, bringing a flurry of irrational rituals from players and fans with the power to drive a room full of scientists nuts. "The most superstitious people in the world are NFL players," claimed former New York Giants linebacker Brandon Short, who wore the same tee-shirt under his pads throughout his undefeated high school playing days, and halfway through college at Penn State. "Sports is superstition; it's ritual," says Short. "You do the same stuff over and over again, and if it works then don't change it." And that goes for fans too. A survey showed 65% of NFL fans practice a pregame ritual that they think brings their teams good luck, with 10% percent confessing to owning lucky underwear which they stash away for games.

For the title of 'Mr. Superstitious', though, few could claim to match the quirkiness of a former major league baseball player. While Kevin Rhomberg's brief stint with the 1982 Cleveland Indians was largely forgettable, his unusual superstition left behind a lasting legacy. Word of Rhomberg's shtick -- the 'obligation' to touch someone if they touched him -- quickly spread through the majors. According to one story, a teammate once reached under a bathroom stall to touch Rhomberg on the toe. Not knowing who the culprit was, Rhomberg went around the clubhouse and touched each player. Brook Jacoby tagged Rhomberg with a ball in the minors, then threw it out of the stadium. Jacoby said that Rhomberg spent two hours looking for the ball before finding it. An umpire once halted play during a game in New York to tell Yankees players to stop touching Rhomberg. If a person eluded his return touch, Rhomberg would send a letter that said, "This constitutes a touch."

Ralph Waldo Emerson said, "Shallow men believe in luck or in circumstance. Strong men believe in cause and effect." Moses instructed the Jewish people to reject all forms of superstition and methods of magically divining the future. *You shall follow Hashem your G-d whole-heartedly.* (Deut. 18:13). The commandments of the Torah are all based on G-d's revealing to us how he would like us to live our lives. Superstitions are simply baseless practices which futilely try to 'get around G-d' by manipulating the spiritual world that He created.

Parshas Ki Seitzei Deuteronomy 21:10 - 25:19

This week's Torah portion contains 74 mitzvos (commandments) -- more than 10% of the 613 mitzvos of the Torah. Among the highlights:

- Guidelines for treatment of captured female prisoners of war
- Treatment of the 'stubborn and rebellious son'
- Prohibition of wearing shatnez -- a mixture of wool and linen in the same garment
- The case of the defamation of a married woman
- Men are forbidden from wearing women's clothing and vice versa.
- Taking interest for lending to a Jew is forbidden
- The requirement of a get (bill of divorce) when divorce takes place
- The obligation to pay workers in a timely fashion (handymen, babysitters, etc.)
- Special consideration must be given to a widow and orphan

This power-packed Torah portion concludes with the command to remember the atrocities which the nation of Amalek (from whom Haman came) committed against us upon our exodus from Egypt.

Rabbinic Ruminations

Do people get happier or crankier as they age? In the game of life, is it all downhill as young adulthood turns into maturity? Despite our culture's youth obsession, a growing body of research has proven that we're wrong to think that happiness is correlated with youth. A recent study ([Thomas et al., 2016](#)) suggests that anxiety and depression *peak* in people's 20s and 30s, when we are generally thought to be in our prime. Professor Dilip Jeste, a senior author of the study, talking about younger people, said, "This 'fountain of youth' period is associated with far worse levels of psychological well-being than any other period of adulthood." The study's conclusions come from a survey of 1,546 randomly selected adults in San Diego County. Conversely, older participants reported that they felt better about themselves and their lives year upon year, decade after decade.

Other studies support the idea that happiness and aging go hand in hand. A large Gallup poll in 2010 found that 85-year-olds are generally more satisfied with themselves than 18-year-olds. As the Gallup poll found, happiness is likely to peak in young adulthood, hit a low point during the late 40s and 50s, and then increase again into later life and old age. "Mankind is wrong to dread aging," *The Economist* wrote, noting that happiness arcs through the average individual's lifespan. "Life is not a long slow decline from sunlit uplands towards the valley of death. It is, rather, a U-bend." Duke University economist Peter Ubel conducted a study in which he asked groups of 30-year-olds and 70-year-olds which age group (30 or 70) they thought would be happier. Both groups pointed towards the 30-year-olds, but when they rated their own happiness levels, the 70-year-olds scored higher.

The Torah considers old age a blessing. Throughout the Torah, "old" (*zakein*) is synonymous with "wise"; the Torah commands us to respect all elderly, regardless of their scholarship and piety, because the many trials and experiences that each additional year of life brings yield a wisdom which the most accomplished young prodigy cannot equal. It describes Abraham as one who "grew old and came along in days" (Genesis 24:1) -- his accumulated days, each replete with learning and achievement, meant that with each passing day his worth increased. Old age is regarded as one of the greatest blessings to be bestowed upon man.

Quote of the Week

The fact that I have an English Lit degree is why I am a musician -- I couldn't make a living on an English Lit degree -- Tom Rush, American singer

Joke of the Week

I was checking out at the busy super market, and the cashier was having problems. The register ran out of paper, the scanner malfunctioned, and finally the cashier spilled a handful of coins. When she totaled my order, it came to exactly \$22.

Trying to soothe her nerves, I said, "That's a nice round figure."

Still frazzled, she glared at me and said, "You're no bean pole yourself."

Nusach Hari B'nai Zion TRIBUTES for August

IN HONOR OF

Dr. Craig and Jackie Berkin on the birth of a new grandson- Roz & Irwin Rosen, Mark Ragin & Gail Rose, Barry & Martha Ginsburg, Gloria Waxman & Family

David and Norma Rubin on their wedding anniversary – Bobbi Ring, Jacob & Natalie Sukhodolsky, Dr. Eliot & Sally Katz, Bob & Joni Kaiser, Marvin & Muriel Beckerman

Bob and Joni Kaiser on the engagement of their daughter Rebecca – Scott & Dr. Faye Cohen McCary, Alan & Janet Haber, Howard & Phyllis Loiterstein

Brent Waxman on the birth of his new granddaughter – Bob & Joni Kaiser, Alan & Janet Haber, Howard & Phyllis Loiterstein

Gloria Waxman on the birth of her great-granddaughter - Bob & Joni Kaiser, Alan & Janet Haber

Dr. Craig and Jackie Berkin for the publication of Rabbi Heath Berkin's Sefer – Bob & Joni Kaiser

Eleanor Kaiser on the engagement of her great-granddaughter Rebecca - Alan & Janet Haber

Ephraim & Michelle Mufson on the engagement of their son Joey - Bob & Joni Kaiser, Scott & Dr. Faye Cohen McCary

Sam and Shirley Bluestein on the engagement of their grandson Joey – Bob & Joni Kaiser

Moshe Pinto- David & Norma Rubin

Carolyn Koppel on the engagement of her granddaughter Rebecca Kaiser - Alan & Janet Haber

Dr. Ethan and Debby Schuman on the birth of twin grandchildren- Bob & Joni Kaiser

Jeff and Terri Schnitzer on their anniversary - Alan & Janet Haber

Rabbi Ze'ev Smason on completing the 50 mile Rabbi-Ride-Around- Alan & Janet Haber

Sid and Phyllis Silverman on their anniversary in June- Gloria Sirkin

REFUAH SHELEMAH

Norma Rubin – by Roz & Irwin Rosen

Marian Walters- by Alan & Janet Haber

Mayer Taller – by Roz and Irwin Rosen

IN MEMORY OF

Maya Maliks Goren, mother of Irena Scheer – Monti & Cheryl Ring Maniband

The father of Rabbi Shmuel Greenwald - Monti & Cheryl Ring Maniband

Suzanne Yawitz – Paul Kleiman, Don Kleiman

Jerry Vesper – Barry Solomon & Carol Rosenbaum

The mother of Merle and Barbara Rosenfeld – Sharon Smith

The husband of Betty Garber- Jerry & Francis Cohen

The Libby Needle Fund

Gloria Waxman on the birth of her great-granddaughter- Dr. Craig and Jackie Berkin

Mr. and Mrs. David Hirschhorn on the birth of their grandson - Dr. Craig and Jackie Berkin

MAZEL TOV TO OUR MEMBERS WITH BIRTHDAYS AND ANNIVERSARIES IN SEPTEMBER!

BIRTHDAYS

Norma Rubin
Fabian Attoun
Jonah Bialecki
Eli Bialecki
Faith Waxman
Howard Sandler
Miriam Tzadok
Carl Solomon
Irwin Rosen
Ed Appelman
Fran Hoffman
Corey Woolf
Dr. Daniel Morgensztern
Jesse Barash
Ayelet Smason
Louise Givon
Rebecca Goldman
Noa Simon
Robert Schnurman
Suzanne Tendler
Marcela Morgensztern
Jackie Berkin
Jennifer Hartranft
Max Minoff
Asher Zarkowsky
Sandra Segall
Emma Mufson
JoAnn Raskas
Don Kleiman
Nicole Loiterstein
Andrew Abrams
Ruth Novack Alper

ANNIVERSARIES

Edward & Judy Ziegelman
Sergio & Nancy Chayet
Louis & Rebecca Goldman
Joel & Susan Manesberg
Lester & Pearl Figus
Dr. Alan & Marcie Brook

Special thanks to those who contributed to make
this Kiddush lunch possible-

Lester & Pearl Figus
Moshe & Louise Givon
Dr. Daniel & Marcela Morgensztern
Sandra Segall
Sally Needle
Ruth Alper Novak

High Holiday Seating Information

The High Holidays are almost upon us, and with the High Holidays comes this brief reminder about some of the procedures we have in place to make sure that it runs smoothly and meets your expectations. We are busy making seating charts, so the time is ripe for this to be on your radar screen!

Of course, all *adult* members of NHBZ that are in good standing with dues payments will have reserved seats for the High Holidays, whether on the individual plan, family plan, senior citizen plan or young adult plan. Arrangements for choosing your seats have not changed; if you are satisfied with your seat you need do nothing. If you want to change your seat, or have not yet made arrangements for paying your 2016 dues, please contact the office as soon as possible.

Children are not assigned reserved seats. If you would like to reserve a seat for your child, it can be purchased for \$25 per child (through college age.) Again, if you would like to purchase reserved seats for children, please call the office.

Young Adult memberships, for those who have graduated college through age 29, also *include* reserved seats for the High Holidays. Young Adult membership dues are \$190 per year.

Out of town guests of NHBZ members can reserve a seat for \$180. Military personnel serving in the Saint Louis area or out of town college students attending school in the Saint Louis area will receive reserved seats free of charge.

Thanks for your attention to these details, and let's all work to make this our most inspirational and stress-free High Holidays ever!

Nusach Hari B'nai Zion Sisterhood

Wishes you, your family and friends
A Healthy and Happy New Year ~ 5777
L'Shana Tova Tikatevu!

*Your support enables us to provide
funds for the **Passport to Israel** Program
to send our NHBZ children to Israel!!
We ask for a **MINIMUM** donation of \$8.00
Larger donations are certainly appreciated as
we grow our Sisterhood of the Future!*

*Thank you for your support,
NHBZ Sisterhood Board*

Please cut and send this portion with your check to:
Nusach Hari B'nai Zion
650 N. Price Road
St. Louis, MO 63132-3707

Please make your check payable to
NHBZ Sisterhood

I have enclosed my check for \$_____.
Please wish New Year Greetings to everyone from me/us,
and list my/our name(s) as follows:

“

”



JUDGEMENT DAYS: WHAT THE HIGH HOLY DAYS TEACH US ABOUT PRESIDENTIAL POLITICS



NHBZ is pleased to present **Michael Medved**

With Rosh Hashanah just one week following this event and our high stakes presidential elections six weeks later, best-selling author, popular political pundit, national radio talk show host and film critic, Michael Medved, will explore the connection of our spiritual survival and our nation's political endurance.

Sunday, September 25, 2016 at 7:30 p.m.

Dessert reception following

General admission - \$18

Seating is limited. Make your reservations early!

For information or to make your reservation,
call Shayna Scribner, 314-913-1200 or online www.nhbz.org

Some facts about **Michael Medved**

- He wrote his first bestseller at age 26
- His nationally syndicated daily radio program reaches 300 stations across the country and more than 4 million listeners - in St. Louis on 1260 AM from 3-5 pm
- He attended Yale Law School where classmates included Bill and Hillary Clinton
- He writes columns regularly for the *Wall Street Journal* and *USA Today*
- He was chief film critic for the New York Post before launching his own radio show
- He began his political consulting work with Democratic politicians
- His 13th book, *The American Miracle: Divine Providence in the Rise of the Republic*, will be available on October 25.
- He has a daughter named Shayna

Sponsorships Available! All Sponsors are invited to an exclusive dinner with Mr. Medved prior to his presentation. Call Shayna for information.



**Join us for a
Family Shalosh Seudos (Third Meal)**

Shabbat, September 17, 2016

with Guest Speaker

Rabbi Joey Rosenfeld



At **5:40 p.m.** Rabbi Rosenfeld will lead a discussion for both men and women, on:

**"Wanting to Want: The Third Meal and the
Cultivation of Will "**

Mincha will be at **6:25 p.m.** with both family and adult services offered,
but we will be eating the Shalosh Seudos meal together.

Everyone is welcome!

**Please consider becoming a sponsor! Families or individuals
can sponsor the event for \$18.**

RSVP to Jeff at **314-991-2100** or jeff@nhbz.org

Kosher

DINE-In Buffet

**All You Can Eat Buffet of Pizza,
Hot Italian Pasta, Salad and
Garlic Bread plus Dessert & Beverage**

Sunday, September 17 / 5:00p.m. 7:00p.m.



Adults: \$12.00

Kids 4-10: \$6.00

CREDIT CARDS ARE ACCEPTED

Kids 3 & under: FREE



(Movie for the Kids in the lower level)

..also...CARRY OUT Pizza --

Pick up: 4:30 - 4:45 p.m. Pre-Paid orders only.

Orders **must be placed** by **10 a.m. Sunday Sept.18**

Call: 314-991-2100, ext. 2

The cheese is Cholov Yisroel.

All food served will be under the supervision of Rabbi Ze'ev Smason.

Nusach Hari B'nai Zion

650 North Price Rd - Olivette, MO 63132 - 314-991-2100