



NHBZ Shabbos & Yom Tov 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 October 1, 2016

28 Elul, 5776

Torah Portion: Nitzavim Deuteronomy 29:9- 30:20

Stone Chumash: pages 1086-1093

Haftarah: Isaiah 61:10 - 63:9

Stone Chumash: pages 1202-1204

Candle Lighting ~ 6:28 pm

Shabbos Concludes ~ 7:29 pm

Our Generous Sponsors This Shabbos . . . *Thank you to David and Michelle Cain for sponsoring this week's bulletin in honor of Bob and Joni Kaiser for opening their home to us, Rabbi Smason and his family for all they have done for us, and to Zev Rosenberg for helping in so many ways. We would need a whole page to include everyone, so thank you to our shul for being there for us –it is truly a family! Shabbat Shalom and Shanah Tovah.*

Erev Shabbos, Friday, September 30, 2016

- **Mincha & Ma'ariv ~ 6:25 pm**

Shabbos, Saturday, October 1, 2016

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

- Pesukei D'Zimra: **Howard Sandler**
- Shacharis: **Leslie Cohn**
- Leyning: **Elie Needle**

- Haftarah: **Alan Haber**
- Drasha: **Rabbi Ze'ev Smason**
- Musaf: **Elie Needle**

- **Learners' Service ~ 9:30 am ~ Led by Rabbi Yosef David in the Rivkin Chapel.**
- **Learners' Service ~ 10:15 am ~ Led by Rabbi Ze'ev Smason in the Rivkin Chapel.**
- **Mincha/Ma'ariv/Shalosh Seudos ~ 6:05 pm**

Happy Anniversary this week to: Dr. Jonathan & Naomi Shanker

Happy Birthday this week to: Lewis Schucart, Ellen Berg, Hannah Bialecki, Robert Abrams, Leib Smason, Susan Feigenbaum, and Jordan Kadosh!

ROSH HASHANA Good Yom Tov!

Erev Rosh Hashana – Sunday evening, October 2

Mincha & Maariv ~ 6:15 pm

Learners' Service ~ 6:20 pm Led by **Rabbi Yosef David**

Yom Tov Candle Lighting ~ 6:25 pm

Rosh Hashana ~ 1st Day - Monday, October 3

Shachris & Musaf 8:00 am

- Pesukei D'Zimra: **Menachem Szus**
- Shacharis: **Elie Needle**
- Leyning: **Elie Needle**
- Shofar: **Rabbi Ze'ev Smason**

- Haftorah: **Moshe Pinto**
- Drasha (Sermon): **Rabbi Ze'ev Smason**
- Musaf: **Dr. Ethan Schuman**

Torah Portion: Genesis 21:1- 34 **Machzor pp 164-166; Chumash pp 94-99**

Maftir: Numbers 29:1 - 6, **Machzor p 169; Chumash pp 894-895**

Haftorah: I Samuel 1:1 - 2:10, **Machzor pp 170-172; Chumash pp 1234-1236**

Learners' Service ~10:00 am–12:30 pm ~ led by **Rabbi Yosef David**, of Aish HaTorah, Feigenbaum-Pepose Learning Center

Child Care ~ 9:00 a.m. – 1:00 pm – for children 3 years old and younger, in the Children's Room

Tot Shabbat ~ Yom Tov ~ 10:00 am -12:30 pm ~ led by **Kate Freidman** in the Youth Lounge

Junior Congregation ~10:00 am – 1:00 pm ~ led by **Richard Woolf** in the Chapel

Drasha ~ Sermon 10:30 am

Shofar ~10:55 am

Services Conclude ~ 1:30 pm

Mincha & Ma'ariv ~ 6:15 pm Tashlich between Mincha & Ma'ariv

YomTov Candle Lighting ~ 7:26 pm

Rosh Hashana ~ 2nd Day - Tuesday, October 4

Shachris & Musaf 8:00 am

- Pesukei D'Zimra: **Menachem Szus**
- Shacharis: **Elie Needle**
- Leyning: **Elie Needle**
- Shofar: **Rabbi Ze'ev Smason**

- Haftorah: **Lenny Alper**
- Drasha (Sermon): **Rabbi Ze'ev Smason**
- Musaf: **Dr. Ethan Schuman**

Torah Portion: Genesis 22:1-24

Maftir: Numbers 29:1- 6

Haftorah: Jeremiah 31:1- 19

Machzor pp 164-166; Chumash pp 100-105

Machzor p 169; Chumash pp 894-895

Machzor pp 170-172; Chumash pp 1236-1237

Learning Program~ 10:15 am- 12:00 noon ~ led by **Mrs. Mimi David** - Feigenbaum-Pepose Learning Center

Child Care ~ 9:00 a.m. – 1:00 pm – for children 3 years old and younger, in the Children's Room

Tot Shabbat ~ Yom Tov ~ 10:00 am -12:30 pm ~ led by **Kate Freidman** in the Youth Lounge

Junior Congregation ~10:00 am – 1:00 pm ~ led by **Richard Woolf** in the Chapel

Drasha ~ Sermon ~10:30 am

Shofar ~ 10:55 am

Services Conclude ~1:30 pm

Yom Tov Concludes ~ 7:24 pm

Fast of Gedaliah ~ Wednesday, October 5

Fast begins ~ 5:48 am

Shachris ~ 6:45 am

Mincha ~ 6:05 pm

Fast Concludes ~ 7:20 pm

SHUL Events

- **Sunday, October 9 ~ NHBZ Succah Raising 5777/2016 at 9:30am Place: NHBZ, Kaiser Terrace** , All welcome. Instructions: please bring ladders and some basic tools. Also please bring work, gloves and preferably covered arms. Please RSVP to Jeff@nhbz.org and menachem@alonsystems.com to let us know that you are coming. Hoping and **Praying for good weather.**
- **Shabbos, October 15 ~ Lunch & Learn**
- **Wednesday, October 19 ~ 6:00-8:00 pm ~ Happy Hour/ Pink program in the Sukkah.** Please join the sisterhood for their annual **Sharsheret** pink program and annual sisterhood meeting in one! Our guest speaker will be **Dr. Ron Yasbin**, Dean of the College of arts and sciences at UMSL. He will speak on his research in the area of cancer/genetics/the BRCA gene. Join us for drinks and hors d'oeuvres in the sukkah!
- **Sunday, October 30 ~ Pizza Night**
- **Sunday, November 6, 4-6 pm - SAVE THE DATE!** Join Nusach Hari as we celebrate the 5-year anniversary of our historic move into our fabulous new building. Free and open to the public - everyone welcome!
- **Shabbos November 26 ~ Synaplex**
- **Sunday November 27 ~ Pizza Night**

Adult Learning at NHBZ

Rabbi Smason's Wednesday Lunch & Learn will not meet in the month of October, and will resume on November 2.

Amud-A-Week Program. Join **Rabbi Daniel Freund** every Monday (**No class October 3**) following ma'ariv (*please note the time change*) for a weeklyfor 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.

Tomchei Shabbos cookbooks are available for purchase at NHBZ, with over 500 delicious recipes just in time for the yomim tovim. Cookbooks are \$30 each, with 100% of proceeds to benefit Tomchei Shabbos. Please contact the shul office to purchase.

Kashrus Alert - Maggie Moos

Maggie Moos, located at 8853 Ladue Road, has decided to discontinue their kosher certification. Effective immediately, Maggie Moos is no longer under the supervision and certification of the OV, the Vaad Hoir of St. Louis.

As the year 5777 is about to begin, we wish you a year filled with blessing and goodness. Beyond Twelve Gates will resume after the conclusion of the holidays.

Parshas Nitzavim - Deuteronomy 29:9 - 30:20

Nitzavim begins with Moses gathering every member of the Jewish people for the final time. He initiates them into a Covenant with G-d as the Almighty's 'Chosen People'. This Covenant applied not only to those present on that day, but to all future Jewish generations. Moses tells the people that although eventually they will sin, in time they will repent and return to the Torah, and G-d will usher in the messianic era when we all return to the land of Israel. Furthermore, he assures them that the commandments are neither distant nor inaccessible ('it is not in heaven'). This means that a committed Jewish life is well within everyone's reach.

Torah Reading for Rosh Hashana

The two days of Rosh Hashana fall out on Monday, October 3 and Tuesday, October 4 (The first day of Rosh Hashana begins Sunday evening). On Monday the Torah reading is from Genesis 21:1 -- 21:34. On Tuesday the Torah reading is from Genesis 22:1 -- 22:24.

The theme of the Monday Torah reading is that G-d remembered Sarah at the age of 90. She bore a son named Isaac to her 100 year-old husband Abraham. Our tradition teaches that Sarah conceived on Rosh Hashana. Not only do we recall Sarah and Abraham's great merit, but we should be inspired to repent and pray just as they did.

The theme of the Tuesday Torah reading is the account of the Akeidah, the Binding of Isaac. Both Abraham and Isaac demonstrated their willingness to make any sacrifice to comply with G-d's will. Our tradition teaches that the Akeida took place on Rosh Hashana. The shofar of Rosh Hashana is customarily made of a ram's horn to recall the merit of the Akeida because a ram was substituted for Isaac on the altar.

Rabbinic Ruminations

Some of us may wish we possessed the ability to decode the lives of the people around us like the great Sherlock Holmes. Is a person's smile the secret to understanding someone's personality? The music they listen to? Their Facebook posts? One type of question recently shown to reveal much of a person's personality is to ask them what they think about other people. Why? We tend to see more of our own qualities in others. The generous person sees others as generous and the selfish person sees others as selfish. Dr. Dustin Wood, a recent study's first author, said: "A huge suite of negative personality traits are associated with viewing others negatively. The simple tendency to see people negatively indicates a greater likelihood of depression and various personality disorders." The study documents various properties of *perceiver effects*—or how an individual generally tends to describe other people in a population. In the study people were asked to judge the positive and negative characteristics of three other people. The more positively they judged those people, the more happy, enthusiastic, capable and emotionally stable they turned out to be themselves. People

who judged others more positively also turned out to be more satisfied with their own lives. Set against this, those who judged others more negatively had higher levels of narcissism and antisocial behavior. The researchers even returned to the same people a year later and found the results were the same. This suggests that what people's ratings of others say about themselves remains stable over time. Personality disorders are often diagnosed at least partly by how people view others, the authors write: "Machiavellianism is usually measured in part by asking individuals the extent to which they perceive a lack of sincerity, integrity, or selflessness in others' actions, and narcissistic behavior is thought to be prompted in part by a belief that other people are inferior, uninteresting, and unworthy of attention." The study was published in the *Journal of Personality and Social Psychology* ([Wood et al., 2010](#)).

In one classic Jewish story, Rav Levi Yitzchak of Berdychiv was walking with his students, when they came across a man who was fixing his carriage while wearing his *tallis* and *tefillin*. The Chasidim stopped in their tracks and called: "Rebbe! That Jew is fixing his cart in the middle of prayer!" Rav Levi Yitzchak lifted his hands to the heavens and said: "Master of the Universe, look at your dear child: even while fixing his cart, he prays!" Regardless of our personality, Judaism encourages us to choose to see the good in things, and in people. This is called having an *ayin tova*, literally, a "good eye." Having an *ayin tova* doesn't mean pretending that flaws aren't there. Having an *ayin tova* means looking at the entirety of a person to see and focus on the good.

Quote of the Week

By swallowing evil words unsaid, no one has ever harmed his stomach. -- Winston Churchill

Joke of the Week

Old Mr. Johnson, raging hypochondriac, was convinced that the pain on his left side was appendicitis. Mrs. Johnson explained that the appendix is on the right.

"So, aha! THAT's why it hurts to much," said Mr. Johnson. "My appendix is on the wrong side!"

The Millstone Mikvah will be open with an attendant the following hours for men to use during the Yomim Tovim.

Erev Rosh Hashana

Sunday, October 2

9am – 4:30pm sharp

Erev Yom Kippur

Tuesday, October 11

9am – 4:00pm sharp

Schedule of Men's Use of Shabbos Mikvah (Y.I)

During the Yomim Tovim

Tuesday, 10/4, 2nd day Rosh Hashana – Wed, 10/5

Available

Shabbos, 10/8 – Monday, 10/10

Available

Tuesday, 10/18, 2nd day Succos – Wed, 10/19

Available

Tuesday, 10/25, Simchas Torah – Wed, 10/26

Available

***Nusach Hari B'nai Zion Sisterhood
New Year Greetings
5777 2015
L'Shana Tova Tikatavu***

Lenny & Fran Alper
Caryn Alper
Joanna Alper
Gary Benson
Dr. Craig & Jackie Berkin
Sam & Shirley Bluestein and
Family
Alan & Marcie Brook
Nathan & Eliana
Jerry & Frances Cohen
June Cohen and Family
Don & Julie Eisenberg and
Family
Larry & Shirley Hollander,
Robert, Debbie, Samantha,
Branden and Alex

Sandy & Kurt Kahn
Joni & Bob Kaiser and Family
Eliot & Sally Katz
And Rose Ragin
Kerry & Sandy Klarfeld and
Family
Morris & Estelle Kram
Phyllis & Howard Loiterstein
Ron & Ina Makovsky & Family
Mike & Alana Minoff and
Family
Rachael Pevnick and Family
Debbie Sher & Brian
Pevnick
Libby Sorkin Routman
Nancy Rush and Family

Rabbi Ze'ev & Chani Smason,
Avrumi, Aliza, Yaakov
Shmuel, Ohra, Anaelle &
Amiad
Chasi & Eliyahu,
Rachelii, Ya'akov & Akiva
Chiyva, Chagit & Noga
Frieda & Daniel Aaronson
Dalia & David
Dodi, Sivya, Leib, Boruch &
Ayelet
Menachem & Linda Szus and
Micky
Marian Walters

It's not too late! If you would like to make a donation to Sisterhood for New Year Greetings, please call our office, 314-991-2100, ext. 3. Your name(s) will appear in the next Shabbos Bulletin.



More options for you and your Family for Rosh Hashanah and Yom Kippur!

Childcare from 9 a.m. to 1 p.m. on both days of Rosh Hashanah and on Yom Kippur

Tot Shabbat (Ages 2 through 6) from 10:00 a.m. to 12:30 p.m. on BOTH Monday and Tuesday, October 3rd and 4th (Rosh Hashanah) and again on Wednesday, October 12th (Yom Kippur) with Kate Friedman

Junior Congregation (Ages 7 to 11) from 10:00 a.m. to 1:00 p.m. on BOTH Monday and Tuesday, October 3rd and 4th (Rosh Hashanah) with Tashlich and again on Wednesday, October 12th (Yom Kippur)

Lunch Provided for all kids on all days!

Learners Services with Aish HaTorah's Rabbi Yosef David.

☺ Evening Learners Services:

Rosh Hashanah: 6:25 p.m. on Sunday, October 2 and

Yom Kippur: 6:00 p.m. on Tuesday, October 11

☺ Daytime—Learners Services:

From 10:00 am to 12:30 p.m. on Monday, October 3 (Rosh Hashanah) and Wednesday, October 12 (Yom Kippur)

New!!!

Learners Program with Mrs. Mimi David on the 2nd day of Rosh Hashanah, Tuesday, October 4 from 10:15 a.m. to Noon

*...and of course, our spiritually uplifting and meaningful Regular
Services on all Holidays*



From Our Families to Yours...

Rosh Hashanah Junior Congregation

A Program of the NHBZ Children & Young Families Committee

SPECIAL HIGH HOLIDAY JUNIOR CONGREGATION

Calling ALL Kids (& Friends)!

Junior Congregation for **ALL 7 – 11 year olds!**

Rosh Hashanah -- Monday & Tuesday, October 3 & 4, 2016

10:00 a.m. – 1:00 p.m

- Learn and sing main Rosh Hashanah prayers and songs
- Discuss Rosh Hashanah, the Jewish New Year, and its meaning
- Hear the Shofar and do Tashlich (throwing away sins)
- Hang out with old friends and make new ones!

Led by Richard Woolf

Who: ALL NHBZ Kids & Friends ages 5 and Up!

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

Where: NHBZ (Chapel (downstairs))

***** Snacks & Lunch will be served!**

***** We will go outside to creek and playground next to our property;
weather permitting**

**For questions, please email Richard Woolf at woolfNHBZ@yahoo.com or call Jeff in
NHBZ's office at: (314) 991-2100, ext. 2**



From Our Families to Yours...

Rosh Hashanah **TOT SHABBAT**

A Program of the NHBZ Children & Young Families Committee

Special Tot Shabbat Program for Rosh Hashana!

Celebrate with All Five Senses!



ALL 1 – 6 year olds are welcome! Parents or grandparents are invited and welcome to stay, per needs of the child.

Rosh Hashanah -- Monday & Tuesday, October 3 & 4, 2016

10:00 a.m. – 12:30 p.m in our family-friendly lounge

Kids (age 6 & under, siblings & friends welcome!) come enjoy a fun, engaging, activity-filled Rosh Hashanah program, including songs, stories, games, dancing, shofar blowing, tashlich, holiday trivia, puppets, sensory sampling & more!

NHBZ KidsZone welcomes EVERYONE, members and non-members, to our Rosh Hashanah Tot Shabbat! No RSVP necessary, no cost!

While we encourage all kids to attend Tot Shabbat, babysitting is available from 9:00 a.m. to 1:00 p.m.

For questions, please call Jeff in NHBZ's office at (314) 991-2100, ext. 2



Nusach Hari B'nai Zion Congregation **111th Anniversary Banquet**

Honoring **Rabbi Yosef & Mimi David**



**HaKaras HaTov
Award Recipients
Rhonnie Goldfader
&
Dr. Shayna Scribner**



**Israel Advocacy
Award Recipient
Irl Solomon**

Sunday, December 11, 2016

**Hors d'oeuvres at 5:30 p.m.
Dinner & Program at 6:45 p.m.**
Early Bird Raffle & Chinese Auction

**Nusach Hari B'nai Zion
650 North Price Road
Saint Louis, Missouri**

\$125.00 per person

RSVP by November 21, 2016
Early Bird deadline is November 7

314-991-2100 ~ reservations@nhbz.org

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

This Week's Schedule	Shabbos Oct 1	Sunday Oct 2	Monday Oct 3	Tuesday Oct 4	Wednesday Oct 5	Thursday Oct 6	Friday Oct 7	Shabbos Oct 8
Shacharis	9:00 am	Slichos 7:15 am 8:00 am	8:00 am Rosh Hashana	8:00 am Rosh Hashana	6:45 am Fast of Gedaliah	7:00 am	7:00 am	9:00 am
Mincha/ Ma'ariv	6:05 pm	6:15pm	6:15pm	6:15pm	6:05pm	6:15pm	6:15pm	5:55 pm
		Erev Rosh Hashana						

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

PARKING FOR THE HIGH HOLIDAYS at NUSACH HARI B'NAI ZION

We have made arrangements with our neighbor Logos School to use the vacant spaces on their lower parking lot. There are only 25 spaces available during the Rosh Hashana & Yom Kippur day services so this lot will fill quickly - Do not park on their upper lot (closest lot to Old Bonhomme) or you may be towed.

For evening services the Logos parking lot can be used in full.

There is also parking on both sides of Old Bonhomme from Price Road east to 170 and there is parking on side streets, unless there are posted No Parking signs. Also, please do not block our neighbor's driveways or mailboxes.