



# NHBZ Shabbos Bulletin

*Welcome to Nusach Hari B'nai Zion*  
Affiliated with Union of Orthodox Congregations of America

January 6, 2018 ~ 19 Teves ~ Candle Lighting 4:36 pm ~ Shabbos Ends 5:39 pm

Torah Portion:  
Haftarah:

Shemos: Exodus 1:1 -- 6:1  
Isaiah 27:6-28:13, 29:22,23

Chumash pages 292 - 317  
Chumash pages 1146 - 47

## Thanks to Our Generous Sponsors ...

Thank you to **Leo Bressler** for sponsoring the Shabbos bulletin in honor of **Bob Kaiser** completing his second term as NHBZ President.

## Erev Shabbos, Friday, January 5

- Mincha & Ma'ariv 4:30 pm

## Shabbos, Saturday, January 6

- Shachris & Musaf 9:00 am ~ Thank You for Leading Davening!
  - Pesukei D'Zimra: **Howard Sandler**
  - Shacharis: **Menachem Szus**
  - Leyning: **Moshe Leib Cohen**
  - Haftarah: **Moshe Leib Cohen**
  - Drasha: **Rabbi Ze'ev Smason**
  - Musaf: **Alan Haber**
- Learners' Service with **Rabbi Yosef David** ~ 9:30 am
- Tot Shabbat with **Kate Friedman** ~10:00 am in the Eli Ragin Children's Room
- Junior Congregation with **Richard Woolf** ~ 10:00 am in the Youth Lounge
- Starting Points: **Wisdom For Daily Living** 10:15 am ~ topic: "Do Life-Changing Books Really Change Your Life?" Led by **Rabbi Ze'ev Smason** in the Rivkin Chapel
- Today's Shabbos greeters: **Stella Vladimirov** and **Lenny Alper**
- Mincha/Ma'ariv/Shalosh Seudos ~ 4:20 pm

## This Week & Beyond...

Minyan Times	Shabbos Jan 6	Sun. Jan 7	Mon. Jan 8	Tues.* Jan 9	Wed.* Jan 10	Thurs.* Jan 11	Fri. Jan 12	Shabbos Jan 13
Shachris	9:00 am	8:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	8:30 am
Mincha/Ma'ariv	4:20 pm	4:35 pm	4:35 pm	6:45 pm	6:45 pm	6:45 pm	4:35 pm	4:25 pm

\* Ma'ariv only

Please note that Morning Blessings and the first Kaddish are started five minutes prior to Shachris.

**Birthdays:** *Nancy Lisker, Stanley Goldfader, and Dr. Jay Pepose*

**Anniversaries:** *Sam & Shirley Bluestein*

- **Shabbos, January 13 ~ Synaplex, Kiddush Luncheon, and Family Shalosh Seudos Program with Speakers:**
  - ~ **Pastor Lyndon Allen**, Central Regional Coordinator for Christians United for Israel (CUFI)  
Topic: *"Unlikely Ambassadors for Civil Rights: African-Americans and Jews, Interwoven"*
  - ~ **Rabbi Shmuel Greenwald**, Education Director for Aish St. Louis (presentation in memory of Rabbi Greenwald's mother, Elka bas Shlomo) Topic: *"An Attitude of Gratitude: Lessons in Appreciation From Moshe (Moses)"*

**Serving as Scholar-in-Residence for this Synaplex Shabbat, Rabbi Greenwald** will also be offering two additional presentations during the day:

  - ~ *"The Way of G-d: Why Do Things Hurt?"* 3:30- 4:25 pm ~ A pre-mincha class
  - ~ *"Altruism: Are You a Giver or a Taker?"* 5:00 pm at our **Family Shalosh Seudos Program**

**Sponsored by Howard and Phyllis Loiterstein** in memory of Howard's father, David Loiterstein.
- **Wednesday, January 17 ~ 2pm ~ at NHBZ ~ Sponsored by the Senior Kollel ~ "Balance for Bubbes"** (Strength training, bone health and flexibility for the over-50 female" with Dr. Jill Abrams. (Note: Don't have to be a Bubbe to attend. Bring a friend!) Refreshments served.
- **Shabbos, January 27 ~ NHBZ Board and NHBZ Sisterhood Board Installation and Kiddush Luncheon**
- **Monday, January 29 (Please note date change) ~ Home Discussion Group ~ 7:00 - 8:30 pm.**  
The topics are: "The Nose Knows: The Jewish View of the Sense of Smell" led by Rabbi Smason and "Aromatherapy: A Mind-Body-Spirit Approach to Wellness" led by Angie Kitko, Wellness Coach. At the home of **Don and Julie Eisenberg**. RSVP's are needed. The address will be given at the time of your RSVP.

## **Parshas Shemos**

The book of Exodus begins by describing the gradually increasing enslavement of the Jewish people in Egypt. Pharaoh, fearing the population explosion of the Jews, initially hopes that backbreaking labor would stunt their rapid physical growth. When their birth rate continues to increase he orders the Jewish midwives to kill all baby boys. Moses is born, and when his mother is unable to keep him hidden from the Egyptian authorities any longer she places him in a basket and sends him down the Nile River. He is found by Pharaoh's daughter and raised in the royal palace, even though she realizes he is a Hebrew. She names him Moshe (Moses) meaning "drawn from the water." Years later as a grown man, Moses kills an Egyptian who he witnessed beating a Jew.

Moses flees to the land of Midian and marries Zipporah, the daughter of Jethro, and they have two sons. When Moses is shepherding his father-in-law's flock, he witnesses the "burning bush" on Chorev (Mt. Sinai) where G-d commands him to lead the Jewish people from Egypt to the land of Israel, which G-d promised to their ancestors. Initially reluctant, Moses is shown three miracles to perform before the Jewish people to prove he was sent by G-d: Changing his staff into a snake, his healthy hand into a leprous one, and water into blood. Moses, accompanied by his brother Aaron, encounters an obstinate Pharaoh. The Egyptian king not only refuses their request for a three-day respite to worship G-d, but declares that the Jews must produce the same quota of bricks as before but without being given straw. The people complain to Moses and Aaron for making their situation worse, but G-d assures Moses that He will force Pharaoh to let the Hebrews leave.

## **Cash Cards**

**Orders are now being taken through January 15.** Use the card for all your shopping needs. The order form is attached to this week's bulletin. You probably will be shopping at Dierbergs, CVS, or Walgreens this month, so why not benefit NHBZ as you shop? Thank you to last month's buyers: **Fran & Lenny Alper, Marcie & Dr. Alan Brook, Rhonnie & Stan Goldfader, Joni & Bob Kaiser, Marcela & Dr. Daniel Morgensztern, Rabbi Ze'ev & Chani Smason, and Rabbi David Spetner**

## **Adult Learning at NHBZ**

**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 Wednesdays at 12 pm CST. Visit our website at [www.nhbz.org](http://www.nhbz.org) - click on 'media', then 'online classes', then 'ustream\_graphic'.

**Every Shabbos ~ Starting Points: “Wisdom for Daily Living” with Rabbi Ze'ev Smason ~** A program tailor-made for those, regardless of prior educational or observance level, interested in growing Jewishly. Each freestanding session (at 10:15 am every Shabbos, unless otherwise noted) explores a distinct Jewish concept in practical, understandable terms. Join us to learn, explore, and raise your Jewish soul with the following eye-opening sessions:

Jan. 13: You Don't Look Jewish! Jewish Identity and Identification (At 10 am due to Synaplex )

Jan. 20: Where Can I Find Compassion for Difficult People?

Jan. 27: The Battle Against Procrastination: What Are You Waiting For?

**Amud-A-Week Program.** Join **Rabbi Daniel Freund** every Monday following Ma'ariv (please note the time change) 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.

## **Community**

**11<sup>th</sup> Annual STL Jewish Community Blood Drive**, Sunday January 7<sup>th</sup> at Young Israel 10:00 am – 4:00 pm. To make an appointment call 1- 800-RED-CROSS

**The Community Initiative to Strengthen Families** is pleased to announce our new website: [cisfstl.org](http://cisfstl.org) You can sign up for family power workshops, a mental health referral guide and many other family and parenting programs.

## NHBZ Event Planner

(Check “This Week and Beyond . . .” 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.
- **Starting Points (10:15 am)** led by Rabbi Ze'ev Smason in the Rivkin Chapel.
- **Child Care (10:15 am – Noon)** for kids 3 & under in the Children's Room.
- **Shabbos Tanach (Bible)** (3/4 hour before Mincha)

#### SUNDAY

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

#### MONDAY

- **Mah Jongg** (Mondays, 4-6:00 pm)  
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

- **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.
- **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





**Shabbat**

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## **Saturday, January 13, 2018**

- 8:30 am Traditional Services - in the sanctuary
- 9:15 am Prayer Learners Service – in the chapel  
led by Rabbi Yosef David of Aish HaTorah St. Louis
- 10:00 am Starting Points - in the chapel  
Topic: "You Don't Look Jewish! Jewish Identity and Identification"  
led by Rabbi Ze'ev Smason
- 10:00 am Children's Programming downstairs:  
Tot Shabbat for ages 1-6, babysitting for younger children

### **11:15 am Synaplex Breakout Sessions**

**"Unlikely Ambassadors for Civil Rights: African-Americans and Jews, Interwoven"**

led by Pastor Lyndon Allen, Central Regional Coordinator for Christians United for Israel (CUFI)

**"An Attitude of Gratitude: Lessons in Appreciation from Moses"**

led by Rabbi Shmuel Greenwald, Education Director, Aish St. Louis in memory of his mother, Elka bas Shlomo

### **12:15 pm Kiddush Lunch for All - in the Social Hall**

### **Additional Shabbos presentations by Rabbi Greenwald**

Shalosh Seudos is sponsored by Howard and Phyllis Loiterstein in observance of the Yahrzeit of Howard's father, David Loiterstein

3:30 pm – 4:25 pm prior to Mincha -

"The Way of G-d: Why Do Things Hurt?"

5:00 pm during the family Shalosh Seudos -

"Altruism: Are You a Giver or a Taker?"



# **Family Shalosh Seudos** *(Third Shabbat Meal)*

**Saturday, January 13, 2018**

with Guest Speaker

**Rabbi Shmuel Greenwald**  
*of Aish HaTorah*



**Rabbi Greenwald will speak on the following topics:**

**3:30 pm – 4:25 pm prior to Mincha -**

**"The Way of G-d: Why Do Things Hurt?"**

**4:25 pm – Mincha**

**5:00 pm during Shalosh Seudos -**

**"Altruism: Are You a Giver or a Taker?"**

**Shalosh Seudos is sponsored by Howard and Phyllis Loiterstein**  
**in observance of the Yahrzeit of Howard's father,**  
**David Loiterstein**

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RSVP to Jeff at 314-991-2100 or [jeff@nhbz.org](mailto:jeff@nhbz.org)





*From Our Families to Yours...*

# *Junior Congregation*

*Join us as we gather EVERY month, with new expanded opportunities!*

Who: *ALL Kids ages 7 to 11!*

Time: *10:00 a.m. - 12:00 p.m.*

- *Learn 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!*

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

## *January 6,13,20,and 27*



*Led by Bnot Sherut Young Women on*

## *January 20, 2018*

*St. Louis is lucky that some young women, referred to as Bnot Sherut (literally, female youth in the service), are fulfilling their Israeli national service (Sherut Leumi) as an alternative to service in the Israel Defense Forces by joining our community and enriching the learning experiences of our children. They work with B'nai Akiva, Jewish Day Schools, and now...NHBZ. Once a month on Shabbat morning two Bnot Sherut young women will lead Junior Congregation to help davening, and expose the kids to Israeli culture and spoken Hebrew!*

*Snacks will be served!*

*Fun will be had!*

**For questions, please email Alana Minoff at [alanaumansky@gmail.com](mailto:alanaumansky@gmail.com)**



# Tot Shabbat

A program of the NHBZ Kid Zone  
NHBZ membership not required

## All Kids ages 6 and under

### 10:00 am – 11:30 am

NHBZ lower level in the Eli Ragin Kids' Play Room  
on these selected dates

January 6

Summer in The Snow

January 13

Synaplex

- *Enjoy a fun, engaging, activity-filled Shabbat with songs, stories, games, dancing, puppets & more*
- *Snacks are provided*
- *Parents and grandparents are invited to stay*

***No RSVP necessary, no cost, no worries!***

Babysitting is also available from 10:00 am to 12:00 pm

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





# Home Discussion Group

THE LATEST IN A SERIES OF TALKS AT THE HOMES OF OUR MEMBERS & FRIENDS

## **“The Nose Knows: The Jewish View of the Sense of Smell”**

***Led by Rabbi Ze'ev Smason***

plus

## **“Aromatherapy:**



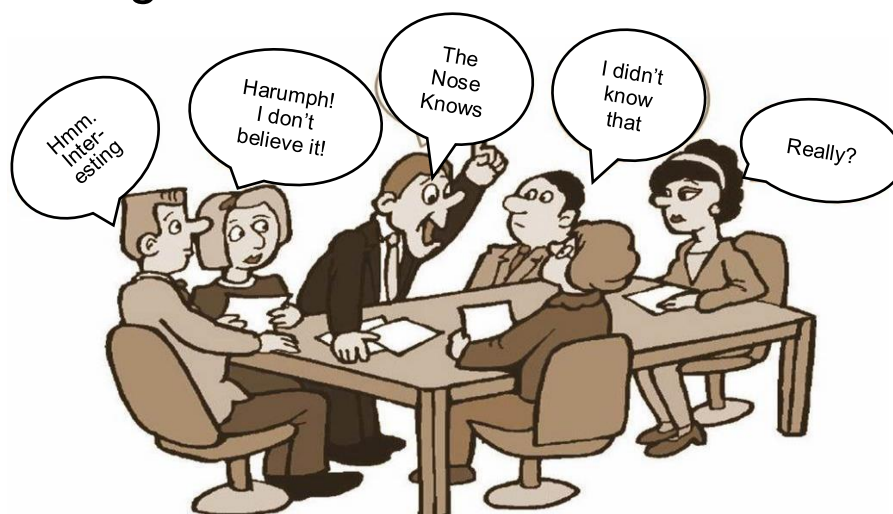
**A Mind-Body-Spirit Approach to Health & Wellness”**

***Led by Angie Kitko, Aromatherapist and  
Holistic Wellness Coach***

**Monday, Jan. 29, 2018, 7:00-8:30 pm**

**at the home of Julie and Don Eisenberg**

***Light refreshments will be served***



Please RSVP to **Jeff** at **314-991-2100** or [jeff@nhbz.org](mailto:jeff@nhbz.org).  
We will provide the address and phone number at the time of your RSVP.




# **Starting Points: *Wisdom for Daily Living***

**Join us for these sessions designed for those who are interested in growing Jewishly, regardless of education or level of observance. Each session explores Jewish concepts in practical, understandable terms.**

**Sessions are held every Shabbat at 10:15 in the NHBZ chapel on the lower level, unless otherwise noted.**

## **January Schedule**

Jan 6: Do Life-Changing Books Really Change Your Life?

Jan 13: You Don't Look Jewish! Jewish Identity and Identification - at 10:00 as part of 

Jan 20: Where Can I Find Compassion for Difficult People?

Jan 27: The Battle Against Procrastination: What are You Waiting For?

***Watch for future Starting Points Topics!***

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

# NHBZ Cash Card Order Form

*What is scrip, and how does it work?*

- You purchase gift cards from NHBZ at face-value and NHBZ receives a percentage of your purchase from each card as listed below. It's that simple.
- When you use scrip gift cards at your favorite retailers, you're fundraising while you shop. It's time to put your shopping dollars to work!
- Orders are due on the 15th of each month, and the cards are usually available to pick up in the office within 5 business days.
- Just fill out a form and mail or drop off at the office with your payment. (Questions? Call Laura at 991-2100 x3)

Retailer	Denomination (in Dollars)	%	Qty	Total Amount	Retailer	Denomination (in Dollars)	%	Qty	Total Amount
Amazon.com	\$ 25.00	2.5%			Jewel-Osco	\$ 25.00	4.0%		
	\$ 100.00	2.5%				\$ 100.00	4.0%		
AMC Theatres	\$ 25.00	8.0%			Kohl's	\$ 25.00	4.0%		
Barnes & Noble	\$ 10.00	8.0%				\$ 100.00	4.0%		
	\$ 25.00	8.0%			Lowe's	\$ 25.00	4.0%		
Bath & Body Works	\$ 10.00	13.0%				\$ 100.00	4.0%		
	\$ 25.00	13.0%			Macy's	\$ 25.00	10.0%		
Bed, Bath & Beyond	\$ 25.00	7.0%				\$ 100.00	10.0%		
	\$ 100.00	7.0%			Mobil	\$ 50.00	1.0%		
Best Buy	\$ 25.00	4.0%			Office Max/ Office Depot	\$ 25.00	5.0%		
	\$ 100.00	4.0%				\$ 100.00	5.0%		
BP Gas Card	\$ 50.00	1.5%			PetSmart	\$ 25.00	5.0%		
Build A Bear	\$ 25.00	8.0%			Pier 1	\$ 25.00	9.0%		
Container Store	\$ 25.00	9.0%			REI	\$ 25.00	8.0%		
	\$ 100.00	9.0%			Shell Gas Card	\$ 25.00	2.0%		
Crate & Barrel	\$ 25.00	8.0%			Starbucks	\$ 10.00	7.0%		
CVS	\$ 25.00	6.0%				\$ 25.00	7.0%		
	\$ 100.00	6.0%			Stein Mart	\$ 25.00	7.0%		
Dierberg's	\$ 25.00	2.5%			Target	\$ 25.00	2.5%		
	\$ 100.00	2.5%				\$ 50.00	2.5%		
Dillards	\$ 25.00	9.0%			Talbots	\$ 25.00	13.0%		
	\$ 100.00	9.0%			T.J. Maxx/Marshall's/ Home Goods	\$ 25.00	7.0%		
Famous Footwear	\$ 25.00	8.0%				\$ 100.00	7.0%		
Gap/Old Navy/ Banana Republic	\$ 25.00	14.0%			Ulta Beauty	\$ 25.00	4.0%		
	\$ 100.00	14.0%			Walgreens	\$ 25.00	6.0%		
Home Depot	\$ 25.00	4.0%				\$ 100.00	6.0%		
	\$ 100.00	4.0%			Walmart/ Sam's Club	\$ 25.00	2.5%		
iTunes	\$ 15.00	5.0%				\$ 100.00	2.5%		
	\$ 25.00	5.0%			Whole Foods	\$ 25.00	3.0%		
JC Penney	\$ 25.00	5.0%				\$ 100.00	3.0%		
	\$ 100.00	5.0%			Other**				

**TOTAL THIS ORDER: \$** \_\_\_\_\_

- Orders & payments to NHBZ may be made by **check or cash only**, and MUST accompany your order form.
- Payments received after the 15th of the month will automatically be placed on the next order date.

\*\*A complete list of participating businesses can be found at ShopWithScrip.com. If you do not have access to a computer or internet, please contact our office. Please do NOT order directly from the website.

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

*And please remember to use your Schnuck's Card for NHBZ credit!!!*