



NHBZ Shabbos Bulletin

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

January 13, 2018 ~ Teves ~ Candle Lighting 4:42 pm ~ Shabbos Ends 5:46 pm

Torah Portion:
Haftarah:

Vaeira Exodus 6:2-9:35
Ezekiel 28:25-29:21

Chumash pages 318-339
Chumash pages 1149-50

Thanks to Our Generous Sponsors ...

Thank you to **Howard** and **Phyllis Loiterstein** for sponsoring the Family Shalosh Seudos in memory of Howard's father, David Loiterstein z"l.

Thank you to **Helayne Levitt** and **Family** for sponsoring the Shabbos bulletin in observance of the yahrzeit of Helayne's mother, Frances Horwitz z"l.

Thank you to **Larry** and **Rayna Chervitz** for sponsoring the soda for the Kiddush in celebration of their 55th wedding anniversary.

~ SYNAPLEX SHABBAT ~

Erev Shabbos, Friday, January 12

- Mincha & Ma'ariv 4:35 pm

Shabbos, Saturday, January 13

- Shachris & Musaf 8:30 am ~ Thank You for Leading Davening!
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Menachem Szus**
 - Leyning: **Max Gornish**
 - Haftarah: Louis Goldman
 - Drasha: **No Sermon Today**
 - Musaf: tba
- Learners' Service led by **Rabbi Yosef David** ~ 9:15 am
- Tot Shabbat and Junior Congregation with **Kate Friedman** and **Richard Woolf** ~ 10:00 am
- Starting Points: **Wisdom For Daily Living** 10:00 am ~ Topic: "You Don't Look Jewish! Jewish Identity and Identification." Led by **Rabbi Ze'ev Smason**

This Week & Beyond...

	Shabbos Jan 13	Sun. Jan 14	Mon. Jan 15	Tues.* Jan 16	Wed.*^ Jan 17	Thurs.* Jan 18	Fri. Jan 19	Shabbos Jan 20
Minyan Times								
Shachris	8:30 am	8:00 am	7:00 am	7:00 am	6:45 am	7:00 am	7:00 am	9:00 am
Mincha/Ma'ariv	4:25 pm	4:45 pm	4:45 pm	6:45 pm	6:45 pm	6:45 pm	4:45 pm	4:35 pm

* Ma'ariv only

^ Rosh Chodesh Shevat

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

Synaplex Break-out Sessions at 11:15 am

1. **Pastor Lyndon Allen**, Central Regional Coordinator for Christians United for Israel (CUFI). Topic: *"Unlikely Ambassadors for Civil Rights: African-Americans and Jews, Interwoven"*
2. **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)"*

Kiddush Lunch at approx. 12:15 pm

- **Mincha/ Ma'ariv/ Family Shalosh Seudos 4:25 pm ~ Serving as Scholar-in-Residence for this Synaplex Shabbat, Rabbi Greenwald** will be speaking at two additional presentations during the day:
 1. *"The Way of G-d: Why Do Things Hurt?"* 3:30-4:25 pm ~ **A pre-mincha class**
 2. *"Altruism: Are You a Giver or a Taker?"* 5:00 pm

Birthdays: Andrew Sher, Caryn Garriga, Abigail Bialecki, Ellie Pinto, Yael Minoff, & Linda Carton

Anniversaries: Larry & Rayna Chervitz and Harold & Fran Hoffman

- **Wednesday, January 17 ~ 2:00 pm ~ at NHBZ ~ Sponsored by the NHBZ Sisterhood and Senior Kollel ~ "Balance for Balabusta"** (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 Sisterhood Board Installation with a Kiddush Luncheon**
- **Sunday, January 28 ~ 4:15-5:00 pm ~ Tu B'Shevat Seder** for kids 12 and under will be led by **Rebecca Goldman**. This is a program of the NHBZ KidsZone! RSVPs are needed to ensure we have enough food from the 7 species. Please contact alanaminoff@gmail.com or call the shul office.
- **Monday, January 29 ~ 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**. RSVPs are needed. The address will be given at the time of your RSVP.

Parshas Vaeira

G-d assures Moses that He will indeed redeem the Jewish people from slavery and bring them into the land of Israel. After the Torah presents a detailed genealogy of the tribe of Levi (Moses' family), Moses and Aaron go before Pharaoh to request a three-day hiatus from work so that the Jewish people can worship G-d in the desert. Moses' staff is miraculously turned into a snake as a sign of their Divine mission. When the Egyptian sorcerers counter by transforming their staffs into snakes as well, Moses' staff swallows up theirs. Even so, Pharaoh adamantly refuses to free the Jewish people, and the series of ten gruesome plagues begins.

The first seven plagues are described in this week's Torah portion; blood, frogs, lice, a swarm of wild beasts, pestilence, boils and hail. Moses goes down to the river to speak to the Egyptian king -- however, Pharaoh remains in denial ('in d'Nile' -- get it?) continuing to refuse to free the Jewish people as his heart is hardened. The portion comes to a close in the middle of these momentous events.

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 - 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. 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.

NHBZ Giving Opportunities

How To Donate STOCK ~ Have you ever thought of making a donation to Nusach Hari B'nai Zion in the form of Stocks? It's something to consider, and very easy to do!!! Just call Rick Williams, our stock broker at Edward Jones, 314-846-8968, and tell him, or his assistant Kelly, that you would like to donate stock to our shul; Rick or Kelly will take it from there, guiding you along the way. They will notify us of your generous donation – (it is our policy to sell the stock right away, and they will send a check to the shul.) Any questions, call Laura Krueger, our business manager, 314-991-2100, ext. 3.

Sponsorships ~ Sponsor a Kiddush or Luncheon, Soda, Shalosh Seudos, this Bulletin, or Something Unique in honor of a special occasion, or in honor or memory of a loved one.

Tributes ~ Show your friends you care; a tribute is a donation in honor of a birth, a birthday, an anniversary, a healthy recovery, or in memory of a loved one, or for any reason to show you care; tributes will be listed in this bulletin monthly. For Shul Tributes call Laura at the Shul at 991-2100 ext. 3; for Sisterhood call Phyllis Silverman, 314-434-2482; for Libby Needle Fund call Sally Needle, 314-991-2575; for Chesed Fund Tributes come by the office and pick up a package of cards!

Book Funds ~ Donations to purchase, repair or dedicate prayerbooks, machzorim, and Chumashim

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

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

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



"Balance for Balabustes"



**Senior Kollel and Eishes Chayil Women's Division
in Cooperation with Nusach Hari B'nai Zion Sisterhood
present**

"Balance for Balabustes"

**Strength Training ~ Bone Health
~ Flexibility for Females ~**

with

Dr. Jill Abrams

Chiropractic Physician • Personal Fitness Trainer • Massage Therapist

Wednesday, January 17th

2:00 pm

at NHBZ

**650 N. Price Road
Olivette, Missouri**

**Bring a Friend!
Refreshments served!**



For more info: office@stlkollel.com



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:



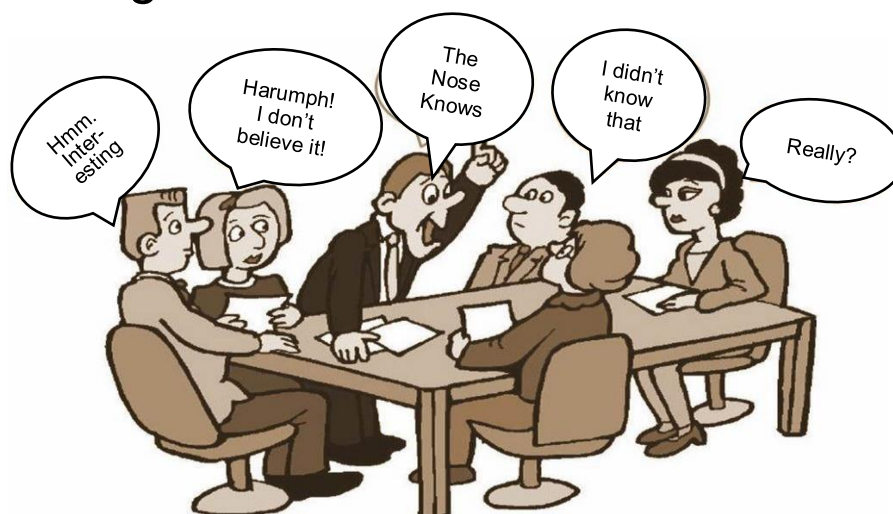
A Mind-Body-Spirit Approach to Health & Wellness”

***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.
We will provide the address and phone number at the time of your RSVP.



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 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



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 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

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




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!

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!!!