



NHBZ Shabbos Bulletin

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

January 27, 2018 ~ 11 Shevat ~ Candle Lighting 4:58 pm ~ Shabbos Ends 6:02 pm

Shabbos Shirah -- Tu B'Shevat

Torah Portion: Beshalach

Exodus 13:17 -- 17:16

Chumash pages 366-393

Haftarah:

Judges 4:4 - 5:31

Chumash pages 1152-54

Thanks to Our Generous Sponsors ...

Thank you to the **NHBZ Board** members who contributed to our Kiddush luncheon and to the **Sisterhood** for the delicious cake.

Thank you to **Rachael Pevnick** for sponsoring the bulletin in appreciation of all the good wishes and tributes for her recent honor at the NHBZ Annual dinner and mazel tov to all the incoming officers of the NHBZ and Sisterhood Boards.

Irwin and Rosalind Rosen are also sponsoring the bulletin in gratitude for the cards, trays of food, and all the love given to them at this difficult time.

In honor of **Jay Umansky** being elected as Nusach Hari B'nai Zion's president, his wife **Peggy**, daughter **Michele & family**, daughter **Alana & family**, and son **Jonathan** proudly sponsor the soda station for this Shabbos kiddush.

Erev Shabbos, Friday, January 26

Mincha & Ma'ariv 4:50 pm

Shabbos, Saturday, January 27 NHBZ Board and Sisterhood Officers Installation and Kiddush Luncheon

- **Shachris & Musaf 9:00 am ~ Thank You for Leading Davening!**
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Menachem Szus**
 - Leyning: **Max Gornish**
 - Haftarah: **Alan Haber**
 - Drasha: **Rabbi Ze'ev Smason**
 - Musaf: **Max Gornish**
- **Learners' Service** led by **Rabbi Yosef David ~ 9:30 am**
- **Junior Congregation and Tot Shabbat ~ 10:00 am**
- **Starting Points: Wisdom For Daily Living 10:15 am ~ Topic: "The Battle Against Procrastination: What Are You Waiting For?"** Led by **Rabbi Ze'ev Smason**

This Week and Beyond

Minyan Times	Shabbos Jan 27	Sun. Jan 28	Mon. Jan 29	Tues.* Jan 30	Wed.* Jan 31	Thurs.* Feb 1	Fri. Feb 2	Shabbos Feb 3
Shachris	9:00 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	4:40 pm	5:00 pm	5:00 pm	6:45 pm	6:45 pm	6:45 pm	5:00 pm	4:50 pm

* **Ma'ariv only** Note- Morning Blessings and the first Kaddish are started five minutes prior to Shachris.

Birthdays: Phyllis Loiterstein, Goldie Hogan, Sally Katz, Terri Schnitzer, Irwin Fredman, Andrew Berg, and Dr, Milton Tofle

Anniversaries: Jason & Nicole Loiterstein



- **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.
- **Wednesday January 31 ~ Tu B'Shevat**
- **Sunday, February 4 ~ Carry-Out Only Pizza for Super Bowl Sunday.** Place your order by 3:00 pm Friday, February 2. Email your order to jeff@nhbz.org or call 991-2100 ext 2. Pick –up time
- **Shabbos, February 10 ~ Kiddush Luncheon** hosted by **Bob and Joni Kaiser and Eleanor Kaiser**
- **Shabbos, February 17 ~ Bar Mitzvah of Scott McCary and Kiddush Luncheon**
- **Tuesday, February 20 ~ Home Discussion Group ~ 7:00 - 8:30 pm** The topics are: “Me, Myself and I: Finding Your Unique Self” Led by **Rabbi Ze'ev Smason** and “What Does Your Handwriting Say About You?” Led by **Myra Radinsky**. At the home of **Dr. Stephen and Myra Radinsky**. RSVPs are needed. The address will be given at the time of your RSVP.
- **Shabbos, February 24 ~ Family Shalosh Seudos Program**

Parshas Beshalach

As the Jewish people leave the land of Egypt, Pharaoh's heart is once again hardened. The Egyptian army pursues the former slaves, trapping them on the shores of the Red Sea. Moses raises his hand over the sea, miraculously parting the waters and allowing the Jewish people to pass through safely. Pursued by the Egyptians into the sea, Moses once again raises his hand and the waters come crashing down upon Pharaoh's army. Awed by this indisputable miracle, Moses leads the Jewish people in the Shir Shel Yam, a song of praise to G-d acknowledging a debt of gratitude for their remarkable salvation.

After traveling from the Red Sea, and following the miraculous sweetening of the bitter waters at Marah, the Jewish people complain to Moses and Aaron that they have no food to eat. G-d responds by providing a great test of faith; a daily ration of manna that would fall from the sky for forty years every morning, except for Shabbos. Some suggest that the manna was the greatest miracle the Jewish people ever experienced. A constant water source is also given when G-d commands Moses to strike a rock, miraculously causing water to flow from it. The portion concludes with the nation of Amalek's unprovoked sneak attack and the Jewish people's victory.

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:

Feb. 3: The 10 Commandments: A Spiritual Guide to Personal Success

Feb. 10: Love vs. Lust: Do You Know the Difference?

Feb. 17: (No Starting Points: Scott McCary Bar Mitzvah)

Feb. 24: This Is the Most Important Question You'll Ever Ask Yourself.....

March 3: Is Age More Than a Number?

March 10: Five Habits of Incredibly Interesting People

March 17: Overrated vs. Underrated: Common Beliefs We Get Wrong

March 24: You Don't Look Jewish! Jewish Identity and Identification (Synaplex)

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.



Do you shop on Amazon?

Sign up for Amazon Smile, and .5% of your qualified purchase will be donated back to NHBZ.

How it works:

- 1. Visit smile.amazon.com*
- 2. Sign in to your Amazon account*
- 3. Under “Pick your own organization,” search for “Nusach Hari”*
- 4. Select “Nusach Hari-Bnai Zion Congregation”*
- 5. Start shopping! Every time you shop, sign into smile.amazon.com, and you will earn funds for Nusach Hari.*



Shul Officers

President
Vice President
Vice President
Treasurer
Secretary
Gabbai
Honorary Gabbai

JAY UMANSKY
KENNETH BRESSLER
ROBERT LEVINE
HOWARD LOITERSTEIN
JENNIFER HARTRANFT
ALAN ZARKOWSKY
SIDNEY SILVERMAN

Board of Directors

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MARK RAGIN
IRWIN ROSEN
SIDNEY SILVERMAN
MENACHEM SZUS
ALAN ZARKOWSKY



Installation

Congratulations to the new 2018 Sisterhood Board!

2018 Officers:

President..... *Teree Farbstein*
1st Vice President..... *Susan Schwartz*
2nd Vice President..... *Debbie Sher*
Treasurer..... *Helayne Levitt*
Recording Secretary *Sally Katz*
Communications Secretary *Fran Alper*
Chaplain *Rebbetzin Chani Smason*

2018 Board of Directors:

Marcie Brook
Amy Feit
Mimi Fiszal
Aida Greenberg

Phyllis Loiterstein
Trudy Sudin
Peggy Umansky
Faith Waxman

Congratulations to *Rachael Pevnick*, President Emeritus

Thanks to *all* the Sisterhood Presidents who led and sustained NHBZ Sisterhood since 1950!

Dr. Shayna Scribner, 2016-2017
Linda Carton, 2015
Rachael Pevnick, 1990-2014
Ethel Weiner^{Z"L}, 2004*
Arlene Fredman, 1995-1999*
Trudy Sudin, 1992-1993*
Marlene Rosenberg^{Z"L}, 1990-1991*
Irene Belsky, 1988-1989
Sandra Abrams, 1984
Leah Zarkowsky^{Z"L}, 1982-83, 1985-87
Phyllis Silverman, 1980-1981
Esther Gelb, 1978-1979, 1993-94*
Margaret Adelstein^{Z"L}, 1976-1977

Becky Alper^{Z"L}, 1974-1975
Ruth Novack (Alper), 1972-1973
Tillie Gitel, 1970-1971
Betty Goldstein^{Z"L}, 1968-1969
Shirley Willick^{Z"L}, 1966
Dorothy Goldman^{Z"L}, 1965
Pearl Figus, 1964
Nettie Laiderman^{Z"L}, 1963
Sophie Osheroff^{Z"L}, 1956
Ann Schneider^{Z"L}, 1954-55, 1967
Mildred Pessin (Drifon)^{Z"L}, 1952-53
S. Stern^{Z"L}, 1951
Tillie Lapin^{Z"L}, 1950

* Co-President with Rachael Pevnick

For information or to join Sisterhood, call the NHBZ office at 314-991-2100, ext. 3, or
email: sisterhood@nhbz.org



Membership Form

NHBZ SISTERHOOD MEMBERSHIP FORM

APPLICANT INFORMATION

☐ Mrs. ☐ Ms. ☐ Miss ☐ Dr. ☐ Married ☐ Single ☐ Widow

Name:

Current Address:

City: State: ZIP Code:

Home Phone: Cell Phone: Work Phone:

Email Address: Hebrew Name:

Are you a Member of Nusach Hari B'nai Zion Congregation? ☐ Yes ☐ No Date of Birth:

INTEREST SURVEY

Occupation/Profession (current or former):

Special Skills or Talents:

Additional Comments:

Interests: ☐ Chesed/Mitzvah Initiatives ☐ Cooking & Cuisine ☐ Education Programs ☐ Fashion

☐ Children's Programming ☐ Passport to Israel Program ☐ Book Club ☐ Marketing/PR ☐ Arts & Crafts

☐ Women's Health **Games:** ☐ Bingo ☐ Mahjongg ☐ Bridge ☐ Rummy-Q ☐ Cards ☐ Other _____

List the programs, activities and/or services that you would like to see NHBZ Sisterhood provide:

EMERGENCY CONTACT

Name of Relative/Emergency Contact:

Relationship: Phone: Phone:

SPOUSE INFORMATION (OPTIONAL)

Spouse's Name: Phone:

NAMES AND AGES OF CHILDREN / GRANDCHILDREN

Name:	Age:	Name:	Age:
Name:	Age:	Name:	Age:
Name:	Age:	Name:	Age:
Name:	Age:	Name:	Age:

SIGNATURE

\$18 Annual Membership Dues (\$20 if paying by credit card) ☐ Dues Paid for 20____ Amt\$_____

Signature of Applicant: Date:

For more information, email sisterhood@nhbz.org, visit www.nhbz.org, or telephone: 314-991-2100.



Pizza Night

CARRY-OUT ONLY

Super Bowl Sunday, Feb. 4

Pick –up Sunday from 2:30 - 3:30 pm

Place your order by
3:00 pm Friday, Feb. 2

Email orders preferred to jeff@nhbz.org
Or call 314-991-2100, ext. 2

Cheese Pizza \$12 plus \$.75 for each topping

Nusach Hari B'nai Zion
650 North Price Road
Olivette, MO 63132
314-991-2100





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 27

February 3, 10, 17, & 24

- *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



Junior Congregation

*NHBZ membership not required
Children of all levels of observance welcome*

All Children ages 7 to 11

10:00 am – 12:00 pm

January 27

February 3, 10, 17, and 24

- *Learn the key Shabbat prayers and tunes*
- *Review the weekly Torah portion*
- *Discuss cool facts about Israel*
- *Absorb Israeli culture and spoken Hebrew*
- *Hang out with old friends and make new ones*
- *Enjoy delicious snacks*

Led by **Richard Woolf** and by **Bnot Sherut**, (young women of the Israeli National Service, *once per month* (indicated above by *))

For questions, please email *Alana Minoff*
at alanaumansky@gmail.com



Saturday

Starting Points:

Wisdom for Daily Living

Shabbat Morning

Join us for each of these tailor-made sessions for those, regardless of prior educational or observance level, interested in growing Jewishly. Together we will explore distinct Jewish concepts in practical, understandable terms.



Every Shabbat at 10:15 a.m. (unless otherwise noted) we learn, explore, and raise our Jewish souls with the following eye-opening sessions led by Rabbi Smason:

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Feb. 10: Love vs. Lust: Do You Know the Difference?

Feb. 17: *(No Starting Points: Scott McCary Bar Mitzvah)*

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March 17: Overrated vs. Underrated: Common Beliefs We Get Wrong

March 24: You Don't Look Jewish! Jewish Identity and Identification

(At 10 am in conjunction with



)



Join Us For Purim!

2018
5778



Wednesday Feb. 28th

Shachris: 6:45 am | Mincha at 5:20pm

Ma'ariv at 6:35pm

Megillas Esther at 6:45 pm

WEDNESDAY
FEB 28

FAST OF ESTHER
FAST BEGINS
5:23 AM



Thursday March 1st

Shachris: 6:30 am | Mincha at 5:20pm

Megillas Esther at 7:00 am

Mincha at 5:00 pm • **SEUDAH** at 5:15 • Ma'ariv Following Meal

The Delicious

SEUDAH

Costume Contest & Schtick Nite

The Delicious and Festive Meal

is being prepared by our own NORMA RUBIN, so you know it will be DELICIOUS!

Menu to come, so please stay tuned... Jackie's whiskey slush, and desert!

COSTUME CONTEST: Prizes 3 categories - Children, Adults and Couples

SCHTICK: Skits, Games, Poems, Jokes, Musical Entertainment, (3-5 minutes max)

Enter with the title of 'Your Schtick' to Bobby Levine to be scheduled into the evening's entertainment lineup! (rxlevine@charter.net) or 602-1796.

BUY!
FOOD DRIVE
PASTA
GROGGERS
\$4



\$15 ADULT • \$8 CHILD • \$45 MAX/FAMILY

Kids 4-10 \$8.00 and Kids 3 & Under Free.



RSVP BY FEB 20TH
991-2100 EXT: 2



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

