



NHBZ Shabbos Bulletin

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

March 17, 2018 ~ 1 Nissan ~ Candle Lighting 6:51 pm ~ Shabbos Ends 7:55 pm

Torah Portion: Parshas Vayikra 1:1 -- 5:26
Rosh Chodesh: Numbers 28:9-15
Maftir: Parshas HaChodesh: Exodus 12:1-20
Haftorah: Ezekiel 45:18 - 46:15 1 Samuel 20:18, 42

Chumash pages 544-567
Chumash pages 890-892
Chumash pages 348-355
Chumash pages 1218-1219

Thank you to our Sponsors:

Thank you to **Leo Bressler** for sponsoring this week's Shabbos bulletin to welcome home **Menachem, Linda, and Micky Szus** from their trip to Brooklyn to visit their grandchildren and Leo's great-grand children

~ New Member Shabbat ~ Welcoming Our 2017 Members to NHBZ ~

Erev Shabbos, Friday, March 16

- Mincha & Ma'ariv ~ 6:45 pm

Shabbos, Saturday, March 17

- **Shachris & Musaf 9:00 am ~ Thank You for Leading Davening!**
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Menachem Szus**
 - Leyning: **Moshe Leib Cohen**
 - Haftorah:
 - Drasha: **Rabbi Ze'ev Smason**
 - Musaf: **David Rubin**
- **Learners' Service** led by **Rabbi Yosef David** ~ 9:30 am
- **Starting Points: Wisdom For Daily Living 10:15 am ~ Topic: "Overrated vs. Underrated: Common Beliefs We Get Wrong"** Led by **Rabbi Ze'ev Smason**
- **Junior Congregation and Tot Shabbat ~ 10:00 am** (TS in the Eli Ragin Children's Room)
- **Mincha/Ma'ariv/Shalosh Seudos ~ 6:35 pm**
- **Today's Shabbos Greeters: Howard Loiterstein & Jason Loiterstein**

This Week and Beyond

Minyan Times	Shabbos Mar 17	Sun. Mar 18	Mon. Mar 19	Tues. Mar 20	Wed. Mar 21	Thurs. Mar 22	Fri. Mar 23	Shabbos Mar 24
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	6:35 pm	6:55 pm	6:55 pm	6:55 pm	6:55 pm	6:55 pm	6:55 pm	6:40 pm

Note- Morning Blessings and the first Kaddish are started five minutes prior to Shachris.

*SYNAPLEX

Birthdays: Marvin Stein, Jackie Gitel, Danielle Bialecki, Linda Fleshman, Jerry Cohen, & Alan Zarkowsky

Anniversaries: Menachem & Linda Szus

- **Sunday, March 18 ~ 10:00-11:30 am ~ Model Seder Class with Rabbi Smason**, see flyer for details.
- **Monday, March 19 ~ 7:00-8:30 pm ~ Home Discussion Group led by Rabbi Smason.** The topic is "A Shekel for Your Thoughts: Israeli Currency, Past and Present." At the home of **Dr. Naftali and Jane Kadosh**. RSVP for address.
- **Shabbos, March 24 ~ Synaplex Shabbat and Kiddush Luncheon with Scholar-In-Residence, Rabbi Yosef Landa**, (Director, Chabad of Greater St. Louis) and **Dr. Robin Park** (Member of the Matzevah Foundation, which restores desecrated Jewish cemeteries in Poland). On Shabbos morning **Rabbi Landa's** topic is "The Teachings of Chassidism, and what it has to teach contemporary Jews." **Dr. Robin Park's** topic will be: "Christians Travel to Poland to Repair Jewish Cemeteries."
- **Shabbos, March 24 ~ 5:45 pm ~ Family Shalosh Seudos Program with Rabbi Yosef and Shiffy Landa.** Prior to Mincha Rabbi Landa will speak on "Inspiration & Empowerment: A Few Lines of Tanya" and Rebbitzen Shiffy Landa will speak on "FYI: Chassidism IS for Women." At 6:40 pm Mincha will be followed by the Family Shalosh Seudos meal along with Chassidic stories and songs led by Rabbi Yosef Landa. Thank you our generous sponsors **Rhonnie Goldfader, Debbie Barash, Susan Feigenbaum, Fran Hoffman, and Shayna Scribner.**
- **Sunday, March 25 ~ Pizza Night ~ 5:00-7:00 pm.**
- **Friday, March 30 ~ First Seder of Pesach**

Parshas: Vayikra

This Shabbos marks the beginning of our reading the third book of the Torah, Sefer Vayikra which deals primarily with the services and responsibilities of the Kohanim. This week's portion focuses on many of the korbanos (offerings) to be brought in the newly-constructed Mishkan. Parshas Vayikra begins with G-d calling Moses into the Mishkan where he will receive many relevant mitzvos to be ultimately passed on to the Jewish people. The first half of the Torah portion describes the various optional korbanos brought by individuals. They can be classified into three general categories, each one comprised of several gradations in size and expense; the *korban olah* (elevation offering) which is completely consumed on the altar; the *korban mincha* (meal offering) which, because of its inexpensive contents is usually brought by someone of modest means; and the *korban shelamim* (peace offering) partially burned on the altar, with the remainder divided between the owners and the Kohanim. The second half of the portion (beginning with chapter four) discusses the required *chatos* (sin) and *asham* (guilt) offerings to be brought as atonement for unintentional transgressions.

Parshas HaChodesh

Shabbos HaChodesh ("Sabbath [of the] month" שבת החודש) precedes the first of the Hebrew month of Nisan during which Pesach is celebrated. Exodus 12:1-20 and the laws of Pesach are read as the maftir aliyah, along with a special haftorah. On the first day of Nisan, Hashem presented the first commandment of how to "sanctify the new moon" (kiddush hachodesh) for the onset of Rosh Chodesh and thus Nisan becomes the first month of the Jewish year (counting by months). This special reading helps to prepare us for Pesach.

Getting Ready for Pesach

Selling Chometz / Mechiras Chometz: All non-Pesach food that cannot be eaten before Pesach can be sold to a non-Jew. Rabbi Smason will be available to act as your agent for the selling of chometz. Passover begins Friday night, March 30, 2018. There are two ways to sell your Chometz to Rabbi Smason:

1. **In Person with Rabbi Smason:** If you would like to make Rabbi Smason your agent for the sale of Chometz, please call and make an appointment with Rabbi Smason, whether in the office or at minyan.
2. **By Telephone:** Call Jeff at the shul office, 314-991-2100, ext. 2 until noon on Wednesday, March 28. Make checks payable to NHBZ with the notation SELLING CHOMETZ.

Tzdekah for Pesach - Vaad Hoeir Maos Chittim Campaign ~ The campaign assists people in Israel and St. Louis to properly observe and celebrate Pesach. Please make your checks **payable to Vaad Hoeir Maos Chittim, and write "NHBZ" on the memo line**; send checks to the Vaad Hoeir, 4 Millstone Campus Dr, St. Louis, MO 63146

There are two books by Rabbi Max Weiman that may be of interest to you as we head towards Pesach. The books are "A Simple Guide to Happiness" and "48 Things 49 Days - Tapping into the Power Within". Rabbi Weiman teaches "Mystical Moments" at NHBZ on Sunday's between Mincha & Ma'ariv. Both books together are \$36.00 and are available in our office.

Lost & Found ~All coats, umbrellas, and other items in the coat rooms will be cleaned out before Pesach. Please remove your items ASAP.

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:

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.

In The Community

Sunday, March 25 ~ 2:00 pm-4:00 pm Shaving Israel is presenting speaker, Captain (Res.) Nir Sarid, who will speak and share his experiences serving in the Israeli Defense Force. At Congregation B'nai Amoona. R.S.V.P. by Sunday, March 18th to: (314) 579-9653 or mmiller0813@yahoo.com.

MTI is offering pre-Pesach chometz meals on Wednesday March 28th ,and Thursday March 29th. Wednesday- 4:00-8:00 PM- Schnitzel/Grilled Chicken sub-sandwiches and 'extras'; Thursday- 4:00-7:00PM- BBQ hotdogs, hamburgers, and 'extras.' RSVP by Sunday, March 25th. 1809 Clarkson Road in Chesterfield. For more info and to RSVP, please email Rabbi Josh Bregman at rabbibregman@missouritorah.org or call 314-363-5977

Getting to Know You: Our 2017 New Members, Their Hobbies and Interests!

Meira Ganel: Hiking (being out in nature) and traveling.

Larry Goldenberg: Collecting keychains and hats.

Traci Goldstein: Israel advocacy; traveling with her daughter, Dahlia; dancing & reading.

Charlene Kass: Loves her Maltese little dog; reading, cooking, playing with grandchildren and helping her Mother**!

Dr. Michael Kass: Loves to read everything; physical fitness buff.

Stuart Klamen: Israel advocacy, basketball, and making egg salad for this Kiddush!

Chana Lowenstein: Horseback riding & ballet.

Jean Margul: Cooking art collecting; volunteering & traveling.

Dr. Stan Margul: Gardening (raising roses!); projects at home; collecting art & traveling.

Betty Novick: Active in Hadassah, B'nai Brith & Jewish Federation; Holocaust survivor, mother of Charlene Kass.

Irene Schankman: Senior Olympics until 80 years old (currently 89); being outdoors and does many things around her house BY HERSELF!

Dr. Rami Volotsky: Carpentry, history buff.

Sallie Volotsky: A magnificent artist!!! Medium is fuse glass & fiber art. If you have a chance, ask Sallie to visit her studio in her home.

David Gellman: Computer stuff, origami and other really geeky things.

Lisa Gellman: Enjoys weaving and reading. She took her hobby of weaving and opened a craft shop with her sisters.

Scott Gitel: Adventure travel, The Fox Theater, and Labradoodle puppies.

Leslie Gitel: Swimming, biking, lifting, and Labradoodle puppies.

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





Jewish Customs & Practices The Holiday Series

The Model Seder: Refresh and Update Your Seder Experience

Come and explore ways to add meaning to your Seder, and make sure you're getting the most out of your Seder experience

➡ Open to *all adults* in the community who would like to *add meaning and richness to their Passover Seder*

Led By: Rabbi Ze'ev Smason

Sunday, March 18, 2017

10:00 am – 11:30 am

Feigenbaum-Pepose Multi-purpose Room



Our ***Holiday Series*** explores the details of the Jewish holidays and how to truly observe them, and delves into their deeper meanings

Classes are free, but please RSVP by Friday, March 16
to Jeff at 314-991-2100 ext. 2 or jeff@nhbz.org



Home Discussion Group

The latest in a series of talks at the homes of our members & friends

Topic: "A Shekel for Your Thoughts: Israeli Currency, Past and Present"

Presentation by Rabbi Ze'ev Smason

Monday, March 19, 2018, 7:00-8:30 pm
at the home of Dr. Naftali and Jane Kadosh

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.



Join us for a **Family**

Shalosh Seudos (Third Meal)

Shabbat, March 24, 2018

with Guest Speakers

Rabbi Yosef Landa

Rebbitzen Shiffy Landa

5:45 pm prior to Mincha

"Inspiration & Empowerment: A Few Lines of Tanya"

led by Rabbi Yosef Landa

"FYI: Chassidism IS for Women"

led by Rebbitzen Shiffy Landa

The Landa's are the Director and Co-director of Chabad of Greater St. Louis

6:40 pm Mincha followed by Family Shalosh Seudos

Chassidic Stories and Song - led by Rabbi Yosef Landa

Everyone is welcome!



THE SISTERHOOD SCOOP MARCH

Volume I

Number 4

March 17, 2018

Welcome to all new members of
NHBZ Sisterhood and
Thank You for joining us at the
Membership **חיי** Tea honoring
Rachael Pevnick, President Emeritus
and celebrating all our Sisterhood Past Presidents
on Sunday, March 11th



Sisterhood women getting oolong at the Membership Tea

Not yet a Sisterhood Member? It's never too late!

Poetry Reading a Success

Special thanks
to Israeli Poet
Jane Medved
for sharing her
Insights about
writing poetry
and living in
today's Israel.



Jane Medved

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NHBZ Sisterhood recognizes  
'First Lady' *Peggy Umansky*, wife  
of NHBZ President *Jay Umansky*  
for her vitali-tea and ingenui-tea  
in catering the Membership Tea.



**Next Board Meeting:**  
Sunday, April 22, 10:30 am

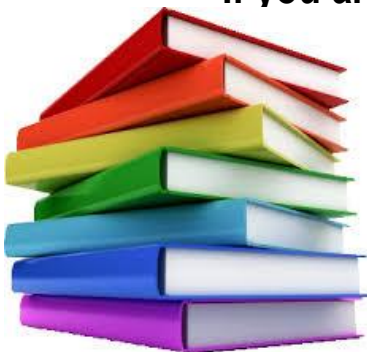
## Sisterhood is forming a NEW Book Club!

If you are interested in attending an  
*organizational* meeting

contact Fran Alper

at 314-993-4024

fran.alper@outlook.com



**Join us and  
bring your ideas!**



**Shabbat**

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## **Scholar-in-Residence Synaplex**

### ***“A Taste of Chassidut” with Rabbi Yosef Landa***

***Director of Chabad of Greater St. Louis***

**Saturday, March 24, 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

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

“What is Chassidut? *Teachings of Chassidism for contemporary Jews*  
led by Rabbi Yosef Landa

“Unearthing the Past in Poland”, led by Dr. Robin Park,  
Child & Adolescent Psychiatrist, & member of *Matzevah Foundation*, dedicated to helping Poland's  
small Jewish community through service projects like restoration of desecrated cemeteries

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

### **Family Shalosh Seudos Program**

5:45 pm prior to Mincha

“Inspiration & Empowerment: A Few Lines of Tanya”- Rabbi Landa

“FYI: Chassidism **IS** for Women” –

led by Rebbitzen Shiffy Landa, Co-director, Chabad of Greater St. Louis

6:40 pm Mincha followed by family Shalosh Seudos

Chassidic Stories and Song - led by Rabbi Yosef Landa

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***Free & open to the Jewish public. Home hospitality available.  
Call the office at 314-991-2100 ext. 2 for details.***



# *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**

## **Every Shabbat**

- *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 \*))

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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

## Every Shabbat

- *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**





# **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.

## **Schedule for February and March, 2018**

**Mar 10: Five Habits of Incredibly Interesting People**

**Mar 17: Overrated vs. Underrated: Common Beliefs We Get Wrong**

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

- *this session at 10:00 as part of* 

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

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



# Themed Kiddush

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## A new opportunity for you to sponsor a “Themed Kiddush”

Here is how it works. One or two families or individuals will sponsor a Kiddush with their own theme, or one of the following suggested themes:

Chocolate



Cardinals



Ice Cream



Israeli



**Your sponsorship will include  
themed decorations and delicious themed foods  
at a reasonable cost!**

The goal is to have a creative Kiddush experience  
and to give sponsoring families the opportunity  
to invite their friends to visit our  
shul to attend your Kiddush.

For all the details call or email Jeff at 314-991-2100 ext. 2 or [jeff@nhbz.org](mailto:jeff@nhbz.org)