

NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

September 1, 2018 ~ 5778 Candle Lighting 7:13 pm Shabbat Ends 8:15 pm

Torah Portion: Ki Savo Deuteronomy 26:1 - 29:8 Chumash pages 1068 -1085 Maftir: Isaiah 60: 1-22 Chumash pages 1201-1202

Thank you to our Sponsors:

Thank you to **David, Norma**, and **Yitzchak Rubin** for sponsoring the bulletin in honor of **Rebbetzin Chani Smason** for her outstanding work in organizing the NHBZ kitchen and pantries.

The Rabbi Ride Around Committee is sponsoring the bulletin on behalf of Rabbi Smason and Rebbitzen Chani and the entire NHBZ family/congregation for all the financial, emotional, and physical contributions to making this year's event a big success!

Erev Shabbos, Friday, August 31

Mincha & Ma'ariv ~ 7:00 pm

Shabbos, September 1

• Shachris & Musaf ~ 9:00 am

Pesukei D'Zimra: Menachem Szus
 Haftorah: Lenny Alper

Shacharis: Menachem Szus
 Leyning: Michael Shapiro
 Drasha: Rabbi Ze'ev Smason
 Musaf: Michael Shapiro

- Welcome back! Learners' Service led by Rabbi Yosef David ~ 9:30 am
- Starting Points: Wisdom for Daily Living ~10:15 am ~ led by Rabbi Ze'ev Smason Topic: "How to Forgive When You Can't Forget"
- Family Shalosh Seudos ~ 6:00 pm prior to Mincha ~ Guest speaker Rabbi Yaakov Silverman of the STL Kollel ~ Topic: "Reaching New Heights Through the High Holidays"
- Mincha/ Ma'ariv ~ 6:55 pm
- Shalosh Seudos ~7:25 pm ~ Rabbi Silverman's topic will be: "Sho-far, Sho-good: Connecting to the Shofar". This Family Shalosh Seudos is sponsored by Julie Eisenberg in memory of her father Stuart Raskas z"l, Keith Zeff in memory of his mother Bess Zeff z"l, and Linda Carton in memory of her mother Sarah Kalmes z"l.

This Week and Beyond....

Minyan Times	Shabbos Sept 1	Sun. Sept 2	Mon. Sept 3	Tues. Sept 4	Wed. Sept 5	Thurs. Sept 6	Fri. Sept 7	Shabbos Sept 8
Shachris	9:00 am	8:00 am	8:00 am	7:00 am	7:00 am	7:00 am	7:00 am	9:00 am
Mincha/Ma'ariv	6:55 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	6:45 pm

Slichos* 7:30 am* 6:30 am* 6:30 am* 6:30 am* 6:30 am*

Birthdays: Norma Rubin, Eli Judah Bialecki, Jonah Alexander Bialecki, Faith Waxman, Howard Sandler, Meira Ganel and Miriam Tzadok

Anniversaries: Edward & Judy Ziegelman, Sergio Chayet & Nancy Lisker and Dr. Michael & Charlene Kass

- Sunday Tuesday, September 9-11 ~ Rosh Hashanah ~ See full schedule of all High Holiday Services.
- Sunday ~ September 16 ~ 9:30 am ~ NHBZ Sukkah Raising Party. Please contact Menachem Szuz at menachem@alonsystems.com we will need 10-12 people!
- Shabbos, October, 6 ~ 8:30 am ~ Synaplex Shabbat ~ The speakers and topics are:
 "Back to the Future?: 'Zionism as Racism' in the African and Arab Human Rights Systems"
 Robert P. Barnidge, Jr. PhD, Professor & Coordinator of International Relations, Webster
 University

"Raising a Jewish Family" Rebbetzin Mimi David, Aish HaTorah St. Louis

Thank you to **Dr. Chana Lowenstein** and her husband Doug, for sponsoring Synaplex in memory of Chana's parents, Bud Lowenstein, z"l and Helen Lowenstein, z"l

Slichos

As the month of Elul draws to a close, the mood of repentance becomes more urgent. Prayers for forgiveness called selichos are added to the daily cycle of religious services. Selichos are recited in the early morning, before normal daily shacharis service. They add about 25 minutes to the regular daily service.

The first selichos service of the holiday season is held around midnight on Motzai Shabbos (the night after the sabbath ends; that is, after nightfall on Saturday). The remaining selichot services are normally only attended by those who ordinarily attend daily shacharit services in synagogue. A fundamental part of the selichot service is the repeated recitation of the "Thirteen Attributes," a list of G-d's thirteen attributes of mercy that were revealed to Moses after the sin of the golden calf (Ex 34:6-7)

Parshas: Ki Savo

The parsha begins by describing the annual mitzvah for farmers in Israel to bring their bikurim, or first fruits, to the Kohen in the Temple. The donor was then to recite a prayer of thanksgiving, recalling how G-d had delivered his ancestors from Egypt and brought the new generation into a land flowing with milk and honey. Moses then teaches two special mitzvos, which the Jewish people are to perform upon entering the land of Israel. First, they are to inscribe the entire Torah on twelve large stones. Second, the twelve tribes are to ratify their acceptance of the Torah in the following manner; six tribes were to stand on Mt. Gerizim, representing the blessings, while the remaining six tribes were to stand on Mt. Eival, signifying the curses. The Levites were to stand in the valley between, reciting blessings and curses which will apply respectively to those who observe and defy the Torah. The parsha concludes with a recounting of the wonderful blessings G-d will bestow upon the Jewish people for remaining faithful, and a chilling prophecy of what might happen if the Jewish people do not follow the Torah.

Adult Learning at NHBZ

Every Wednesday 12:15 pm ~ Lunch & Learn with Rabbi Smason Study Pirkei Avos / Ethics of the Fathers.

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:

Sept. 1: "How to Forgive When You Can't Forget"

Sept. 8. "Begin Again: What Will Make This the Best Year Ever?"

Sept. 15. "Mistakes We Need to Stop Making"

Sept. 22: "Tired of Keeping Up with the Joneses (or Goldbergs)?

Sept. 29: "What Makes for a Happy Life?"

Oct. 6: "Lessons from Adam & Eve: Growing Closer to the Ones You Love" (Synaplex)

Every Shabbos ~ Tanach (Bible) Study (3/4 hour before Mincha)

Every Sunday ~ Mishna Learning (after Shacharis) with Rabbi Chanan Swidler

KIDSZONE by Alana Minoff

We are gearing up for the High Holidays and will have some wonderful programming during Rosh Hashona and Yom Kippur. Please stay tuned! Morah Julia will be here for babysitting, Morah Kate and myself for Tot Shabbat and Moreh Rich for Junior Congregation! Please see the attached flyer for all of our times for children's programming during the holidays!

We are also looking for a fun, energetic Tot Shabbat teacher to teach 1-2/month after Morah Kate moves to Florida. If you know of anyone, please let me know!

Saturday, October 6th will be another Synaplex at NHBZ and we will be kicking off a Parent and young family track for one of the speakers. Rebbetzin Mimi David will be our first presenter and she will be speaking about raising a Jewish family. This talk is for both men and women, parents and grandparents! You won't want to miss it!

NHBZ is rolling out a new Bar/Bat Mitzvah Journey program starting Sunday, October 7th. Please see the attached flyer for details and email me with any questions you may have!!

As always, don't hesitate to reach out with any questions you may have!

Hope to see you soon!

Alana



Family Shalosh Seudos

(the Third Shabbat Meal)

Saturday, September 1, 2018 with Guest Speaker

Rabbi Yaakov Silverman of The St. Louis Kollel



6:00 pm prior to Mincha – "Reaching New Heights Through the High Holidays"

6:55 pm - Mincha

7:25 pm during Shalosh Seudos – "Sho-far, Sho-good: Connecting to the Shofar"

Shalosh Seudos is sponsored by:

Linda Carton in memory of her mother Sarah Kalmes Julie Eisenberg in memory of her father Stuart Raskas Keith Zeff in memory of his mother Bess Zeff



The NHBZ Sisterhood thanks the following for participating in this year's New Year Greeting campaign by wishing everyone in our NHBZ family Good Health, Happiness, and Prosperity in the New Year

L'Shana Tova Tikatevu

Lenny & Fran Alper Jesse & Debbie Barash Jackie & Craig Berkin

Arnold Brody

Alan, Marcie, Nathan and Eliana Brook

Frances & Jerry Cohen

June Cohen and Family

Julie & Don Eisenberg

Jessica Fadem

Teree Farbstein

Amy & Denny Feit and Family

Mimi Fiszel

The Gelb Family

David & Lisa Gellman

Marvin & Jackie Gitel

Rhonnie & Stanley Goldfader

and Our Loving Family

Abert & Sheila Goodman and Family

Aida, Lila and Levi Greenberg

Anna & Sol Guber

Fran & Harold Hoffman

Larry & Shirley Hollander

Sandy & Kurt Kahn

Joni & Bob Kaiser

Sally & Eliot Katz

Morris & Estelle Kram

Judy & Jacob Levin

Helayne & Ed Levitt

Norman & Marilyn Liss and Family

Phyllis & Howard Loiterstein

Ina & Ron Makovsky

Jean & Stan Margul

Fave Cohen McCary

Alana & Mike Minoff.

Yael, Max Rafi & Yishama

Sally Needle

Ruth Alper Novack

Rachael Pevnick and Family

Jim and Rachel Pollock

Libby Sorkin Routman

Debbie & Brian Sher

Marvin Stein

Linda & Menachem Szus

Roberta "Bobbie" Tolpen

Reuven & Margo Tzadok

Bruce & Faith Waxman

Help us meet our New Year Greeting fundraising goal for this year. There is still time to add your name to the list. Please be generous.







JOIN THE BAR & BAT MITZVAH JOURNEY

בר/בת מצוה

Prepare for Your Exciting Milestone with Friends and Great Teachers



Highlights of this interactive and multi-faceted program are to include:

- Jewish Identity, Pride, & Contemporary Issues
 Things Every Jew Should Know
 - Shabbat
 Holidays
 Jewish History Highlights
 Israel & Us
 - Jewish Life Cycle
 Jewish Heroes and Heroines
 Community Leadership

~27 WEEKLY SESSIONS ~

Sundays 4-5:30pm | No prior formal Jewish studies required

Open to all regardless of level of observance | NHBZ membership not required!

All participants will be eligible to celebrate their Bar/Bat Mitzvah at NHBZ.

Course Starts October 7, 2018

Sign up online by 9/21/18: www.nhbz.org, or Call: 991-2100 Ext 2





SEPTEMBER

Volume I Number 26 September 1, 2018

Book Club News

Discussion of *Eternal Life* by award-winning novelist Dara Horn was held Mon., Aug. 27. Thanks to discussion leader *Peggy Umansky* and to Book Club hostess *Chana Lowenstein*!

Next Book Selection:

Home in the Morning by Mary Glickman

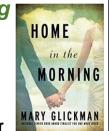
Next Meeting:

Monday, October 22,

7:15-8:45 PM

HOSTED BY: Sallie Volotzky FACILITATED BY: Terri Schnitzer

FOR MORE INFORMATION CONTACT: Fran Alper call: 314-993-4024, or email: fran.alper@outlook.com



Sisterhood salutes Rabbi Smason on his successful 50-mile bike ride in support of Nusach Hari B'nai Zion



Thanks to Dr. Faye Cohen & family and the Rabbi-Ride-Around Committee.

And thanks to Chani Smason and all Sisterhood Members who helped staff the Sisterhood Table at the Ride-Around on Sunday, August 26.



Thanks to our DINE 'N' Style Raffle Prize Donors

Sallie Volotzky – Glasswork by Sallie Linda Marcus – LHM Creative Design Anna & Shelly Sher – Knot Thinkers Berta Goldgaber – Fabric Art by Berta Gifts and More – Charlene Eidelman Lidiya Fridman, Stylist – Metro Design Studios Denise Apprill – Dr.Larry Samuels Dermatology Silvia Luna Zapiain – Tikun Yoga Nancy Solomon – Newly Hatched Designs

It's not too late to send in your check for Sisterhood's

New Year Greetings fundraiser

Sisterhood invites you to wish *L'Shana Tova Tikatevu* to everyone in our NHBZ shul family.

HELP SISTERHOOD FUND NHBZ'S PASSPORT TO ISRAEL PROGRAM

CALL THE OFFICE THIS MONDAY

Make your check payable to NHBZ, write 'Sisterhood Greeting' on the memo line (\$5 minimum, please – no maximum!)



SISTERHOOD SISTERHOOD

ELECTIONS ARE COMING...ELECTIONS ARE COMING! SISTERHOOD ELECTIONS TAKE PLACE IN NOVEMBER. Any woman who would like more information about becoming a Sisterhood Officer or Board Member call Amy Feit at 314-374-3844, email:amyph8@yahoo.com

It's Elul - Teshuvah is in the Atmosphere

"On the Shabbat before Elul... there was a change in the air; one smelled already the Elul-scent, a teshuvah-wind was blowing" - Rabbi Yosef Yitzchak Schneersohn

To keep body and soul together, the human being needs air, water, food, clothing, shelter—in that order. Without air, G-d forbid, he would expire in a matter of minutes. He may survive a few days without water, a few weeks without food. The need for clothing and shelter are less immediately apparent, but without them man would ultimately succumb to an environment often hostile to his life and health.

Not incidentally, this order also describes the relative accessibility of these resources. Shelter is the most toilsome (and expensive) of human needs to acquire. Clothing less so, food yet less so, water even cheaper and more available. Finally, air, the most crucial resource of them all, is the most bountiful and the most effortless to attain.

Thus, the idioms "a change in the air," "Elul-scent," and "teshuvah-wind" in the above quote from Rabbi Yosef Yitzchak are not mere poetic figures of speech, but also express a truth about the month of Elul and the spirit of teshuvah that pervades it. Teshuvah, the endeavor to cut through life's accumulated debris of failings and inequities and touch base with the untarnished purity at the core of one's soul, is a year-long endeavor for the Jew. But in the month of Elul, we enter into an atmosphere of teshuvah.

In Elul, teshuvah is no longer a matter of cataclysmic "moments of truth" or something to be extracted from the depths of the prayerbook. It is as plentiful and accessible as air: we need only breath deeply to draw it into our lungs and send it coursing through our veins. And with Elul comes the realization that, like air, teshuvah is our most crucial resource, our very breath of spiritual life.



- Excerpted from Days Of Awe, Days Of Joy Published and Copyright by Kehot Publication Society Brooklyn NY 11213, as reprinted at www.Chabad.org



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 September, 2018

Sept. 1: "How to Forgive When You Can't Forget"

Sept. 8: "Begin Again: What Will Make This the Best Year Ever?"

Sept. 15: "Mistakes We Need to Stop Making"

Sept. 22: "Tired of Keeping Up with the Joneses (or Goldbergs)?

Sept. 29: "What Makes for a Happy Life?"

Oct. 6: "Lessons from Adam & Eve: Growing Closer to the Ones You Love" (Synaplex)

2018 High Holiday Newsletter 5779

High Holiday and Yom Tov Complete Schedule Of Services

SELICHOS PRIOR TO ROSH HASHANAH	Mincha 4:55 pm
Sat. Night / Sun. morn. Sept. 2 12:30 am	Neilah 6:25 pm
Mon. Sept 3 (Labor Day) 7:30 am	Maariv
Tue. – Fri. Sept 4-7 6:30 am	Havdalah 7:50 pm
Sunday, Sept. 9 7:15 am	Shofar Sounded7:55 pm
ROSH HASHANA	Fast ConcludesAfter Shofar is Sounded
Sunday Evening, September 9	SUKKOS
Learner's Service 6:20 pm	Sunday Evening, September 23
Mincha 6:50 pm	Mincha 6:30 pm
Candle Lighting7:01 pm	Candle Lighting6:39 pm
Monday, September 10	Monday, September 24
Shacharis 8:00 am	Shacharis
Learner's Service10:00 am - 12:30 pm	Drasha (Sermon) 10:45 am
Drasha (Sermon) 10:20 am	Mincha 6:30 pm
Children's Programs10:30 am to 1:00 pm	*Candle Lighting 7:40 pm
Shofar10:45 am	Tuesday, September 25
Mincha-Tashlich 6:50 pm	Shacharis9:00 am
*Candle Lighting 8:02 pm	Drasha (none today)
Tuesday, September 11	Mincha 6:30 pm
Shacharis 8:00 am	Yom Tov Ends 7:39 pm
Learner's Program11:00 am - 12:30 pm	•
Drasha (Sermon) 10:20 am	CHOL HAMOED SUKKOS
Children's Programs10:30 am to 1:00 pm	Wed. – Fri. Sept. 26 - 28
Shofar10:45 am	Shacharis
Mincha 6:50 pm	Mincha
Yom Tov Candle Lighting 8:01 pm	Shabbos, Sept 29.
	Shacharis
TZOM GEDALIAH (Fast of Gedaliah)	Mincha
Wednesday, September12 Fast Begins5:27 am	Sunday, September 30 Shachris-Hoshana Raba 8:00 am
Selichos	Shacinis-hoshana Naba 0.00 am
	SHEMINI ATZERES
Shacharis	Sunday Evening, September 30
Mincha 6:40 pm Fast Concludes 7:56 pm	Mincha 6:20 pm
rast Concludes	Candle Lighting 6:28 pm
YOM KIPPUR	Monday, October 1
Erev Yom Kippur - Tuesday, September 18	Shacharis9:00 am
Mincha 1:30 pm	Yizkor 10:30 am
Fast BeginsPrior to Kol Nidre	Mincha6:20 pm
Candle Lighting at home *. 6:47 pm or earlier	Ma'ariiv 7:10 pm
(* No Candle Lighting at NHBZ)	Candle Lighting7:29 pm
Babysitting5:45 – 9:00 pm	SIMCHAS TORAH
Take out Torahs 6:15 pm	Monday Evening, October 1
Kol Nidre6:20 pm	Hakofos & Parade of Torahs 7:25 pm
Maariv Concludes Approximately 9:30 pm	Break for dinner (free to all)8:00 pm
Yom Kippur - Wednesday, September 19	Resume Hakofos 8:35 pm
Shacharis 8:00 am	Tuesday, October 2
Learner's Service10:00 am	Shacharis9:00 am
Children's Programs10:30 am to 1:00 pm	Kol Hanarim – Call all kids to Torah 11:00 am
Drasha (Sermon) 11:45 am	Mincha5:30 pm
Yizkor 12:15 pm	Yom Tov Ends 7:28 pm
Musaf1:00 pm	10π 10ν Επασ





Thank you to Dr. Chana Lowenstein & her husband Doug for sponsoring Synaplex in memory of Chana's parents, Bud Lowenstein, z"l and Helen Lowenstein, z"l.

Saturday, October 6, 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: "Lessons from Adam & Eve: Growing Closer to the Ones You Love" led by Rabbi Ze'ev Smason

10:00 am Children's Programming – lower level

Tot Shabbat for ages 1-6, babysitting for younger children, Junior Congregation for ages 7 and up

11:15 am Synaplex Breakout Sessions

"Back to the Future? 'Zionism as Racism' in the African and Arab Human Rights Systems"

led by Robert P. Barnidge, Jr., PhD Professor & Coordinator of International Relations at Webster University.

"Raising a Jewish Family" led by Rebbetzin Mimi David, Aish HaTorah St. Iouis

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

NHBZ CASH CARD ORDER FORM

WHAT IS SCRIP, AND HOW DOES IT WORK?

WE NEED YOUR HELP!

- 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.
- 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. Fill Out: (All areas in red.) (questions? Call Laura at 991-2100 x:3)

YOUR NAME:	PHONE#:	
-		

Orders & payments to NHBZ may be
made by check or cash only, and MUST
accompany your order form.

POPULAR CASH CARDS PURCHASED:

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.

Write-in - Other Listed Retailer

RETAILER	DENOMINATION	% TO NHBZ	QUANTITY	TOTAL
Amazon.com	\$25.00	2.25%		
	\$100.00	2.25%		
AMC Theatres	\$25.00	8.0%		
CVS	\$25.00	6.0%		
	\$100.00	6.0%		
Dierberg's	\$25.00	2.5%		
	\$100.00	2.5%		
Home Depot	\$25.00	4.0%		
	\$100.00	4.0%		
Macy's	\$25.00	10.0%		
	\$100.00	10.0%		
Starbucks	\$10.00	7.0%		
	\$25.00	7.0%		
Target	\$25.00	2.5%		
	\$50.00	2.5%		
Walgreens	\$25.00	5.0%		
	\$100.00	5.0%		
Walmart/	\$25.00	2.5%		
Sam's Club	\$100.00	2.5%		

YOU RECEIVE THE FULL VALUE ON THE CASH CARDS! IN ADDITION, NHBZ RECEIVES THE % INDICATED.

Total Order:







FREE MONEY FOR THE SHULE