

NHBZ Shabbos Bulletin

April 20, 2013

Welcome to Nusach Hari B'nai Zion

10 Iyar 5773

Affiliated with the Union of Orthodox Jewish Congregations of America

Torah Portion – Acharei Mos/Kedoshim: Leviticus 16:1 – 20:27 Stone Chumash pages 636-671
Haftorah: Amos 9:7-15 Stone Chumash pages 1173-1174

Thanks to Vivian & Alan Zarkowsky for sponsoring this Shabbos Bulletin “to welcome our children and grandchildren.”

Erev Shabbos - Friday, April 12

- Mincha & Ma'ariv (6:15 pm)
- Candle Lighting (7:23 pm)

Shabbos - Saturday, April 13

- **Shachris & Musaf** (9:00 am) - Thank you for leading services:
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Dr. Ethan Schuman**
 - Leyning: **Max Gornish**
 - Haftorah: **Asher Zarkowsky**
 - Sermon: **Rabbi Ze'ev Smason**
 - Musaf: **Dr. Ethan Schuman**
- **Kiddush & Lunch** ~ (Following Musaf) Kiddush & Lunch is being sponsored in honor of the 90th Birthday of **Marian Walters** with love by her family: **Vivian & Alan Zarkowsky, Evelyn & Bob Solomon, Lisa & Eric Belcher, Brooke & Daniel Zarkowsky, Jill & Steve Wilk and Chai Wilensky & Asher Zarkowsky. Mazel Tov Marian!! WE ALL WISH A VERY HAPPY BIRTHDAY TO MARIAN!!!**
- **Welcome** to out-of-town family & friends who have come to celebrate with Marian!!! From New York, **Brooke, Daniel, Blake & Reed Zarkowsky**; and from Chicago, **Dr. Chai Wilensky & Asher Zarkowsky, Lisa, Eric, Kyla and Mark Blecher, Drs. Vita Land & Harold Zarkowsky, and Martha & Bruce Zarkowsky.**
- **Extra Sponsors for Lunch** ~ Salad for lunch today will be sponsored by **Dr. Susan Feigenbaum and Dr. Jay Pepose** as we welcome **Rabbi Philip and Ruth Lazowski** to Nusach Hari B'nai Zion this Shabbos.
- **Bon Appetit** ~ We place a plate of rolls on each table at every Shabbos Luncheon. The purpose of these rolls is two-fold: 1.) To enable each person to make or hear *Ha'Motzei* (the blessing on bread) over *Lechem Mishne* (two rolls or loaves of bread), and 2.) To enable each person to eat the minimum amount required when *Ha'Motzei* is made or heard; namely, one roll. **Please be seated while Rabbi Smason says Kiddush and makes HaMotzi.** Thanks to **Linda Szus** and **Anna Rose Tandler** for baking the rolls that everyone enjoys at each luncheon -- **B'tayavon (Bon Appetit)!**
- **Mincha, Shalosh Seudos, Ma'ariv** (7:05 pm)
- **Shabbos Concludes** (8:27 pm).



MINYAN! IT'S GOOD FOR US & GOOD FOR YOU!!!

This Week At a Glance	Shabbos April 20	Sun. April 21	Mon. April 22	Tues. April 23	Wed. April 24	Thurs. April 25	Fri. April 26	Shabbos April 27
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	7:05 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:15 pm
Events – see times in Event Planner Box	Lunch in honor of Marian Walters' 90 th Birthday!	BUY CASH CARDS!!!	Reminder: Women's Tefila Class, NEXT Monday	Exec. Comm. 7:00pm; Jewish Fed.	Rabbi Smason's Lunch & Learn	Get ready for Pizza Night this Sunday, April 28	Erev Shabbos	Pashas Emor

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Ze'ev Smason, Rabbi
Aaron Borow, Rabbi Emeritus
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NHBZ Event Planner (Check ‘Coming Events’ for time, date or location changes.)
Call the office at 314-991-2100, ext. 2, to confirm the date and time of any event.

Weekly at NHBZ

SHABBOS

- Child Care (10:00 am – Noon) kids 3 & under in the Children’s Room
- Youth Programming (10:15 am – 11:00 am) children 4-8, in the Youth Lounge.
- Learners Service (10:15 am) led by Rabbi Ze’ev Smason in the Chapel
- Shabbos Tanach (Bible) Study Group (45 minutes before Mincha)

SUNDAY

- Mishna Learning (after Shachris) with Rabbi Chanan Swidler of Aish
- RAP with the RABBI Teen Group (10:15 am) with Rabbi Smason @Starbucks Olive & Price
- Mystical Moments with Rabbi Max Weiman (between Mincha & Maariv.)
- Tanya (8:00 pm) with Rabbi Shaya Mintz of the St. Louis Kollel

MONDAY

- Women’s Tefila Class (2nd & 4th Mondays, 7:00 pm) with Rabbi Smason at the home of Norma Rubin

WEDNESDAY

- Rabbi Smason's Lunch & Learn (12:15 pm – 1:00 pm) now studying Pirkei Avos

THURSDAY

- Schechita (5:30 pm – 6:30 pm) with Rabbi Chaim Loike of the OU Kashruth Division

Monthly at NHBZ

- Irvin Alper Social Club (First Sunday)
- Women's Home Study Group (First Tuesday, 2:30 pm) with Rabbi Shaya Mintz, of the St. Louis Kollel at home of Jackie Berkin
- Shabbos Parsha Class (3rd Tuesday, 12:30-1:30 pm) with Rabbi Smason, for men & women, at the offices of David Rubin
- Morris Lenga Yiddish Club (First Thursday, 7:30 pm)
- Dine-In Pizza Night (Last Sunday 5:00 pm – 7:00 pm)
- Carry-Out Pizza Night (Wednesday mid-month; will resume ASAP!)
- Sisterhood (Third Tuesday)
- Women’s Guide to Time (As scheduled) with Rebbitzin Chani Smason

NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn
- I-Chat

Special Gifts Campaign ~ Our 2013 Special Gifts Campaign will be underway soon. A Special Gift is a contribution apart from Membership Dues, donations for Yahrzeits, Aliyos, Mi Shebarachs, or other “regular” categories. You will be receiving a letter that will explain all the details, then a follow-up phone call a couple of weeks later. We ask you to give generously. Special Gifts support our many programs you have come to enjoy, including learning, children’s programming, and so much more.

Many Thanks and Yasher Koach to **Julie Eisenberg**, and her crew, who prepared another one of Julie’s fabulous Friday Night Dinners last night!!! Thanks to Julie’s helpers: **Don Eisenberg, Abi Epstein, Randi Hirsch, Fran Hoffman, Michelle & Emma Mufson, Mimi Sabol, Susan Scribner, Trudy Sudin and Boris Yasinev.**

A New Brick has been donated in honor of Grandma Walter’s 90th Birthday by her grandchildren: **Lisa & Eric Belcher, Brooke & Daniel Zarkowsky, Jill & Steve Wilk and Chai Wilensky & Asher Zarkowsky!!!**

COMING EVENTS (see Event Planner Box for *all* events)

- **Please join us** for a class series with Rabbi Smason, for men & women, at The Law Offices of David A. Rubin, L.L.C. – NEAR THE “J” – 10880 Baur Blvd., 63132. The 3rd Tuesday of the month, 12:30 to 1:30 p.m. Next class: May 21: Be’ha’aloscha: The Priestly Blessings. June 18: Balak: Bilaam; a Non-Jewish Prophet?
- **A New Bi-Monthly Women's Tefila Class.** Led by Rabbi Ze’ev Smason, the class will meet on the 2nd and 4th Mondays of the month, 7:00 p.m., at the home of Norma Rubin, at 1039 Chartres in University City (one block east of McKnight, off Old Bonhomme). Next class: Monday, April 29. The focus of our class is the structure and deeper meaning of the Shabbos morning service and prayers, and how prayer can be used as a basis for our own communication with G-d. All women welcome!

COMING EVENTS (see Event Planner Box for *all* events)

- **Lag B'Omer and All You Can Eat Pizza Buffet** ~ Next Sunday, April 28

Meetings

- **Executive Committee Meeting** ~ Tuesday, April 23 ~ 7:00 p.m. Impact Fundraising at the Federation Building.
- **Semi-Annual Meeting** ~ Our Nusach Hari B'nai Zion semi-annual shul meeting will be held on Sunday, May 5th at 10:00 am. in the lower level multi-purpose room. Please mark your calendars. Your ideas and good input are very important.
- **Board of Directors Meeting** ~ TBA.
- ***Sisterhood Mother's Day Celebration!!! Lunch & Bingo*** ~ Tuesday, May 21st. FREE to Sisterhood members; \$6.50 for Guests. Everyone is welcome -- Men & Women of all ages!!! RSVP to Rachael Pevnick, 314-395-6017.

Reminders

- **Buy and Use Cash Cards** – call the office ASAP to order your cards and **earn free money** for NHBZ!
- **Schnucks E-Scrip Card** - Use your Schnucks Card *now*, and make it count!!!
- **Sponsorships** - If you would like to sponsor Kiddush, Soda, Shalosh Seudos, this Bulletin, or something unique in honor or in memory of a loved one, please call 314-991-2100, extension 2, to make arrangements.
- **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 a Shul tribute, call Gloria Waxman at 314-872-3296
 - For a Sisterhood tribute, call Phyllis Silverman at 314-434-2482
 - For Libby Needle Fund, call Sally Needle at 314-991-2575
- **Buy a Brick Online or by Phone** - Our website now accepts online donations for the Brick and Planting Campaign; go to <http://www.nhbz.org/dedications.asp> or call the office at 314-991-2100.
- **Synagogue Honors** - It is customary to make a donation to the synagogue for an Aliyah or other synagogue honors received.
- **Mi Shebarach List** ~ Prayers will be said for a Refuah Shelayma for your loved ones and friends. Please call the office, 314-991-2100, ext. 2, by 10:00 a.m. Friday mornings so we can include the names on our Mi Shebarach list for Shabbos. We need the names of the person who is ill AND his/her mother's name in Hebrew, or English--if Hebrew names are unavailable. Your contributions are greatly appreciated.
- **Memorial Plaques** ~ All memorial plaques from our former location are lovingly mounted in our new building. Remember your loved ones with a plaque; prices range from \$150 to \$275. Call the office for details.
- **Shalosh Seudos, The 3rd Meal of Shabbos** ~ To sponsor Shalosh Seudos on Shabbos, which takes place between Mincha and Ma'ariv, please call the office to make arrangements. We are very grateful to those of you who sponsor the Third Meal as you observe the yahrtzeits of your dear family members.
- **Mishna Study for a Loved One** ~ Learning Mishnayos in memory of a loved one or for a Refuah Shelayma for a person who is ill is an age-old Jewish Tradition. The word Mishna (learning) is closely related to the word Neshama (soul), and we believe that learning Mishnayos in someone's name acts as a Spiritual Elevation for that person or that person's soul. Our NHBZ Mishnayos Shiur, which learns every Sunday following morning minyan, is carrying on this tradition by dedicating the Mishnayos to those in whose names the Mishnayos will be learned. You may dedicate Mishnayos for 1 year: \$250; 6 months: \$150; 3 months: \$96; 1 month, \$50. *May your loved one be bound up in the bond of eternal life. May HaShem be filled with compassion to restore the health of your loved one.*

Simchas, NEWS & FEATURES

- **MAZEL TOV ON SIMCHAS** April 20 to 26. **Happy Birthday to Fran Reisler and Evan Woolf. No Wedding Anniversaries in April.** Show your friends you care ~ send a tribute. Shul: Gloria Waxman 314-872-3296; Sisterhood: Phyllis Silverman 314-434-2482; Libby Needle Fund: Sally Needle 314-991-2575; For Chesed Fund: Drop by the office for a Card Pack.
- **Tomchei Shabbos**~ The food drive continues! Please pick up a bag to fill with non-perishable food items available at NHBZ in the office or chapel. Money donations are always welcome! For more details, or to arrange a pick up at your home, please call **Sally Needle** at 991-2575.
- **Holocaust Museum Presents ~ Story of Survivor's Journey** ~ The Holocaust Museum and Learning Center is hosting a special presentation, "One Holocaust Survivor's Journey," by **Rabbi Philip Lazowski, PhD**, on April 21 at 1 pm. The presentation will take place in the Museum's Theater in the Jewish Federation Kopolow Building, 12 Millstone Campus Drive. Rabbi Lazowski was born in 1930 near Vilna in Bielice, Poland (now Belarus). He survived the Holocaust by hiding for almost three years in White Russian forests. Rabbi Lazowski immigrated to the United States in 1947, and is currently Rabbi Emeritus at Beth Hillel Synagogue in Bloomfield, Connecticut. Rabbi Lazowski has authored seven books, including his most recent publication, *Power of Faith*. Several of Rabbi Lazowski's publications will be available for sale and signing by the author. Space is limited, and reservations are required. The presentation is sponsored by the Holocaust Museum and Learning Center, in Memory of Gloria M. Goldstein, Maryville University, the Saul Brodsky Jewish Community Library; with generous support of **Dr. Susan K. Feigenbaum, Dr. Jay Pepose and family**. Please call 314-442-3711 or email agoldfeder@jfedstl.org for reservations or further information.
- **Ohr Pesia** ~ Women's Torah Learning Program. Special 3-Week Class at NUSACH HARI B'NAI ZION!!! MEGILLAS RUTH. Few things make sense in Megillas Ruth. A girl from a murky past converts to Judaism and ends up marrying into Jewish royalty, eventually becoming the great-grandmother of King David. Why is her past so shrouded in mystery? What did she do exactly to merit becoming the "mother" of Mashiach? And why do we read this book, in particular, every Shavuot? Instructor: Mimi David, Wednesdays, April 24, May 1 and May 8; 8:00 p.m. Fee \$15.00. Registration: ohrpesia@gmail.com or visit www.ohrpesia.com.
- **Documentary film, "No Place on Earth"** Beginning April 26, 2013, the film produced by Rafael Marmor, nephew of Marilyn Spirt (Exec. director of the Pepose [Lifelong Vision Foundation](http://www.lifelongvision.org)). While mapping out the largest cave system in the Ukraine, explorer Chris Nicola discovered evidence that during World War II, five Jewish families spent nearly a year and a half in the pitch-black caves to escape the Nazis. *No Place on Earth* is a testament to ingenuity, willpower, and endurance against all odds. In total, 38 people of all ages lived in the caves for nearly 18 months, until the region was liberated by the Soviet Army — the longest underground survival in recorded human history. The film won the *Baume & Mercier Audience Award* for Documentary Features at the Hamptons International Film Festival. It will open in St. Louis at Landmark Cinema, Plaza Frontenac on April 26.

Welcome to Beyond Twelve Gates

Don Jacobson never knew what the family feud was all about. What he did know is that large parts of his extended family had never spoken to each other because of a decades-old rift. "I understand that for some reason, someone got mad at someone and no one spoke for years, if not decades. I know you're shocked to hear that Jews ever do that," Jacobson, a Denver resident, said in explaining the family's drifting apart. "Clearly, whatever falling-outs there were, were sufficiently severe that whatever contact in the family I would have hoped for — gatherings for Jewish holidays and weekends — did not happen."

Don Jacobson knew that he had many unknown relatives, because his paternal grandfather, Harry, had 12 or 13 siblings. And that translated into numerous family events missed and conversations never had. Don knew that one of Harry's brothers had a son, Sol -- and that Sol, his wife Esther, their four daughters and two sons had lived in Brooklyn. At least they had lived there long ago. So what did Don do? He picked up the phone and called.

As it turned out, Sol and Esther Jacobson still reside in Brooklyn, and that night the Jacobsons of Denver and Brooklyn spoke by phone. "It was a delightful conversation. It was great fun," Jacobson -- who ironically works to resolve conflicts as a mediator and a lawyer -- said after talking with his father's first cousin. Don and Sol conversed for 30 minutes — the first of what they agreed would be a renewed link between their branches of the family. Their conversation included the jests that come with familiarity – "You're a rabbi? What kind of profession is that for a nice Jewish boy?" Don asked Sol. He would ask many more questions and do a lot of listening.

Sometimes, a decades-old rift can end that simply: With a phone call.

Parshas Acharei /Kedoshim Leviticus 16:1 - 20:27

Acharei begins with a lengthy description of the special Yom Kippur service to be performed in the *Mishkan* by the *Kohen Gadol*. The service included the lottery selection from among two identical goats, one of which would become a national sin offering and the other would be pushed off a cliff in the desert as the bearer of the people's sins (the 'scapegoat'). We also find described the command that Yom Kippur and its laws of fasting and refraining from work be observed eternally by the Jewish people as a day of atonement. *Acharei* concludes with a listing of the immoral and forbidden sexual relationships, and the command that the Jewish people maintain and ensure the holiness of the land of Israel.

Kedoshim begins with G-d's command to the entire nation of Israel to be holy, emulating the supreme sanctity of G-d Himself. The Torah goes on to delineate a multitude of *mitzvos* through which we can achieve sanctity, covering a wide variety of subjects, both positive commandments and negative injunctions, dealing with our unique relationships to G-d and our fellow man. Amongst the highlights; revere your parents, guard Shabbos from desecration, have honest dealings with our neighbors, refrain from tale-bearing, don't hate your brother in your heart, and the well-known commandment to love your friend as yourself. *Kedoshim* concludes with the commandment that we be a holy and distinct people from among the nations of the world.

Rabbinic Ruminations

Strong willpower greatly increases your ability to reach your goals. But what can you do when challenged by temptation? The likelihood of a successful outcome can be increased by the way you think about your vices.

In four related studies published in the August 2012 *Journal of Consumer Research*, researchers examined the effect of different wording when using self-talk to resist temptation. When participants framed a refusal as "I don't" (for instance, "I don't eat sugar") instead of "I can't," they were more successful at resisting the desire to eat unhealthy foods or skip the gym. Study author Vanessa Patrick, professor of marketing at the University of Houston C. T. Bauer College of Business, says, "I believe that an effective route to self-regulation is by managing one's desire for the temptation, instead of relying solely on willpower." She also believes that deprivation is an ineffective route to self-control. "Saying 'I can't' connotes deprivation, while saying 'I don't' makes us feel empowered and better able to resist temptation.

You might have a number of things about which you say, "I can't" when you really can. Casting willpower as a

choice is an expression of our humanity; The Torah teaches that the capacity to recognize and choose between good and evil is a feature unique to humans. The classic understanding of man as created "In the image of G-d" means that he alone can identify right and wrong and make moral choices and say 'no' to temptation. Only the descendants of Adam and Eve -- created in the image of G-d -- can recognize good and evil and become like G-d through the proper exercise of the gift of free will. Be it in matters of self-discipline or morality, "I don't" beats "I can't" -- and is a positive first step to ultimately being able to say, "I can, and I will."

Quote of the Week

Here is a simple but powerful rule - always give people more than they expect to get. -- *Nelson Boswell*

Joke of the Week

A man came to ask his Rabbi if he had to return to where he had eaten in order to *bentch* (say the after-meal blessings).

"Why didn't you *bentch* when you were there?" asked the Rabbi.

"Because I didn't say *hamotzi* (a blessing) on the bread I had with the meal."

"Why didn't you say *hamotzi*?"

"Because I didn't wash my hands."

"Why didn't you wash?"

"They didn't have a designated hand-washing station."

"Why didn't they have a place to wash your hands?"

"It was a *treife* (non-kosher) restaurant."

"Why were you eating in a *treife* restaurant?"

"Because all the kosher ones were closed."

"Why were the kosher restaurants all closed?"

"Because it was Yom Kippur."