



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

Shabbos

August 29, 2015

14 Elul 5775

Torah Portion: Parshas Ki Seitzei: Deuteronomy 21:10 – 25:19 Stone Chumash pages 1046-1067
Haftorah: Isaiah 54:1-10 Stone Chumash page 1201

Candle Lighting ~ 7:19 p.m. Shabbos Concludes ~ 8:21 p.m.

Our Generous Sponsors This Shabbos . . .

~ Thank You to Francine Attoun for sponsoring a Special Cake in honor of Fabian's birthday!!!

Happy Birthday, Fabian!!!

~ Thank You to Brian Dobin, Tobie Dobin, Sandy Schwartzburt, Sharon Weinmann, and the late Aaron Dobin, רב"ז, for sponsoring Shalosh Seudos this evening in memory of their beloved father Abram Dobin, רב"ז.

Shabbat Shalom!

Erev Shabbos, Friday Night, August 28, 2015

- Mincha & Ma'ariv (7:00 pm)

Shabbos, August 29, 2015

- **Shachris & Musaf** (9:00 a.m.) ~ *Thank You For Leading Davening*
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Dr. Ethan Schuman**
 - Leyning: **Michael Shapiro**
 - Haftorah: **Fabian Attoun**
 - Drasha (Sermon): **Rabbi Ze'ev Smason**
 - Musaf: **Dr. Ethan Schuman**
- **Tefillah/Prayer Learners' Service** ~ (9:30 am) Led by **Rabbi Yosef David** in the Rivkin Chapel.
- **Learners' Service** ~ (10:15 am) Led by **Rabbi Ze'ev Smason** in the Rivkin Chapel.
- **Kiddush** ~ (After Musaf)
- **Mincha, Shalosh Seudos, Maariv** ~ (6:55 pm)

SIMCHAS

MAZEL TOV ON YOUR SIMCHAS August 29–September 4. **Happy Birthday to Fabian Attoun, Irene Belsky, Eli Judah Bialecki, Jonah Alexander Bialecki, Norma Rubin, Howard Sandler, Daniel Shanker, and Faith Waxman! Happy Anniversary to Bob & Rise Schnurman and Ed & Judy Ziegelman!**

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 Pack of Cards.

Please be sure to read Rabbi Smason's Beyond Twelve Gates in this Bulletin:

"Wearing Eyeglasses Without Making a Spectacle of Yourself!"

When You Need Rabbi Smason ~ When you or a loved one becomes ill, and is hospitalized, please have a family member or friend contact Rabbi Smason on his cell phone as soon as possible . . . 314-749-5271.

Mi Shebarach List ~ Prayers said for a *Refuah Shelayma* (Speedy Recovery) for your loved ones and friends.

Please call 314-991-2100, ext. 2, by 10 a.m. Friday mornings to include the names on our list to be read on Shabbos.



A VERY BIG THANK YOU TO Lenny & Fran Alper, Fabian & Francine Attoun, Dr. Craig & Jackie Berkin, Sam & Shirley Blustein, Gene & Linda Carton, Mimi Fiszal, Bob & Joni Kaiser, Kerry & Sandy Klarfeld, Morris & Estelle Kram, Norman & Marilyn Liss, Howard & Phyllis Loiterstein, Sally Needle, NHBZ Sisterhood, Moshe Pinto, Irwin & Roz Rosen, Jeff & Terri Schnitzer, Mayer Taller, Victor & Anna Rose Tandler, Menachem & Linda Szus, Marian Walters, and Alan & Vivian Zarkowsky, plus ONE MORE GENEROUS PERSON WHO LEFT A BAG OF SCHOOL SUPPLIES ON THE ROUND TABLE IN THE OFFICE, for so generously donating School Supplies for the kids!!! (Please call Sandie, 314-991-2100, ext. 2, if you are that person, so we can acknowledge your name in next week's Shabbos Bulletin.)

Shul News . . .

- **Pruzbul:** Jewish law obligates every Jewish person to cancel, after the culmination of the shmittah year, various types of debt due to him or her. If a creditor executes a pruzbul, he or she is not obligated to cancel debts. A pruzbul may be executed at any time before the end of the shmittah year. However, since a pruzbul covers only debts already existing at the time of its execution, it is usually implemented at the very end of the year. This Rosh Hashana marks the end of the shmittah year. Click here for instructions for creating a pruzbul [Click here for instructions for Pruzbul – 5775 \(PDF\)](#) If you have any questions about a pruzbul, please contact Rabbi Smason.
- **Tomorrow - Sunday, August 30 ~ All-You-Can-Eat Pizza Buffet ~ 5:00 to 7:00 p.m. Credit Card Payments Accepted!!!** Bring your family and friends to enjoy a delicious dinner of pizza, pasta, salad and garlic bread, dessert and beverage! Reservations are not needed - just show up, eat to your heart's content, have fun schmoozing and have a great time!!! Plus a movie for the kids every month!!!! **Are you new to NHBZ, looking to meet more members...sign up to help on our Pizza Buffet Line! It's a great way for everyone to say "Hi."** (Please place carry-out orders by 10:00 a.m. on Sunday morning, August 30, 314-991-2100, ext. 2. Pick up time for carry out pizzas is 4:30-4:45 p.m.)
- **Tuesday, September 1 ~ Women's Home Study Group ~** The Women's Home Study Group has been on Summer Break! The monthly study group, which meets at the home of **Jackie Berkin** on the first Tuesday of each month, will resume this Tuesday, September 1st.
- **Thursday, September 3 ~ Class Series Concludes ~** Join us to learn how the message of *Tehillim* (Psalms) can transform your life. "*Growth Through Tehillim*," led by **Rabbi Ze'ev Smason**, 7:30 p.m., at Nusach Hari B'nai Zion. *Suggested donation* -- \$25 for the 4-part series.
- **Shabbos, September 5 ~ KidZone!!! ~ Junior Congregation Next Shabbos!!!**
~ 10:00 a.m. to 12:00 noon in the Youth Lounge for kids 5-11 years of age. This twice-a-month service will be led by young adults and two local Yeshiva high school students. The interactive, fun and engaging service will include learning and review of the weekly Shabbat service, with appropriate tunes and songs; the weekly Torah portion study; age-appropriate engagement about Israel; and time to socialize, hang out and enjoy snacks with friends, old and new. We look forward to your enthusiastic support of our newest program at Nusach Hari B'nai Zion. Come and help build the biggest, best and most comprehensive Youth Service in St. Louis!
- **Shabbos, September 5 ~ Synaplex Shabbat and September Birthday - Annivesary Luncheon** ~ Synaplex Sessions: "*The Beauty and Mystery of the Hebrew Language*" led by **Rabbi Ze'ev Smason**; "*To Deal or Not to Deal: Perspective on the Iran Negotiations*" led by **Nancy Lisker**, Director of the St. Louis American Jewish Committee. Our third speaker will be **Rabbi Yaakov Berkowitz**, of the St. Louis Kollel, who will speak on the topic, "*The Mystical Tug of The Shofar.*"

- **Tuesday, September 8 ~ **SISTERHOOD NEW YEAR GREETINGS** ~** Our Sisterhood wishes you, your family and friends a Healthy & Happy New Year ~ 5776! *L'Shana Tova Tikatevu!* Your support of this project enables Sisterhood to provide funds for "Passport to Israel" for our kids! Asking a minimum donation of \$5.00, they "appreciate larger donations as they grow the Sisterhood of the Future." *The list of your New Year Greetings will appear in our Rosh Hashana Bulletin.* Please use the attached flyer, and send your contributions to **NHBZ**, 650 N. Price Road, 63132, **no later than Tuesday, September 8**; make checks payable to **NHBZ Sisterhood**. Thank you very much for your help and generosity.
- **Tuesday, September 8 ~ Challa Baking Class ~** 7:00 p.m. at NHBZ! Here's your chance to learn recipes and techniques with your hands-on participation. Everyone will take home enough dough to make two challas. \$18.00 per person. Space is limited so please RSVP soon!!! To register call 314-991-2100, ext. 5.
- **Friday, September 11 ~ Ordering Lulavim & Esrogim ~** Deadline Friday, September 11, the Friday before Rosh Hashana. Prices are the same as years past: \$45.00, \$55.00, \$65.00, and \$80.00. Please remember to send your check to the office, or to charge your payment to your credit card, please call 314-991-2100, ext. 2.
- **Sunday, September 20 ~ Sukkah-Raising ~** Heads up! Once again, we thank **Menachem Szus** for organizing our Sukkah-Raising, which will be held on Sunday, September 20th, at 10:00 a.m. There is only one law for the timing . . . it needs to be done before the start of Sukkos. When you sign up, please tell Menachem if you can bring ladders and some basic tools. Participants, please bring your own work gloves; it is preferable to wear long-sleeved shirts so your arms are covered. This is the stuff that we have learned from year to year! Hopefully, our effort will be rewarded with nice weather. Oh yeah, one more thing . . . the more the merrier and the more the faster. Please respond to Menachem at menachem@alonsystems.com or 314-629-8741. Thank you for volunteering your valuable time.
- **Sunday, October 18 ~ SEVENTH Annual Rabbi Ride Around ~ Rabbi Smason's** seventh annual Ride-Around will be here before you know it! This year's Ride-Around promises to be the best ever! Committee Chair **Dr. Faye Cohen**, with the able assistance of her committee members, has planned a full range of picnic activities for the Sunday ride. And this year, a fabulous array of raffle prizes will be available for all who make a pledge to support **Rabbi Smason's 50 mile bike ride in Forest Park**. Please become a sponsor for Rabbi Smason's Ride Around the Park: We ask a minimum pledge of 25c per mile, which equals a total donation of \$12.50; 50c = \$25; \$1.00 = \$50; \$2.00 = \$100.00!!! Rabbi Smason has had pledges of \$4.00 & \$5.00 per mile, and as high as \$10.00/mile equaling a total donation of \$500.00!!! Call our office, 314-991-2100, ext. 2, to make your pledge. And please come to cheer Rabbi Smason on, and to enjoy a Picnic-In-The-Park! Rabbi Smason begins his Ride at 10:00 a.m.; Picnic at 12:30 p.m. Stay tuned for more details!!!
- **The NHBZ Women's Emergency Tehillim Circle ~** The following women have made the commitment to be "on call" to say Tehillim for individuals whenever an **emergency** situation occurs at Nusach Hari B'nai Zion: **Julie Eisenberg**, Chairperson, **Debbie Barash**, **Shirley Bluestein**, **Marcie Brook**, **Linda Carton**, **Teree Farbstein**, **Dr. Susan Feigenbaum**, **Mimi Fizel**, **Rhonnie Goldfader**, **Joyce Hochberg**, **Sandy Kahn**, **Joni Kaiser**, **Sandy Klarfeld**, **Sarah Klein**, **Svetlana Kogan**, **Lori Laird**, **Cindy Looney**, **Phyllis Loiterstein**, **Beverly Magencey**, **Marcela Morgensztern**, **Laura Rader**, **Nancy Rush**, **Mimi Sabol**, **Dr. Shayna Scribner**, **Phyllis Silverman**, **Margo Tzadok**, **Peggy Umansky**, and **Mindy Woolf**. We say the prayers at home. Please call **Julie Eisenberg**, 314-695-5615, or **Sandie Abrams**, 314-991-2100, ext. 2., if you would like to participate. We will ask you to provide your phone number(s) and email address so we can get word to you as soon as an emergency arises.
IMPORTANT NOTE: This **NHBZ EMERGENCY Tehillim Circle** is separate from the ongoing Tehillim we are saying for our dear friend Michelle Mufson. Although some of the women listed above are part of both groups, the Emergency Circle truly stands "on call" and ready to act immediately, within the special circumstances of the Emergency element of this group. As soon as Rabbi Smason learns of a critical, **emergency situation in our shul**, he will alert Julie Eisenberg, give her the name of the person in crisis, and emails will go out immediately so we can begin saying Tehillim.

In The Community . . .

- **Millstone Campus Men's Mikvah ~** Due to the long-awaited improvements being made to the Millstone Campus mikvahs, the men's mikvah will not be available for use on Erev Shabbos for the next several weeks, until further notice.

- **Wednesday, September 2** ~ Rabbi Paysach Krohn, world renowned author and lecturer, will give a pre-Rosh Hashana presentation, 7:30 p.m. at the U. City Shul. Topic: "Becoming a Person of Blessing" ~ support & encourage others, maintain a positive role at home. \$10.00/person, \$18.00/ couple.
- **Thursday, September 17** ~ **Sh'ma: Listen ~ Speaker Series** ~ 7:30-9:00 p.m. at the Kopolow Building. Professor Dan Ben-David will speak on the topic, "Within Israel: Times are Changing." For details or to RSVP, contact Barbara Levin at BLevin@cajestl.org or 314-442-3752.
- **A Call for Help from the Jewish Food Pantry** ~ The Jewish Food Pantry is in desperate need of volunteers. The amount of food they are receiving is growing, but the number of people to organize all of the donations is NOT keeping up! To help or for questions, call **Julie Eisenberg** at 314-494-8437.
- **Women's Community Tehillim Group** ~ The Women's Tehillim Group meets each Sunday at 9:30 a.m. at the home of Jan Adelman, 8032 Amherst Ave., 314-863-5438, to say Tehillim in the *zchus* (merit) of a *refuah shelayma* (full & speedy recovery) for the *cholim* (the ill people) in our community. If you cannot participate in person, please call 314-727-5520. The Tehillim hotline for names and updates: 314-441-6460. If you have questions please call **Julie Eisenberg** at 314-494-8437.
- **Tomchei Shabbos On-Going FOOD DRIVE!!** *Tomchei Shabbos* (Supporters of the Sabbath) is maintained through contributions of food and money, and was established by the Vaad Hoer, which discreetly provides families in our community with Shabbos & Yom Tov meals. **Please remember to help our local families prepare for the chagim (holidays). Both food and monetary donations are greatly needed.** For information on how you can help, please call Jackie Oppenheimer at 997-6924, or Angela at 802-7710. Bring a bag of non-perishables to our office or, for home pick-up, please call **Sally Needle**, 314-991-2575. To make a donation go to www.ovkosher.org.

*Welcome to Beyond Twelve Gates by Rabbi Ze'ev Smason
Parshas Ki Seitzei August 29, 2015*

"Wearing Eyeglasses Without Making a Spectacle of Yourself!"

Superman. Batman. Wonder Woman. Thor. Mariana Villarreal. In the preceding list of names, only one is a real-life superhero. Mariana Villarreal, a waitress in Roswell, GA., donated one of her kidneys to longtime customer Don Thomas, who had lost both of his kidneys. Don Thomas, Vietnam War veteran and father of two, had a grim prognosis before he met Mariana Villarreal. They were but acquaintances at the restaurant and barely knew each other when the idea of the life-changing swap took hold — and became a reality. "Mariana had only been here a short time," the 70-something Mr. Thomas said. "I just barely knew her when she made the offer." "I said, 'Well I have two kidneys, do you want one of mine?'" the 20-something Mariana said. It was an offer he couldn't refuse. Don's response: "I will accept it." And just like that, she gave him the gift of life.

What prompted Mariana to give a near-stranger a piece of herself to save him? The young waitress explained that she felt like this was coming from a higher calling. Especially since she had recently lost her grandmother to kidney failure. "Around the same time I met him, my grandmother was going through something similar but I wasn't able to help her and it will forever be in my heart," Mariana said. "My higher calling maybe wasn't for my grandma but for a complete stranger. If [Don] can live two more years, happy as he's ever been, that's fine with me. That's not up to me. I did my part, now it's G-d's turn to keep him alive." Dr. Harrison Pollinger, one of the program directors of the Piedmont Transplant Institute, said, "You can live your whole life with just one kidney. You only need one kidney for normal kidney function." According to reports, both donor and recipient are doing well.

The Torah says, "*When there will be a poor person amongst you...do not tighten your heart and do not close up your hand in front of your poor brother. Rather, open your hand to him....*" (Deut. 15:7-8) Somewhere hidden within our self-centered inclinations, all of us have the desire to give selflessly to others. The idea of selfless service is central to the way of life of lofty individuals. Judaism demands of us, too, a life of service, of carrying out mitzvot for the sake of others. Although the Torah doesn't *require* the type of gift that Mariana Villarreal gave to Don Thomas, her lesson can inspire all of us to serve others.

Parshas Ki Seitzei Deuteronomy 21:10 - 25:19

This week's Torah portion contains 74 *mitzvos* (commandments) -- more than 10% of the 613 mitzvos of the Torah. Among the highlights:

- Guidelines for treatment of captured female prisoners of war
- Treatment of the 'stubborn and rebellious son'
- Prohibition of wearing *shatnez* -- a mixture of wool and linen in the same garment
- The case of the defamation of a married woman
- Men are forbidden from wearing women's clothing and vice versa.
- Taking interest for lending to a Jew is forbidden
- The requirement of a *get* (bill of divorce) when divorce takes place
- The obligation to pay workers in a timely fashion (handymen, babysitters, etc.)
- Special consideration must be given to a widow and orphan

This power-packed Torah portion concludes with the command to remember the atrocities which the nation of Amalek (from whom Haman came) committed against us upon our exodus from Egypt.

Rabbinic Ruminations

Want to look good? Wearing glasses is one way to be seen as more competent. According to research by the College of Optometrists (UK), 43 per cent of people think that glasses make someone look more intelligent, while 36 per cent believe they make you look more professional and business-like. As a result, 40 per cent of people would consider wearing clear lens glasses that they don't need in order to get ahead at work and look fashionable. But this strategy carries with it side effects not all would consider desirable. In one study, spectacle-wearers were regarded as more 'geeky' and 'good with computers' than people who do not wear them. Another study shows that wearing glasses makes you look 3.3 years older. And the perceived image was even worse for those aged 45 and over, who were thought to be five years older.

In more ways than one, wearing glasses can help you to 'look' good. However, the eye-opening results of a [new study](#) suggest an even better strategy. According to the research, if you want to have an '*attractiveness halo*', looking healthy is far more important than looking smart. When looking for leaders participants chose more healthy-looking faces over less healthy-looking faces in 69% of trials. This makes sense. When someone looks well rested, has a good complexion, and is in good shape, it's a good sign. It probably means they take care of themselves, which is a likely indicator of good physical and mental health.

Eight hundred years ago, Maimonides wrote in *Hanhagot Habriyot* (The Regimen of Healthcare):

"If a person cared for himself the way he cares for his horse, he would avoid many serious illnesses. You won't find a person who gives his horse too much fodder. But he himself eats to excess. He makes sure his animal gets proper exercise to keep it healthy. But when it comes to himself, he neglects exercise even though this is a fundamental principle in health maintenance and in the prevention of most illnesses." The Torah decrees, *Venishmartem meod lenafshoteichem* -- "Be very careful about your lives." (Deut. 4:15). For many reasons beyond 'looking good', we are obligated to preserve our health.

Quote of the Week

How many slams in an old screen door? Depends how loud you shut it. How many slices in a bread? Depends how thin you cut it. How much good inside a day? Depends how good you live 'em. How much love inside a friend? Depends how much you give 'em. -- *Shel Silverstein*, Sheldon Allan "Shel" Silverstein, American poet, singer-songwriter, cartoonist, screenwriter, and author of children's books.

Joke of the Week

This year for our rabbis's birthday, the congregation decided to give him a new suit. He was so touched by the gift that the following Shabbos before he began his *drasha* (sermon) he stood before everyone and, with tears in his eyes, said, "I can't tell all of you how happy I am. Today I will be delivering my *drasha* to you in my birthday suit."

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

This Week At a Glance	Shabbos August 29	Sunday August 30	Monday August 31	Tuesday Sept. 1	Wed. Sept. 2	Thurs. Sept. 3	Friday Sept. 4	Shabbos Sept. 5
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	6:55 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	6:45 pm

NHBZ Event Planner

(Check **“Shul News . . .”** 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. **(Resumes today, Aug. 29.)**
- Child Care (10:00 am – Noon) for kids 3 & under in the Children’s Room.
- Learners Service (10:15 am) led by Rabbi Ze’ev Smason in the Rivkin Chapel.
- Shabbos Tanach (Bible) (One hour before Mincha)

SUNDAY

- Mishna Learning (after Shacharis) with Rabbi Chanan Swidler, of Aish HaTorah
- “Mystical Moments” with Rabbi Max Weiman (between Mincha & Maariv.)
- Tanya (8:00 pm) with Rabbi Shaya Mintz, of the St. Louis Kollel

MONDAY

- Mah Jongg (Mondays, 4-6:00 pm) NHBZ Lower Level. Proceeds benefit The NHBZ Chesed Fund.

WEDNESDAY

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

MONTHLY at NHBZ

- Irvin Alper Social Club (First Sunday) 5:00 pm.
- Mussar Mondays (First Monday) 7:00-7:45 pm. at the home of Richard & Mindy Woolf.
- 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. **(Resumes this Tuesday, Sept. 1st.)**
- Morris Lenga Yiddish Club (First Thursday) 7:30 pm at NHBZ.
- Sisterhood (Third Tuesday)
- 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
- Shabbos Lunch & Learn

The Deadline to submit new information to appear in our Shabbos Bulletin is Wednesday each week, NO LATER THAN 12:00 noon, please. That will allow the time needed to make changes. The bulletin is printed first thing every Thursday morning.