



# NHBZ Shabbos Bulletin

*Welcome to Nusach Hari B'nai Zion*

Affiliated with Union of Orthodox Congregations of America

December 20, 2014  
28 Kislev 5775

<b>Torah Portion:</b>	<b>Parshas Mikeitz: Genesis 41:1 – 44:17</b>	<b>Stone Chumash pages 222-249</b>
<b>Maffir:</b>	<b>Numbers: 7:30 – 7:35</b>	<b>Stone Chumash page 768</b>
<b>Haftorah:</b>	<b>Zechariah: 2:14 – 4:7</b>	<b>Stone Chumash pages 1210-1211</b>

*Thanks to Leo Bressler for sponsoring this Shabbos Bulletin in memory of Harold Bressler, ר"ל, his beloved brother, on the observance of his yahrzeit.*

## Erev Shabbos, Friday Night, December 19, 2014

- **Mincha & Maariv** (4:20 pm)
- **Candle Lighting** (4:24 pm)

## Shabbos, December 20, 2014

- **Shachris & Musaf** (9:00 am) ~ *Thank You For Leading Davening*
  - Pesukei D'Zimra: **Howard Sandler**
  - Shacharis: **Menachem Szus**
  - Leyning: **Moshe Leib Cohen**
  - Haftorah: **Brent Waxman**
  - *Drasha* (Sermon): **Rabbi Ze'ev Smason**
  - Musaf: **Richard Woolf**
- **Tefillah/Prayer Learners' Service** ~ 9:30 am, led by **Rabbi Yosef David** will not be held this week.
- **Learners' Service** ~ 10:15 am, led by **Rabbi Ze'ev Smason** in the Rivkin Chapel.
- **Kiddush** ~ Thanks to **Jay & Peggy Umansky** for sponsoring a Special Cake and Chanukah Cookies today in honor of their 40<sup>th</sup> Wedding Anniversary. **MAZEL TOV TO PEGGY & JAY!!!**
- **Mincha, Shalosh Seudos, Ma'ariv** ~ (4:05 pm)
- **Shabbos Concludes** ~ (5:27 p.m.)
- **Rosh Chodesh Teves** ~ Monday and Tuesday, December 22 and 23.

## Meetings

- **Executive Committee Meeting** ~ Tuesday, December 30. Ma'ariv at 6:45 pm, Meeting, 7:00 pm.
- **Board of Directors Meeting** ~ Tuesday, January 13, 2015! Ma'ariv at 6:45 pm, Meeting, 7:00 pm.



## **“What's Up” at NHBZ?**

### NHBZ Coming Events

- **KidZone** ~ **KidZone “Pillow and Popcorn Chanukah Party!”** Motzai Shabbos **TONIGHT!!!**  
6:30-8:30 pm, in the Feigenbaum-Pepose Learning Center - NHBZ's Lower Level. **Hey Kids!!!** Come in your favorite PJs, and bring your pillow and blanket to cuddle with as we watch a movie (movie begins at 6:45 pm); decorate your own, brand new pillow case - a gift from KidZone! Eat your favorite Chanukah latkes and donuts, popcorn and other snacks! All school-age children up to 11 years old are welcome; children 4 and younger must be accompanied by an adult. **Grown-Up-Zone** helpers are needed for kitchen help, set up, serving, engaging the children, helping the kids with their art projects, showing a movie, lighting Chanukah candles, and clean up. **Come and Join Us! Let's celebrate together!!!**
- **Calling All Mah-Jongg Mavens! Or Do You Want to Learn?** Help our Chesed Fund by having fun playing Mah Jongg every Monday, 4:00-6:00 p.m., at NHBZ!! Please join us in the Teen Lounge (lower

level). Only \$3.00 cover! Proceeds will benefit The Nusach Hari B'nai Zion Chesed Fund. Questions? Call Debbie Barash, 314-993-4954. **See you on Monday!!!**

- **Memorial Plaque Dedication** ~ Dedication of the Memorial Plaque for Nancy Beth Benson will be held on Tuesday evening, December 23<sup>rd</sup>. Ma'ariv at 6:45 p.m. immediately followed by the dedication.
- **December Lunch n' Learn – December 27 ~ Guest Speaker Rabbi Yitzchak Feldheim** will speak on the topic "How to Get Your Prayers Answered." Rabbi Feldheim's quick wit and larger than life personality has endeared him to hundreds of communities and campuses across the country. Growing up in New York City and serving as the Rabbi of Yardley, Pennsylvania for 15 years, Rabbi Feldheim's unique experiences have provided him a riveting perspective on Jewish thought and philosophy. Rabbi Feldheim lives in Lakewood and travels the world as the senior international lecturer for Aish Hatorah. He teaches tens of thousands of students a year at virtually every major university in North America, from Columbia and Yale to UCLA and Trinity College, and in locations as varied as South Africa, Chile and India.
- **Lion's Den Pizza Night ~ All-You-Can-Eat Pizza Buffet ~ Sunday, December 28, 5:00-7:00 p.m.** **Are you new to NHBZ, looking to meet more members...sign up for Pizza Night! It's a great way for everyone to say Hi.** Bring your family and friends to enjoy a delicious dinner of pizza, salad, pasta and garlic bread!!! Reservations are not needed . . . just show up, eat to your heart's content, have fun schmoozing, and have a great time! Plus an extra bonus ~ we have a movie for the kids every month!!!! (Please place carry-out orders by 10:00 a.m. on Sunday morning, 314-991-2100, ext. 2. Pick up time for carry out pizzas is 4:30-4:45 p.m. before the start of our buffet.) **WE TAKE CREDIT CARD PAYMENTS!!!**
- **Young Parents' Mussar Mondays** ~ The NHBZ Children's and Young Families' Committee is proud to announce its latest program ~ **Mussar Mondays** to be held on the first Monday of each month led by our own **Rabbi Ze'ev Smason**. Next get-together on Monday, January 5, 7:00 to 7:45 p.m., "Host" home to be announced. We will get together to study from *Pirkei Avot*, Ethics of our Fathers, and apply some valuable lessons to our everyday lives. This monthly event is open to both members **and** non-members! Please come and invite your friends. Light refreshments will be served. See the attached flyer for details!
- **KidZone Shabbos Dinner** ~ Hey Kids!!! Please ask your parents, very nicely, to call Sandie, 314-991-2100 ext. 2, and make reservations for our Shabbos Dinner on Friday evening, Jan. 9, 2015! **KidZone kids are 10 years old and younger, and they enthusiastically invite all their older friends, up through teens, to join them!** We're planning something special just for YOU and YOUR PARENTS to have fun ~ sing, and dance, and have a delightful and exciting Shabbos KidZone Time!!!
- **Next Synaplex and Lunch** ~ Shabbos, January 17. Three Synaplex breakout sessions will begin at 11:00 a.m. In addition to **Rabbi Ze'ev Smason**, our second speaker will be **Dr. Joseph Schraibman**, professor of Spanish at Washington University, who will speak on the topic: "Jewish Latinos: Their Heritage & Culture;" Dr. Schraibman's fields of interest include 19th and 20th century Spanish Literature, the Three Religions in Spain, Literature, and the Inquisition in Spain, Latin-America, Portugal and Brazil;" our third speaker TBA. And for the kids: **Youth Programming** for kids 4 and over; and **Tot Shabbat!!!** Lunch in honor of December Birthdays and Wedding Anniversaries following Synaplex sessions.

## **SIMCHAS**

- **MAZEL TOV ON SIMCHAS** December 20-26. **Happy Birthday Bonnie Klein, Norman Liss, Gary Sudin, Mindy Woolf, and Daniel Zarkowsky! Happy Anniversary To ~ Gene & Linda Carton, Abert & Sheila Goodman, Joe & Gayle Levy, Howard & Phyllis Loiterstein, Leslie & Mimi Sabol, Ron & Sandy Segall, and Jay & Peggy Umansky!** 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 Package of Cards.

## **amazon smile AND Nusach Hari B'nai Zion!**

From Menachem Szus, Fund Raising Chairman:

We would like to draw your attention to the fact that our shul can receive 1/2 percent of each purchase that you make at no cost to you. Amazon Smile will donate to the shul all year long, not just for holidays! Here's how:

1. Go to your Amazon Account

2. Scroll down to Settings
  3. Click on Change Your Charity
  4. In the "Or pick your own charitable organization" box, type in Nusach Hari-Bnai Zion and click Search
  5. On the next screen simply click on the Select button next to "Nusach Hari-Bnai Zion Congregation" listing.
- When you make a purchase do so through [smile.amazon.com](http://smile.amazon.com). After this, every time you make a purchase on [smile.amazon.com](http://smile.amazon.com), Amazon will **automatically donate** to our shul.

## **WISH LIST!**

We have very frequent power outages at the shul . . . so everything goes down from our server to the elevator!!! We require Battery Backup devices to keep the operations and server running and prevent data loss. We are badly in need of several UPS's - Uninterruptible Power Supplies for our server and some other devices. Our computer systems, including the server, enable us to efficiently manage our shul by producing the Shabbos bulletin, our accounting, a variety of printed material, the yahrzeit reminders, and more. If you would like to contribute . . . HERE IS OUR WISH LIST: **WE STILL DON'T HAVE AS MANY AS NEEDED!**

1. APC Smart-UPS 1500VA LCD 120V - it runs about \$600 for our server
2. a few APC Back-UPS 350's running about \$90 each.

Thanks to **Dr. Erol & Sally Amon, Andy & Ellen Berg, Irwin & Roz Rosen, and Jeff & Terri Schnitzer** for responding to our Wish List!!! Please call Sandie, 314-991-2100, ext. 2, or go to [sandieabrams@hotmail.com](mailto:sandieabrams@hotmail.com).

## **How To Donate Stock**

**Have you ever thought of making a donation to Nusach Hari B'nai Zion in the form of Stocks?** It's something to consider, and very easy to do!!! Just call Rick Williams, our stock broker at Edward Jones, 314-846-8968, and tell him, or his assistant Kelly, that you would like to donate x-number of shares of stock to our shul; Rick or Kelly will take it from there, guiding you along the way. They will notify us of your generous donation – (it is our policy to sell the stock right away, and they will send a check to the shul.) Any questions, call Laura Krueger, our business manager, 314-991-2100, ext. 3. Laura's hours are Monday, Wednesday and Friday, 9:30 a.m. to 2:30 p.m. **It's time to do an end-of-year donation to get the tax credit in 2014!!!**

## **NHBZ CLASS SERIES ~ MEMBERS & ALL FRIENDS ARE WELCOME!**

- **Women's Tefilla Class** ~ Led by **Rabbi Ze'ev Smason**. The class meets on the 2nd and 4<sup>th</sup> **Monday afternoons** each month at 3:15 p.m. at NHBZ. Next class – This Monday, December 22.

## **NEWS & FEATURES**

- **Are You CPR Certified?** If you are currently CPR certified with an **Up-To-Date Certificate**, please call our office to register your name: 314-991-2100, ext. 2.
- **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 Tehillim Group** ~ A group of women in the community, including several members from Nusach Hari B'nai Zion, gather each Sunday morning to say the entire book of Tehillim, in the *zechus* (merit) of a refuah shelayma for the cholim in our community. They meet at the home of Jan Adelman, 8032 Amherst, Sundays at 9:15 am. If you cannot participate in person, call 314-863-5438. There is a new Tehillim hotline phone number for names and updates: (314) 441-6460. If you have any questions, please call **Julie Eisenberg** at 314-494-8437. Thanks to all for your continued support and prayers. Klal Yisroel needs you very badly right now.
- **Tomchei Shabbos Cook Book** ~ Thank you to everyone who attended the cookbook event last Sunday and supported our upcoming cookbook!! We can all look forward to some delicious recipes! There were several recipes submitted without a name. If you think you may have forgotten your name on the recipe, please contact Jackie Oppenheimer at 997-6924. If you were not able to attend the event, recipes and sponsorships are still being accepted.
- **Tomchei Shabbos On-Going FOOD DRIVE!!** Tomchei Shabbos means "Supporters of the Sabbath." **The "Barbara Mendelson Tomchai Shabbos Fund"** was established, by the Vaad Hoer of St. Louis, to help support Jews suffering severe economic distress, by providing the families in our community with their Shabbos and Yom Tov meals in a discreet and dignified manner. A special kosher food pantry is stocked to provide them with food essentials, chicken and meat. **Pick up a bag** at our NHBZ office; help make the Food Drive a Big Success!!! For questions or home pick-up, please call Sally Needle, 314-991-2575.

Tomchai Shabbos is maintained through contributions of food and money. To make a donation go to [www.ovkosher.org](http://www.ovkosher.org) – click on HOME tab, then Vaad Hoer Community Services, then Tomchai Shabbos.

- **Young Israel Blood Drive ~ Save the Date ~** Sunday, January 11, 2015.
- **Save the Date ~** The St. Louis Jewish Book Festival of the JCRC will honor Dr. Martin Luther King's legacy of peaceful change on Wednesday, January 14, 2015, at the Jewish Community Center Staenberg Building. With an eye on current events, NBC legal analyst and trial lawyer Lisa Bloom will discuss ways to bring about positive change in our community. At the conclusion of an audience Q&A session, Bloom will sign her most recent book, *Suspicion Nation: The Inside Story of the Trayvon Martin Injustice and Why We Continue to Repeat It*.
- **Internship for College Students ~** Jewish Federation Internship Program (College Students): The program pairs Jewish students with St. Louis businesses or non-profit organizations based on the students' interests, provides a mentor in the community, has a leadership development series, and comes with a \$4,000 stipend. The link to the website is <http://www.jfedstl.org/the-internship-experience/> The deadline to apply is January 15<sup>th</sup>, 2015.

## Reminders

- ***Extremely Important Message!*** 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 ASAP . . . 314-749-5271**. Rabbi Smason is very sensitive to the needs of all our members ~~ each and every one of you. He wants to be able to help you as quickly as possible and in any way he can. Please keep Rabbi Smason's cell phone number handy in your wallet, and give it to your family and friends, so you and they will have easy access at all times.
- **SHABBOS HALACHAS (Laws of Shabbos)** An *eruv* is an enclosure, constructed according to halacha (Jewish law), as a way to permit Jewish residents or visitors to carry certain objects outside their own homes on Shabbos and Yom Kippur. The St. Louis *eruv* encompasses parts (but not all) of Olivette, U.City and Clayton. We respectfully request that **SHABBOS BULLETINS, FOOD, or any other item not be removed** from the synagogue by those who do not live within the *eruv*. Questions? Ask Rabbi Smason.
- **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, ext. 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 Shul Tributes call Gloria Waxman, 314-872-3296; for Sisterhood call Phyllis Silverman, 314-434-2482; for Libby Needle Fund call Sally Needle, 314-991-2575; for Chesed Fund Tributes come by the office and pick up a package of cards!
- ***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 in English if Hebrew names are unavailable. Your contributions are greatly appreciated.
- ***Memorial Plaques*** ~ Memorial plaques are lovingly mounted in our new building. Remember your loved ones with a plaque; prices are \$180 and \$360. Please call the office for details, 314-991-2100, ext. 2.
- ***Shalosh Seudos, The 3<sup>rd</sup> 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 in honor of family members, to celebrate special occasions, or as you observe the *yahrzeits* of your dear loved ones. To make arrangements call our office at 314-991-2100.
- **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 shul for Aliyos or other honors received.





Nusach Hari B'nai Zion  
109th Anniversary Celebration  
*Honoring Mark Ragin  
And Woman of Valor Sandra Abrams*  
Sunday December 14, 2014 560 Music Center  
By Fran Alper

NHBZ's 109<sup>th</sup> Anniversary Dinner Celebration was *trumpeted* in by a one-hundred year old recording of the Star Spangled Banner, sung by the great Irish *tenor*, John McCormack, and played on a 1908 Columbia *graphophone* (courtesy of Dr. Eliot Katz). With the 560 Music Center as the backdrop, Master of Ceremonies, Alan Zarkowsky, kept the *rhythm* of the evening in seamless *harmony*. Rabbi Smason struck the perfect *chord* in his remarks; the delicious food *in modo di* Asian; the musical themed decorations were *jazzy*; the Ad Journal was a *major* success; the prizes provided an *upbeat reprise* throughout; and even the weather was *moderato*. Video presentations highlighted the *dynamic* lives of the honorees, followed by their heartfelt, *innig* personal reflections that marked the *high note* of the night! And everyone was clamoring for an *encore*...

Thanks to the Anniversary Dinner Committee *ensemble* who gave their time and energy to make the 109<sup>th</sup> Anniversary Celebration a *major* success:

Francine Attoun and Robin Rickerman, *co-conductors*  
Andy Abrams                      Fran and Lenny Alper  
Fabian Attoun                     Elliot and Sally Katz  
Bobby Levine                     Anna Rose Tendler

Thanks to those who gave much-needed, *key* assistance:

Jackie Berkin	Esther Gelb	Fran Reisler
Shirley Bluestein	Rhonnie Goldfader	Howard Sandler
Larry Chervitz	Larry & Shirley Hollander	Sid & Phyllis Silverman
Jessica Fadem	Sandy Kahn	Menachem Szus
Mimi Fiszal	Morris & Estelle Kram	Alan Zarkowsky

Thanks to all who submitted their Journal ads & RSVPs early to qualify for the Early Bird Raffle!

**AND THE WINNERS ARE...**

- ♫ **Bob Abrams** St. Louis Music (Guitar with case)
- ♫ **Louis & Rebecca Goldman** Hilton St. Louis Frontenac (1 night deluxe stay)
- ♫ **Alan & Janet Haber** Crowne Plaza – Clayton (1 night stay)
- ♫ **Ruth Alper** Hand blown glass vase by Glass Artist Steve Funk
- ♫ **Susan Feigenbaum** Bella 6.5 Quart Crock Pot with searing pot
- ♫ **Menachem Szus** Waterford Crystal Bowl
- ♫ **Ellen Berg** Hand-shaped **Hamsa necklace from Alef-Bet by Paula**
- ♫ **Jonathan & Naomi Shanker** The Magic House for four
- ♫ **Sandy Segall and Arlene Fredman** City Museum – StL for two

Thanks to all for coming and to these Door-Prize winners:

**Jennifer & Brad Goldenberg** Crystal Vase Door Prize

**Dr. Jay Pepose** Free Oil Change from Car-X

**Fran Hoffman** Free Oil Change from Car-X

**20 Winners!** Free one-day guest passes for a 'Day at the J'

Thanks to our Raffle and Door Prize Sponsors:

Guitar by St. Louis Music / Mark Ragin; One night hotel stay by Frontenac Hilton; One night hotel stay by Crowne Plaza – Clayton; Glass vase by Steve Funk; Crockpot by Joanna Alper; Waterford Crystal Bowl by Esther Gelb; Hamsa necklace by Caryn Alper; Four admission tickets by The Magic House; Two admission tickets by City Museum. Crystal vase by Ruth Novack Alper; Car Check-up by Car-X / Jeff Rickerman; 'Day at the J' passes by JCC.

*And Special Thanks to Mark Ragin and Sandie Abrams for their invaluable contributions to this 109<sup>th</sup> Anniversary Celebration, and for so graciously accepting this honor, and allowing the congregation to begin to show its appreciation to them.*

*Beyond Twelve Gates by Rabbi Ze'ev Smason*  
*Parshas Mikeitz ~ Shabbos Chanukah     December 20, 2014*

*Welcome to Beyond Twelve Gates*

When Tarrant, Alabama Police Officer William Stacy was called to the Dollar General store, he wasn't especially surprised. "We get shoplifting calls at Dollar General all the time," he said. "Usually people are stealing things like makeup or phone chargers – not things they need to get by." So when Officer Stacy arrived to find 47-year-old Helen Johnson stealing eggs to feed her two daughters, her niece, and two young grandkids, he knew this incident was different. Helen explained to Officer Stacy that her family hadn't eaten for two days. So instead of making an arrest, the officer bought Helen a carton of eggs. "When she mentioned the kids and said they were hungry, that's when I knew I wanted to buy the eggs," Officer Stacy said. "No matter what financial situation kids are in, it's not their fault they're hungry." The act of kindness was caught on video and [posted to Facebook](#), where it was been viewed more than one million times.

After letting Helen go home, Officer Stacy helped her sign up for a Fire Dept. Toy Drive, which provides toys and food for families at the holidays. Soon, donations from across the country started pouring in for the Johnson family – a response to the viral video. "It took an entire shift to take all the stuff to her house and unload it," Officer Stacy said of the afternoon he spent delivering groceries to the Johnsons. "I've taken three Tahoe loads of food to her house, and I know a food bank came to bring her food." On Facebook, users are calling Officer Stacy "an angel in disguise," but the officer says he was just doing his job. "There's a real trust issue between law enforcement and citizens right now, but hopefully this shows we are not robots who just want to arrest people," Officer Stacy said. "We have hearts – you have to have a big heart and clear conscience of mind to do this job."

In Ethics of the Fathers (2:13) Rabbi Elazar ben Arach stated that having a *lev tov* -- a good heart -- is the best character trait a person can have. A good heart is reflected by how we treat the poor and downtrodden. Many go to bed hungry every night. Acts of compassion and kindness -- like that of Officer William Stacy -- reflect the compassion and kindness of the Almighty.

*Parshas Mikeitz Genesis 41:1 -- 44:17*

Pharaoh has a two-part dream about seven scrawny cows devouring seven robust cows, followed by seven thin stalks of grain swallowing seven healthy, good ones. When his advisers are unable to adequately interpret the dream, Pharaoh summons Joseph, who had been in prison for a total of twelve years. Ascribing his power of interpretation solely to G-d, Joseph tells Pharaoh that Egypt will first experience seven years of abundant crops, and then will be ravaged by a devastating famine. Pharaoh appoints Joseph as viceroy of Egypt, making him the second most powerful man in the land (this is a source for the sport of tennis in the Torah -- we see that Joseph ... served in Pharaoh's court). Joseph's wife Asnat gives birth to two sons, Menashe and Ephraim, and the years of plenty and famine unfold just as Joseph had predicted. With the famine devastating the land of Canaan (Israel), Joseph's brothers descend to Egypt to purchase food. When they don't recognize their royal brother, Joseph sets in motion a plan to determine if the brothers have fully repented for their sin of selling him almost twenty-two years before. Joseph acts detached, accusing them of being spies, and holds Simeon hostage. Joseph then allows the rest of the brothers to go with food to their father on the condition that they return with their youngest brother Benjamin. With great reluctance, Jacob agrees to this condition. Mikeitz concludes with the looming threat that Benjamin will be made a slave to the Egyptian ruler.

*Rabbinic Ruminations*

We tend to divide the world into two types of people—neat freaks or slob. We assume neat freaks are organized, driven achievers who know how to get things done, get up early and make their beds with hospital corners. On the other hand, we think of those who are messy as lazy, disorganized and lacking motivation and self-discipline. Is there any truth to these assumptions?

Many studies show how our surroundings influence behavior. When researchers placed flyers on car windshields in two different kinds of parking lots – one tidy and clean, the other filled with litter – they found that test participants were more likely to throw the flyers on the ground in the litter-filled lot than the clean one. For another study, researchers divided participants into two groups. Half were sent to a tidy office, the other half were sent to a messy office. After the participants were asked to fill out forms for 10 minutes they were offered chocolate bars or apples on their way out. Those who had been in the orderly office were twice as likely to take the apple. Both studies support the 'Broken Window Theory'

([http://en.wikipedia.org/wiki/Broken\\_windows\\_theory](http://en.wikipedia.org/wiki/Broken_windows_theory)) -- that even slight disorder or neglect can lead to poor choices and reduced self-discipline. The broken windows theory was first introduced in 1982 by social scientists James Q. Wilson and George L. Kelling, who offered the following example: Consider a building with a few broken windows. If the windows are not repaired, the tendency is for vandals to break a few more windows. Eventually, they may even break into the building, and if it's unoccupied, perhaps become squatters or light fires inside. In other words, chaos begets chaos.

The Mussar Movement -- a traditional Jewish ethical and educational movement -- attached great importance to neatness and certain areas of self-discipline. The Mussar Movement emphasized striving for excellence, with an intolerance for habits such as sloppiness and carelessness. One who failed to return a chair to its proper place or who dressed sloppily displayed casualness that was at odds with a Jew's duty in this world -- to be a seeker of excellence and closeness to G-d.

### *Quote of the Week*

People see G-d every day, they just don't recognize him. -- *Pearl Bailey*

### **Joke of the Week**

We all know that Columbus believed the world was round when others believed it was flat and that if you traveled far enough you would go over the edge. We also know that Columbus reached what we now know as America. While there are still a few who believe Columbus returned to Spain and told Queen Isabella that he discovered a new world, most believe he had told her he had reached India.

Recently documents written by Queen Isabella's official scribe were uncovered revealing what Columbus actually said on returning from his first voyage. His first words were, "I'll bet I'm the first man who ever got nineteen hundred miles on a galleon."

***The Deadline to submit new information to appear in our Shabbos Bulletin is Wednesday each week, at 12:00 noon. The bulletin is printed first thing every Thursday morning.***

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

<b>This Week At a Glance</b>	<b>Shabbos Dec. 20</b>	<b>Sunday Dec. 21</b>	<b>Monday Dec. 22</b>	<b>Tuesday Dec. 23</b>	<b>Wed. Dec. 24</b>	<b>Thurs. Dec. 25</b>	<b>Friday Dec. 26</b>	<b>Shabbos Dec. 27</b>
<b>Shachris</b>	9:00 am	8:00 am	6:45 am	6:45 am	6:45 am	8:00 am	7:00 am	9:00 am
<b>Mincha/Ma'ariv</b>	4:05 pm	4:25 pm	4:25 pm				4:25 pm	4:10 pm
<b>Ma'ariv Only</b>				6:45 pm	6:45 pm	4:25 pm		
<b>Events – see times in Event Planner Box</b>	<i>4<sup>th</sup> Day Chanukah Happy 40<sup>th</sup> Anniversary to Jay &amp; Peggy Umansky! KidZone “Pillow &amp; Popcorn” Chanukah Party, 6:30 pm.</i>	<i>5<sup>th</sup> Day Chanukah</i>	<i>6<sup>th</sup> Day Chanukah  Mah Jongg Game, 4-6 pm, benefits our Chesed Fund.</i>	<i>7<sup>th</sup> Day Chanukah</i>	<i>8<sup>th</sup> Day Chanukah  Rabbi Smason's Lunch &amp; Learn, 12:15 pm.</i>	<b>BUY CASH CARDS</b>	<i>Erev Shabbos</i>	<i>Pizza Night ~ Sunday, Dec. 28, 5:00 to 7:00 pm.</i>

**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

- Tefilla Class (9:30 am) led by Rabbi Yosef David in the Rivkin Chapel **will not be held this Shabbos.**
- 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) (30 minutes before Mincha)

#### SUNDAY

- Mishna Learning (after Shachris) 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

- Women's Tefila Class (2<sup>nd</sup> & 4<sup>th</sup> Mondays) 3:15 pm with Rabbi Smason at NHBZ. (Next class this Monday, December 22nd.)
- Mah Jongg (Mondays, 4-6:00 pm) Proceeds will benefit The NHBZ Chesed Fund.
- Mussar Mondays (1<sup>st</sup> Monday of each month.) Next Class, Monday, January 5th, 7:00-7:45 pm.

#### WEDNESDAY

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

#### MONTHLY at NHBZ

- Irvin Alper Social Club (First Sunday) at 5:00 pm.
- 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.
- Morris Lenga Yiddish Club (First Thursday, 7:00 pm) at NHBZ.
- 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 pm. Next pizza night, Sunday, December 28<sup>th</sup>.
- Sisterhood (Third Tuesday) (No meeting in December)

#### NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn