

# NHBZ Shabbos Bulletin

December 21, 2013

*Welcome to Nusach Hari B'nai Zion*

18 Teves 5774

Affiliated with the Union of Orthodox Jewish Congregations of America

**Torah Portion:** Parshas Shemos: Exodus 1:1 – 6:1  
**Haftarah:** Isaiah 27:6 – 28:13, 29:22, 23

**Stone Chumash pages 292-317**  
**Stone Chumash pages 1146-1148**

*Thanks to Keith and Karen Zeff for sponsoring this Shabbos Bulletin, "In gratitude for the bracha from Hashem of another grandchild, a grandson. Baby Boy Aschkenasi was born in Yerushalayim last week, to our daughter and son-in-law, Carl and Sarah Aschkenasi who live in Yad Binyamin." Keith flew to Israel for the bris.*

## Erev Shabbos – Friday Night, December 20, 2013

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

## Shabbos, December 21

- **Shachris & Musaf** (9:00 am) ~ *Thank You For Leading Davening*
  - Pesukei D'Zimra: **Alan Zarkowsky**
  - Shacharis: **Menachem Szus**
  - Leyning: **Max Gornish**
  - Haftarah: **Brent Waxman**
  - Drasha (Sermon): **Rabbi Ze'ev Smason**
  - Musaf: **Menachem Szus**
- **Kiddush** (After Musaf) Thanks to **"POP-Stars" Ron & Sandy Segall** for sponsoring the soda for Kiddush in honor of their Wedding Anniversary.
- **Mincha, Shalosh Seudos, Ma'ariv** (4:05 pm)
- **Shabbos Concludes** (5:28 pm)



## Meetings

- **Board of Directors** ~ Tuesday, January 14, 2014, 7:00 p.m.
- **Executive Committee** ~ Tuesday, January 28, 2014, 7:00 p.m.

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

<i>This Week At a Glance</i>	Shabbos Dec. 21	Sunday Dec. 22	Monday Dec. 23	Tuesday Dec. 24	Wed. Dec. 25	Thurs. Dec. 26	Friday Dec. 27	Shabbos Dec. 28
Shachris	9:00 am	8:00 am	7:00 am	7:00 am	8:00 am	7:00 am	7:00 am	9:00 am
Mincha/Ma'ariv	4:05 pm	4:25 pm	4:25 pm	-	-	-	4:25 pm	4:10 pm
Ma'ariv Only				6:45 pm	4:25 pm	6:45 pm		
<i>Events – see times in Event Planner Box</i>	<i>Good Shabbos To Everyone!</i>	<i>Mark your calendar: Next Sunday, Dec. 29, for our Pizza Buffet, 5:00-7:00 pm</i>	<i>Tefillah Class for Women w/Rabbi Smason at NHBZ, 7:00 pm</i>		<i>Lunch &amp; Learn w/ Rabbi Smason, 12:15 pm</i> <i>New Class: Chassidic Insights 7:00 pm</i>	<b>BUY CASH CARDS</b>	<i>Erev Shabbos</i>	<i>Kiddush sponsored by Sam &amp; Shirley Bluestein In Honor of their 60<sup>th</sup> Wedding Anniversary</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**

- 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 (30 minutes before Mincha)

**SUNDAY**

- Mishna Learning (after Shachris) with Rabbi Chanan Swidler of Aish
- 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) 7:00 pm with Rabbi Smason.

**WEDNESDAY**

- Rabbi Smason's Lunch & Learn (12:15-1:00 pm) now studying Pirkei Avos. ***(There WILL be class on Wed., Dec. 25; NO class on January 1<sup>st</sup>)***

**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.
- Morris Lenga Yiddish Club (First Thursday, 7:30 pm)
- Dine-In Pizza Night (Last Sunday 5:00 pm – 7:00 pm) Carry-Out Pizzas also available. Pick up time 4:30 pm. Place orders: 314-991-2100, ext. 2.
- Sisterhood (Third Tuesday)
- RAP with the RABBI (Last Sunday, 10:00am **at Starbucks**)

**NHBZ Signature Events**

- Synaplex Shabbos
- Shabbos Lunch & Learn

- ***Shabbos of Reflection*** ~ Thanks to ***Lenny & Fran Alper, Craig & Jackie Berkin and Mayer Taller*** for their donations as sponsors toward the cost of the reflective belts. *Lenny & Fran made their donation in memory of Nancy Benson.* We still have some belts available, at no charge. We are also still seeking donations/sponsorships for the cost of the belts that we purchased. Please speak to Rabbi Smason.

**THREE NEW CLASS SERIES**

- **“Chassidic Insights into the Weekly Parsha”** ~ Rabbi (Chaplain, Major) Avraham Cohen is offering a brand new class on Chassidic Insights into the Weekly Parsha from the sefer, Me'or V'Shemesh. Study will delve into esoteric thought, but on the other hand is entirely accessible for those having limited Jewish educational backgrounds. The class will be offered on Wednesday evenings at 7:00 p.m. in the NHBZ Chapel. Try it -- you'll like it! Rabbi Cohen can be reached at 301-787-5538 for further questions.
- **“Understanding the Siddur”** ~ Insights into Prayer Book Hebrew. Do you ever feel lost with the structure and ceremony of traditional services? Can you read Hebrew, but don't understand what you're reading? Join **Rabbi Max Weiman**, for this 6 week course; Thursdays at 7:00 p.m. beginning January 9, 2014 in the Feigenbaum-Pepose Learning Center; cost: \$75. No Siddur Required (but if you have a favorite one, bring it!)
- **“Introduction to the History of the Jews”** ~ How have the Jews conquered both time and space over the past 4000 years? Join Menachem Szus for a fascinating seven-session course on the history of the Jewish people. Sessions will take place on seven consecutive Sundays, at 10 A.M. at NHBZ. First class: January 12, 2014. To register for the class (no charge), please contact Julie Eisenberg at: [jrecooksallot@aol.com](mailto:jrecooksallot@aol.com) or 314 494-8437 so sufficient material can be prepared.

## **NHBZ COMING EVENTS**

- **RAP with the RABBI Teen Group ~ Up & Running Again!** Returning this Sunday, December 29, 10:00 a.m. with **Rabbi Smason**, for young men and women; at Starbucks on Olive & Price, with complimentary drinks to all participants! Future sessions will be held on the last Sunday of the month! All teens welcome!
- **Bi-Monthly Women's Tefila Class** ~ Led by **Rabbi Ze'ev Smason**, the class meets on the 2nd and 4th MONDAYS of the month, at 7:00 p.m. Next class – This Monday, December 23, at NHBZ. 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.
- **Kiddush** ~ Shabbos, December 28, will be sponsored by **Sam & Shirley Bluestein** in honor of their 60<sup>th</sup> Wedding Anniversary (coming up on January 12<sup>th</sup>). **Sixty Years of Happily Ever After!!!!**
- **Lion's Den Pizza Night** ~ Our "Last-Sunday-of-the-Month" ~ "Last-Sunday-of-the-YEAR!" All-You-Can-Eat Pizza Buffet ~ Sunday, December 29, 5:00-7:00 p.m. – Reservations are not needed. Bring your family and friends to enjoy a delicious pizza dinner and schmoozing, and a movie for the kids!!! Just show up and have a great time!!!! (Please place carry-out orders by Sunday morning at 10:00 a.m. 314-991-2100, ext. 2.)
- **Kiddush & Lunch** ~ Shabbos, January 4, 2014, will be sponsored by **Marvin & Jackie Gitel** to celebrate their 60<sup>th</sup> Wedding Anniversary, and by **Bob & Joni Kaiser** in honor of the forthcoming marriage of their daughter **Hannah to Lee Mirowitz**. We'll be celebrating a fabulously long and loving marriage, and a new couple just beginning their lives together!
- **Installation Shabbos** ~ Shabbos, January 11, 2014 Kiddush & Lunch (following Musaf) Thanks to all of the Officers and Members of the Boards of Directors of our Shul, Sisterhood and Irvin Alper Social Club who will sponsor lunch.
- **Third Annual Tu B'Shevat Seder** ~ Motzai Shabbos, January 11<sup>th</sup>. A Family Evening, with a new twist or two, is being planned by **Byron Brownstein**, chairman of the event, with the assistance of **Mimi Fiszel** and **Linda Szus**. Stay tuned for details!
- **Kiddush** ~ Shabbos, January 18, will be sponsored by **Bobbie Ring**, her sister and brother in law **Linda & David Marcus**, and brother **Marvin Berger** from Chicago, in memory of their beloved mother Lenore Berger.

## **SIMCHAS**

- **MAZEL TOV ON SIMCHAS** December 14-20. **Happy Birthday to Irvin Bremler, Bonnie Klein, Justin Shanitkvich, Gary Sudin, Mark Tandler, Mindy Woolf, and Daniel Zarkowsky!** **Happy Anniversary to Craig & Jackie Berkin, Albert & Sheila Goodman, Howard & Phyllis Loiterstein, Leslie & Mimi Sabol, and Ron & Sandy Segall!** 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.

## **Reminders**

- **Become Energized!!! Sponsor Your Own Solar Panel!!!** Lock in the 2014 price of just \$216 for a full year. Introductory Offer ~ For the remainder of 2013, your cost will be pro-rated to only \$108 through the end of December. Your sponsorship will appear on the lobby monitor with an individual display with your personal or business name. Sponsor a panel for yourself, your friends, your business, or dedicate one in honor of a loved one. If you are interested in sponsoring a solar panel, please call 314-991-2100, ext. 2 and we will send you the form to complete with your wording!
- **Buy and Use Cash Cards** – call the office ASAP to order your cards and **earn free money** for NHBZ! Orders are placed twice per month – on the 15<sup>th</sup> and 30<sup>th</sup>.
- **Bobby Levine's Art Still Available ~ Just a Couple of Weeks Left!!!** IF YOU MISSED the Bobby Levine Art Exhibit and Opening, to benefit NHBZ, the artwork can be viewed and the order forms for ordering artwork are available on Bobby's website, [www.robextlevine.com](http://www.robextlevine.com). ALL PROCEEDS, 100%, FROM

YOUR PURCHASES ~ **UNTIL THE END OF 2013**. GO TO NHBZ to benefit the Capital Campaign. Thank you to NHBZ and everyone who came, supported and helped with this event.

- **Schnucks E-Scrip Card** - Use your Schnucks Card *every time you shop!* 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 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.
- **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.
- **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.
- **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 as you observe the yahrtzeits of your dear family members.
- **Mishna Study** ~ 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 learns every Sunday following morning minyan, carrying on this tradition by dedicating the Mishnayos to our loved ones. 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.
- **Memorial Plaques** ~ 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.

## **News & FEATURES**

- **Seventh Young Israel Blood Drive** ~ January 12, 2014, 10:00 a.m. to 4:00 p.m. at YI, 8101 Delmar. Congregation Young Israel, in partnership with the American Red Cross and the Harvey Kornblum Jewish Food pantry (HKJFP), will host an event aimed at recruiting blood donors and collecting food to help those in need during these crucial winter months. A blood drive during the winter is essential to keep an adequate supply of blood flowing to area hospitals. The HKJFP has seen a huge increase in the number of hungry mouths to feed in recent months. Marcia Mermelstein, Pantry Coordinator for the HKJFP, asks that people simply pick up a few extra items the next time they make a trip to the grocery store, and bring them to this blood/food drive. Items needed most include canned tuna, peanut butter, canned beans, and canned fruits and vegetables. Aside from donating blood, community members can also volunteer and work where needed the day of the drive. Babysitting will be available for those with small children. To schedule an appointment, go to [www.givelife.org](http://www.givelife.org) (sponsor code YIJS) or call 1-800-GIVE-LIFE. Walk-in donors are welcome, but appointments will take priority. Any questions, or for further information, contact Judy and Bob Hellman at [jrhellman@sbcglobal.net](mailto:jrhellman@sbcglobal.net) or at 314-862-8432.
- **Tomchei Shabbos!!** With the passing of Mrs. Merle Hartstein, z'l, the Vaad Hoerir would like to let the community know that The Barbara Mendelson Tomchei Shabbos Fund continues to operate as per usual. Families need extra assistance with non-perishable food. Please pick up a bag available at NHBZ in the office, and fill it with your choices of non-perishable food items. Monetary donations are always welcome! For more details, or to arrange pick-ups at your home, please call Sally Needle at 991-2575.
- **Tomchei Shabbos New Project** ~ Introducing The Tomchei Shabbos cookbook. Details on recipe categories and recipe submission information will be available shortly. If you would like to help on the cookbook please call Bryna Kandel at 569-5001 or email [tomcheishabboscookbook@gmail.com](mailto:tomcheishabboscookbook@gmail.com).

- **Vaad Kashrus Alert** ~ Effective immediately, The Cookies and Popcorn Factory, located at 8149 Delmar Blvd, St. Louis, MO 63130, is no longer under the supervision of the Vaad Hoer of St. Louis.
- **Scholarship Opportunities for Teen Travel to Israel** ~ The Central Agency for Jewish Education and the Jewish Federation of St. Louis announce the availability of the following scholarship opportunities for teen travel to Israel:
  - A merit-based scholarship is available to teens currently in grades 9-11. \$1,250 grants will be awarded to 24 teens traveling to Israel this summer. The award will be based on a short essay, activities in the Jewish community and a willingness to serve as an Israel travel advocate. The application deadline for this grant is January 27, 2014.
  - The Stuart I. Pessin Fund will award \$1,250 to two students in grades 9-12 participating on an Israel program in the spring, summer or fall of 2014. The awardees will be selected based on an essay, their activities in the Jewish community and commitment to continued Jewish education. The application deadline for this grant is January 27, 2014.
  - Need-based scholarship funds are also available for teens traveling to Israel in 2014. Scholarship awards typically range between \$250.00 and \$2,000.00 depending on length of trip and financial need. The application deadline for this grant is February 10, 2014.

Applications are available at [www.cajestl.org](http://www.cajestl.org) or by contacting Karen Rader at 314-442-3756 or [krader@cajestl.org](mailto:krader@cajestl.org).

## *Beyond Twelve Gates by Rabbi Ze'ev Smason* *Parshas Shemos December 21, 2013*

### *Welcome to Beyond Twelve Gates*

Fifteen minutes isn't much time, right? Wrong. There are lots of things you can get done in 15 minutes. Here are five extremely useful things you can do in 15 minutes.

**1. Study Torah.** You can read the *Tenach* -- the 5 Books of Moses, Prophets and Writings -- from cover to cover in one year by reading for fifteen minutes a day.

**2. Get Fit.** Get fit in fifteen minutes. Walk around your neighborhood or at the mall. Pump up the tires of your old bike, and ride it. Use Crossfit - a hard-core, military-style workout.

**3. Declutter.** Marla Cilley is the Fly Lady. She writes a blog—[FlyLady.net](http://FlyLady.net)—filled with advice to help people with housekeeping. The core of her organizational technique is the idea that you can conquer clutter in just fifteen minutes a day. She offers five tools to help you do this, including the 27-Fling Boogie, the Hot-Spot Fire Drill, and the Five Minute Room Rescue.

**4. Strengthen Your Relationships.** If you have an extra fifteen minutes use them to email a friend or call your sister. Better yet, call your grandmother (grandmothers love it when you call them). You can also use the fifteen minutes to arrange a coffee or lunch meeting with someone you've been meaning to reconnect with.

**5. Do Some Honest Introspection.** Spend fifteen minutes honestly evaluating your Jewish commitment, your career, your relationships, and the progress that you're making on achieving your goals. Ask yourself questions such as the following:

- Are you heading in the right direction?
- Is there any area of your life that you've been neglecting?
- Are you getting everything you need?.

We can make great improvements to our lives by using scraps of time: fifteen minutes left over here, and fifteen minutes found over there.

### *Parshas Shemos Exodus 1:1 -- 6:1*

The book of Exodus begins by describing the gradually increasing enslavement of the Jewish people in Egypt. Pharaoh, fearing the population explosion of the Jews, initially hopes that backbreaking labor would stunt their rapid physical growth. When their birth rate continues to increase he orders the Jewish midwives to kill all baby boys. Moses is born, and when his mother is unable to keep him hidden from the Egyptian authorities any longer she places him in a basket and sends him down the Nile River. He is found by Pharaoh's daughter and

raised in the royal palace, even though she realizes he is a Hebrew. She names him Moshe (Moses) meaning "drawn from the water." Years later as a grown man, Moses kills an Egyptian who he witnessed beating a Jew. Moses flees to the land of Midian and marries Zipporah, the daughter of Jethro, and they have two sons.

When Moses is shepherding his father-in-law's flock, he witnesses the "burning bush" on Chorev (Mt. Sinai) where G-d commands him to lead the Jewish people from Egypt to the land of Israel, which G-d promised to their ancestors. Initially reluctant, Moses is shown three miracles to perform before the Jewish people to prove he was sent by G-d: Changing his staff into a snake, his healthy hand into a leprous one, and water into blood. Moses, accompanied by his brother Aaron, encounters an obstinate Pharaoh. The Egyptian king not only refuses their request for a three-day respite to worship G-d, but declares that the Jews must produce the same quota of bricks as before but without being given straw. The people complain to Moses and Aaron for making their situation worse, but G-d assures Moses that He will force Pharaoh to let the Hebrews leave.

### *Rabbinical Ruminations*

Remember going on school field trips? For decades, American students have piled into yellow buses to visit a variety of cultural institutions, including art, natural history, and science museums, as well as theaters, zoos, and historical sites. Today, however, culturally enriching field trips are an endangered species. Museums across the country report a steep drop in school tours. For example, the Field Museum in Chicago at one time welcomed more than 300,000 students every year. Recently the number is below 200,000. But a new large-scale experiment on over 10,000 students finds that a one-hour tour of an art museum can increase their critical thinking, historical empathy, tolerance, and sustained interest in visiting art museums.

The large majority of students who had visited the newly-opened Crystal Bridges Museum of American Art in Northwest Arkansas were able to recall information about the paintings they had seen. For example, the researchers found that 82 percent of students who saw Norman Rockwell's Rosie the Riveter knew that the painting emphasized the importance of women entering the workforce during World War II. Students who visited the museum were also more likely to express tolerance and historical empathy when completing their surveys. Researchers evaluated these traits by asking students to indicate their level of agreement or disagreement with statements like "I can imagine what life was like for people 100 years ago," "When looking at a painting that shows people, I try to imagine what those people are thinking," and "I think people can have different opinions about the same thing." The museum had clearly been a mind-expanding experience for the young people.

While field trips seek to help our children develop into civilized people who appreciate the breadth of human accomplishments -- a highly worthy goal -- the Torah helps us to develop into moral, decent people. Most civilized people today would say that it is wrong to steal, murder, or oppress the helpless. Yet people often define who it is wrong to harm in self-serving ways. It was the Torah that gave the world definitions of morality that truly respect the dignity of human beings, especially those that are powerless, in ways that are still unmatched by any other culture.

### *Quote of the Week*

After the game, the king and pawn go into the same box -- *Italian proverb*

### **Joke of the Week**

One day a professor was giving a big test to his students. He handed out all of the tests and went back to his desk to wait. Once the test was over, the students all handed the tests back in. The professor noticed that one of the students had attached a \$100 bill to his test with a note saying "A dollar per point."

At the next class the professor handed the tests back out. This student got back his test and \$56 change.

***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.***