

NHBZ Shabbos Bulletin

December 28, 2013

Welcome to Nusach Hari B'nai Zion

25 Teves 5774

Affiliated with the Union of Orthodox Jewish Congregations of America

Torah Portion: Parshas Va'era: Exodus 6:2 – 9:35
Haftarah: Ezekiel 28:25 – 29:21

Stone Chumash pages 318-339
Stone Chumash pages 1149-1150

Erev Shabbos – Friday Night, December 27, 2013

- Mincha & Maariv (4:25 pm)
- Candle Lighting (4:28 pm)

Shabbos, December 28

- Shachris & Musaf (9:00 am) ~ *Thank You For Leading Davening*

- Pesukei D'Zimra: **Howard Sandler**
- Shacharis: **Menachem Szus**
- Leyning: **Max Gornish**
- Haftarah: **Harold Mindel**
- Drasha (Sermon): **Rabbi Ze'ev Smason**
- Musaf: **Rob Romanoff**



- Kiddush & Lunch (After Musaf) Kiddush & Lunch are being sponsored in honor of the 60th Wedding

Anniversary of *Sam & Shirley Bluestein* by their children . . . Thank You to Diane & Bruce Barron, Alan & Staci Bluestein, Michelle & Ephraim Mufson, and Randee & Rob Romanoff. *Mazel Tov to Sam & Shirley!!!*

- Welcome to St. Louis & Nusach Hari B'nai Zion to family members who have come to celebrate with *Sam & Shirley* . . . Harold Mindel, Shirley's brother, from Boston; Diane, Bruce, Joshua & Kara Barron, from Atlanta; and Randee, Rob, Shira, Dena & Eliezer Romanoff, from Chicago.
- Mincha, Shalosh Seudos, Ma'ariv (4:10 pm)
- Shabbos Concludes (5:32 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. 28	Sunday Dec. 29	Monday Dec. 30	Tuesday Dec. 31	Wed. Jan. 1	Thurs. Jan. 2	Friday Jan. 3	Shabbos Jan. 4
Shachris	9:00 am	8:00 am	7:00 am	7:00 am	8:00 am	6:45 am	7:00 am	9:00 am
Mincha/Ma'ariv	4:10 pm	4:30 pm	4:30 pm	-	4:30 pm	-	4:30 pm	4:20 pm
Ma'ariv Only				6:45 pm	-	6:45 pm		
<i>Events – see times in Event Planner Box</i>	<i>Good Shabbos To Everyone!</i> <i>Lunch in honor of Sam & Shirley Bluestein's 60th Anniv!</i>	<i>NHBZ's All You Can Eat Pizza Buffet, 5:00-7:00 pm</i> <i>Place carry out orders, too!!!</i>		BUY CASH CARDS	<i>New Class: Chassidic Insights 7:00 pm</i>	<i>Rosh Chodesh Shevat;</i> <i>Yiddish Club, 7:00 pm</i>	<i>Erev Shabbos</i>	<i>Kiddush & Lunch sponsored in honor of The Gitel's 60 Years & The Marriage of Hannah Kaiser</i>

Nusach Hari B'nai Zion
650 N. Price Road
Saint Louis, MO 63132

Ze'ev Smason, Rabbi
Aaron Borow, Rabbi Emeritus
Janet Haber, President
Dr. Ethan Schuman, Chazan

Office Phone 314-991-2100
Chapel Phone: 314-991-2100
Webpage: www.nhbz.org

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 (2nd & 4th Mondays) 7:00 pm with Rabbi Smason.

WEDNESDAY

- Rabbi Smason's Lunch & Learn (12:15-1:00 pm) now studying Pirkei Avos. (**NO class on January 1st**)

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 of the month, 10:00am **at Starbucks**)

NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn

- ***Shabbos of Reflection*** ~ Thanks to ***Lenny & Fran Alper, Craig & Jackie Berkin, Mark Ragin, 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 4,000 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: jrecooksalt@aol.com or 314 494-8437 so sufficient material can be prepared.

NHBZ COMING EVENTS

- **Lion's Den Pizza Night** ~ Our "Last-Sunday-of-the-Month" ~ "Last-Sunday-of-THIS-YEAR!" All-You-Can-Eat Pizza Buffet ~ TOMORROW ~ 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 ~ Next Shabbos**, January 4, 2014, will be sponsored by **Marvin & Jackie Gitel** to celebrate their 60th 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 11th. 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!
- **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 – Monday, January 28, 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.
- **RAP with the RABBI Teen Group ~ Up & Running!** Next Get-Together ~ Sunday, January 26, 10:00 a.m. with **Rabbi Smason**, for young men and women; at Starbucks on Olive & Price, with complimentary drinks to all participants! RAP with the RABBI will meet regularly on the last Sunday of the month! All teens welcome!

SIMCHAS

- **MAZEL TOV ON SIMCHAS** December 28 to January 3. **Happy Birthday to Melissa Marbain, Eli Szus, Daniella Yasinev, and Dennis Yasinev! Happy Anniversary to Robert & Kate Friedman!** 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!!!** The 2014 price of just \$216 for a full year. 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 own 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 15th and 30th.
- **Bobby Levine's Art Is Still Available ~ Just a Couple of Days 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.robertxlevine.com. ALL PROCEEDS, 100%, FROM YOUR PURCHASES ~ **UNTIL THE END OF 2013! THE CLOCK IS TICKING!!!** 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 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** ~ 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 (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 or at 314-862-8432.
- **Jewish Student Union (JSU) Gala** ~ GROWING A JEWISH FUTURE! February 22, 2014 at the Danforth Plant and Science Center. Honoring Dr. Eldad and Danielle Bialecki and Dr. Michael Rauchman and Dr. Ariane Maywith special tribute to Howard Granok, JSU Faculty Advisor of Crossroads College Prep School. For more information or to make reservations or a donation visit www.jsustl.org or contact Event Chairpersons Melanie and Dan Winograd or Rick Kodner and Gail Brody @ jsustl@gmail.com or Rabbi Mike at 314-498-6279. JSU serves more than 700 teens in 12 high schools in the St. Louis area. To learn more about JSU, visit our new website @ www.jsustl.org
- **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 Hoeir of St. Louis.
- **Tomchei Shabbos!!** With the passing of Mrs. Merle Hartstein, z"l, the Vaad Hoeir 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 Cookbook Project** ~ 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.
- **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 or by contacting Karen Rader at 314-442-3756 or krader@cajestl.org.
- **College Scholarships** ~ Applications Open January 1, 2014 Jewish Community Foundation (JCF) College Scholarships; *due April 14, 2014*. Academic scholarship opportunities for St. Louis high school, undergraduate and graduate students. The financial aid will cover part of the cost of the students' educations. The Foundation has partnered with Scholarship Central, a free online system connecting St. Louis-area students to scholarships and interest-free loan programs. Scholarships and loan opportunities include:
 - **The Benjamin Pessin Education Assistance Fund** provides two \$1,000 scholarships for students studying business administration.
 - **The Ruth Greenberg Memorial Fund for Rabbinical Training** offers St. Louis residents scholarships of up to \$2,500 for rabbinical training.
 - **The Sam A. Kessler Memorial Scholarship**. Qualified recipient for the \$1,000 scholarship, must have resided in the St. Louis region for at least 10 years.
 - **The Richard L. Levis, Jr. Memorial Fund** provides up to \$1,000 in scholarship money to any college or university student.
 - **The Blanche and Irving Miller Scholarship Fund** provides \$1,000 scholarships to qualified students enrolled in accredited colleges or universities who are pursuing degrees in professional fields. These include, but are not limited to, law, medicine, hospital administration and journalism.

For more information, contact Wendy Rosenblum at The JCF of St. Louis, (314) 442-3740.

Beyond Twelve Gates by Rabbi Ze'ev Smason
Parshas Vaeira December 28, 2013

Welcome to Beyond Twelve Gates

Want to know what makes you tick? Tell Michelle Zhou what you tweet. Michelle, an IBM researcher, says she can make a good educated guess about your personality just from looking at 200 of your Twitter messages. While it may seem obvious that people typically express their personalities through their words, an analytic evaluation based on word choice can, Michelle says, enable "computers (to) derive people's traits from linguistic footprints." Companies that pay attention to this research could save hundreds of millions of dollars -- and stop annoying people.

Today's marketers gather terabytes (i.e. oodles) of data on potential customers so they can tailor their commercial messages to specific groups. But they can get that targeting wrong because they are trying to understand customers by studying demographics (age, sex, marital status, home, income) and current buying habits. Companies spent \$170 billion last year on delivering unsolicited electronic junk mail, with an effectiveness rate of just 0.1 percent! Understanding intrinsic personality traits can tell a marketer a lot. For instance, it is known that idealistic people often opt to buy organic foods or use organic skin care products. People who are happy or depressed use different words, and make different marketplace choices.

If our behavior and decision-making process is heavily influenced by our intrinsic traits -- is it possible to change those traits? Judaism teaches that one who acts a certain way -- whatever his intentions -- will be influenced by his deeds and will eventually become the person he impersonates. Want to become a good person? Do good things. Our traits influence our behavior, but our behavior shapes and molds our traits. Behave a certain way, and it will become you.

Parshas Vaeira Exodus 6:2 -- 9:35

G-d assures Moses that He will indeed redeem the Jewish people from slavery and bring them into the land of Israel. After the Torah presents a detailed genealogy of the tribe of Levi (Moses' family), Moses and Aaron go before Pharaoh to request a three-day hiatus from work so that the Jewish people can worship G-d in the desert. Moses' staff is miraculously turned into a snake as a sign of their Divine mission. When the Egyptian sorcerers counter by transforming their staffs into snakes as well, Moses' staff swallows up theirs. Even so, Pharaoh adamantly refuses to free the Jewish people, and the series of ten gruesome plagues begins.

The first seven plagues are described in this week's Torah portion; blood, frogs, lice, a swarm of wild beasts, pestilence, boils and hail. Moses goes down to the river to speak to the Egyptian king -- however, Pharaoh remains in denial ('in d'Nile' -- get it?) continuing to refuse to free the Jewish people as his heart is hardened. The portion comes to a close in the middle of these momentous events.

Rabbinic Ruminations

Four years ago, Dan McLaughlin quit his job as a commercial photographer and made a decision to pursue his dream to play in the Masters Golf Tournament. A not-so-minor detail is that he hadn't played much golf. McLaughlin decided to become a professional after reading Malcolm Gladwell's *Outliers*, which examines a study that says it takes 10,000 hours of deliberate practice to master any skill. He's now on the "Dan Plan," which involves golfing for 10,000 hours—which will take six and a half years of full-time commitment—with the goal of becoming one of the roughly 250 men on the PGA Tour out of the more than 60 million golfers in the world.

Dan McLaughlin committed to a serious practice schedule, utilizing the strategy of *interleaving practice*. Unlike *blocked practice*, learning one skill at a time, *interleaving practice* involves working on multiple skills in parallel. Rather than hitting 100 drives from the range or 100 identical putts, McLaughlin is continually switching clubs and alternating targets. This is predicated on studies having shown that variety and mixing things up facilitates learning. It also raises the possibility that the number of hours you put in may not be as important as

how you use them. *Interleaving* has been shown to be effective in a number of studies involving motor learning as well as recall.

After five months of putting Dan received his second club, a pitching wedge. Just before the first anniversary of "The Dan Plan", he took his first full-swing lesson. On December 28, 2011 Dan played his first full round with a full set of clubs. At present, the would-be expert golfer currently is approaching the 3,800 hour mark, about 33 months since hitting that first 1-foot putt. Right now Dan's handicap is 5.8, placing him in the top 9% of the 26 million golfers in the U.S. Dan McLaughlin's story is a success story regardless of whether he wears the famous Masters green jacket one day or not.

Nowadays, instant gratification is the name of the game. If I can't have it within five minutes - don't bother. We're impatient in our material lives. And superficial. And this seeps through to our mitzvah observance as well. To achieve and create something meaningful and deep requires a substantial investment of time and diligence. Proverbs (12:24) says, "Work hard and become a leader; be lazy and never succeed." Talent is overrated. Stretching yourself beyond what you currently do will undoubtedly help you to achieve more.

Quote of the Week

Ninety-nine percent of all failures come from people who have a habit of making excuses. -- *George Washington Carver*

Joke of the Week

The Pope met with his Cardinals to discuss an offer. "Your Holiness," said one of his Cardinals, "Israeli Prime Minister Netanyahu wants to challenge you to a game of golf to show the friendship of spirit shared by the Jewish and Catholic faiths." The Pope thought this was a good idea, but he had never held a golf club in his hand. "Don't we have a Cardinal to represent me?" he asked.

"None that plays very well," a Cardinal replied. "But," he added, "there is a man named Jack Nicklaus, an American golfer who is a devout Catholic. We can offer to make him a Cardinal, and then ask him to play Mr. Netanyahu as your personal representative. In addition to showing our spirit of cooperation, we'll also win the match."

Everyone agreed it was a good idea, and the call was made. Of course, Nicklaus was honored to be made a Cardinal, and agreed to play. The day after the match, Cardinal Nicklaus reported to the Vatican to inform the Pope of the result. "I have some good news and some bad news, your Holiness," said the golfer. "Tell me the good news first, Cardinal Nicklaus," said the Pope.

"Well, your Holiness, I played the round of my life. With all due respect, my play was truly miraculous." "And what's the bad news?" the Pope asked. Nicklaus sighed. "I lost to Rabbi Phil Mickelson."

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.