



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

February 14, 2015
25 Shevat 5775

Torah Portion:

Parshas Mishpatim: Exodus 21:1 – 24:18

Stone Chumash pages 416-443

Mafkir:

Exodus 30:11-16

Stone Chumash page 484

Haftorah:

2 Kings 11:17 – 12:17

Stone Chumash pages 1212-1214

Thanks to the Kaiser family for sponsoring this Shabbos Bulletin in honor of Bob's birthday today. "Happy birthday to a wonderful husband and father. You brighten our days with your kindness, humor and words of wisdom. Much happiness today and in the year ahead!" **HAPPY BIRTHDAY TO OUR #1 GUY!!!**

In Honor of Our Dad's BIG Birthday! With love from the Pepose Kids . . . David, Max, Sam and Mo! **HAPPY BIRTHDAY, DAD!!!**

Erev Shabbos, Friday Night, February 13, 2015

- **Mincha & Maariv** (5:15 pm)
- **Candle Lighting** (5:18 pm)

Shabbos, February 14, 2015 ~ Parshas Mishpatim – Shabbos Shekalim

- **Shachris & Musaf** (9:00 am) ~ *Thank You For Leading Davening*
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Dr. Ethan Schuman**
 - Leyning: **Max Gornish**
 - Haftorah: **Dr. Naftali Kadosh**
 - *Drasha* (Sermon): **None Today**
 - Musaf: **Dr. Ethan Schuman**
- **No Tefillah/Prayer Learners' Service Today ~ Rabbi David's** Learners' Service will return next Shabbos, February 21st.
- **Learners' Service** ~ 10:15 am, led by **Rabbi Ze'ev Smason** in the Rivkin Chapel.
- **Kiddush, Luncheon & Guest Speaker** ~ (After Musaf) Thanks to **Dr. Susan Feigenbaum** for sponsoring lunch in honor of her husband **Dr. Jay Pepose** in celebration of his 60th Birthday! We will have a special presentation from Guest Speaker **Daniel Mael**, who will speak on the topic, "*TRUTH PATROL: The Perils of Being Pro-Israel on Campus!*" Daniel will discuss his experiences as a pro-Israel, free-speech activist on campus today. He is a student and campus journalist at Brandeis University, the alma mater of Dr. Jay Pepose and Dr. Susan Feigenbaum. His outspoken, passionate rhetoric has led to appearances as a pro-Israel voice on numerous news outlets, including Fox News & BBC.
- **Bon Appetit** ~ We place a plate of rolls on each table at every Shabbos Luncheon (~ 1.) To enable each person to make or hear *Ha'Motzi* (the blessing on bread) over *Lechem Mishne* (two rolls or loaves of bread), and 2.) To enable each person to eat the minimum amount required when *Ha'Motzi* is made or heard; namely, one roll. **Please be seated while Rabbi Smason says Kiddush and makes HaMotzi.**
- **Mincha, Shalosh Seudos, Ma'ariv** ~ Thanks to **Ed & Jane Lyss** for sponsoring Shalosh Seudos and Siyum in honor of their son **Jack**, and his chavrusa **Eli Pollack**, completing Mishnayos Seder Zaraim.
- **Shabbos Concludes** ~ (6:22 p.m.)
- **Rosh Chodesh Adar** ~ This Thursday & Friday, February 19 & 20.

Wish List!

A small table to be placed between the chairs in Rabbi Smason's office. We are looking for a table similar in size to the small tables in our lobby. Got something? Please call Sandie, 314-991-2100, ext. 2.

Meetings

- **Executive Committee Meeting** ~ Tuesday, February 24. Ma'ariv at 6:45 pm, Meeting, 7:00 pm.
- **Board of Directors Meeting** ~ Tuesday, March 10. Ma'ariv at 6:45 pm, Meeting at 7:00 pm.
- **Sisterhood Luncheon & Bingo** ~ Tuesday, March 17, 12:00 noon, in the NHBZ Social Hall.

PURIM IS COMING!!!! ~

Purim commemorates the salvation of the Jewish people in Ancient Persia from Haman's plot to kill all Jews in a single day. Here are some of the mitzvahs and customs of Purim at NHBZ:

Give Charity to the Poor (Mitzvah of Matanot l'Evyonim): *Od Yosef Chai* - For several years, NHBZ has collected money to give to Od Yosef Chai, an organization that distributes money to the poor in Israel. **Please make checks payable to the Rabbi's Charity Fund** and bring or send them to our office. Last year, we collected an all time high! We sent \$1,933.00 to Od Yosef Chai to help people celebrate Purim! Yasher Koach to all of us!!! Let's top ourselves, again!!! The deadline to give your checks to Rabbi Smason or deliver them to the office is **Monday, March 2.**

Hasta LaPasta Purim Palooza ~ Buy special "pasta groggers" for \$4 each. Use the boxes of pasta as groggers during the reading of Megillas Esther, after which they will be donated to the Jewish Food Pantry in our community; proceeds will benefit the NHBZ Chesed Fund and the Rabbi's Charity Fund. Pay in advance, or buy them in shul when you arrive for the Megillah reading on Wednesday evening, **March 4**, and Thursday morning, **March 5.**

Send Gifts to Friends (Mitzvah of Mishloach Manot) Fulfill the mitzvah of Mishloach Manot! Give actual gifts of food to at least two friends, then send our **PURIM CARDS** to everyone else!! All proceeds will benefit our NHBZ Chesed Fund. Cards may be purchased in our office at \$10.00 per pack of 5 cards with envelopes, or \$25 for three 5-packs.

- **PURIM ~ Reading of Megillas Esther ~** **Wednesday night, March 4:** Mincha at 6:35 p.m., ending at about 7:05 p.m.; Ma'ariv at 7:30 p.m., and the reading of Megillas Esther at 7:40 p.m. **Thursday morning, March 5:** Shachris at 6:30 a.m., the reading of Megillas Esther at 7:00 a.m., Mincha at 5:00 p.m.
- **PURIM BALL & SEUDAH!!!!** **Thursday, March 5, at 5:15 p.m. SHARP!!!** Linda Carton and Bobby Levine are co-chairs of the Purim Ball & Seudah. Committee members are **Judy Levin and Margo & Reuven Tzadok; Julie Eisenberg** and her helpers will prepare a Delicious Purim Feast complete with Whiskey Slush!!! Adults: \$15.00; Kids 4-10: \$8.00; Kids 3 & under: FREE; Family Max: \$45.00. RSVP by Friday, February 27, 314-991-2100, ext. 2. The **KidZone** kids will parade their costumes before the reading of the Megillah! And, we will have a costume contest for the "big kids" too! Lots of surprises for a lots of fun!

“What's Up” at NHBZ?



NHBZ Coming Events

- **Rabbi Smason in Israel ~ Rabbi Smason** will visit his family in Israel - leaving this Monday, February 16, through Wednesday, February 25. **Rabbi Yosef David**, of Aish HaTorah, will “take over” for **Rabbi Smason** on Shabbos, February 21st, and will conduct the Learners' Service and deliver the *drasha* (sermon).
- **Need a Pushka Pick-Up?** Did you fill your NHBZ Pushka but have no way to bring it to the office during the week? We'll do a Pushka Pick-Up at your home! Just call Sandie, 314-991-2100, ext. 2, and we'll do a Pushka-Swap . . . we'll bring you a new, empty Pushka and trade for the one you have filled!!!
- **Calling All Mah-Jongg Mavens! Or Would You Like 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!!!**
- **Shabbos, February 21 ~** Shalosh Seudos will be sponsored next Shabbos by **Don and Paul Kleiman** in memory of their beloved wife and mother **Roma Kleiman**, ב"ה.
- **Shabbos, February 28 ~** Kiddush & Lunch will be sponsored by **Jerry & Fran Cohen** in honor of their 64th Wedding Anniversary.
- **Shabbos, February 28 ~** Shalosh Seudos will be sponsored by **Bob & Joni Kaiser** and **Eleanor Kaiser**, in memory of Lionel J. Kaiser, ב"ה, beloved husband, father and grandfather.
- **St. Louis Kollel's Jewish Unity Live ~ Honoring Our Own Leslie Sabol ~** Sunday, February 22. In today's turbulent times coming together as a community and celebrating what has given us our unique identity over the millennia, takes on more and more importance. The St. Louis Kollel's Jewish Unity Live brings together the community under the banner of Torah which we hold proudly and so dearly.

This year, one of the special awards will be given to **Leslie Sabol**. Leslie has demonstrated over the years his commitment to spiritual growth and Torah learning. He has taken advantage of every opportunity to attend classes and shiurim. Leslie will be awarded the Torah Champion award. The event will take place at Busch Stadium in the Red Bird Club. The program begins at 7pm and will feature a gourmet Ball park themed menu which will include Romanian Hot dogs from Chicago. To register please call the Kollel, 314-726-6047, or go to www.stlkollel.org to register on line.

- **Lion's Den Pizza Night** ~ All-You-Can-Eat Pizza Buffet ~ Sunday, **March 1st**, 5:00-7:00 p.m. (Because of conflicting community events on the last two Sundays in February, we have rescheduled our February date. The "February" pizza night will be on March 1st; the March pizza night will be on the regular last Sunday of the month, March 29th.) **Are you new to NHBZ, looking to meet more members...sign up to help on our Pizza Night Buffet Line! 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: 4:30-4:45 pm before the start of our buffet.)
- **Yeshivat Kadimah Annual Gala** ~ Please join Yeshivat Kadimah High School for its 2nd Annual Gala on Saturday Evening, February 28th, at 8:30 p.m. Top of the Met, 211 North Broadway, 42nd Floor, St. Louis, Missouri 63102; \$125 per person, complimentary valet parking. RSVP by February 15th! Email gala@yeshivatkadimah.org or register at www.YeshivatKadimah.org.
- **JSU Honoring Our Own Dan and Melanie Winograd** ~ Jewish Student Union Annual Gala: JSU will be honoring our own **Dan and Melanie Winograd, Milton and Galia Movitz, and Sean Rochester**, JSU Faculty Advisor at Parkway Central High School, on March 8th, 5:30 pm, at Clayton High School. Co-Gala Chairs are **Chazzen Ethan and Debby Schuman**; Honorary Chairs are **Howard and Phyllis Loiterstein** and **Stanley and Rhonnie Goldfader**. JSU of St. Louis connects and engages more than 750 Jewish high school students to their heritage and Israel in fun and meaningful ways. For more info or to RSVP, go to www.jsustl.org or call 314-498-6279.

SIMCHAS

MAZEL TOV ON SIMCHAŞ February 14-20. **Happy Birthday to Bob Kaiser, Max, Sam & Morissa Pepose, and Moshe Pinto!** *Happy Anniversary to ~ Monti & Cheryl Mantinband and Jack & Joan Maram!* 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.

Credit Card Payments ~ Credit Card Payments come with fees charged to Nusach Hari B'nai Zion. In order to bring those fees down, we respectfully ask that you make a **minimum payment of \$10.00** whenever using your credit cards for one or a combination of purposes. We thank you very much for helping us lower our expenses, and for your continued generosity.

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. After this, every time you make a purchase on smile.amazon.com, Amazon will **automatically donate** to our shul.

NHBZ CLASS SERIES ~ MEMBERS & ALL FRIENDS ARE WELCOME!

Women's Tefillah Class ~ Led by **Rabbi Ze'ev Smason**. The class meets on the 2nd and 4th **Monday afternoons** each month at 3:15 p.m. at NHBZ. Next class – Monday, March 9.

NEWS & FEATURES

- **Glow in the Dark ~ TONIGHT!!!** Aish HaTorah's Ohr Pesia Women's Torah Learning Program presents an evening of Dance, Song and Inspiration for Women Only. Please help support the Esther Miller Bais Yaakov! Featuring Bais Yaakov students from across the country!!! Tonight, February 14, 8:30 p.m. at the U-City Shul., 700 North and South Road (doors open at 8:15). Adults: \$10.00; 8th grade and under: \$5.00; Family Max: \$20.00.
- **Kashrus Alert ~ Mehadrin Pareve Ice Cream Cones:** The Orthodox Union certifies Mehadrin Ice Cream Cones. One of the Pareve varieties was mistakenly labeled with an OU P symbol next to the word Pareve. This product is pareve, but not kosher for Passover. Corrective actions have been implemented.
- **Sh'ma! Listen** ~ This Monday, February 16, 7:00 pm, at the Kopolow Building. "*How It Broke, How to Fix It: The Crisis of Israel Democracy and What To Do About It.*" Gershom Gorenberg, senior correspondent for The American Prospect and a columnist for Haaretz, will describe the development of Israel democracy and policies that might undermine it, and will discuss what can be done to preserve and renew the Israeli republic. For details or to RSVP, contact Joan Wolchansky, JWolchansky@CAJESTL.org or 314-442-3760.
- **St. Louis Kollel's Jewish Unity Live** ~ Sunday, February 22. In today's turbulent times coming together as a community and celebrating what has given us our unique identity over the millenniums, takes on more and more importance. The St. Louis Kollel's Jewish Unity Live brings together the community under the banner of Torah which we hold proudly and so dearly. This year one of the special awards will be given to **Leslie Sabol**. Leslie has demonstrated over the years his commitment to spiritual growth and Torah learning. He has taken advantage of every opportunity to attend classes and shiurim. Leslie will be awarded the Torah Champion award. The event will take place at Busch Stadium in the Red Bird Club on February 22. The program begins at 7pm and will feature a gourmet Ball park themed menu which will include Romanian Hot dogs from Chicago. To register please call the Kollel, 314-726-6047, or go to www.stkollel.org to register on line.
- **No-Cost Trip to Israel** ~ Accepting Applications for a No-Cost Trip to Israel at RubinIsrael.org through April 11. Join 27 to 45 year old St. Louisans who have never been to Israel. Ten spots are available for potential community leaders who want to see Israel in a fun and meaningful way. The trip will be held September 11-17. Jewish Federation will hold two information sessions - Tuesday, March 11, and Wednesday, April 2, both at 7 pm at Jewish Federation Koplrow Building, 12 Millstone Campus Drive. The 10-day trip brings together a diverse group of young adults for a life-changing journey, packing in activities that help them experience Israeli culture, food, nightlife, innovation, nature and history. For additional information about the trip or application process, contact Mindee Fredman at mfredman@ifedstl.org.
- **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 *zchus* (merit) of a *refuah shelayma* (a full and speedy recovery) for the *cholim* (the ill people) in our community. The group meets on Sundays, 9:15 a.m., at the home of Jan Adelman, 8032 Amherst Ave, (314) 863-5438. If you cannot participate in person, please call 314-727-2811. The 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.
- **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 – click on HOME tab, then Vaad Hoeir Community Services, then Tomchai Shabbos.

- **Ohr Pesia ~ Women's Torah Learning Program** ~ New 6 week classes, which are only one hour long. For details and to register go to www.ohrpesia.billilite.com OR email to ohrpesia@gmail.com.

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.
- **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.
- **Sponsorships** - If you would like to sponsor a Kiddush or Luncheon, Soda, Shalosh Seudos, this Bulletin, or Something Unique in honor of a special occasion, or in honor or 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 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 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.

*Beyond Twelve Gates by Rabbi Ze'ev Smason
Parshas Mishpatim February 14, 2015*

Welcome to Beyond Twelve Gates

Spanish runner Ivan Fernandez Anaya is still receiving attention for a race he lost on Dec. 2, 2012. Here's why: Ivan was competing in a cross-country race in Spain, running second at some distance behind race leader Abel Mutai. As they entered the finishing straight, he saw the Kenyan runner -- the certain winner of the race -- mistakenly pull up about 10 meters before the finish, thinking he had already crossed the line. Ivan quickly caught up with him, but instead of exploiting Mutai's mistake to speed past and claim an unlikely victory, he stayed behind and, using gestures, guided the Kenyan to the line and let him cross first. (*watch here:* https://www.youtube.com/watch?v=3tAjxs_nkk)

Ivan, 24 years-old, said after the race: "But even if they had told me that winning would have earned me a place in the Spanish team for the European championships, I wouldn't have done it either. I didn't deserve to win it. I did what I had to do. He was the rightful winner. He created a gap that I couldn't have closed if he hadn't made a mistake. As soon as I saw he was stopping, I knew I wasn't going to pass him."

In many areas of life, like in sports, keeping score is a legitimate and valuable way of motivating people and inducing them to give their best. But just as sportsmanship in games reminds us that winning is not what's ultimately important, the values of the Torah remind us that to ultimately "win the game of life" by doing the most good with our G-d-given talents. "*Winning isn't everything; it's the only thing*" is a well-known quotation in sports. But thanks to Spanish runner Ivan Fernandez Anaya, the world saw that sometimes, just sometimes, winning isn't everything.

Parshas Mishpatim Exodus 21:1 -- 24:18

Following on the heels of the Ten Commandments, this week's Torah portion deals primarily with civil law. Like the realm of the ceremonial, our worldly and common activities must be infused with holiness and observed carefully. Included among the civil laws discussed in the portion are: penalties for causing bodily injury to another person and damaging his property; laws regarding borrowers; the mitzvah to show sensitivity to the poor and to offer them free loans; and laws relating to the honest dispensation of justice. After mentioning the mitzvos of Shabbos and Shemittah (the Sabbatical year), the portion continues with a brief discussion of the three pilgrimage festivals -- Passover, Shavuot and Sukkos. The Torah then returns to the revelation at Mt. Sinai. The Jewish people declare their commitment to do whatever G-d commands with the famous phrase "Everything G-d has said, we will do and we will listen." The portion concludes with Moses' ascending the mountain, where he will remain for forty days and forty nights to receive the rest of the Torah.

Rabbinic Ruminations

Most of us have traveled in a plane, admiring the beauty of the ground below from thousands of feet up in the air. But few of us will ever be able to experience what it's like to soar as high as the Ruppell's Griffon Vulture; the highest flying bird ever recorded. A Rüppell's vulture was confirmed to have been ingested by a jet engine of an airplane flying over the Ivory Coast in 1973 at an altitude of 37,000 feet. In 2010 a Ruppell's vulture escaped a bird of prey site in Scotland, prompting warnings to pilots in the area to watch carefully due to the danger of collision. The average commercial airline plane travels at about 30,000-40,000 ft. How do birds such as the Ruppell's vulture fly so high?

Birds have some natural advantages for getting oxygen at high altitudes, in particular an arrangement of air sacs that allows them to circulate inhaled air twice through the lungs with each breath -- much more efficient than the in-and-out system used by mammals. Since the Ruppell's vulture can fly so high, it has been found to have a specialized variant of a blood protein (hemoglobin alpha^D subunit), enabling the species to absorb oxygen with great efficiency, despite the low air pressure five to six miles above the ground. And it's a bit chilly at the heights where this high-flying bird soars: The air temperature at 37,000 feet is about -60 F. The Ruppell's vulture has an

average cruising speed of 22 mph and stays in the air from 6-7 hours every day in search of its next meal. Other fascinating features of the amazing Ruppell's Griffon Vulture: After the most attractive soft parts of a carcass have been consumed, they will continue with the hide, and even the bones, gorging themselves until they can barely fly. And they have backward-pointing spines on their tongue to help remove meat from bone.

In Exodus 19:4, G-d expresses His affectionate care for the Jewish people in the passage, "You yourselves have seen what I did to Egypt, and how I carried you on the wings of *nesharim*, and brought you to Myself." Although some translate *neshar* as 'eagle', the Talmud (Chulin 63a) identifies the *neshar* as the high-flying Griffon Vulture, once abundant in Israel and constantly seen there circling in the air.

Quote of the Week

All children are born geniuses. 999 out of every 1,000 are swiftly and inadvertently degeniused by adults. - **Buckminster Fuller**, (1895-1983) *Author, Inventor, Architect, Designer, Engineer*

Joke of the Week

In the middle of his sermon the Rabbi notices that one of his congregants stands up and walks out. Upset by this, the Rabbi calls him after Shabbos and asks him, "Yankel, why did you walk out in the middle of my sermon?:"

Yankel replies, "Rabbi, I went to get a haircut."

Rabbi: "Yankel, you couldn't get it before my sermon?"

Yankel: "Rabbi, I didn't need it then."

The Deadline to submit new information or make changes 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!!!

This Week At a Glance	Shabbos Feb. 14	Sunday Feb. 15	Monday Feb. 16	Tuesday Feb. 17	Wed. Feb. 18	Thurs. Feb. 19	Friday Feb. 20	Shabbos Feb. 21
Shachris	9:00 am	8:00 am	7:00 am	7:00 am	7:00 am	6:45 am	6:45 am	9:00 am
Mincha/Ma'ariv	5:00 pm	5:20 pm	5:20 pm				5:20 pm	5:10 pm
Ma'ariv Only				6:45 pm	6:45 pm	6:45 pm		
Events – see times in Event Planner Box	<i>Parshas Mishpatim, Shabbos Shekalim Lunch in honor of the 60th birthday of Dr. Jay Pepose!</i>		<i>Mah Jongg Game, 4-6 pm, benefits our Chesed Fund!</i>		<i>No Lunch & Learn February 18 & 25! Rabbi Smason's L&L will resume March 4!</i>	<i>Rosh Chodesh Adar</i>	<i>Rosh Chodesh Adar Erev Shabbos</i>	<i>Parshas Terumah</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

- Tefillah Class (9:30 am) led by Rabbi Yosef David in the Rivkin Chapel. (Class will resume next Shabbos, February 21st.)
- 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 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

- Women's Tefillah Class (2nd & 4th Mondays) 3:15 pm with Rabbi Smason at NHBZ. (Next class on Monday, March 9)
- Mah Jongg (Mondays, 4-6:00 pm) Proceeds will benefit The NHBZ Chesed Fund.
- Mussar Mondays (1st Monday of each month.) Next class, Monday, March 2nd, 7:00-7:45 pm.

WEDNESDAY

- Rabbi Smason's Lunch & Learn (12:15-1:00 pm) Studying Pirkei Avos. (No class Feb. 18 & 25; class will resume March 4.)

MONTHLY at NHBZ

- Irvin Alper Social Club (First Sunday) at 5:00 pm. March meeting will be on March 8th instead of the usual first Sunday.
- 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 (Usually the 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 will be Sunday, **March 1st**.)
- Sisterhood (Third Tuesday) No meeting in February. (Next meeting, March 17.)

NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn