

# NHBZ Shabbos Bulletin

Feb. 2, 2013

*Welcome to Nusach Hari B'nai Zion*

22 Shevat 5773

Affiliated with the Union of Orthodox Jewish Congregations of America

Torah Portion – Yisro:  
Haftorah:

Exodus 18:1 – 20:23  
Isaiah 6:1-13

Stone Chumash pages 394-415  
Stone Chumash pages 1154-1155

*This Shabbos Bulletin is being sponsored by Rachael Pevnick to say "Thank You, to each and every one of you, for your good wishes and kind words on my birthday!"*

## Erev Shabbos - Friday, February 1

- **Mincha & Maariv** (5:00 pm)
- **Candle Lighting** (5:04 pm)

## Shabbos - Saturday, February 2

- **Shachris & Musaf** (8:30 am) - Thank you for leading services:
  - Pesukei D'Zimra: **Howard Sandler**
  - Shacharis: **Dr. Ethan Schuman**
  - Leyning: **Max Gornish**
  - Haftorah: **Fabian Attoun**
  - Sermon: **No Sermon Today**
  - Musaf: **Dr. Ethan Schuman****- Leaner's Service at 10:00 a.m. this morning**
- **Thanks** ~ Synaplex Shabbat today! Thanks to **Gary & Trudy Sudin** for sponsoring a Cake and Kamish Bread in honor of the birthday of their cute mother, **Alice Sudin**. And thanks to **"POP-Star" Lou Osheroff** for sponsoring the soda in honor of the birthday of his wife, **Shirley Osheroff**. **HAPPY BIRTHDAY ALICE!!!**  
**HAPPY BIRTHDAY SHIRLEY!!!**
- **WELCOME TO OUR NEW MEMBERS!!!** Dr. Erol & Sally Amon and Family, Lary & Judy Baker, Helen Bolt, Jeremy & Lauren Brenner and their **New Baby Boy Max Aaron**, Alan, Marcie, Nathan and Eliana Brook, Byron Brownstein, Andy & Betty Epstein, Teree Farbstein, Denny & Amy Feit (new Lifetime Members), Aida, Lila and Levi Greenberg, Kerry & Sandy Klarfeld, Esther Levary, Jeff, Irena, Nava and Nathan Scheer, Morris Scheer, Phyllis Shanke, Dave, Keri, Levi and Noa Simon, and Reuven & Margo Tzadok.
- **Bon Appetit** ~ We have provided a sufficient number of small rolls on each table when a Shabbos luncheon takes place. The purpose of these rolls is twofold: 1.) To enable each person to make or hear *Ha'Motzei* (the blessing on the bread) over *Lechem Mishne* (two rolls or loaves of bread), and 2.) To enable each person to eat the minimum amount required when *Ha'Motzei* is made or heard; namely, one roll. **Please be seated while Rabbi Smason says Kiddush and makes HaMotzi.** Enjoy our luncheon today -- and *B'tayavon* (Bon Appetit)!
- **Mincha, Shalosh Seudos, Ma'ariv** (4:50 pm)
- **Shabbos Concludes** (6:09 pm)



**שבת שלום**

## Coming Events – (see Event Planner Box, on next page, for *all* events)

- **Family-Friendly Friday Night Shabbos Dinner, February 8** ~ Thanks to Julie Eisenberg, and her crew, who will once again prepare one of her delicious menus for our next Friday Night Shabbos Dinner. Adults: \$15.00; Kids 4-10: \$8.00; Kids 3 & Under FREE! RSVP, 314-991-2100, ext. 2.
- **Shabbos, February 9** ~ Kiddush sponsored by **Joni Kaiser** in honor of the birthdays of her husband, Bob, and her daughter, Rebecca. **Come and celebrate with Bob & Rebecca!!!**
- **Sunday, February 10** ~ Pizza Dine-In Night 5:00-7:00 p.m. – Two weeks early!!! (The last Sunday of the month is **PURIM**.)

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  
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Webpage: www.nhbz.org

## This Week

<b>At a Glance</b>	<b>Shabbos Feb. 2</b>	<b>Sun. Feb. 3</b>	<b>Mon. Feb. 4</b>	<b>Tues. Feb. 5</b>	<b>Wed. Feb. 6</b>	<b>Thur. Feb. 7</b>	<b>Fri. Feb. 8</b>	<b>Shabbos Feb. 9</b>
<b>Shachris</b>	8:30 am	8:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	9:00 am
<b>Mincha/Maariv</b>	4:50 pm	5:05 pm	5:05 pm	-	-	-	5:05 pm	4:55 pm
<b>Maariv Only</b>	-	-	-	6:45 pm	6:45 pm	6:45 pm	-	-
<b>Events – see times in Event Planner Box below</b>	Synaplex Shabbat!!! Lunch in honor of New Members Feb. B-Days & Anniv!	<b>BUY</b>	<b>CASH</b>	<b>CARDS!</b>	Rabbi Smason's Lunch 'n' Learn	Shechita Class	RSVP for Friday Night Shabbos Dinner	Shabbos Shekalim; Kiddush to celebrate the birthdays of Bob and Rebecca Kaiser!

***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
- **RAP with the RABBI Teen Group** (10:15 am) with Rabbi Smason @ Starbucks Olive & Price
- **Mystical Moments** with **Rabbi Max Weiman** (between Mincha & Maariv.)
- **Tanya** (8:00 pm) with Rabbi Shaya Mintz of the St. Louis Kollel

#### WEDNESDAY

- **Rabbi Smason's Lunch & Learn** (12:15 pm – 1:00 pm) now studying Pirkei Avos

#### THURSDAY

- **Schechita** (5:30 pm – 6:30 pm) with Rabbi Chaim Loike of the OU Kashruth Division

#### 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 Pizza Night** (Wednesday mid-month; will resume ASAP!)
- **Sisterhood** (Third Tuesday)
- **Women's Guide to Time** (As scheduled) with Rebbitzin Chani Smason

#### NHBZ Signature Events

- **Synaplex Shabbos**
- **Shabbos Lunch & Learn**
- **I-Chat**

## Coming Events

- **Sunday, February 17** ~ I-Chat, 4:00-5:00 p.m., in NHBZ's Lower Level
- **Sunday, February 24** ~ **PURIM and PURIM SEUDAH!!!! Complete with Whiskey Slush!!!!**
- **Shabbos, March 2** ~ Kiddush in honor of Larry & Rayna Chervitz.
- **Sunday, March 10** ~ NHBZ Sisterhood & the Irvin Alper Social Club invite everyone to their **Antiques Road Show & Dinner** at 6:00 p.m. Bring an item and have it appraised by Art Ressel, who has appeared often on Channel 9, and worked out of Ivey-Selkirk Auctioneers. All you can eat dinner follows (Pasta, Salad,

Garlic Bread, Drink and Dessert) **Admission** \$10.00 per person. RSVP: Rachael Pevnick (314-395-6017) or Ruth Alper (314-569-2877). All profits will benefit the "Passport to Israel" program.

## Meetings

- **Religious Committee** (Tuesday, February 5 at 7:00 p.m.)
- **Board of Directors** (Tuesday, February 12, 2013) Minyan at 6:45 p.m.; Meeting at 7:00 p.m.
- **Sisterhood Gold Dollar Bingo** (Tuesday, March 12, at noon.) Delicious Lunch & Prizes

## Reminders

- **Buy and Use Cash Cards** – call the office ASAP to order your cards and **earn free money** for NHBZ!
- **Schnucks E-Scrip Card** - Use your Schnucks Card *now*, and 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 a Shul tribute, call Gloria Waxman at 314-872-3296
  - For a Sisterhood tribute, call Phyllis Silverman at 314-434-2482
  - For Libby Needle Fund, call Sally Needle at 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 synagogue for an Aliyah or other synagogue honors received.
- **Mi Shebarach List** ~ Prayers will be said for a Refuah Shelayma for your loved ones and friends. Please call the office **by 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; either in Hebrew or English--if Hebrew names are unavailable. 314-991-2100, ext. 2. Your contributions are greatly appreciated.
- **Memorial Plaques** ~ All memorial plaques from our former location have been lovingly mounted in our new building. You can honor and remember your loved ones with a plaque: Cast Iron Plaques with names in raised lettering, \$275.00; Molay is recited on each yahrtzeit. Brass Plaques \$150.00; inscribed with name. Molay is recited on each yahrtzeit.
- **Shalosh Seudos, The 3<sup>rd</sup> Meal of Shabbos** ~ To sponsor Shalosh Seudos on Shabbos, which takes place between Mincha and Maariv, please call the office to make arrangements. We are very grateful to those of you who sponsor the Third Meal as you observe the yahrtzeit of your dear family members.

## Simchas, News and Features

- **MAZEL TOV ON SIMCHAS** February 2-8 - **Happy Birthday to Sheryl Levine, Sivya Smason, Rabbi Ze'ev Smason and Alice Sudin. Happy Anniversary to Fabian & Francine Attoun.** 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.
- **SUPER BOWL(ing) PARTY – Raising Money for Epstein Hebrew Academy!!!** February 3<sup>rd</sup> at 4:45 p.m. at Olivette Bowling Lanes. Bowling, Fun & Dinner: 2 Types of Pasta, Large Salad Bar with Toppings Galore, Home-Made Bread and Rolls, Ice Cream Bar, Lots of Snacks, Drinks available for Purchase. **Costs for Walk-ins: Adults: \$18.00; Kids: \$13.00.** All food will be prepared at Young Israel. Got Questions? Call 314-503-2792. Co-Chaired by Bonnie Goldmeir, Lizzy Kline **AND, our own, Anna Rose Tendler!!!**
- **KASHRUS ALERT:** Nature's Earthly Choice Easy Quinoa with the following seasonings (1) Mushroom & Vegetable Medley (2) Roasted Garlic & Olive Oil (3) Sundried Tomato Florentine bear an unauthorized OU mark. These products are not yet certified by the Orthodox Union but are kosher and contain a small amount of dairy components. Corrective measures are being implemented.

***Welcome to Beyond Twelve Gates***

Aaron removed his jacket and unpacked his worn siddur (prayer book). Then, he carefully placed his tefillin on his left arm and forehead, binding them with black leather straps. Now, it was time to pray. This scenario takes place thousands of times daily in synagogues and Jewish schools throughout the world. However, what happened next during the service was anything but typical. A man walked over, politely interrupting Aaron's meditation, asked how he was, and then, rather proudly, said: "We're going to get tickets for one of your games. My kids, they are very excited."

Aaron Liberman, 6 feet 10 inches, is believed to be the third Orthodox Jew to play Division I basketball. Aaron, a freshman center at Northwestern University who is already being referred to as the "Jewish Dwight Howard" on basketball sites, spent one year studying in Israel and led the United States to a gold medal at the Maccabi Pan American Games in Brazil. Northwestern has made arrangements so that Aaron never has to fly on the Sabbath. He takes separate flights if necessary. The university is also designing special 'game' yarmulkes for him, being made by a company called Klipped Kippahs. Aaron said, "There's been a lot of luck every step of the way in my life. I definitely take pride in people in the Jewish community seeing me as a role model, but I try not to make too big of a scene.

One need not be a basketball star to follow the Torah and serve as a role model. When our children and others observe that we humbly pursue a committed Jewish lifestyle, acting with honesty and integrity, there's no doubt we will make a positive impression. Such role models are especially needed today. If you 'walk the walk' in being a good Jew, being a good role model like Aaron Liberman will be a slam dunk.

***Parshas Yisro Exodus 18:1 -- 20:23***

The weekly portion begins with Moses' father-in-law, Yisro, arriving at the Jewish people's camp in the desert, where he is greeted warmly by a large entourage. Yisro was inspired to join them when he heard about all of the wonders and miracles which G-d performed for the Jewish people during the exodus from Egypt. Upon witnessing Moses serving as the people's sole judge from dawn until dusk, Yisro declares that this system will never work. He therefore suggests that subordinate judges be appointed to adjudicate the smaller cases. Moses agrees to this plan.

The Jewish people arrive at Mt. Sinai (the mountain, not the hospital) and prepare to receive the Torah. Moses ascends the mountain and G-d tells him to convey to the people that they will be to Him a treasure from among the nations. After three days of preparation, the appointed moment of revelation finally arrives. Amid thunder, lightning and the sound of the shofar, G-d descends upon the mountain and proclaims -- with the entire Jewish people listening -- the Ten Commandments. Referred to in Hebrew as the Aseres HaDibros, a more accurate translation would be the Ten Sayings or the Ten Statements. One noteworthy feature of the revelation is that both before and since Sinai, no nation has ever made the claim that G-d spoke to an entire nation of millions of individuals. Moses then ascends the mountain to receive the remainder of the Torah from G-d, both the written and oral segments. The portion concludes with several mitzvos concerning the construction of the altar in the Temple.

***Rabbinical Ruminations***

"No pain, no gain" is a well-known exercise motto that promises benefits for the price of hard and even painful work. A recent study at the University of Turin claims that verbally suggesting the benefits of painful exercise will cause the body to release more pain-killing substances than would otherwise occur, and in turn, increase pain tolerance.

Researchers induced pain in a group of volunteers by reducing blood flow to the subjects' arms. The subjects were asked to tolerate the subsequent pain for as long as possible. Some of the subjects were told, honestly, that inducing pain to one's arm isn't a good thing. The rest were told, deceitfully, that the pain would lead to beneficial muscular changes. The researchers found that the second group, who thought the pain was good for them, endured the pain significantly longer than the first group. Why? Since the subjects believed that the pain was for a good purpose, their bodies released more of the chemicals that help with tolerating pain. This finding goes beyond "mind over matter"; it shows the body can produce documentable physiological changes based on what one believes about a given potentially painful task.

"No pain, no gain" is also a spiritual concept. It is written in Ethics of the Fathers (5:27): "According to the pain is the gain." If there is no pain and effort in doing what G-d commands, there is no spiritual gain. The harder life seems to be and the more difficult the challenges, the greater the ultimate reward. A source of strength to carry us through the difficult days and years of our lives is knowing that the harder and more difficult our challenges appear, the more reward G-d has in store for us if we persevere. The number of stairs in life we have climbed determines the true worth of our individual efforts and accomplishments.

### Quote of the Week

One man cannot do right in one department of life whilst he is occupied in doing wrong in any other department. Life is one indivisible whole. -- *Gandhi*

### Joke of the Week

The rabbi was enthused about a favorite Torah topic, and began his weekly Shabbat sermon with gusto. He engaged the congregation and they seemed to love his talk. However, he continued to expound at length upon deep insights and practical tips. Suddenly, the rabbi realized he had been talking for two hours! He paused to apologize to the weary and restless congregation, and explained that he had left his watch at home. A voice came from the audience, "Rabbi, don't worry. On the wall next to you is a calendar!"

### News and Features - continued

- **TOMCHEI SHABBOS COMMUNITY FOOD DRIVE!!** Bags will be distributed Feb. 8 and picked up Feb. 15. All shuls and schools are included! To help with distribution and/or pick-up, call Merle Hartstein at 725-1192 or Jackie Oppenheimer at 997-6924.
- **ACHASHVEROSH'S PALACE** Join us for an exciting casino night with prizes, delicious food, and a silent auction on Sunday night, February 17, 6:00 PM at Clayton High School (1 Mark Twain Circle). Proceeds to benefit Block Yeshiva Athletics; Honorary Chairman Don Makovsky. \$50 per person; advance reservations required. Pay by credit card at [blockyeshiva.org](http://blockyeshiva.org), or call the Block Girls School at 872-8701, or e-mail [byhsathletics@gmail.com](mailto:byhsathletics@gmail.com) for more info.
- **10% Discount Goes to NHBZ!!!** This year the St. Louis Kollel Bookstore will be offering a special promotion through Purim. Anyone who buys 12 bottles or more of wine or grape juice from the Kollel Bookstore will have **10% of their total purchase** donated to the shul of their choice. That means NHBZ! Any questions? Call Linda Markowitz 314 726-6047 or email [office@stlkollel.com](mailto:office@stlkollel.com)
- **Shabbos Shekalim** Shabbos Shekalim (Shabbos of Shekels) recalls the census taken in the wilderness, described in Exodus 30:11-16, which is the maftir portion next week. The people are to donate a half-shekel (a silver coin) as a tax to provide for the maintenance of the Tent of Meeting and its service, and the coins are counted instead of the people. There are many lessons to be learned from this brief passage. The fact that both rich and poor contribute the same amount reminds us that both rich and poor are equally valued in the eyes of the Divine. The fact that we count coins instead of people reminds us that people are not to be thought of as mere numbers on a ledger. The fact that the census contributions are used to maintain the Tent of Meeting reminds us of the importance of contributing to the upkeep of the synagogue. Next week on Shabbos Shekalim, February 9, we will read Parshas Shekalim and the haftorah portion from II Kings 11:17: - 12:17, which also refers to the census money and the use of it for Temple maintenance.
- **GET READY FOR PURIM** Two ways to fulfill the mitzvah of Matanos L'Evyonim ~ Giving Charity to the Poor.
  - 1.)** In recent years, NHBZ has collected money to give to ***Od Yosef Chai***, an organization that distributes money to the needy in Israel and in our own St. Louis community. Please make your checks payable to ***Od Yosef Chai*** and bring or send them to our office. To donate by credit card, call 314-991-2100, ext 2. Please be generous so we can exceed last year's total of \$1,391.00 – Help put us over the top!!!
  - 2.)** Buy special “pasta groggers” for \$4.00 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; proceeds will benefit the NHBZ Chesed Fund and the Rabbi's Charity Fund. A VERY BIG THANK YOU to Paul Mendelson for, once again, making the generous donation of the “pasta groggers.”
- **WE DID IT!! YOU DID IT!!** NHBZ pledged **\$5,000**, in private donations, to Epstein Hebrew Academy's Strategic Planning Process as they look to the future to strengthen their school and its vital position in our community. We had contributions of **\$4,900 – JUST \$100 SHORT OF OUR GOAL!!!** A good friend stepped up and helped us cross the finish line. **Special Thanks to EVERYONE** who has donated to this worthy EHA Appeal.



An open invitation to **Nusach Hari B'nai Zion's**



**Shabbat**

Saturday Morning

**February 2**

**Regular services** begin at **8:30 a.m.**

**Learner's Services** at **10:15 a.m.** in the Chapel (led by Rabbi Smason)

**Break-out sessions immediately thereafter, starting at 11:00**

Following these great sessions, at approximately noon, we will all re-gather for

**Kiddush & Lunch**

- *Five Rules for Life:  
Make Space for Things that Matter*  
(Led by Rabbi Ze'ev Smason)
- Classic Insights Into Purim  
(Led by Rabbi Yaakov Berkowitz of the St. Louis Kollel)
- *The Growing Missouri-Israel Business Relationship* in Tech and BioTech  
(Led by Donn Rubin, President and CEO, BioSTL)
- Youth Programming: For kids 4 and over (led by *Abi Epstein*)
- Tot Shabbat (led by *Whitney Gartenberg*)

**All events are free and open to the public. Home hospitality for the weekend is available.**

**650 North Price Road, Olivette** ♦ ♦ ♦ (314) 991-2100 ♦ ♦ ♦ [www.nhbz.org](http://www.nhbz.org)