



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

January 10, 2015
19 Teves 5775

Torah Portion:
Haftorah:

Parshas Shemos: Exodus 1:1 – 6:1
Isaiah 27:6 – 28:13, 29:22-23

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

Thank You to Sam & Shirley Bluestein for sponsoring this Shabbos Bulletin "In honor of our Wedding Anniversary, and to say 'thank you' to everyone for your prayers and kindness to our daughter Michelle."

Erev Shabbos, Friday Night, January 9, 2015

- **Mincha & Maariv** (4:35 pm)
- **Candle Lighting** (4:39 pm)

Shabbos, January 10, 2015

- **Shachris & Musaf** (9:00 am) ~ *Thank You For Leading Davening*
 - Pesukei D'Zimra: **Ed Lyss**
 - Shacharis: **Menachem Szus**
 - Leyning: **Adam Ariel**
 - Haftorah: **Dr. Naftali Kadosh**
 - *Drasha* (Sermon): **Rabbi Ze'ev Smason**
 - Musaf: **Alan Haber**
- **Tefillah/Prayer Learners' Service** ~ 9:30 am, led by **Rabbi Yosef David** in the Rivkin Chapel.
- **Learners' Service** ~ 10:15 am, led by **Rabbi Ze'ev Smason** in the Rivkin Chapel.
- **Kiddush** ~ (After Musaf)
- **Mincha, Shalosh Seudos, Ma'ariv** ~ (4:25 pm)
- **Shabbos Concludes** ~ (5:43 p.m.)

Meetings

- **Board of Directors Meeting** ~ This Tuesday, Jan. 13; Ma'ariv at 6:45 pm, Meeting, 7:00 pm.
- **Executive Committee Meeting** ~ Tuesday, January 27. Ma'ariv at 6:45 pm, Meeting, 7:00 pm.

“What's Up” at NHBZ?



NHBZ Coming Events

- **Rabbi Smason Out of Town ~ Rabbi Smason** will be in Los Angeles for a conference and a family visit from January 20th through the 26th. **Rabbi Chaim Eisen** will be our guest speaker on Shabbos, January 24th, and will speak on the topic, “*The Nature of Nature and Miracles.*” Rabbi Eisen is a graduate of the Yeshivat Hakotel in Jerusalem, and studied science and general philosophy at Columbia University of New York. Along with his traditional background in religious studies, he holds a degree in biophysics from Columbia, having graduated summa cum laude with membership on the Dean's List and in the Phi Beta Kappa Honor Society. He has been teaching, editing, and publishing Judaica professionally for over thirty years.
- **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!!!**
- **Thanks to everyone who prepared our Family and KidZone Shabbos Dinner!!!**
Thanks to **Mindy Woolf**, KidZone Chef, and **Julie Eisenberg**, Head Chef for the Adults Menu, and to all their helpers ~ **Danielle Bialecki**, **Carly Black**, **Lauren Brenner**, **Danielle Eisenberg**, **Joni Kaiser**, **Cindy Looney**, **Cheryl Mantinband**, **Alana Minoff**, **Mimi Sokol**, **Shayna Scribner**, and **Peggy Umansky**. Thank You to sponsors **Bob & Sandie Abrams**, **Dr. Erol & Sally Amon**, **Dr. Eldad &**

Danielle Bialecki, Jeremy & Lauren Brenner, Teree Farbstein, Stanley & Rhonnie Goldfader, Aida Greenberg, Alan & Janet Haber, Bob & Joni Kaiser, Dr. Eliot & Sally Katz, Dr. Mordecai & Beverly Magencey, Dr. Daniel & Marcela Morgensztern, Mark Ragin & Gail Rose, Dr. David & Fran Reisler, Dr. Jonathan & Naomi Shanker, Gary & Trudy Sudin, Jay & Peggy Umansky, and Richard & Mindy Woolf who helped to keep the dinner prices down!!!

- **Synaplex and Lunch ~ NEXT Shabbos**, January 17. Three Synaplex breakout sessions will begin at 11:00 a.m. **Rabbi Ze'ev Smason** will speak on the topic, "What You Can Do in Memory of a Departed Loved One;" **Dr. Joseph Schraibman**, professor of Spanish at Washington University, will speak on the topic: "Jewish Latinos: Their Heritage & Culture;" Dr. Schraibman's fields of interest include 19th and 20th century Spanish Literature, the Three Religions in Spain, Literature, and the Inquisition in Spain, Latin-America, Portugal and Brazil;" and **Rabbi Joey Rosenfeld, LMSW**, will speak on the topic, "Exodus: The Psychology of Slavery." And for the kids: **Youth Programming** for kids 4 and over; and **Tot Shabbat!!!** Lunch in honor of January Birthdays and Wedding Anniversaries following Synaplex sessions.
- **Lion's Den Pizza Night ~ All-You-Can-Eat Pizza Buffet ~ Sunday, January 25, 5:00-7:00 p.m. 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 is 4:30-4:45 p.m. before the start of our buffet.)
- **Young Parents' Mussar Mondays ~** The NHBZ Children's and Young Families' Committee's **Mussar Mondays** will be held on the first Monday of each month led by our own **Rabbi Ze'ev Smason**. Next get-together will be Monday, February 2, 7:00 to 7:45 p.m. We will get together to study from *Pirkei Avot*, Ethics of our Fathers, and apply some valuable lessons to our everyday lives. This monthly event is open to both members and non-members! Please come and invite your friends. Light refreshments will be served. Location TBA. See the attached flyer for details!

SIMCHAS

MAZEL TOV ON SIMCHAS January 10-16. **Happy Birthday To Abigail Sarah Bialecki,**

Lauren Brenner, Batya Elbaz, Dr. Mordecai Magencey, Ellie Pinto, Andrew Sher ! Happy

Anniversary to ~ Sam & Shirley Bluestein. Show your friends you care ~ send a tribute. Shul: Gloria Waxman 314-872-3296; Sisterhood: Phyllis Silverman 314-434-2482; Libby Needle Fund: Sally Needle 314-991-2575; For Chesed Fund: Drop by the office for a Package of Cards.

amazon smile AND Nusach Hari B'nai Zion!

From Menachem Szus, Fund Raising Chairman:

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

1. Go to your Amazon Account
2. Scroll down to Settings
3. Click on Change Your Charity
4. In the "Or pick your own charitable organization" box, type in Nusach Hari-Bnai Zion and click Search
5. On the next screen simply click on the Select button next to "Nusach Hari-Bnai Zion Congregation" listing.

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

WISH LIST!

We have very frequent power outages at the shul . . . so everything goes down from our server to the elevator!!! We require Battery Backup devices to keep the operations and server running and prevent data loss. We are badly in need of several UPS's - Uninterruptible Power Supplies for our server and some other devices. Our computer systems, including the server, enable us to efficiently manage our shul by producing the Shabbos

bulletin, our accounting, a variety of printed material, the yahrzeit reminders, and more. If you would like to contribute . . . HERE IS OUR WISH LIST: **WE STILL DON'T HAVE AS MANY AS NEEDED!**

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

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

NHBZ CLASS SERIES ~ MEMBERS & ALL FRIENDS ARE WELCOME!

- **Women's Tefilla Class** ~ Led by **Rabbi Ze'ev Smason**. The class meets on the 2nd and 4th **Monday afternoons** each month at 3:15 p.m. at NHBZ. Next class – This coming Monday, January 12.

NEWS & FEATURES

- **Kashrus Alert ~ Celli Spicy Cherry Tomato Sauce** bears an unauthorized OU symbol. The Orthodox Union does not certify any Celli tomato based products. Corrective measures are being implemented. **Proud America 18 Pack Microwave Butter Light Popcorn** is certified by the Orthodox Union as an OU D - Dairy product. This product contains dairy ingredients as indicated in the ingredient and allergen statements. Some packaging was printed with a plain OU without the D- Dairy designation. Corrective measures have been implemented. **L'oven Fresh Caramel Nut Danish** is certified by the Orthodox Union as an OU D - Dairy product. This product contains dairy as indicated on the ingredients and allergens statements. Some packaging was printed with a plain OU, without the D - Dairy designation. Corrective measures have been implemented.
- **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.
- **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.
- **Fitness in 2015!** Spielberg Fitness is starting small group training classes that focus on strengthening the core, improving balance, and injury prevention for adults. A percentage of fees will be donated to NHBZ. For more information call Nosson Spielberg, Certified Personal Trainer, 917-586-0170 or email at spielbergfitness@gmail.com.
- **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 for the cholim in our community. They meet at the home of Jan Adelman, 8032 Amherst, Sundays at 9:15 am. If you cannot participate in person, call 314-863-5438. There is a new Tehillim hotline phone number for names and updates: (314) 441-6460. If you have any questions, please call **Julie Eisenberg** at 314-494-8437. Thanks to all for your continued support and prayers. Klal Yisroel needs you very badly right now.
- **Tomchei Shabbos 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 Hoer Community Services, then Tomchai Shabbos.
- **Include Yachad in Your February** ~ Yachad, The National Jewish Council for Disabilities. February is **NAIM** (North American Inclusion Month) and as a part of this, Yachad is planning a Shabbat B'Yachad for Parshas Yisro on Shabbos, February 7th. Yachad, The National Jewish Council for Disabilities (NJCD) is a thriving non-profit organization dedicated to addressing the needs of all Jewish individuals with disabilities and ensuring their inclusion in every aspect of Jewish life. Inclusion aims to ensure all persons with diverse abilities are able to take their rightful place in the Jewish community. We educate and advocate within the

Jewish community for a pro-disability attitude. **Because Everyone Belongs!** They would like all the OU Synagogues across the United States and Canada to partner with Yachad in Shabbat B'Yachad! Here's how . . . you can send donations directly to Yachad/National Jewish Council for Disabilities, 11 Broadway, 13th Floor, NY, NY 10004.

- **Ohr Pesia ~ Women's Torah Learning Program** ~ New 3 and 6 week classes, which are only one hour long. To register and for details go to ohrpesia.bililite.com OR email to ohrpesia@gmail.com.
- **Young Israel Blood Drive** ~ TOMORROW - Sunday, January 11, 2015, 10:00 a.m. to 4:00 p.m. Walk-in donors are welcome, however pre-made appointments take priority. Harvey Kornblum Jewish Food Pantry Drive – Non-perishable items needed: please bring peanut butter, canned tuna – beans - fruits and vegetables!
- **Lunch: a documentary** ~ The Saul Brodsky Jewish Community Library's "Monday Night at the Movies" will debut with a screening of *Lunch: a documentary* on Monday, January 12, 2015, at 7:00 pm. For the past 40 years, a group of Hollywood comedy writers and directors, including Sid Caesar, Monty Hall, Carl Reiner and others, were the fabled guys that made America funny. "Lunch" goes beyond a single meal, and into the lives and successes of each comedy legend. The film will be shown at the Jewish Federation Kopolow Building, 12 Millstone Campus Drive. Movie snacks and drinks will be served. Admission is \$5.00 per person; free to Friends of the Library. Reservations are required. For more information or to make a reservation, call 314-442-3720 or email Brodsky-library@jfedstl.org
- **SH'MA ~ LISTEN!** Speaker Series – Israel Edition, This Monday, January 12, 7:00 p.m. at the JCC Staenberg Family Complex. Dynamic conversation with Gil Tamary, Israel's Channel 10 Washington Bureau Chief/Reporter. Gil Tamary will speak about his experience in Washington, D.C. as well as the current situation in Israel and his reflections on being a news reporter for Israeli television.
- **Save the Date** ~ The St. Louis Jewish Book Festival of the JCRC will honor Dr. Martin Luther King's legacy of peaceful change this Wednesday, January 14, at the Jewish Community Center Staenberg Building. With an eye on current events, NBC legal analyst and trial lawyer Lisa Bloom will discuss ways to bring about positive change in our community. At the conclusion of an audience Q&A session, Bloom will sign her most recent book, "*Suspicion Nation: The Inside Story of the Trayvon Martin Injustice and Why We Continue to Repeat It.*"
- **Internship for College Students** ~ Jewish Federation Internship Program (College Students): The program pairs Jewish students with St. Louis businesses or non-profit organizations based on the students' interests, provides a mentor in the community, has a leadership development series, and comes with a \$4,000 stipend. The link to the website is <http://www.jfedstl.org/the-internship-experience/> The deadline to apply is this Thursday, January 15th, 2015.
- **Sharsheret Supports** ~ *Sharsheret*, Hebrew for "chain," is a national, not-for-profit organization supporting young women and their families, of all Jewish backgrounds, facing breast or ovarian cancers. *Educational & Support Group* ~ This friendship group will meet once a month with an educational and support component each time. Women who are newly diagnosed, undergoing treatment or who are post-treatment for breast or ovarian cancer are encouraged to attend. Meets on the 3rd Wednesday of each month, at no charge, beginning January 21, 7:00-8:30 p.m.
- **Myseum! My Jewish Museum!!!** The **St Louis Jewish Community Inclusion Initiative** is sponsoring this event, along with many other Jewish organizations, on Sunday, Feb 8th, 4:00-6:00 pm, at *Myseum, 283 Lamp and Lantern Village in Town & Country*. An afternoon of interactive fun for families with pre-school and up to 5th graders (siblings welcome). The event is open to the entire Jewish community. The **St. Louis Inclusion Initiative** happily announces that they will have a respite room and a quiet room available for children with special needs, along with a staff person in the room. Please see the attached flyer for details and registration form. Contact: Rinat Kisin, 314-442-3801; CAJE, 314-442-3760; or go to www.CAJESTL.ORG.

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 Kiddush, 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.

President's Message from Lenny Alper

Do you have some ideas to improve the shul? Would you like to see them carried out? Well, you can. Here is how join a committee!

As we start a new calendar year, it is a good time to consider joining a synagogue committee. Most of what gets accomplished at the shul is through the work of a committee, and you don't need to be a Board member to join a committee. In fact, we don't have nearly enough Board members to populate all the committees and do all the work that needs to get done. This is a good time to join a committee because many of them are starting their plans for 2015, and you can get involved from the beginning.

Here is a brief list of committee opportunities - Anniversary Dinner, Building, Chesed, Children and Family, Fund Raising, Israel, Landscaping, Logistics, Membership, Outreach, Pizza Night, Publicity, Rabbi Ride-Around, Religious, Rental, Safety and Security. Every one of you has skills that can help NHBZ. If you haven't served on a committee, give it a try. It's very satisfying,....and fun, too.

Volunteering is not just good for the shul; it is good for you. Here are some of the benefits of volunteering: you can learn or develop new skills, teach your skills to others, build self-esteem and self-confidence, make new friends, and improve your health.

If you would like to join one of these committees, or propose a new committee or idea, please let me know.

*Beyond Twelve Gates by Rabbi Ze'ev Smason
Parshas Shemos January 10, 2014*

Welcome to Beyond Twelve Gates

On an Airplane, What Seat Do You Normally Choose?

When it comes to flying, not all seats are created equal. Have you ever wondered why some people feel the need to get a window seat while others are perfectly happy squeezing themselves between two complete strangers? What seat do you normally choose? According to a study done by psychologist and University of Washington professor Jonathan Bricker, Ph.D., the airplane seat you choose may say something about you.

Do you normally choose an aisle seat? If so, you may....value freedom, be an introvert, be all business, like to be in the power position, and tend toward claustrophobic.

Do you normally choose a window seat? If so, you may....value privacy, be a nester, be a dreamer, and be open to new experiences.

Do you prefer the middle seat? If so, you may....be an extrovert, be considerate -- or maybe you're just disorganized and didn't reserve a seat earlier!

Do you prefer flying Business Class or First Class? If so, you may.... value your time, like to be in control, be a little pretentious, be rich....or maybe you fly a lot and get upgrades.

While the airplane seat you choose may say something about you, how you treat others *certainly* says something about you. King David declared that there are three wonderful gifts that G-d gave the Jewish nation -- one of which is *gomlei chassadim*, the propensity to bestow kindness. Chesed is an identifying characteristic of the Jewish people.

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.

Rabbinic Ruminations

Oh, the joys of parenting! Sort of. New research has found that first and second children provide parents a boost in happiness both before and after they are born but the third child does not. Researchers ([Myrskylä & Margolis, 2014](#)) found that parents — mothers in particular — experienced a huge surge in happiness during the pregnancy period for their first child, and after that child was born. With their second child, a similar — though less intense — phenomenon occurred: Parents were about *half* as happy as they were during and after their first

pregnancy, but they were still happier than usual. The happiness boost from the first child was equivalent in size, on average, to getting divorced or losing your job — except obviously it made people happy rather than sad.

When it comes to the third child, it isn't so much that parents are unhappy — they simply don't get the big happiness boosts they experienced with their first two children. "The arrival of a third child is not associated with an increase in the parents' happiness, but this is not to suggest they are any less loved than their older siblings," researcher Mikko Myrskylä noted. "Instead, this may reflect that the experience of parenthood is less novel and exciting by the time the third child is born or that a larger family puts extra pressure on the parents' resources." Also, he added, "the likelihood of a pregnancy being unplanned may increase with the number of children a woman already has — and this brings its own stresses." Parents who are highly educated or have their first children between the ages of 35 and 49 show the strongest gains in happiness around the birth of their children. For these parents, happiness gained when they became parents was sustained over the long-term.

Judaism teaches that G-d delights in every soul that comes to this world. By bearing and raising children, parents emulate the ways of G-d. Parents are comparable to G-d, Who created and sustains the world and Who brings life into the world. In this way, parents become partners with G-d, as the Talmud says: "*There are three partners in man, the Holy One, blessed be He, his father and his mother.*" Having children is a mitzvah, and a privilege.

Quote of the Week

One resolution I have made, and try always to keep, is this: To rise above the little things. - *John Burroughs*

Joke of the Week

A man walks into "Goldberg's All-You-Can Eat" restaurant.
He orders. When brought his meal, he sees it's an extremely skimpy portion.
He complains. Goldberg then comes over.
He tells Goldberg, pointing to his plate: "I thought this is an all you can eat restaurant."
To which Goldberg replies: "Yes...that's all you can eat!" (Thanks to Ben Rothke)

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

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

This Week At a Glance	Shabbos Jan. 10	Sunday Jan. 11	Monday Jan. 12	Tuesday Jan. 13	Wed. Jan. 14	Thurs. Jan. 15	Friday Jan. 16	Shabbos Jan. 17
Shachris	9:00 am	8:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	9:00 am
Mincha/Ma'ariv	4:25 pm	4:45 pm	4:45 pm				4:45 pm	4:35 pm
Ma'ariv Only				6:45 pm	6:45 pm	6:45 pm		
Events – see times in Event Planner Box	<i>Parshas Shemos</i> <i>Good Shabbos to Everyone!</i>	BUY CASH CARDS	<i>Women's Tefilla Class w/ Rabbi Smason, 3:15 pm, NHBZ Lower Level!</i> <i>Mah Jongg Game, 4-6 pm, benefits our Chesed Fund!</i>	<i>Board of Directors Meeting 7:00 pm.</i>	<i>Rabbi Smason's Lunch & Learn, 12:15 pm.</i>		<i>Erev Shabbos</i>	<i>Parshas Vaera</i> <i>Synaplex Shabbat & Lunch in honor of January Birthdays & Wedding Anniversaries!</i>

NHBZ Event Planner (Check “Coming Events” for time, date or location changes.)
 Call the office at 314-991-2100, ext. 2, to confirm the date and time of any event.

WEEKLY at NHBZ

SHABBOS

- Tefilla Class (9:30 am) led by Rabbi Yosef David in the Rivkin Chapel.
- Child Care (10:00 am – Noon) for kids 3 & under in the Children's Room
- Learners Service (10:15 am) led by Rabbi Ze'ev Smason in the Rivkin Chapel
- Shabbos Tanach (Bible) (30 minutes before Mincha)

SUNDAY

- Mishna Learning (after Shachris) with Rabbi Chanan Swidler, of Aish HaTorah
- “Mystical Moments” with Rabbi Max Weiman (between Mincha & Maariv.)
- Tanya (8:00 pm) with Rabbi Shaya Mintz of the St. Louis Kollel

MONDAY

- Women's Tefila Class (2nd & 4th Mondays) 3:15 pm with Rabbi Smason at NHBZ. (Next class This Monday, January 12)
- Mah Jongg (Mondays, 4-6:00 pm) Proceeds will benefit The NHBZ Chesed Fund.
- Mussar Mondays (1st Monday of each month.) Next Class, Monday, February 2nd, 7:00-7:45 pm.

WEDNESDAY

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

MONTHLY at NHBZ

- Irvin Alper Social Club (First Sunday) at 5:00 pm.
- Women's Home Study Group (First Tuesday, 2:30 pm) with Rabbi Shaya Mintz, of the St. Louis Kollel, at the home of Jackie Berkin.
- Morris Lenga Yiddish Club (First Thursday, 7:00 pm) at NHBZ.
- Dine-In Pizza Night (Last Sunday 5:00 – 7:00 pm) Place Carry-Out Pizza orders by 10:00 am, 314-991-2100, ext 2. Pick up time 4:30 pm. Next pizza night, Sunday, January 25th.
- Sisterhood (Third Tuesday)

NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn