

NHBZ Shabbos Bulletin

January 18, 2014

Welcome to Nusach Hari B'nai Zion

17 Shevat 5774

Affiliated with the Union of Orthodox Jewish Congregations of America

Torah Portion:
Haftarah:

Parshas Yisro: Exodus 18:1 – 20:23
Isaiah 6:1 – 7:6

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

Thanks to Dr. Craig & Jackie Berkin for sponsoring this Shabbos Bulletin in honor of their son Rabbi Herschel Berkin's release of his second Sefer, "Ramchal on the Parsha – Shemos."

Erev Shabbos – Friday Night, January 17, 2014

- **Mincha & Maariv** (4:45 pm)
- **Candle Lighting** (4:48 pm)

Shabbos, January 18

- **Shachris & Musaf** (9:00 am) ~ *Thank You For Leading Davening*
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Menachem Szus**
 - Leyning: **Rabbi Yaakov Gertzulin**
 - Haftarah: **Fabian Attoun**
 - *Drasha* (Sermon): **Rabbi Ze'ev Smason**
 - Musaf: **Menachem Szus**
- **Kiddush** ~ (After Musaf)
- **Mincha, Shalosh Seudos, Ma'ariv** (4:35 pm) Thanks to **Aaron Goldberg** for sponsoring Shalosh Seudos in memory of his beloved father **Paul Goldberg**, ב"ר.
- **Shabbos Concludes** (5:52 pm)



Meetings

- **Executive Committee** ~ Tuesday, January 28, 2014, 7:00 p.m.
- **The Irvin Alper Social Club** ~ Sunday, February 2, 5:00 p.m.
- **Board of Directors** ~ Tuesday, February 11, 7:00 p.m.
- **Sisterhood** ~ Tuesday, February 18, 12:00 noon.

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

<i>This Week At a Glance</i>	Shabbos Jan. 18	Sunday Jan. 19	Monday Jan. 20	Tuesday Jan. 21	Wed. Jan. 22	Thurs. Jan. 23	Friday Jan. 24	Shabbos Jan. 25
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	4:35 pm	4:50 pm	4:50 pm	-	-	-	4:50 pm	4:40 pm
Ma'ariv Only				6:45 pm	6:45 pm	6:45 pm		
Events – see times in Event Planner Box	<i>Good Shabbos to Everyone!</i>	NEW CLASS: <i>"Introduction to the History of the Jews"</i> 10:00 am		BUY CASH CARDS	<i>Lunch & Learn w/ Rabbi Smason, 12:15 pm;</i> NEW CLASS: <i>Chassidic Insights</i> 7:00 pm	NEW CLASS: <i>"Understanding the Siddur"</i> 7:00 pm	<i>Erev Shabbos</i>	<i>Pizza Buffet Sunday, Jan. 26, 5:00 – 7:00 pm;</i> <i>Place your Carry Out Orders by Sunday at 10:00 am!</i>

NHBZ Event Planner (Check 'Coming Events' for time, date or location changes.)

Call the office at 314-991-2100, ext. 2, to confirm the date and time of any event.

Weekly at NHBZ

SHABBOS

- Child Care (10:00 am – Noon) kids 3 & under in the Children's Room
- Youth Programming (10:15 am – 11:00 am) children 4-8, in the Youth Lounge.
- Learners Service (10:15 am) led by Rabbi Ze'ev Smason in the Chapel
- Shabbos Tanach (Bible) Study Group (30 minutes before Mincha)

SUNDAY

- Mishna Learning (after Shachris) with Rabbi Chanan Swidler of Aish
- "Introduction to the History of the Jews" with Menachem Szus (10:00 am)
- 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.
- "Chassidic Insights into the Weekly Parsha" (7:00 pm) Rabbi (Chaplain, Major) Avraham Cohen "

THURSDAY

- "Understanding the Siddur" with Rabbi Max Weiman (7:00 p.m.)

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

NHBZ COMING EVENTS

- **RAP with the RABBI Teen Group!** 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!
- **Lion's Den Pizza Night** ~ Our "Last-Sunday-of-the-Month" All-You-Can-Eat Pizza Buffet ~ Sunday, January 26, 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.) **Come and try our New Jalapeno Pizza!!!**
- **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 27, 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.
- **Irvin Alper Social Club** ~ Sunday, February 2nd.
- **Lunch & Learn** ~ Our Lunch & Learn in honor of January **AND** February Birthdays and Wedding Anniversaries will be held on Shabbos, February 8.
- **Kiddush** ~ will be sponsored on Shabbos, February 15, by the **Smason Family** to celebrate the birthdays of **Rabbi Ze'ev Smason** (Feb. 4), **Sivya Smason** (Feb. 5), and **Rebbitzen Chani Smason** (Feb. 9).

- **Sisterhood Luncheon** ~ Tuesday, February 18.
- **COMING SOON: "Jerusalem" The Movie** ~ Join our NHBZ Israel Committee at the IMAX Theatre to view the movie "Jerusalem" on Sun., Feb. 23. After the movie, we'll head back to the Shul to enjoy the Pizza Buffet along with a discussion of the movie, led by our own, Menachem Szus. More details to come!
- **Kiddush** ~ on Shabbos, March 1, will be sponsored by **Dr. Eliot & Sally Katz** and **Mark Ragin & Gail Rose** to celebrate the 90th birthday of their wonderful mother **Rose Ragin**.
- **Antiques Roadshow** ~ **Sunday, March 2 ~ 6:00 p.m.** Nusach Hari B'nai Zion Sisterhood and The Irvin Alper Social Club invite everyone to bring a treasure from your home and join us for an Interesting ~ Funny ~ Surprising evening! Values will be determined by Art Ressel, of the renowned Ivey-Selkirk Appraisers and appearances on Channel 9. Admission: Adults: \$10, Kids 4-10: \$5, Kids 3 & under: Free. Admission includes dinner. All profits will benefit the *Passport to Israel Program*. Come and support our NHBZ kids!!! Reservations REQUIRED! R.S.V.P. ~ Ruth Alper, 314-569-2877 or Rachael Pevnick, 314-395-0617.

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. 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. To register for the class (no charge), please contact Julie Eisenberg at: juliecooks@icloud.com or 314 494-8437 so sufficient material can be prepared.

SIMCHAS

- **MAZEL TOV ON SIMCHAS** January 18-24. **Happy Birthday to Lenny Alper, Phyllis Loiterstein, Rachael Pevnick, Leslie Sabol and Steven Weiner! Anniversaries ~ None This Week!** 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.
- **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

- **“Navigating Jewish Life in Israel Today: The Struggle for the Soul of Israel Tomorrow”** ~ A Community Lecture given by Rabbi Dr. Seth Farber, an Orthodox Rabbi and Historian in Israel – Wednesday, January 22nd, 8:00-9:00 p.m. at Young Israel, 8101 Delmar.
- **Tomchei Shabbos!!** 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, 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 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 Yisro January 18, 2014*

Welcome to Beyond Twelve Gates

It all started with a cheek swab. Cameron Lyle, a sophomore track and field student-athlete at the University of New Hampshire, was encouraged by a few friends to get his cheek swabbed for a National Marrow Donor program. The request took just five minutes and was forgotten by day's end. Fast forward to his senior season: Cameron was poised to take home the gold medal in the shot put at the conference championships to be held in May of 2013. Then he got a phone call. After practice, in the locker room, he was told there was a high possibility he could be a bone marrow match for a complete stranger. After additional testing, Lyle was confirmed as a definite match. There was no time to waste. The surgery was scheduled immediately for April 25. There was one catch: if Cameron chose to be a donor, his collegiate career would end without the championship for which he had worked so hard for so many years.

Even with that elusive gold medal in reach, Cameron never had any second thoughts about donating — especially when he learned about the man who would be receiving his marrow donation. Cameron's 28-year-old match was a blood cancer patient with a fiancé and a nineteen-month-old son. This information solidified his decision to donate. "I would have done it anyway," said Cameron. "But knowing he is just starting his life, he has so much ahead of him, makes it worth it. It hits home because he is only a few years older than I am."

Cameron's selfless choice led to incessant interview requests and awards -- including the 2013 NCAA's Award of Valor. The award recognizes a courageous act or noteworthy bravery associated with intercollegiate athletics. "I don't get it," said Cameron. "I view this whole thing as something anyone would do. It's not as huge as people are making it out to be. I guess it's just the type of person I am. After all the awards I've been getting, I keep asking, 'wouldn't anyone do the same thing?'"

The Talmud teaches that "Whoever destroys a soul, it is considered as if he destroyed an entire world. And whoever saves a life, it is considered as if he saved an entire world." Appreciation of the value and sanctity of human life can motivate us to reach out and help others in need -- like Cameron Lyle did in saving a man's life.

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.

Rabbinic Ruminations

Do you know someone who is a nervous Nellie? A nervous Nellie is a person whose personality and usual behavior are characterized by worry, insecurity, and anxiety. Severe anxiety has a number of curious side-effects. As people get more anxious, they are more likely to label neutral smells as bad smells. So, anxiety literally makes the world stink. Professor Wen Li, co-author of a study examining the link between anxiety and smell, wrote, "In typical odor processing, it is usually just the olfactory system that gets activated. But when a person becomes anxious, the emotional system becomes part of the olfactory processing stream."

Additionally, people who experience more severe levels of anxiety also often have problems with their balance. They sometimes feel dizzy for no apparent reason and sway more than others while standing normally. This often starts in childhood and, because anxiety can be difficult to treat in children, psychologists have started trying to treat the balance problems. Studies have shown that treating the balance problem can help with the anxiety.

Most people experience anxiety on occasion, particularly in advance of certain activities such as public speaking. A study on anxiety-inducing activities discovered a fascinating counter-intuitive finding: Consciously trying to calm down isn't the best strategy in the face of something stressful. Instead, people who were instructed to say to themselves, "I am excited" before a stressful ordeal performed better.

Drugs may be prescribed for anxiety, but these are less effective in the long-term and have side-effects. Various methods of relaxation training are a more natural approach that may be helpful. A classic form of Jewish relaxation training is to develop faith and trust in G-d. Trusting in G-d is a constant choice; at any given moment, as difficulties swirl around us, we can say 'Gam zu l'tova -- This too, is for the best.' It was once said: 'Are you wrinkled with burden? Come to G-d for a faith lift.' In the words of Isaiah, "Fear not, for I am with you; be not dismayed, for I am your G-d; I will strengthen you, I will help you, I will uphold you with the righteousness of My right hand." (40:10)

Quote of the Week

Procrastination seductively destroys our dreams more than any other controllable force -- **Rory Vaden**

Joke of the Week

98 year-old Reb Yankel was dying. The rabbis gathered around his bed trying to make his last journey comfortable. They gave him some warm milk to drink, but Reb Yankel refused. Then one of the rabbis took the glass back to the kitchen. Remembering a bottle of whiskey he received as a gift the previous Chanukah, that rabbi opened and poured a generous amount into the warm milk. Back at bedside, Reb Yankel held the glass to his lips. He drank a little, then a little more and before they knew it, Reb Yankel had drunk the whole glass down to the last drop.

"Reb Yankel," the rabbis asked with earnest, "please give us some wisdom before you die."

Reb Yankel raised himself up in bed and with a pious look on his face said, "Don't sell that cow."

Thanks to Dr. Craig & Jackie Berkin for generously donating a beautiful, new Natilas Yadayim (hand-washing cup) for our washing station in the lobby.

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.