

NHBZ Shabbos Bulletin

Jan. 19, 2013

Welcome to Nusach Hari B'nai Zion 8 Shevat 5773
 Affiliated with the Union of Orthodox Jewish Congregations of America

Torah Portion – Bo:
 Haftorah:

Exodus 10:1 – 13:16
 Jeremiah 46:13-28

Stone Chumash pages 340-365
 Stone Chumash page 1151

Erev Shabbos - Friday, January 18

- Mincha & Maariv (4:45 pm)
- Candle Lighting (4:49 pm)

Shabbos - Saturday, January 19

- **Shachris & Musaf** (9:00 am) - Thank you for leading services:
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Menachem Szus**
 - Leyning: **Aryeh Needle**
 - Haftorah: **Sid Silverman**
 - Sermon: **Rabbi Ze'ev Smason**
 - Musaf: **David Rubin**
- **Kiddush ~ In Honor of Bari Seiter ~** sponsored with love by her grandparents, **Sid & Phyllis Silverman**, in honor of Bari becoming a Bas Mitzvah! **Mazel Tov Bari!!!**
- **Welcome!!!** Welcome to Bari's family from Florida ~ **Fredde & Julie Silverman, Dylan, Morgan and Ely.**
- **Mincha, Shalosh Seudos, Ma'ariv** (4:35 pm) Shalosh Seudos will be sponsored by Sid & Phyllis Silverman in memory of beloved parents and sister, Ely & Dora Silverman, ר"צ, and Lillian Mendelson, ר"צ.
- **Shabbos Concludes** (5:53 pm)



שבת שלום

This Week

| <i>At a Glance</i> | Shabbos Jan. 19 | Sun. Jan. 20 | Mon. Jan. 21 | Tues. Jan. 22 | Wed. Jan. 23 | Thur. Jan. 24 | Fri. Jan. 25 | Shabbos Jan. 26 |
|--|---|-----------------|-----------------|------------------|--------------------------------|------------------|-----------------|---|
| 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/Maariv | 4:3 5 pm | 4:50 pm | 4:50 pm | - | - | - | 4:50 pm | 4:40 pm |
| Maariv Only | - | - | - | 6:45 pm | 6:45 pm | 6:45 pm | - | - |
| <i>Events – see times in Event Planner Box below</i> | Kiddush sponsored by Sid & Phyllis Silverman in honor of Bari Seiter! | BUY | CASH | CARDS! | Rabbi Smason's Lunch 'n' Learn | Shechita Class | Erev Shabbos; | Kiddush & Lunch in honor of Abe Dobin, sponsored by his Family! |

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

- **Shabbos Morning, January 26** ~ Thanks to Abe Dobin's family for sponsoring Kiddush and Lunch in honor of Abe's 90th Birthday! Abe's children, grandchildren and great grandchildren: Aaron & Kimberly Dobin, grandchildren - Jessica, Joshua and Kayla Jenna, and great granddaughter, Hayden Dobin; Brian & Cindi Dobin, grandchildren - Alix Dobin, Matt & Julie Keller and Brad Keller, and great grandchildren – Aiden, Landon and **3-day-old** Paige Keller; Tobie Dobin; Sandy & Brandon Schwartzburt and granddaughter, Samantha; Sharon & Mark Weinmann, and grandchildren Cara and Adam. Thanks to Abe's good friend, Mary Kapelus, for sponsoring the cake in honor of Abe!
HAPPY 90th BIRTHDAY ABE!!!

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

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

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

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| <p><u>Weekly at NHBZ</u></p> <p align="center"><u>SHABBOS</u></p> <ul style="list-style-type: none"> - 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) <p align="center"><u>SUNDAY</u></p> <ul style="list-style-type: none"> - 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 <p align="center"><u>WEDNESDAY</u></p> <ul style="list-style-type: none"> - Rabbi Smason's Lunch & Learn (12:15 pm – 1:00 pm) now studying Pirkei Avos | <p align="center"><u>THURSDAY</u></p> <ul style="list-style-type: none"> - Schechita (5:30 pm – 6:30 pm) with Rabbi Chaim Loike of the OU Kashruth Division <p><u>Monthly at NHBZ</u></p> <ul style="list-style-type: none"> - 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 <p><u>NHBZ Signature Events</u></p> <ul style="list-style-type: none"> - Synaplex Shabbos - Shabbos Lunch & Learn - I-Chat |
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Coming Events – continued

- **Saturday Evening, January 26** ~ Please join the Israel Committee for its **2nd Annual, Family-Friendly Tu B'Shevat Seder**, as we celebrate the New Year for Trees! Fun stuff for kids 6:30-7:30 p.m. Tu B'Shevat Cartoon, Arts & Crafts – making a Tu B'Shevat Seder Plate, and Snacks; Family-Oriented Tu B'Shevat Seder 7:00-8:00 p.m. Babysitting available until 8:00 p.m. The event is free to all and open to the public. RSVP: (314) 991-2100, ext. 5.
- **Sunday, January 27 ~ Dine-In and Carry Out!!** **Dine-In** Pizza Buffet Night with Professional Pizza Chef, John Nall. **Carry Out** – Order an un-cooked carry out pizza to bake at home, 314-991-2100, ext. 2; pre-paid orders only; pick up 3:00-3:30 p.m. Orders **must be placed** by **Tuesday, January 22nd**.
- **Shabbos, February 2** ~ Synaplex Shabbat with Lunch honoring New NHBZ Members!
- **Friday Night, February 8** ~ Family-Friendly Friday Night Shabbos Dinner!
- **Sunday, February 10** ~ Pizza Dine-In Night 5:00-7:00 p.m. – Two weeks early!!! (The last Sunday of the month is **PURIM**.)
- **Sunday, February 17** ~ I-Chat, 4:00-5:00 p.m., in the Lower Level
- **Sunday, February 24** ~ **PURIM and PURIM SEUDAH!!!!**
- **Sunday, March 10** ~ Sisterhood & Social Club invite everyone to their Antiques Road Show & Dinner

Meetings

- **Executive Committee** (Tuesday, January 29) Minyan at 6:45 p.m.; Meeting at 7:00 p.m.
- **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

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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 the 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 3rd 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** January 17-25 - **Happy Birthday to Lenny Alper, Abram Dobin, Evelyn Marbain, Rachael Pevnick, Les Sabol and Steve Weiner. Happy Anniversary to Harold & Fran Hoffman.** Show your friends you care by sending a tribute. For Shul: Gloria Waxman 314-872-3296; Sisterhood: Phyllis Silverman 314-434-2482; For Libby Needle Fund: Sally Needle 314-991-2575; For Chesed Fund: Drop by the office for a Card Pack.
- **WE'RE INCHES AWAY!!** 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 have had contributions of **\$4,900** – **JUST \$100 SHORT OF OUR GOAL!!!** Please help us cross the finish line!!! Special Thanks to everyone who has donated to this worthy EHA Appeal.
- **"CAN YOU MAKE YOUR CHILD HAPPY?"** Find out!! Tues., Jan. 22, 10:30am with Dr. Milton A. Rubin, at Temple Israel, #1 Rabbi Alvan D. Rubin Drive at the corner of Ladue & Spoede. Dr. Rubin is a pediatric psychologist with Behavioral Psychological Services. Refreshments will be served and complimentary childcare will be provided. No RSVP necessary. More info: Leslie Wolf, 314-432-8076 or lwolf@ti-stl.org.
- **SUPER BOWL(ing) PARTY – Raising Money for Epstein Hebrew Academy!!!** February 3rd 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. Adults: \$15.00; Kids under 10: \$10.00. Walk-ins: Adults: \$18.00; Kids: \$13.00. RSVPs a must by January 30th. 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!!!**

Welcome to Beyond Twelve Gates

The Beatles sang, "Baby, You're a Rich Man." Who's rich, anyway?

Congress and President Barack Obama struggled with that question as they recently wrangled over how to avoid the "fiscal cliff". But from an economic perspective it isn't as easy as you might think to determine who is rich. Overall, the top 1% of U.S. households have a net worth above \$6.8 million or at least \$521,000 in income. The cutoffs for the top 5% are \$1.9 million in net worth, or \$209,000 in income. However, these national figures obscure large geographic differences. A prince of income in Danville, Va., for example, is a relative pauper in New York City. In Danville, the threshold for the top 1% of earners kicked in at \$179,000, while it took \$588,000 to reach the top 1% in New York City and northern New Jersey, according to an analysis by The Wall Street Journal. But consider this: There are other measures of wealth besides dollars and cents.

H.L. Mencken once quipped that wealth in America means making a little more money than your brother-in-law. Samuel Johnson wrote: "Every man is rich or poor according to the proportion between his desires and his enjoyments." Jim Carrey said "I think everybody should get rich and famous and do everything they ever dreamed of so they can see it's not the answer." So what, then, is the answer?

The Torah teaches us to count our blessings. Ben-Zoma's famous teaching states: "Who is wealthy? He who is happy with his portion," (Avos 4:1) From an economic vantage point, it's not easy to determine who is rich. But Judaism reminds us that obtaining the title of 'wealthy' requires aligning our wishes and wants with the blessings we already have.

Parshas Bo Exodus 10:1 -- 13:16

This week's portion begins with the eighth plague that G-d brings upon the Egyptians as the land is covered by locusts, destroying all the remaining crops. After the plague is removed at Pharaoh's behest, he once again refuses to set free the Jewish people, and the ninth plague of darkness encompasses the land. When that plague ends, Pharaoh becomes even more defiant about not freeing the slaves, at which point Moses warns Pharaoh about the upcoming tenth plague, the death of the firstborn. The Torah then interrupts the narrative with the first mitzvah given to the Jewish people as a nation -- the sanctification of Rosh Chodesh (the new month), beginning with the month of Nisan. G-d teaches Moses about the *Korban Pesach* (Passover offering) and the remainder of the laws of the Passover holiday, which Moses then transmits to the Jewish people.

At midnight of the appointed night the plague strikes, with every non-Jewish first-born dying, including Pharaoh's own son. Pharaoh awakes, running through the streets (presumably while still in his pajamas) to tell Moses that he now consents to send the Jewish people from his country. The children of Israel travel forth in a hurry with the great wealth they have just been given by the Egyptians. The Torah portion concludes with various mitzvos relating to the Exodus.

Rabbinic Ruminations

When mom said, "Sit up straight!" and "Don't eat so fast!" she knew what she was talking about. But until now, those things were easier said than done. A new class of devices that attach to the back, arms, legs -- and fork -- promise to help people keep their form and manners by emitting a vibration at the moment they slip up. Known as wearable "tactile feedback" or "Big Mother" devices, various gadgets have emerged as a result of improved hardware. The LUMOback is worn against the lower back and vibrates when the back isn't kept straight. The LUMOback device, which went on sale in November for \$149, comes with a waistband and rests against a person's lower back, vibrating only when the back isn't kept straight while sitting. For Annie Valdes, the LUMOback has succeeded where her real-life mother couldn't. After wearing the device for several months, the 37-year-old from Mountain View, Calif., said her back pain subsided as she figured out how to sit properly at her work desk, meaning the device "only buzzes me a few times an hour." "I always had other people and my mom telling me to sit up straight," she said, "but I've never been able to do it."

And then there's the "HAPIfork," a table fork that vibrates when it senses that the holder is eating too fast. The hope is that the eater will slow down, giving the digestive system enough time to recognize that it is "full"—and thus not consuming as much food. Andrew Carton, an executive of Hapilabs Ltd., which plans to start selling the \$99 HAPIfork, said that "if we are able to change [how fast people eat] in a simple way, this empowers people to modify their behavior, which creates a domino effect." Other vibrating devices in earlier stages of development are aimed at helping aspiring athletes. Such feedback devices, when worn, can record information and vibrate to help guide a person's swim stroke, tennis serve, golf swing or any other motion. Feedback matters. The best way for people we care about to get better at what they do is to provide encouraging feedback in a supportive and sensitive way. When you need to give feedback to others, make a 'Praise & Encouragement Sandwich'. Start off with praise and encouragement. Point out with positive wording what needs to be corrected. Then end off with praise and encouragement. For example, "I appreciate the fantastic work you do. However, please be more careful when you do so and so. Your presence and efforts are a great help to us here." A 'Praise & Encouragement Sandwich' is beneficial for employers, spouses, parents, friends and teachers. When done in a positive and constructive manner, we fulfill the command of 'Love your friend as yourself' (Lev. 19:18).

Quote of the Week

He who stands highest in a crowd is the easiest target for a stone -- *Abraham Lincoln*

Joke of the Week

On the sixth day G-d turned to the angel Gabriel..."On this day, I shall create a magic land. It shall be called 'Israel'.

It will stand as holy. Its magnificence will be known the world over.

I will choose to send to this land special people of goodness, intelligence and conviction, so the land will prosper. I shall call these inhabitants 'Jews'".

"Pardon me, Lord", asked Gabriel, "but aren't you being a little too generous to these Jews?"

"Not really. Wait until you see the neighbors I'm giving them." (Thanks to Dr. Susan Feigenbaum)

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.
- **KASHRUS ALERT** Feridies Honey Cheddar 6 o' Clock Crunch: A limited quantity of this snack mix were packed in containers with an unauthorized OU symbol. This Honey Cheddar product is not certified by the Orthodox Union and corrective measures were implemented.
- **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, or call the Block Girls School at 872-8701, or e-mail byhsathletics@gmail.com for more info.

Come Celebrate Tu B'Shevat with Us!



(New Year of the Trees)

טו ב'שבת

Please join the Israel Committee of Nusach Hari B'nai Zion for its 2nd Annual Tu B'Shevat Seder! All are welcome as we celebrate the New Year of the Trees and enjoy the Shivat Haminim, the Seven Species described in the Torah as being abundant in the land of Israel.

When: Motzei Shabbat, Saturday, January 26

- Children's Program (6 and under): **6:30 p.m. – 7:30 p.m.** (Downstairs)
 - Tu B'Shevat Cartoon
 - Arts & Crafts
 - Snacks for the kids, including the Shivat Haminim
 - *** **Babysitting available until 8:00 p.m.** ***
- Family Oriented Tu B'Shevat Seder: **7:00 p.m. – 8:00 p.m.** (Upstairs)

Free Event and Open to the Public; All are Invited



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