



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

January 31, 2015
11 Shevat 5775

Torah Portion:
Haftorah:

Parshas Beshalach: Exodus 13:17 – 17:16
Judges 4:4 – 5:31

Stone Chumash pages 366-393
Stone Chumash pages 1152-1154

Thank You to Irwin & Rosalind Rosen for sponsoring this Shabbos Bulletin In Memory of Goldie Orlovick, Rosalind's beloved mother. From Irwin and Roz, "Thank you to everyone! Your generosity, support, and all of the many other kindnesses you provided, have meant more than words can possibly express. You were all wonderful; we value the friendship and love you have so graciously extended to us during this difficult time. We send our deepest thanks to each and every one of you."

Irwin and Rosalind Rosen

Thanks to Sarah Klein for sponsoring this Shabbos Bulletin in honor of Morton & Rita Klein, her son and daughter-in-law, visiting in St. Louis! WELCOME TO Nusach Hari B'nai Zion MORTON & RITA!!!

Erev Shabbos, Friday Night, January 30, 2015

- **Mincha & Maariv** (5:00 pm)
- **Candle Lighting** (5:02 pm)

Shabbos, January 31, 2015

- **Shachris & Musaf** (9:00 am) ~ *Thank You For Leading Davening*
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Menachem Szus**
 - Leyning: **Rabbi Tzvi Perlman**
 - Haftorah: **Moshe Pinto**
 - Drasha (Sermon): **None Today**
 - Musaf: **David Rubin**
- **No Tefillah/Prayer Learners' Service Today** ~ Rabbi David's Learners' Service will return on February 21.
- **Learners' Service** ~ 10:15 am, led by **Rabbi Ze'ev Smason** in the Rivkin Chapel.
- **Kiddush & Lunch** ~ (Following Musaf) **Our Special Guest Speaker Morton Klein**, President of the Zionist Organization of America, and son of our own **Sarah Klein**, will speak during LUNCH today about current events in Israel. **Rabbi Smason** will make *Tu B'Shevat* come alive when he speaks about celebrating the New Year of the Trees and the *Shivat Haminim* (the Seven Species) described in the Torah as being abundant in the land of Israel . . . Wheat, Barley, Grapes, Figs, Pomegranates, Olives and Dates! The 7 species have been incorporated into the lunch menu today!!! **Thanks for sponsoring the luncheon today to ~ Bob & Sandie Abrams, Don & Julie Eisenberg, Irwin & Roz Rosen, Richard & Mindy Woolf, and the Israel Committee.**
- **Bon Appetit** ~ We place a plate of rolls on each table at every Shabbos Luncheon (~ 1.) To enable each person to make or hear *Ha'Motzi* (the blessing on bread) over *Lechem Mishne* (two rolls or loaves of bread), and 2.) To enable each person to eat the minimum amount required when *Ha'Motzi* is made or heard; namely, one roll. **Please be seated while Rabbi Smason says Kiddush and makes HaMotzi.**
- **Mincha, Shalosh Seudos, Ma'ariv** ~ (4:50 pm) Thanks to **Aaron Goldberg** for sponsoring Shalosh Seudos today, in memory of his beloved father **Paul Goldberg**, ב"ר.
- **Shabbos Concludes** ~ (6:06 p.m.)
- **Dedication of Memorial Plaques** ~ **Rabbi Ze'ev Smason** will dedicate the Memorial Plaques for **Alex and Diana (Dena) Perez**, Alei hem L'Shalom, long time members of Nusach Hari B'nai Zion, tomorrow - Sunday, February 1st, at 10 a.m. in the lower level Feigenbaum-Pepose Learning Center.

Wish List!

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

Meetings

- **Board of Directors Meeting** ~ Tuesday, February 10. Ma'ariv at 6:45 pm, Meeting, 7:00 pm.
- **Executive Committee Meeting** ~ Tuesday, February 24. Ma'ariv at 6:45 pm, Meeting, 7:00 pm.



“What’s Up” at NHBZ?

NHBZ Coming Events

- **Rabbi Smason in Israel ~ Rabbi Smason** will visit his family in Israel from Monday, February 16 through Wednesday, February 25. **Rabbi Yosef David**, of Aish HaTorah, will “take over” for **Rabbi Smason** on Shabbos, February 21st, and will conduct the Learners’ Service and deliver the *drasha* (sermon).
- **Tu B’Shevat** ~ Wednesday, February 4th.
- **Need a Pushka Pick-Up?** Did you fill your NHBZ Pushka but have no way to bring it to the office during the week? We’ll do a Pushka Pick-Up at your home! Just call Sandie, 314-991-2100, ext. 2, and we’ll do a Pushka-Swap . . . we’ll bring you a new, empty Pushka and trade for the one you have filled!!!
- **Calling All Mah-Jongg Mavens! Or Would You Like to Learn?** Help our Chesed Fund by having fun playing Mah Jongg every Monday, 4:00-6:00 p.m., at NHBZ!! Please join us in the Teen Lounge (lower level). Only \$3.00 cover! Proceeds will benefit The Nusach Hari B’nai Zion Chesed Fund. Questions? Call Debbie Barash, 314-993-4954. **See you on Monday!!!**
- **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 at the home of **Richard & Mindy Woolf**, and is 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.
- **Installation Shabbos and February Lunch ‘n’ Learn ~ Next Shabbos, Feb. 7 ~ Rabbi Ze’ev Smason’s** topic To Be Announced.
- **Luncheon & Guest Speaker ~ Shabbos February 14** ~ Thanks to **Dr. Susan Feigenbaum** for sponsoring lunch in honor of her husband **Dr. Jay Pepose** in celebration of his 60th Birthday! We will have a special presentation from Guest Speaker **Daniel Mael**, who will speak on the topic, “*TRUTH’ PATROL: The Perils of Being Pro-Israel on Campus!*” Daniel will discuss his experiences as a pro-Israel, free-speech activist on campus today. He is a student and campus journalist at Brandeis University, the alma mater of Dr. Jay Pepose and Dr. Susan Feigenbaum. His outspoken, passionate rhetoric has led to appearances as a pro-Israel voice on numerous news outlets, including Fox News and BBC.
- **Lion’s Den Pizza Night ~ All-You-Can-Eat Pizza Buffet ~ Sunday, March 1st, 5:00-7:00 p.m.** (Because of conflicting community events on the last two Sundays in February, we have rescheduled our February date. The “February” pizza night will be on March 1st; the March pizza night will be on the regular last Sunday of the month, March 29th.) **Are you new to NHBZ, looking to meet more members...sign up to help on our Pizza Night Buffet Line! It’s a great way for everyone to say “Hi.”** Bring your family and friends to enjoy a delicious dinner of pizza, salad, pasta and garlic bread!!! Reservations are not needed . . . just show up, eat to your heart’s content, have fun schmoozing, and have a great time! Plus an extra bonus ~ we have a movie for the kids every month!!!! (Please place carry-out orders by 10:00 a.m. on Sunday morning, 314-991-2100, ext. 2. Pick up time for carry out pizzas: 4:30-4:45 pm before the start of our buffet.)

SIMCHAS

MAZEL TOV ON SIMCHAS January 31 to February 6. **Happy Birthday to Andy Berg, Oren Kadosh, Kerry Klarfeld, Joe Levy, Jeff Schnitzer, Sivya Smason, Rabbi Ze’ev Smason, Gloria Sussman, and Dr. Milton Tofle!** *Happy Anniversary to ~ Fabian & Francine Attoun and Jason &*

Nicole Loiterstein! Show your friends you care ~ send a tribute. Shul: Gloria Waxman 314-872-3296; Sisterhood: Phyllis Silverman 314-434-2482; Libby Needle Fund: Sally Needle 314-991-2575; For Chesed Fund: Drop by the office for a Pack of Cards.

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

amazon smile AND Nusach Hari B'nai Zion!

From Menachem Szus, Fund Raising Chairman:

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

Here's how:

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

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

NHBZ CLASS SERIES ~ MEMBERS & ALL FRIENDS ARE WELCOME!

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

NEWS & FEATURES

- **Are You CPR Certified?** If you are **currently CPR certified** with an **Up-To-Date Certificate**, please call our office to register your name: 314-991-2100, ext. 2.
- **A Call for Help from the Jewish Food Pantry** ~ The Jewish Food Pantry is in desperate need of volunteers. The amount of food they are receiving is growing, but the number of people to organize all of the donations is NOT keeping up! To help or for questions, call **Julie Eisenberg** at 314-494-8437.
- **Women's Tehillim Group** ~ A group of women in the community, including several members from Nusach Hari B'nai Zion, gather each Sunday morning to say the entire book of Tehillim, in the *zchus* (merit) of a *refuah shelayma* (a full and speedy recovery) for the *cholim* (the ill people) in our community. The group meets on Sundays, 9:15 a.m., at the home of Jan Adelman, 8032 Amherst Ave, (314) 863-5438. If you cannot participate in person, please call 314-727-2811. The Tehillim hotline phone number for names and updates: (314) 441-6460. If you have any questions, please call **Julie Eisenberg** at 314-494-8437. Thanks to all for your continued support and prayers. Klal Yisroel needs you very badly.
- **Tomchei Shabbos On-Going FOOD DRIVE!!** Tomchei Shabbos means "Supporters of the Sabbath." **The "Barbara Mendelson Tomchai Shabbos Fund"** was established, by the Vaad Hoer of St. Louis, to help support Jews suffering severe economic distress, by providing the families in our community with their Shabbos and Yom Tov meals in a discreet and dignified manner. A special kosher food pantry is stocked to provide them with food essentials, chicken and meat. **Pick up a bag** at our NHBZ office; help make the Food Drive a Big Success!!! For questions or home pick-up, please call Sally Needle, 314-991-2575. Tomchai Shabbos is maintained through contributions of food and money. To make a donation go to www.ovkosher.org – click on HOME tab, then Vaad 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 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.
- **"Monday Movie Night Series" ~** The Saul Brodsky Jewish Community Library's "Monday Movie Night Series" will continue with a screening of *David: One Boy, Two Faiths*, on Monday, February 9, 2015 at 7:00 pm. In this award-winning film, 11-year-old Daud, the son of the Imam of a Brooklyn mosque, is inadvertently mistaken for a Jew as he befriends a group of orthodox Jewish boys. An unlikely friendship develops between two boys, both of conservative religious backgrounds, who find commonality in each other. The film will be shown at the Jewish Federation Kopolow Building, 12 Millstone Campus Drive. 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
- **Professionals of the Jewish Community ~ JPro Luncheon ~** Celebrating an exciting milestone - 10 years of championing the professionals of the St. Louis Jewish community! Honorees will be: Career Achievement Award: *Tova Greenblatt* (Esther Miller Bais Yaakov), Dedication Award: *Peggy Landsbaum* (JCC), Educator Award: *Chanie Winter* (H.F. Epstein Hebrew Academy) and *Marty Schaeffer* (Kol Rinah), Emerging Leader Award: *Lee'at Bachar* (Jewish Federation of St. Louis) and *Amanda Radman* (Congregation Temple Israel), Kindness (Chesed) Award: *Jill Grossman* (JCC), Mentor Award: *H. Lee Rosenberg* (United Hebrew Congregation), Pillar Award: *Patty Bloom* (Saul Mirowitz Jewish Community School), Visionary Award: *Rabbi Michael Rovinsky* (JSU). **Marci Eisen** is the **JPro Director, 314-442-3810** or meisen@jfedstl.org. Presenting the JPro monthly series on Innovation: The Power of Bold Conversations on February 10, Power of the Message in March, Power of the Presentation in April, and Gefilte Fish Tank in May, based on the show, Shark Tank; full details will be available at the luncheon. Sponsors of \$36 and above will be highlighted in the luncheon program. Reservations for the luncheon and individual donations can be made at www.millstonestl.org/jpro15.
- **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. For more information contact: Rinat Kisin, 314-442-3801; CAJE, 314-442-3760; or go to www.CAJESTL.ORG.
- **Sh'ma! Listen ~** February 16, 7:00 pm, at the Kopolow Building. "*How It Broke, How to Fix It: The Crisis of Israel Democracy and What To Do About It.*" Gershom Gorenberg, senior correspondent for The American Prospect and a columnist for Haaretz, will describe the development of Israel democracy and policies that might undermine it, and will discuss what can be done to preserve and renew the Israeli republic. For more information or to RSVP, contact Joan Wolchansky, JWolchansky@CAJESTL.org or 314-442-3760.
- **No-Cost Trip to Israel ~** Accepting Applications for a No-Cost Trip to Israel at RubinIsrael.org through March 19. Join 27 to 45 year old St. Louisans who have never been to Israel. Ten spots are available for potential community leaders who want to see Israel in a fun and meaningful way. The trip will be held October 11 through. Jewish Federation will hold two information sessions - Tuesday, February 17 and Tuesday, March 10 at 7 pm at Jewish Federation Kopolow Building, 12 Millstone Campus Drive. The 10-day trip brings together a diverse group of young adults for a life-changing journey, packing in activities that help them experience Israeli culture, food, nightlife, innovation, nature and history. For additional information about the trip or application process, contact Mindee Fredman at MFredman@JFedSTL.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 a Kiddush or Luncheon, Soda, Shalosh Seudos, this Bulletin, or Something Unique in honor of a special occasion, or in honor or memory of a loved one, please call 314-991-2100, ext. 2, to make arrangements.
- **Tributes** - Show your friends you care; a tribute is a donation in honor of a birth, a birthday, an anniversary, a healthy recovery, or in memory of a loved one, or for any reason to show you care; tributes will be listed in this bulletin monthly. For Shul Tributes call Gloria Waxman, 314-872-3296; for Sisterhood call Phyllis Silverman, 314-434-2482; for Libby Needle Fund call Sally Needle, 314-991-2575; for Chesed Fund Tributes come by the office and pick up a package of cards!
- **Mi Shebarach List** ~ Prayers will be said for a Refuah Shelayma for your loved ones and friends. Please call the office, 314-991-2100, ext. 2, by 10:00 a.m. Friday mornings so we can include the names on our Mi Shebarach list for Shabbos. We need the names of the person who is ill AND his/her mother's name in Hebrew, or in English if Hebrew names are unavailable. Your contributions are greatly appreciated.
- **Memorial Plaques** ~ Memorial plaques are lovingly mounted in our new building. Remember your loved ones with a plaque; prices are \$180 and \$360. Please call the office for details, 314-991-2100, ext. 2.
- **Shalosh Seudos, The 3rd Meal of Shabbos** ~ To sponsor Shalosh Seudos on Shabbos, which takes place between Mincha and Ma'ariv, please call the office to make arrangements. We are very grateful to those of you who sponsor the Third Meal in honor of family members, to celebrate special occasions, or as you observe the yahrzeits of your dear loved ones. To make arrangements call our office at 314-991-2100.
- **Buy a Brick Online or by Phone** ~ Our website now accepts online donations for the Brick and Planting Campaign; go to <http://www.nhbz.org/dedications.asp> or call the office at 314-991-2100.
- **Synagogue Honors** ~ It is customary to make a donation to the shul for Aliyos or other honors received.

President's Message from Lenny Alper

Here is the official list of committees and chairmen for 2015 . This is a good time to join a committee because many of them are starting their work for 2015, and you can get involved from the beginning. If you are interested in joining a committee, please contact me or the chairman listed below.

Anniversary Dinner – no chairman yet
 Building Maintenance – Larry Chervitz
 Building Design – Lenny Alper
 Chesed – Phyllis Silverman
 Children and Family – Cheryl Ring Mantinband
 Education – Shayna Scribner
 Fund Raising - Menachem Szus
 Israel – Rich Woolf
 Israel Trip – Rich Woolf
 Kitchen – Julie Eisenberg

Landscaping – Mark Ragin
 Logistics – Lenny Alper
 Membership – Fran Alper
 Outreach – Bob Kaiser
 Publicity – Joni Kaiser
 Rabbi Ride-Around – Robin Rickerman, Faye Cohen
 Religious - Alan Zarkowsky
 Rental Administration – Robin Rickerman
 Safety and Security – Mark Ragin, Alan Haber

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.



Beyond Twelve Gates by Rabbi Ze'ev Smason
Parshas Beshalach January 31, 2014

Welcome to Beyond Twelve Gates

Is your last name Miracle, Tumbler or Villan? If so, you're a dying breed. Just be happy you're not a Bread or Spinster, otherwise you'd be presumed extinct! Unusual names have lingered for centuries, but like the dodo bird, passenger pigeon and Jamaican giant galliwasp, surnames can also disappear. These names are presumed extinct since 2011: Bread, MacCaa, Spinster, Pussett, Puscat, Pussmaid, Bythesea and Bytheseashore. Some last names with less than 20 bearers are: Fernsby, Villan, Miracle, Relish, Birdwhistle and Tumbler. Why are so many names becoming extinct? Names linked to uncommon professions or geographic places are dying out slowly, unlike the more popular Smith and Baker.

Is there such a thing as a 'Jewish surname'? Perhaps. But contrary to popular belief, you cannot tell whether people are Jewish from their surnames. According to popular Jewish genealogy site [Avotaynu](#), the third most common surname among Jews in the United States is Miller, which is also one of the most common names among non-Jews. Artist Camille Pissarro, former New York City mayor Fiorello H. La Guardia, actor Hank Azaria and pop singer Paula Abdul, are or were Jewish -- but their names don't sound Jewish to most Americans. Some traditional Jewish names have at times been considered difficult by their bearers. Not only may they be hard to spell and pronounce (think 'Katzenellenbogen'), they've occasionally exposed Jews to prejudice and anti-Semitism. And then there are Jewish celebrities who let go of names that gave away their religion and ethnicity. Robert Zimmerman, Bernard Schwartz, Lucille Le Sueur -- better known as Bob Dylan, Tony Curtis and Joan Crawford, respectively.

The great 17th century rabbi Yisrael ben Eliezer became known to history as the *Ba'al Shem Tov* -- the 'Master of the Good Name.' While we have little to say about our given names, the name earned through acquiring a stellar reputation trumps other religious positions and accolades. The verse in Koheles (7:1) teaches "tov shem meshemen tov" -- a good name trumps even the inaugural oils of the kohen or king. What's in a name? Your name is the one you create for yourself.

Parshas Beshalach Exodus 13:17 -- 17:16

As the Jewish people leave the land of Egypt, Pharaoh's heart is once again hardened. The Egyptian army pursues the former slaves, trapping them on the shores of the Red Sea. Moses raises his hand over the sea, miraculously parting the waters and allowing the Jewish people to pass through safely. Pursued by the Egyptians into the sea, Moses once again raises his hand and the waters come crashing down upon Pharaoh's army. Awed by this indisputable miracle, Moses leads the Jewish people in the Shir Shel Yam, a song of praise to G-d acknowledging a debt of gratitude for their remarkable salvation. After traveling from the Red Sea, and following the miraculous sweetening of the bitter waters at Marah, the Jewish people complain to Moses and Aaron that they have no food to eat. G-d responds by providing a great test of faith; a daily ration of manna that would fall from the sky for forty years every morning, except for Shabbos. Some suggest that the manna was the greatest miracle the Jewish people ever experienced. A constant water source is also given when G-d commands Moses to strike a rock, miraculously causing water to flow from it. The portion concludes with the nation of Amalek's unprovoked sneak attack and the Jewish people's victory.

Rabbinic Ruminations

Thanks to the wonders of modern technology, you can track more health metrics than you can imagine: Your steps, your sleep, the pints (or quarts) of ice cream you eat, the number of exercise classes you miss because of that ice cream. But why stop at evaluating yourself when you could measure, chart and optimize your relationships with the people around you, too? The new app [pplkpr](#) offers a provocative glimpse of what this future might look like: It helps optimize your social life, automatically sending messages and using data to determine who's worth spending time with.

Developed by two artists, the pplkpr site suggests you can "see how your friends stack up: who makes you most excited, anxious, calm, or bored." Pplkpr lets you 'quantify the value' of your relationships based on measurable data. A heart rate wrist band measures the subtle changes in your heart rate, alerting you to spikes in stress or excitement. This biometric data is correlated with information you manually input about the people you're hanging out with. Based on patterns, algorithms will suggest whether you should be spending more time with a certain person or if you should cut him out altogether. One pplkpr user, Micha, said, "pplkpr helped me get a boyfriend." Another user, Jake, said, "it gave me the excuse to cut toxic friends out of my life."

The use of a computer to inform our personal lives is something already accepted. Dating sites, for example, use algorithms to discern who we might be attracted to. But it may not be outlandish to consider a societal reality where people will look to computers to tell them how they feel -- and in the process, nullify the thing that makes us human; introspection, self-awareness, and a lifetime spent trying to master G-d's gift of free will. Where in the Torah are we told that we have free will? "I've put before you life and death, blessing and curse; choose life so you and your offspring would live." (Deuteronomy 30:15) Uvkharta vakhayim (Choose life!) These are as powerful and important as any words in the Torah.

Quote of the Week

If G-d had wanted to be a big secret, He would not have created babbling brooks and whispering pines. -- **Robert Brault**, Author and Free-Lance Writer

Joke of the Week

A teenager got a job in a supermarket, and one day a man came in and wanted to buy half a grapefruit.

"I don't think we can sell half a grapefruit," said the kid, "but I'll ask my boss."
He walked over to the boss and said, "Some idiot wants to buy half a grapefruit," then noticed that the man had followed him over and heard the comment.

"And this fine gentleman," he added, "would like to buy the other half."

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. 31	Sunday Feb. 1	Monday Feb. 2	Tuesday Feb. 3	Wed. Feb. 4	Thurs. Feb. 5	Friday Feb. 6	Shabbos Feb. 7
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	4:50 pm	5:05 pm	5:05 pm				5:05 pm	4:55 pm
Ma'ariv Only				6:45 pm	6:45 pm	6:45 pm		
Events – see times in Event Planner Box	<i>Parshas Beshalach ~ Shalosh Seudos by Aaron Goldberg In Memory of father Paul Goldberg, ב"ד.</i>		<i>Mah Jongg Game, 4-6 pm, benefits our Chesed Fund! Mussar Monday, 7:00 pm at the home of Rich & Mindy Woolf</i>	<i>Women's Home Study Group, 2:30 pm At the home of Jackie Berkin</i>	<i>Tu B'Shevat Rabbi Smason's Lunch & Learn, 12:15 pm</i>	<i>Morris Lenga Yiddish Club, 7:00 pm at NHBZ Lower Level.</i>	<i>Erev Shabbos</i>	<i>Parshas Yisro ~ February Lunch & Learn; Installation Shabbos!</i>

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

WEEKLY at NHBZ

SHABBOS

- Tefillah Class (9:30 am) led by Rabbi Yosef David in the Rivkin Chapel. *(The next class will be on Shabbos, February 21st.)*
- Child Care (10:00 am – Noon) for kids 3 & under in the Children's Room
- Learners Service (10:15 am) led by Rabbi Ze'ev Smason in the Rivkin Chapel
- Shabbos Tanach (Bible) (30 minutes before Mincha)

SUNDAY

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

MONDAY

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

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. No meeting in February. March meeting will be on March 8th instead of the usual first Sunday.
- Women's Home Study Group (First Tuesday, 2:30 pm) with Rabbi Shaya Mintz, of the St. Louis Kollel, at the home of Jackie Berkin.
- Morris Lenga Yiddish Club (First Thursday, 7:00 pm) at NHBZ.
- Dine-In Pizza Night (Last Sunday 5:00 – 7:00 pm) Place Carry-Out Pizza orders by 10:00 am, 314-991-2100, ext 2. Pick up time 4:30 pm. (Next pizza night will be Sunday, March 1st.)
- Sisterhood (Third Tuesday) No meeting in February

NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn