

NHBZ Shabbos Bulletin

January 4, 2014

Welcome to Nusach Hari B'nai Zion

3 Shevat 5774

Affiliated with the Union of Orthodox Jewish Congregations of America

Torah Portion:
Haftarah:

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

Stone Chumash pages 340-365
Stone Chumash page 1151

This Bulletin is sponsored by Joni and Bob Kaiser in honor of the marriage of their daughter Hannah to Lee Mirowitz tomorrow. Joni and Bob also want to wish a very happy 60th Wedding Anniversary to Jackie and Marvin Gitel. May we only have simchas to celebrate together!

Erev Shabbos – Friday Night, January 3, 2014

- **Mincha & Maariv** (4:30 pm)
- **Candle Lighting** (4:34 pm)

Shabbos, January 4

- **Shachris & Musaf** (9:00 am) ~ *Thank You For Leading Davening*

- Pesukei D'Zimra: **Howard Sandler** - Haftarah: **Sid Silverman**
- Shacharis: **Dr. Ethan Schuman** - *Drasha* (Sermon): **Rabbi Ze'ev Smason**
- Leyning: **Rabbi Yaakov Gertzulin** - Musaf: **Dr. Ethan Schuman**



- **Kiddush & Lunch** ~ (After Musaf) Kiddush & Lunch are being sponsored by *Marvin & Jackie Gitel* in honor of their **60th Wedding Anniversary**, and by **Bob & Joni Kaiser** in honor of the forthcoming marriage of their daughter *Hannah to Lee Mirowitz*. We are celebrating a fabulously long and loving marriage, and a new couple just beginning their lives together! ***Mazel Tov to Marvin & Jackie and to Hannah & Lee!!!***
- **Welcome to Nusach Hari B'nai Zion** ~ *Marvin & Jackie* welcome all of their family and friends who have come to celebrate with them.
- **Welcome to St. Louis & Nusach Hari B'nai Zion** to family and friends who have come to celebrate with *Hannah & Lee*. . . Hannah's grandparents **Lionel & Eleanor Kaiser, Carol Koppel, and Martin and Sylvia Mintzer** from Houston; **Hannah's Aunt Andrea & Uncle Rand Mintzer and cousins Avery and Hayden** from Houston; **Aunt Karen Cassel and cousin Melissa** from Los Angeles; **Aunt Sharon & Uncle David Kaiser and cousins Andrew, Alex and Adam**; and **Aunt Lisa Eisenkramer and cousins Seth and Jacob**. Also visiting from out-of-town are **Laura Shaposhnikova, Maxine Rich, Josh Forgosh, Jonny Zuckerman, Nathan Lauer, and Jacob Sacks** from Maryland; **Shira Rosen** from New Jersey; **Shoshana Staschover** from New York; **Tal Lee** from Florida; **Yeshaya Clair** from Chicago; and **Ada Jones** from Houston.
- **Mincha, Shalosh Seudos, Ma'ariv** (4:20 pm)
- **Shabbos Concludes** (5:38 pm)

Meetings

- **Board of Directors** ~ Tuesday, January 14, 2014, 7:00 p.m.
- **Executive Committee** ~ Tuesday, January 28, 2014, 7:00 p.m.

Nusach Hari B'nai Zion
650 N. Price Road
Saint Louis, MO 63132

Ze'ev Smason, Rabbi
Aaron Borow, Rabbi Emeritus
Leonard M. Alper, President
Dr. Ethan Schuman, Chazan

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

This Week At a Glance	Shabbos Jan. 4	Sunday Jan. 5	Monday Jan. 6	Tuesday Jan. 7	Wed. Jan. 8	Thurs. Jan. 9	Friday Jan. 10	Shabbos Jan. 11
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	4:20 pm	4:35 pm	4:35 pm	-	-	-	4:35 pm	4:25 pm
Ma'ariv Only				6:45 pm	6:45 pm	6:45 pm		
Events – see times in Event Planner Box	<i>Kiddush & Lunch sponsored in honor of The Gitel's 60 Years & The Marriage of Hannah Kaiser</i>			BUY CASH CARDS	<i>Lunch & Learn w/ Rabbi Smason, 12:15 pm; NEW CLASS: Chassi- dic Insights 7:00 pm</i>	<i>NEW CLASS: "Under- standing the Siddur" 7:00 pm</i>	<i>Erev Shabbos</i>	<i>Installation Shabbos In Honor of Officers & Board Members of Shul, Sisterhood & Irvin Alper Social Club</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
- 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.

THURSDAY

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

MONTHLY at NHBZ

- Irvin Alper Social Club (First Sunday) **(NO MEETING IN JANUARY)**
- 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

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. beginning January 9, 2014 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. First class: January 12, 2014. 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.

NHBZ COMING EVENTS

- **Irvin Alper Social Club** ~ No Get-Together in January.
- **Installation Shabbos** ~ Next Shabbos, January 11, 2014. Kiddush & Lunch (following Musaf) Thanks to all of the Officers and Members of the Boards of Directors of our Shul, Sisterhood and Irvin Alper Social Club who will sponsor lunch.
- **Shalosh Seudos** ~ Next Shabbos, January 11. Shalosh Seudos will be sponsored by Sid & Phyllis Silverman in memory of beloved parents Dora & Eli Silverman, ב"ד, and beloved sister Lillian Mendelson, ב"ד.
- **Third Annual Tu B'Shevat Seder** ~ Next Week - Motzai Shabbos, January 11. A Family Evening, with a new twist or two, is being planned by **Byron Brownstein**, chairman of the event, with the assistance of **Mimi Fizel** and **Linda Szus**. Stay tuned for details!
- **RAP with the RABBI Teen Group ~ Up & Running!** 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 28, 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.

SIMCHAS

- **MAZEL TOV ON SIMCHAS** January 4-10. **Happy Birthday to Stanley Goldfader, Nina Levine, Joel Manesberg, Dr. Jay Pepose, Mimi Sabol, and Avrumi Smason! Wedding 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

- **Seventh Young Israel Blood Drive** ~ January 12, 2014, 10:00 a.m. to 4:00 p.m. at YI, 8101 Delmar. Congregation Young Israel, in partnership with the American Red Cross and the Harvey Kornblum Jewish Food pantry (HKJFP), will host an event aimed at recruiting blood donors and collecting food to help those in need during these crucial winter months. A blood drive during the winter is essential to keep an adequate supply of blood flowing to area hospitals. The HKJFP has seen a huge increase in the number of hungry mouths to feed in recent months. Marcia Mermelstein, Pantry Coordinator for the HKJFP, asks that people simply pick up a few extra items the next time they make a trip to the grocery store, and bring them to this blood/food drive. Items needed most include canned tuna, peanut butter, canned beans, and canned fruits and vegetables. Aside from donating blood, community members can also volunteer and work where needed the day of the drive. Babysitting will be available for those with small children. To schedule an appointment, go to www.givelife.org (sponsor code YIJS) or call 1-800-GIVE-LIFE. Walk-in donors are welcome, but appointments will take priority. Any questions, or for further information, contact Judy and Bob Hellman at jrhellman@sbcglobal.net or at 314-862-8432.
- **Vaad Kashrus Alert** ~ Effective immediately, The Cookies and Popcorn Factory, located at 8149 Delmar Blvd, St. Louis, MO 63130, is no longer under the supervision of the Vaad Hoer of St. Louis.

- **Tomchei Shabbos!!** With the passing of Mrs. Merle Hartstein, z"l, the Vaad Hoeir would like to let the community know that The Barbara Mendelson Tomchei Shabbos Fund continues to operate as per usual. 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, please 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.
- **Thanks to Dr. David & Fran Reisler** ~ Nusach Hari B'nai Zion has received some wonderful office furniture from the closing of Dr. Reisler's office. We thank Dr. Reisler and Fran for their generous donations.

Beyond Twelve Gates by Rabbi Ze'ev Smason
Parshas Bo January 4, 2014

Welcome to Beyond Twelve Gates

A Vancouver man was shocked two weeks ago when a supposedly "homeless" man helped him pay his rent. Yogi Omar, 30, said that he saw a "scruffy panhandler" one evening and initially chose to ignore him, explaining that he had financial problems of his own. But he still felt he had to do something. Yogi turned around, approached the supposedly homeless man and offered to buy him dinner. Then, things took an odd turn: Yogi soon learned that the man was not homeless but was really an undercover benefactor looking to reward those who try to help the homeless. "He said, 'I do this with my family every year,'" Yogi told a local paper. "They just want to see who cares about the homeless."

The wealthy benefactor reportedly waits on a street corner for three hours every year during December, his family sneaking him warm drinks, and rewards people who try to offer him comfort. The "homeless" man offered to pay for a substantial expense Yogi had recently incurred, an offer Yogi couldn't accept. So the "homeless" man asked Yogi how much he pays for rent. "I said \$469," Yogi said. "I was joking but that's what I pay. He just whipped out his fanny pack and gave me \$469 in cash. I was like, 'Is this serious?' I was really stunned at this point. The homeless man, who was described as a 50-year-old man, refused to give Yogi his name.

The Torah begins with an act of kindness: G-d clothed Adam and Eve. And the Torah ends with an act of kindness: G-d personally carried Moses to his final resting place and buried him there. *Chesed*, the Hebrew word for loving-kindness, is a central Torah value and a foundation of a meaningful Jewish life. The quality of our *chesed* increases exponentially when performed anonymously. Wherever there is a human being, there is an opportunity for kindness. Kindness, like a boomerang, always returns -- particularly in the form of the pleasure we receive when we give to others.

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

Imagine that when you see a city's skyline, you taste blackberries. Or maybe when you hear a violin, you feel a tickle on your left knee. Perhaps you are completely convinced that the word 'Wednesday' is light red. If you have experiences like these, you might have synesthesia. Synesthesia is a condition in which one sense (for example, hearing) is simultaneously perceived at the same time as engaging another sense, such as sight. The word synesthesia comes from two Greek words, literally meaning "joined perception." Synesthesia can involve any of the senses. The most common form, colored letters and numbers, occurs when someone always sees a certain color in response to a certain letter of the alphabet or number. For example, a synesthete (a person with synesthesia) might see the word "plane" as mint green or the number "4" as dark brown.

Synesthetes often report that they were unaware their experiences were unusual until they realized other people did not have them. Writer and synesthete Patricia Lynne Duffy remembers one early experience: "One day, I said to my father, 'I realized that to make an 'R' all I had to do was first write a 'P' and then draw a line down from its loop. And I was so surprised that I could turn a yellow letter into an orange letter just by adding a line.'" Filmmaker Stephanie Morgenstern said, "A few years ago, I mentioned to a friend that I remembered phone numbers by their color. He said "So you're a synesthete!" I hadn't heard of synesthesia – I only knew that numbers seemed naturally to have colors: five is blue, two is green, three is red... And music has colors too: the key of C# minor is a sharp, tangy yellow, F major is a warm brown..."

Estimates for the number of people with synesthesia range from 1 in 200 to 1 in 100,000. There are probably many people who have the condition but do not realize what it is. Judaism has abundant sensory reminders. The *Havdalah* ("Separation") ceremony is a multi-sensory mitzvah employing our faculties of speech and hearing, sight, smell and taste to define the boundaries that G-d set in creation "between the sacred and the everyday." When it comes to living a Jewishly committed life, it makes 'sense' (pun intended!) to give it everything you've got -- as King David said, "All my bones will say, G-d, who is like You?..." (Psalm 35:10).

Quote of the Week

Warmth, kindness and friendship are the most yearned for commodities in the world. The person who can provide them will never be lonely -- *Ann Landers*

Joke of the Week

During the recent snowstorm in Jerusalem the principal of a yeshiva placed a call to his teachers, telling most of them that they didn't need to come to work because of the snow.

Principal: "Hello, Rabbi Moshe, with today's big snowstorm, I think you can stay home. Only 6 kids in your class have showed up for class."

Rabbi Moshe: "I'm coming in to school. Here at home I have 15 kids!" (With thanks to C. Rosenbaum)

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.