



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

March 21, 2015
1 Nisan 5775

Torah Portion:	Parshas Vayikra 1:1 – 5:26	Stone Chumash pages 544-567
Rosh Chodesh:	Numbers: 28:9-15	Stone Chumash page 890
Maftir:	Parshas HaChodesh: Exodus 12:1-20	Stone Chumash page 348
Haftorah:	Ezekiel 45:18 – 46:15	Stone Chumash pages 1218-1219
Haftorah:	Isaiah 66:1, 23	Stone Chumash pages 1208, 1210

Candle Lighting ~ 6:54 p.m. Shabbos Concludes ~ 7:58 p.m.

Thank You to **Vivian Zarkowsky** for sponsoring Sugar Free Pies and a Special Treat, in honor of the birthdays of her mother **Marian Walters** and her husband **Alan Zarkowsky**. And Thank You to **"POP-Star" Marian Walters** for sponsoring soda today in honor of **Alan Zarkowsky's** birthday! **HAPPY BIRTHDAY MARIAN + ALAN!!**

Thank You to **Esther Kalina and Marian Walters** for sponsoring **Shalosh Seudos** today in memory of their beloved husbands **Sydney Kalina**, י"ג, and **Kurt Walters**, י"ג, on the observances of their yahrzeits.

Shabbat Shalom!

Erev Shabbos, Friday Night, March 20, 2015

- **Mincha & Ma'ariv** (6:55 pm)

Shabbos, March 21, 2015 ~ Parshas Vayikra – Shabbos HaChodesh ~ Rosh Chodesh Nisan

- **Shachris & Musaf** (8:30 am) ~ **Thank You For Leading Davening**
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Dr. Ethan Schuman**
 - Leyning: **Stuart Klamen**
 - Haftorah: **Brent Waxman**
 - Drasha (Sermon): **None Today**
 - Musaf: **Dr. Ethan Schuman**
- **Tefillah/Prayer Learners' Service** ~ (9:15 a.m.) Led by **Rabbi Yosef David** in the Rivkin Chapel.
- **Learners' Service** ~ (10:00 am.) Led by **Rabbi Ze'ev Smason** in the Rivkin Chapel.
- **Synaplex Shabbat & Lunch!** (After Musaf) **Synaplex sessions begin at 11:15 a.m.:** **Rabbi Ze'ev Smason**: "Seven Things Money Can't Buy;" **Professor Morris Kalliny**: "Egypt, ISIS and the Fight Against Radical Islam;" **Rabbi Levi Landa**: "Pesach: Between a Rock and a Hard Place. What Can the Splitting of the Sea Teach us about Overcoming Challenges" Plus, Youth Programming and Tot Shabbat.
- **Kiddush & Lunch** ~ (After Synaplex Sessions)
- **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** ~ (6:40 p.m.)

*Please be sure to read Rabbi Smason's Beyond Twelve Gates in this Bulletin:
"StandUpToDowns"*

NHBZ Coming Events

- **Next Shabbos, March 28** ~ Shalosh Seudos will be sponsored by **Dr. Craig & Jackie Berkin** in memory of Jackie's father **Herman Drifon**, ב"ר, on the observance of his first yahrzeit.
- **Sunday, March 29 ~ Pre-Pesach Pizza Night** ~ *All-You-Can-Eat Pizza Buffet* ~ 5:00 to 7:00 p.m. **Are you new to NHBZ, looking to meet more members...sign up to help on our Pizza Night Buffet Line!** It's a great way for everyone to say "Hi." Bring your family and friends to enjoy a delicious dinner of pizza, salad, pasta and garlic bread, AND EXTRA COMFORT FOOD – "Homemade" Creamy Tomato Soup and Toasty-Cheesy-Squares!!! Reservations are not needed . . . just show up, eat to your heart's content, have fun schmoozing and a great time! All for the same price!!! Plus 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.)

PESACH!!!

~ Pesach will be upon us in a blink of an eye – It's TIME NOW to sell your chometz!!!
FIVE WAYS to add your name and address to our list: **1.** Make an appointment to meet with Rabbi Smason in the office; **2.** Sell your chometz to Rabbi Smason at minyan; **3.** Come to the office and sign your name and address yourself; **4.** Call Sandie, 314-991-2100, ext. 2; or **5.** Send an email to Sandie (sandieabrams@hotmail.com) and say that you want us to add your name to the list. Whichever way to choose, whether for your residence only or to add your place of business, please include your address, your apartment/unit number, (business name and suite number), and zip code. Please make your checks **payable to NHBZ and write "Sale of Chometz" on the memo line;** send or bring them to our office, or to charge to your credit card call Sandie at 314-991-2100, ext. 2.

Today, March 21st, is Rosh Chodesh Nisan. The search for chometz will take place on Thursday night, April 2nd; the first Seder will be on Friday night, April 3rd.

❖ **Vaad Hoer Maos Chittim Campaign** ~ (now through Pesach) – The campaign assists people in Israel and St. Louis to properly observe and celebrate Pesach. Please make your checks **payable to Vaad Hoer Maos Chittim, and write "NHBZ" on the memo line;** send checks to the Vaad Hoer or NHBZ.

SIMCHAS

MAZEL TOV ON SIMCHAS March 21-27. **Happy Birthday to Danielle Bialecki, Jerry Cohen, Mimi Fiszal, Linda Fleshman, Shirley Fredlich, Jackie Gitel, Sidney Starr, Marian Walters, Alla Yasinev, and Alan Zarkowsky!** **Happy Anniversary to ~ Stanley & Rhonnie Goldfader and Ron & Ina Makovsky!** 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.

When You Need Rabbi Smason ~ 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 as soon as possible . . . 314-749-5271.

Mi Shebarach List ~ Prayers said for a *Refuah Shelayma* (Speedy Recovery) for your loved ones and friends. Please call 314-991-2100, ext. 2, by 10 a.m. Friday mornings to include the names on our list to be read on Shabbos.

Shul News . . .

Purim Seudah ~ Thank you, once again, to **Julie Eisenberg** for her delectable menu for the Purim Seudah, and to the Purim Ball Committee, **Bobby Levine & Linda Carton (Chairpersons), Judy Levin, Michelle Mufson, and Margo & Reuven Tzadok.** We thank these marvelous people, **Julie Eisenberg, Bob**

Kaiser and Cindy Looney, for their hard work after the Megillah Reading in helping the committee decorate the lobby and social hall so beautifully!!! Thanks to everyone who made our Nusach Hari B'nai Zion **Purim Ball & Seudah** one that should not have been missed!!!

Od Yosef Chai ~ Thanks to **ALL OF OUR GENEROUS DONORS** for contributing a **NEW HIGH record \$2,170.00** to Od Yosef Chai that helped people in St. Louis and Israel celebrate Purim. Yasher Koach!!!

- **Tuesday, March 31** ~ Executive Committee Meeting. **Mincha & Ma'ariv at 7:00 pm, Meeting, 7:30 pm.**
- **March 31st Deadline Is Approaching for NHBZ Discounted Dues** ~ Take advantage of the **5% Discount** when you pay your dues in full on or before March 31st! The deadline is only 1½ weeks away!!!
- **Mi Shabayrach L'Cholim - Prayers for Those Who Are Not Well** ~ Upon the recommendation of the Religious Committee, the Shabbos and Yom Tov format for our *Mi Shabayrach L'Cholim* (Prayers for Those Who Are Not Well) will undergo a change beginning on Shabbos, April 4. All names submitted to the office will continue to be read by Rabbi Smason. However, while Rabbi Smason recites those names in an undertone, all congregants will be encouraged to simultaneously recite get-well prayers for their loved ones and others. In advance of Shabbos, April 4, Rabbi Smason will inform and explain the new format during forthcoming Shabbos services. If you have any questions, please contact Rabbi Smason.
- **Tehillim for Avital Nava Simon** ~ Thank you for saying Tehillim every day for a Refuah Shelayma for the daughter of Dave and Keri Simon to: **Julie Eisenberg, Sandie Abrams, Debbie Barash, Shirley Bluestein, Linda Carton, Jen Cohen, Don Eisenberg, Susan Feigenbaum, Kate Friedman, Rhonnie Goldfader, Sandy Kahn, Joni Kaiser, Sandy Klarfeld, Shiffy Landa, Phyllis Loiterstein, Cindy Looney, Beverly Magencey, Sally Needle, Chanala Rubinfeld, Rabbi Avi Rubinfeld, Shayna Scribner, Anna Rose Tendler, and Peggy Umansky.** Please call **Julie Eisenberg**, 314-695-5615, if you would like to participate.
- **Women's Emergency Tehillim Circle** ~ These women have made the commitment to be on call to say Tehillim for individuals whenever an emergency situation occurs: **Julie Eisenberg, Sandie Abrams, Debbie Barash, Shirley Bluestein, Marcie Brook, Rhonnie Goldfader, Sandy Kahn, Sandy Klarfeld, Cindy Looney, Laura Rader, Shayna Scribner, and Peggy Umansky.** Prayers are said at home. Please call **Julie Eisenberg**, 314-695-5615, or **Sandie Abrams**, 314-991-2100, ext. 2., if you would like to participate. Please provide us with your phone number and email address so word can get to you as soon as an emergency arises.
- **Thank you to Rich & Mindy Woolf** for providing a small table for Rabbi Smason's office.
- **Thank you to Dr. Craig & Jackie Berkin** for the small table in the chapel, being used to hold siddurim.
- **Monday, April 13** ~ Next Women's Tefillah Class with Rabbi Smason, 3:15 p.m., NHBZ Youth Lounge.
- **Monday, April 13, 7:30 p.m. ~ After Pesach ~ "Organize the Kitchens" Committee ~ Julie Eisenberg** is chairing this Board-favored, newly-formed committee to organize our kitchens. **WE WANT YOUR IDEAS!!!** Please join us in the Youth Lounge to discuss the best ways to proceed. At the end of our labor of love, we will have a list of the equipment needed in our two kitchens, and invite everyone to a "kitchen shower" so we can all contribute the items to help us reach our goals!!! Julie will spearhead the "shower" – an idea that **Phyllis Silverman** has been suggesting for two years, now!!!

In The Community . . .

- **Tuesday, March 24** ~ Aish HaTorah presents - "*The Secret to True Happiness*" ~ Mr. Charlie Harary, Esq., guest speaker, on Tuesday, March 24, 7:30 p.m. at the Frontenac Hilton. Charlie Harary is a prolific speaker known internationally for his charismatic, passionate and sophisticated lectures, key note addresses and seminars on personal growth, entrepreneurship, social change and spirituality. Suggested donation: \$18.00. To register, call 314-862-2474 or email cwolff@aish.com.
- **A Call for Help from the Jewish Food Pantry** ~ The Jewish Food Pantry is in desperate need of volunteers. The amount of food they are receiving is growing, but the number of people to organize all of the donations is NOT keeping up! To help or for questions, call **Julie Eisenberg** at 314-494-8437.
- **Women's Tehillim Group** ~ A group of women in the community, gather each Sunday at 9:15 a.m., at the home of Jan Adelman, 8032 Amherst Ave, 314-863-5438, to say Tehillim in the *zchus* (merit) of a *refuah*

shelayma (full & speedy recovery) for the *cholim* (the ill people) in our community. The Tehillim hotline for names and updates: 314-441-6460. If you have any questions, please call **Julie Eisenberg** at 314-494-8437.

- **Tomchei Shabbos On-Going FOOD DRIVE!!** *Tomchei Shabbos* (Supporters of the Sabbath) is maintained through contributions of food and money, and was established by the Vaad Hoeir, which discreetly provides families in our community with Shabbos & Yom Tov meals. Bring a bag of non-perishables to our office, or for home pick-up please call **Sally Needle**, 314-991-2575. To make a donation go to www.ovkosher.org.

Welcome to Beyond Twelve Gates by Rabbi Ze'ev Smason *Parshas Vayikra March 21, 2015*

“StandUpForDowns!”

Desiree Andrews is an eighth-grader cheerleader at Lincoln Middle School in Kenosha, Wis. She has Down syndrome — and as some hecklers learned last year, she has the full support of her school's basketball team and her community. After realizing members of the crowd were making fun of Desiree during a game, three players delivered a simple message: "Don't mess with her." Eighth-graders Miles Rodriguez, Chase Vasquez and Scooter Terrien stormed off the court in the middle of the game to confront the bullies, who were giving Desiree a hard time. (See a news report on the story, including an interview with Desiree:

<http://www.jrn.com/tmj4/news/Basketball-players-defend-cheerleader-targeted-by-bully-295810851.html>)

"We were mad; we didn't like that," Miles said. "We walked off the court and went to the bullies and told them to stop because that's not right to be mean to another person." Scooter added, "It's not fair when other people get treated wrong, because we're all the same." Chase said, "The kids in the audience were picking on D, so we all stood up for her." Miles, Scooter and Chase have since become close friends with Desiree, who now never walks to class alone. The gymnasium where Desiree was bullied is being called "D's House" as a tribute to the young girl. She is introduced at home games, along with the team. "It's amazing," Desiree said. Desiree's father Cliff said that his daughter was inspired to take up cheerleading after watching *Glee*. "(The show has) a character with Down syndrome who is a cheerleader," Cliff said. "And (Desiree) said, 'If she can be a cheerleader, I can be a cheerleader.'"

Is your synagogue sensitive to persons with disabilities? If someone with a physical, communication, hearing, vision, behavioral, or developmental disability moves into your community and is looking to belong to a shul, how would they perceive your synagogue? As welcoming, or as another closed door?

The Torah provides guidance as to how we react to those with disabilities: Ethics of the Fathers says, "*Do not look at the container, but what is in it.*" (4:27) Genesis states that each of us is created *B'tzelem Elo-him*, in the Image of G-d. (1:27) And if someone with a disability is being mistreated or bullied -- "*Speak up for those who cannot speak...speak up, judge righteously, champion the poor and the needy.*" (Proverbs 31:8) Speak up like Miles, Scooter and Chase did for Desiree Andrews.

Parshas Vayikra 1:1 -- 5:26

This Shabbos marks the beginning of our reading the third book of the Torah, Sefer Vayikra which deals primarily with the services and responsibilities of the Kohanim. This week's portion focuses on many of the *korbanos* (offerings) to be brought in the newly-constructed Mishkan. Parshas Vayikra begins with G-d calling Moses into the Mishkan where he will receive the many relevant mitzvos to be ultimately passed on to the Jewish people. The first half of the Torah portion describes the various optional *korbanos* brought by individuals. They can be classified into three general categories, each one comprised of several gradations in size and expense; the *korban olah* (elevation offering) which is completely consumed on the altar; the *korban mincha* (meal offering) which, because of its inexpensive contents, is usually brought by someone of modest means; and the *korban shelamim* (peace offering) partially burned on the altar, with the remainder divided between the owners and the Kohanim. The second half of the portion (beginning with chapter four) discusses the required *chatos* (sin) and *asham* (guilt) offerings to be brought as atonement for unintentional transgressions.

Rabbinic Ruminations

In modern society, silence is not simply golden but increasingly rare to find. Even when we are alone or away from the city, phones chirp, televisions blare, and iPods beckon. Wherever we go, a constant drone surrounds us. Can you get in your car and comfortably drive music and radio-free? Noise is pervasive and has become the soundtrack of our lives, so much so that it is not unusual for many of us to feel scared by silence.

Research shows that we should be concerned about constant noise. A Penn University [report](#) highlights noise-related problems of hearing loss, sleep, cardiovascular function, anxiety, and even a patient's ability to heal in a hospital after surgery. "In our 24/7 society, noise is pervasive and the availability of quiet places is decreasing. We need to better understand how this constant exposure to noise is impacting our overall health," said Mathias Basner, MD, PhD, MSc, lead author of the review. "From earbuds blasting music during subway commutes to the constant drone of traffic heard by those who live or work near congested highways to the beeping of monitors that makes up the soundtrack heard by hospital patients and staff, what we hear all day impacts many parts of our bodies."

Silence is a great source of strength. William Penn said, "*True silence is the rest of the mind; it is to the spirit what sleep is to the body, nourishment and refreshment.*" Noise lets us ignore our most precious possession; our true and profound selves. Rabbi Shimon ben Gamliel would say: "*All my life I have been raised among the wise, and I have found nothing better for the body than silence.*" (Ethics of the Fathers 1:17). When needed, don't be afraid to turn the quiet up.

Quote of the Week

You have enemies? Good. That means you've stood up for something, sometime in your life. --
Winston Churchill

Joke of the Week

Harry gets stopped by a police car. When the police officer gets to his car, Harry says, "What's the problem officer?"

- **Officer:** You were going at least 65 in a 50 mph zone.

Harry: No sir, I was going 50.

Wife: Oh Harry, You were going 70.

Harry gives his wife a dirty look.

- **Officer:** I will also give you a ticket for your broken brake light.

Harry: Broken brake light? I didn't know about a broken brake light!

Wife: Oh Harry, you've known about that brake light for months.

Harry gives his wife a really dirty look.

- **Officer:** I am also going to book you for not wearing your seat belt.

Harry: Oh, I just took it off when you were walking up to the car.

Wife: Oh Harry, you never wear your seat belt.

Harry turns to his wife and yells, "Oh, be quiet!"

- **Officer** turns to the woman and says, "Madam, does your husband talk to you this way all the time?"

Wife: "No, only when he's drunk..."

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

This Week At a Glance	Shabbos March 21	Sunday March 22	Monday March 23	Tuesday March 24	Wed. March 25	Thurs. Mar. 26	Friday March 27	Shabbos March 28
Shachris	8:30 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	6:40 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	6:50 pm

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.

All events will be at NHBZ unless otherwise noted.

WEEKLY at NHBZ

SHABBOS

- Tefillah Class (9:30 am) led by Rabbi Yosef David in the Rivkin Chapel.
- Child Care (10:00 am – Noon) for kids 3 & under in the Children's Room.
- Learners Service (10:15 am) led by Rabbi Ze'ev Smason in the Rivkin Chapel.
- Shabbos Tanach (Bible) (45 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) NHBZ Lower Level. Proceeds benefit The NHBZ Chesed Fund.

WEDNESDAY

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

SEMI-MONTHLY at NHBZ

- Women's Tefillah Class (2nd & 4th Mondays) 3:15 pm with Rabbi Smason at NHBZ.

MONTHLY at NHBZ

- Irvin Alper Social Club (First Sunday) 5:00 pm.
- Mussar Mondays (First Monday) 7:00-7:45 pm. at the home of Richard & Mindy Woolf.
- 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.
- Sisterhood (Third Tuesday)
- 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 – 4:45 pm.

NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn

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.