

NHBZ Shabbos Bulletin

March 9, 2013

Welcome to Nusach Hari B'nai Zion

27 Adar 5773

Affiliated with the Union of Orthodox Jewish Congregations of America

Torah Portion – Vayakhel-Pekudei:	Exodus 35:1 – 40:38	Stone Chumash pages 516-540
Parshas HaChodesh	Exodus 12:1-20	Stone Chumash page 348-354
Haftorah:	Ezekiel 45:18 – 46:15	Stone Chumash pages 1218-1219

This Shabbos Bulletin is sponsored by Sarah Klein in memory of the Six Million Men, Women and Children who perished in the Holocaust.

Erev Shabbos - Friday, March 8

- Mincha & Ma'ariv (5:35 pm)
- Candle Lighting (5:43 pm)

Shabbos - Saturday, March 9

- **Shachris & Musaf** (9:00 am) - Thank you for leading services:
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Howard Sandler**
 - Leyning: **Dr. Larry Gornish**
 - Haftorah: **Kenny Bressler**
 - Sermon: **None Today**
 - Musaf: **Menachem Szus**
- **Shabbos Lunch & Learn** ~ (After Musaf) Shabbos Lunch & Learn in honor of March Birthdays & Wedding Anniversaries. Rabbi Smason will speak on the topic: "Highlights and Insights from the 2013 AIPAC (American Israeli Public Affairs Committee) Policy Conference." Thanks to **Jerry & Fran Cohen** for a very generous donation to sponsor Chollent & Sesame Noodles in honor of their 62nd Anniversary in February, and Jerry's "Special" birthday in March. Thanks to **Larry & Shirley Hollander** for sponsoring special cakes in honor of Jerry & Fran! **Mazel Tov to Jerry and Fran!!!**
- **Bon Appetit** ~ We place a plate of rolls on each table at every Shabbos Luncheon. The purpose of these rolls is two-fold: 1.) To enable each person to make or hear *Ha'Motzei* (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'Motzei* is made or heard; namely, one roll. **Please be seated while Rabbi Smason says Kiddush and makes HaMotzi.** Thanks to **Linda Szus** and **Anna Rose Tendler** for baking the rolls that everyone enjoys at each luncheon -- **B'tayavon (Bon Appetit)!**
- **Mincha, Shalosh Seudos, Ma'ariv** (5:25 pm)
- Shabbos Concludes (6:47 pm).



This Week

<i>At a Glance</i>	Shabbos March 9	Sun. Mar. 10	Mon. March 11	Tues. Mar. 12	Wed. March 13	Thurs. Mar. 14	Fri. Mar. 15	Shabbos March 16
Shachris	9:00 am	8:00 am	7:00 am	6:45 am	7:00 am	7:00 am	7:00 am	9:00 am
Mincha/Ma'ariv	5:25 pm	6:45 pm	6:45 pm	6:45 pm	6:45 pm	6:45 pm	6:45 pm	6:35 pm
Events – see times in Event Planner Box below	Shabbos HaChodesh; March Lunch & Learn; Jerry & Fran Cohen Simchas	Daylight Saving Time Begins at 2:00 a.m. Set clocks up 1 hr.	Give to Maos Chitim!	Rosh Chodesh Nisan. BUY CASH CARDS!	Rabbi Smason's Lunch 'n' Learn	Sell Your Chometz	Erev Shabbos	Luncheon In Honor of Mimi Fiszal's Birthday, sponsored by her Sisters

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

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

Office Phone 314-991-2100
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.

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
- **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

MONDAY

- **Women's Tefila Class** (2nd & 4th Mondays, 7:00 pm) with Rabbi Smason at the home of Norma Rubin

WEDNESDAY

- **Rabbi Smason's Lunch & Learn** (12:15 pm – 1:00 pm now studying Pirkei Avos

THURSDAY

- **Schechita** (5:30 pm – 6:30 pm) with Rabbi Chaim Loike of the OU Kashruth Division

Monthly at NHBZ

- **Irvin Alper Social Club** (First Sunday)
- **Women's Home Study Group** (First Tuesday, 2:30 pm) with Rabbi Shaya Mintz, of the St. Louis Kollel at home of Jackie Berkin
- **Shabbos Parsha** (3rd Tuesday, 12:15 pm) with Rabbi Smason at the offices of David Rubin
- **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

NHBZ Signature Events

- **Synaplex Shabbos**
- **Shabbos Lunch & Learn**
- **I-Chat**

Coming Events – (see Event Planner Box for *all* events)

- **Daylight Saving Time Begins** (Sunday, 2:00 am) – before retiring, turn clocks forward one hour
- **Pesach is Coming** ~ 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 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 you 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 the Rabbi's Charity Fund** and send or bring them to our office, or to charge to your credit card call Sandie at 314-991-2100, ext. 2.
- **Vaad Hoer Maos Chitim Campaign** ~ (now through Passover) – The campaign assists people in Israel and St. Louis to properly observe and celebrate Pesach. Please make checks payable to Vaad Hoer Maos Chitim, and write "NHBZ" on the notation; send checks to the Vaad Hoer or NHBZ.
- **Sunday, March 10 ~ Antiques Road Show & Dinner Postponed!!!** Due to a low number of reservations, we have postponed our Antiques Road Show to a date (TBA) in the spring, well after Passover!!! We are sorry for any inconvenience. We will announce a new date ASAP and invite you to make reservations again. The more people attending, the more and varied treasures we will see and enjoy learning about the histories and values. If any of you attended our last road show, please tell everyone how much fun you had. It was a great evening, and we will do it again soon!!!
- **A New Bi-Monthly Women's Tefila Class.** Led by Rabbi Ze'ev Smason, the class will meet on the 2nd and 4th Mondays of the month, 7:00 p.m., at the home of Norma Rubin, at 1039 Chartres in University City

(one block east of McKnight, off Old Bonhomme). **Next class: Monday, March 11.** 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!

- **Please join us for a new class series with Rabbi Smason** at The Law Offices of David A. Rubin, L.L.C. – NEAR THE “J” – 10880 Baur Blvd., 63132. The **3rd** Tuesday of the month, 12:15 p.m. Next class: **March 19**, *Vayikra: Why Did We Bring Sacrifices?* Following months' schedule: **April 16**, *Kedoshim: What is Holiness?* **May 21**: *Be'ha'aloscha: The Priestly Blessings*. **June 18**: *Balak: Bilaam; a Non-Jewish Prophet?*

Meetings

- **Sisterhood Luncheon & Gold Dollar Bingo** (Tuesday, March 12, at noon.) Delicious Lunch & Prizes! Corned Beef & Turkey Sandwich, Potato Salad, Mixed Green Salad, Sweets, Coffee, Soda & More!!! \$6.50 donation. Men & Women of all ages Welcome!!! RSVP: Rachael Pevnick, 314-395-6017.
- **Board of Directors** (Tuesday, **March 12**) Minyan at 6:45 p.m.; Meeting at 7:00 p.m.
- **Executive Committee** (Tuesday, **March 12**) Immediately following the Board of Directors Meeting.

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, 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.
- **Memorial Plaques** ~ All 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.
- **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 for a Loved One** ~ 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, which learns every Sunday following morning minyan, is carrying on this tradition by dedicating the Mishnayos to those in whose names the Mishnayos will be learned. 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.**

Welcome to Beyond Twelve Gates

This will come as no surprise to any women who has been pained over her husband's choice of clothes: The sexes see colors differently. New research from the City University of New York has shown that male and female brains process colors in slightly different ways. This means that if both sexes look at an orange, it will appear redder to the man than to the woman. Similarly, grass looks more yellow to a man and greener to a woman. This difference is based upon the greater difficulty men have in making fine distinctions between colors in the middle of the visual spectrum, such as between greeny-blues (or bluey-greens). So, a man would perceive a turquoise vase, for instance, as being a little more blue than a woman who was also looking at it. While the degree of difference in colors is very small, it might mean that choosing a shade of paint from the dozens on a color chart is a job best suited to a woman.

Vision is far from the only sense to differ between the sexes. The journal *Biology of Sex Differences* says that research has shown women to have better hearing and a more acute sense of taste. Some studies have shown that females have a more sensitive sense of smell than males, both in the differentiation of odors and in the detection of slight or faint odors. A recent study by British psychologist Professor Keith Laws at the University of Hertfordshire was widely reported in the press to have provided the first evidence of female multitasking superiority. Men, however, do come out top in one regard: Experiments show them to be particularly good at detecting fine detail in moving images -- a trait that provides an advantage for hunting, and may be particularly useful for playing computer games . . . and watching football on TV.

Gender is a pivotal quality in each person's identity. From the Torah perspective, G-d in His infinite wisdom created humans as two distinct genders to enable them to complement and fulfill each other. Genesis describes the process of Eve's creation using the word *vayiven*, "G-d built." This word shares the same Hebrew root as *binah*, meaning "insight" or understanding. This suggests that women were created with an extra dose of "inner reasoning." Men tend to have more of what is called *da'as*, a type of understanding tending to be more connected to facts and figures. When a person is asked what he or she does, the response often given is identification of a career. But the truth is that we are not merely doctors, engineers, secretaries, educators. We are human beings trying to fulfill our unique potential - as both men and women, understanding and appreciating our unique natures.

Parshas Vayakhel--Pekudei Exodus 35:1 -- 40:38

This week we read the final portion of Exodus, a book that began with the Jewish people enslaved to Pharaoh in Egypt and now ends with the completion of the construction of the Mishkan (Tabernacle) in the desert. Exodus is known as 'the Book of Redemption'; redemption was achieved not only through our escape from slavery, but also through receiving the Torah on Mt. Sinai, which gave purpose to that freedom. The climax of that salvation was when G-d rested His presence amongst the Jewish nation when the Mishkan was completed.

Parshas Vayakhel (Exodus 35:1 -- 38:20) begins with Moses assembling the entire nation of Israel to transmit the details of the construction and fabrication of the Mishkan as described in the three previous Torah portions. However, Moses first cautions them about the fundamental mitzvah to observe Shabbat. The nation is reminded that although the construction of the Mishkan is of transcendent importance, it does not take precedence over the weekly observance of Shabbat. The portion describes that the Jewish people came forward with their generous contributions for the Mishkan's construction, producing a surplus of supplies. The craftsmen are selected and the building begins.

Parshas Pekudei (Exodus 38:21 -- 40:38) begins with a complete accounting of the gold, silver and copper contributed by the people for use in the Mishkan. Following Moses' inspection and approval of the many utensils and unassembled parts, Moses sets up the Mishkan on Rosh Chodesh Nissan as each part is anointed and arranged in its proper location. And as G-d promised, His glory fills the Mishkan.

Rabbinic Ruminations

These days it seems like 'just a second' is way too long. In the old days -- 10 years ago or so -- most of us were willing to patiently wait a few seconds for a computer to respond to a click on a Web site or a tap on a keyboard. Currently, even 400 milliseconds -- literally the blink of an eye -- is too long, as Google engineers have discovered. That barely perceptible delay causes people to search less. "Subconsciously, you don't like to wait," said Arvind Jain, a Google engineer who is the company's resident speed maven. "Every millisecond matters."

Overcoming speed bumps is part of the history of the Internet. In the 1990s, as the World Wide Web became popular and crowded it was called the World Wide Wait. Today, the competition to be the quickest is fierce, as people will visit a Web site less often if it is slower than a close competitor by more than 250 milliseconds (a millisecond is a thousandth of a second). "Two hundred fifty milliseconds, either slower or faster, is close to the magic number now for competitive advantage on the Web," said Harry Shum, a computer scientist and speed specialist at Microsoft. Speed matters in every context, research shows. Four out of five online users will click away if a video stalls while loading. In 2009, a study found that online shoppers expected pages to load in two seconds or fewer -- and at three seconds, a large share abandon the site. Only three years earlier a similar study found the average expectations for page load times were four seconds or fewer. Experts in human-computer interaction say that the two-second rule is outdated. "The old two-second guideline has long been surpassed on the racetrack of Web expectations," said Eric Horvitz, a scientist at Microsoft.

Are you in a hurry to get things done? There's a distinction between being *busy* and being *hurried*. A life filled with meaningful and productive activities is a blessing. However, a 'gotta-get-it-done-yesterday' attitude leads to high blood pressure, frustration, and an unpleasant demeanor. Ethics of the Fathers (2:5) states "...the short-tempered can not teach." No trait is more essential for teachers and parents, than that of patience. Like a fit and toned physique, patience can't be acquired overnight. Each time you log on to your computer is a marvelous opportunity to develop the trait of patience.

Quote of the Week

Failing is an event, not a person. Yesterday ended last night. -- ***Zig Ziglar***

Joke of the Week

The Doctor called Mrs. Cohen saying, "Mrs. Cohen, your check came back."
Mrs. Cohen answered, "So did my arthritis!"

Simchas, News and Features

- **MAZEL TOV ON SIMCHAS** March 9-15 - **Happy Birthday to Helen Bolt, Danielle Eisenberg, Eric Fleshman, Jack Lyss, Alex Lyss, Rebecca Lyss Lieberman, Ephraim Mufson and Rose Ragin. Happy Anniversary to Rabbi Ze'ev & Chani Smason.** 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.
- **cRc KASHRUS ALERT** ~ This year some of the caps designated for the cRc supervised production of Coke and Diet coke were mistakenly delivered to the East Coast facility that produces Kosher for Passover under the OU. All Coke products available in the Midwest and East Coast with either the "OU-P" or "CRC-P13" on Yellow Caps have been produced under strict Passover supervision and the products are Kosher for Passover.
- **OU KASHRUS ALERT** ~ **Trader Joe's This is Not a Tub of Cream Cheese** is labeled with an OU Pareve. This product was made using pareve ingredients on dairy equipment. Corrective measures have been implemented. **Some Trader Joe's Oriental Rice Crackers** are labeled with an OU symbol. This product is not certified by the Orthodox Union. Corrective measures have been implemented. **Galaxy Nutritional Foods Vegan Cream Cheese Alternative** is labeled with a plain OU. This product was made using pareve ingredients on dairy equipment. Corrective measures have been implemented. **Some packages of Dole Mandarins in Orange Gel** were mistakenly labeled with a stylized K Pareve symbol. This product is not certified by the Orthodox Union. Corrective measures have been implemented.

- **TOMCHEI SHABBOS COMMUNITY FOOD DRIVE IS A SUCCESS!!!** And the food drive continues on! Please pick up a bag for non-perishable food items available at NHBZ in the office or chapel. Money donations are always welcome! For more details, or **to arrange a pick up at your home**, please call **Sally Needle** at 991-2575.
- **This week is Shabbos HaChodesh** ~ Shabbos of the “Month.” **Shabbos HaChodesh** is the Shabbos that occurs on or before the first day of the month of Nisan during which Passover is observed. We read an extra Torah portion, Exodus 12:1-20, which talks about preparations for Passover, which begins on 15 Nisan. With one simple line, it establishes the Hebrew calendar: “This month shall be for you the beginning of the months, it shall be for you the first of the months of the year.” In the Hebrew calendar, months are counted from Nisan in the spring but years are counted from the month of Tishrei in the fall. The corresponding haftorah portion is Ezekiel 45:16 – 46:18, which also talks about the first month and the offerings at that time.
- **Kashrus Alert** ~ Please be aware that the Laurel Hill brand of Nacho Multigrain Tortilla Chips is incorrectly labeled with a plain cRc logo which would indicate it being pareve. In fact, the product is dairy (Cholov Stam) as indicated on the ingredient panel.
- **Shabbos Kiddush Next Week** ~ Next Shabbos, March 16, Kiddush will be in honor of the 65th birthday of **Mimi Fiszel** sponsored by her sisters!
- **Shalosh Seudos** next Shabbos, March 16, will be sponsored by Keith & Karen Zeff in memory of beloved father, **Isadore Zeff**, *ל"ג*.