



# NHBZ Shabbos Bulletin

*Welcome to Nusach Hari B'nai Zion*

Affiliated with Union of Orthodox Congregations of America

May 10, 2014

10 Iyar 5774

Torah Portion:  
Haftorah:

Parshas Behar: Leviticus 25:1 – 26:2  
Jeremiah 32:6-22

Stone Chumash pages 696-707  
Stone Chumash pages 1177-1178

## Erev Shabbos – Friday Night, May 9, 2014

- **Mincha & Ma'ariv** (7:00 pm)
- **Candle Lighting** (7:42 pm)

## Shabbos – May 10

- **Shachris & Musaf** (9:00 am) ~ *Thank You For Leading Davening*
  - Pesukei D'Zimra: **Alan Zarkowsky**
  - Shacharis: **Menachem Szus**
  - Leyning: **Sammy Chervitz**
  - Haftorah: **Bruce Waxman**
  - *Drasha* (Sermon): **Rabbi Ze'ev Smason**
  - Musaf: **Sammy Chervitz**
- **Kiddush Welcoming our New Members** ~ Today, we are honoring and celebrating with our friends who have become new members of Nusach Hari B'nai Zion since February, 2013 ~~ Thanks to **Joni Kaiser and Linda Szus** for creating our Over-The-Moon-Chocolate-Palooza-Dessert-Buffer, and thanks to **Our NHBZ Sisterhood** for sponsoring a Fresh Salad Bar Buffet to "Welcome" our new members ~~~ **Joanna Alper, Jesse & Debbie Barash, Eldad & Danielle Bialecki and Family, Marshall & Steffani Brockman, Gene & Linda Carton, Tobie Dobin, Robert & Kate Friedman and Family, Bryson & Jennifer Hartranft and Family, Nanette Holtzman, Naftali & Jane Kadosh and Family, Susan Katz, Eliot & Sally Katz, Norman & Marilyn Liss, Jason & Nicole Loiterstein, Howard & Phyllis Loiterstein, Monti & Cheryl Mantinband and Family, Herb Palatsky, Bobbie Ring, Nancy Belau Rush and Family, Jeff & Terri Schnitzer, Robert Schnurman, Susan Schwartz, Sandy Schwartzburt, Debbie Sher, Steve & Jill Starr and Family, Jay & Peggy Umansky, Bruce & Faith Waxman, Sidney Weisberg, Dan & Melanie Winograd and Family, Keith & Karen Zeff.** Can you find the new members among us? Thanks to **Leo Bressler, Kenny & Barb Bressler** for the enhancements to the Salad Bar in celebration of the birthdays of **Linda Szus and Larry Bressler.** Please see the "Letter to the Editor," of the *St. Louis Jewish Light*, by our new members **Gene & Linda Carton.** The letter will be found after *Beyond Twelve Gates.*
- **Mincha, Shalosh Seudos, Ma'ariv** (7:25 pm)
- **Shabbos Concludes** (8:46 pm)

## Meetings

- **Semi-Annual Shul Membership Meeting** ~ This Tuesday evening, May 13: Minyan at 7:00 p.m.; Meeting at 7:30 p.m. This is your opportunity to give input to the Officers and Board of Directors. We will have a (short) regular board meeting following the semi-annual meeting.
- **Executive Committee Meeting** ~ Tuesday evening, May 27. Minyan is at 7:00 pm; Meeting at 7:30 pm.

## NHBZ COMING EVENTS

- **Sisterhood Mother's Day Luncheon & B-I-N-G-O Party** ~ Tuesday, May 13, at noon. Delicious lunch, B-I-N-G-O and Attendance Prizes!!! \$7.00 donation. Everyone is Welcome ~ Men & Women of ALL Ages!!! Please make reservations ~ call Rachael Pevnick, 314-395-6017.
- **Synaplex & Lunch** ~ May 17 ~ Please note special times: Services begin at **8:30** am, **NEW Tefila/Prayer Learners' Service at 9:15 am** led by **Rabbi Yosef David**; Regular Learners' Service at **10:00** am led by **Rabbi Ze'ev Smason.** Three Synaplex breakout sessions at 11:00 am: **Rabbi Ze'ev Smason,** will speak on

the topic, "7 Steps to Worry-Free Living"; **Rabbi Yosef David**, of Aish HaTorah, topic, "Shavuot: The Debate Between Moshe and the Angels"; and "Making the Case for Israel on Campus" – led by our own **Lila Greenberg**, Campus Activist; PLUS **Youth Programming** for kids 4 and over; and **Tot Shabbat**. Lunch in honor of May Birthdays and Wedding Anniversaries following Synaplex Sessions.

- **Kiddush-Lunch** ~ May 24 ~ sponsored by **Phyllis Loiterstein** in honor of her husband **Howard** celebrating his 65<sup>th</sup> Birthday!!! Howard will be chanting his Bar Mitzvah Haftorah. **Yasher Koach, Howard!!!**
- **Lion's Den Pizza Night** ~ All-You-Can-Eat Pizza Buffet ~ Sunday, May 25, 5:00-7:00 p.m. Bring your family and friends to enjoy a delicious pizza dinner and schmoozing, and a movie for the kids!!! Reservations are not needed. Just show up and have a great time!!!! (Please place carry-out orders by 10:00 a.m. on Sunday morning, 314-991-2100, ext. 2.) **WE NOW TAKE CREDIT CARD PAYMENTS!!!**
- **RAP with the RABBI Teen Group!** Sunday, May 25, 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 meets regularly on the last Sunday of the month! All teens are welcome!
- **Kiddush** ~ May 31 ~ sponsored by **Moshe Pinto** in honor of **Ellie's** High School Graduation.
- **Special Gifts Event ~ Date Change ~ PLEASE NOTE:** Our Special Gifts "Thank You" Dinner has been rescheduled to Sunday, June 1<sup>st</sup>, due to an overlooked calendar conflict. Have you given your Special Gift for 2014? We depend upon your generosity to fulfill our mission, and we welcome gifts of any amount. If you are able to make your pledge for \$250 & up, you will receive your invitation to the June 1<sup>st</sup> event!!! GREAT food, lots of fun and laughs! Call our office, 314-991-2100, ext. 2 to make your pledge or to donate by using your credit card!
- **Shavuot** ~ Tuesday Night, Wednesday and Thursday, June 3, 4 and 5. Tuesday Night, June 3: Services at 8:00 p.m., Dinner 8:30-10:00 p.m. Early-Bird Learning (10:00-11:00 p.m.) with **Rabbi Ze'ev Smason**: "Jews Estranged from Judaism: The Mortara Affair," and with **Dr. Ethan Schuman**: "The Mystery and Meaning of Yizkor." **Spirited All Night Learning**, 11:00 pm until Early Davening at 5:00 am!!!
- **Shavuot Dinner** ~The Shavuot Seudah is being planned by **Norma Rubin**, and prepared by Norma and her sous chefs! Norma's enticing menu: Fresh baked Challa Rolls, Mushroom Soup, Fresh Salmon Croquettes with Peas Sauce, Scalloped Potatoes, Ratatouille, Panzanella Salad (croutons & tomatoes), Green Salad; Fresh baked Cheesecake & Coconut Cake, plus Sugar Free Pies and Fresh Fruit! Thanks to our generous sponsors for donating \$25.00 (in addition to the cost of their dinners) to offset expenses and help us keep the cost of the dinner for everyone to a minimum amount (TBA). Thanks to these sponsors (so far): **Bob & Sandie Abrams, Andy & Ellen Berg, Sam & Shirley Bluestein, Dr. Susan Feigenbaum & Dr. Jay Pepose, Alan & Janet Haber, Kurt & Sandy Kahn, Bob & Joni Kaiser, David & Norma Rubin, Jon & Naomi Shanker, Sid & Phyllis Silverman, and Gary & Trudy Sudin. Please join us and become a sponsor. Nusach Hari B'nai Zion will benefit greatly from your generosity!** Reservations are a must – call 314-991-2100, ext. 5. **Please RSVP no later than Wednesday, May 28, so Norma can do the shopping and preparations for the right number of people with reservations.**
- **Kiddush** ~ June 7 ~ sponsored by **Don & Julie Eisenberg** In honor of their 35<sup>th</sup> Wedding Anniversary.
- **Shabbos Lunch & Learn** ~ June 14 – In honor of our members celebrating June Birthdays and Wedding Anniversaries, and honoring our School, High School and College Graduates. **CALL US WITH YOUR GRADUATES!** Do you have a graduate in your family? Please call Sandie, 314-991-2100, ext. 2, and give us your graduates' names and schools so we can wish you and your graduates a Big Mazel Tov in our Shabbos Bulletin on June 14!!!
- **Festival of Israeli Art** ~ Mark your calendar for the Festival of Israeli Art. A unique show and sale featuring a collection of original art presented at Congregation B'nai Amoona by Safrai Gallery: Saturday night, May 10, 8:30-11:00 pm; and Sunday, May 11, with MOTHER'S DAY SPECIALS, 10:00 am to 4:00 pm. Our shul will receive a 10% commission on all artwork you, your family and friends purchase. This is an easy way to raise funds for NHBZ while buying beautiful artwork for your home, and supporting Israeli artists!
- **SMILE!!! 😊 Our Photo Directory is back on track!!!** New sign-up dates for your photo sessions: June 11 & 12; June 18 & 19, with the same hours on each date – 2:00-9:00 pm. Your choice of 3

ways to schedule your appointment: **1.)** go directly to the LifeTouch website at <https://www.securedatatrans14.com/ap/nusachharibnalzion/index.php?page=10>, (Typographical error, bnal instead of bnai, will not affect logging onto the site.) **2.)** go to our website – [www.nhbz.org](http://www.nhbz.org) and click on ALL EVENTS (at the top of the left hand column), then click where it says “Click to Sign up online with LifeTouch, **OR** **3.)** no computer? – Call Lifetouch directly, 1-800-521-4611.

***We invite all our members to make NHBZ’s new Photo Membership Directory complete!!!***

There will be **NO CHARGE** and **NO PURCHASE REQUIREMENT** to get your family portrait taken for the directory. You **WILL RECEIVE – FREE OF CHARGE** your 8X10 portrait AND a copy of the finished directory. Photo sessions will be held at NHBZ in June. During your one-hour portrait session you will: Check in, Be professionally photographed, Immediately view your portrait images, and have an opportunity to purchase additional portraits – **AGAIN, THERE ARE NO PURCHASE REQUIREMENTS**; you **MAY** make purchases, but **only if you so desire**. We want EVERY ONE OF OUR MEMBERS to appear in this directory, and we plan to make the whole process as easy as possible.

***Schedule your one-hour photo-session from these dates and times:***

WEDNESDAY, JUNE 11, 2:00-9:00    WEDNESDAY, JUNE 18, 2:00-9:00

THURSDAY, JUNE 12, 2:00-9:00    THURSDAY, JUNE 19, 2:00-9:00

***Please be part of our “Faces of NHBZ!!!”***

## **CLASS SERIES**

- **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 3:15 p.m. **Monday afternoons**: next class, Monday, June 9, at NHBZ. (Rabbi Smason will be unavailable on the 2<sup>nd</sup> Monday in May.) 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.
- **“Chassidic Insights into the Weekly Parsha”** ~ Rabbi (Chaplain, Major) Avraham Cohen is offering a 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. This ongoing class meets on **Wednesday evenings**; now meeting at 7:30 p.m., after minyan, in the NHBZ Chapel. Rabbi Cohen can be reached at 301-787-5538 for further questions.
- **“History of the Jews” ~ Popular Series Continues . . .** “What Happened During the Second Jewish Commonwealth?” How have the Jews conquered both time and space over the past 4,000 years? Join Menachem Szus as he continues his fascinating course on the history of the Jewish people! **Two More Sunday mornings**, May 18<sup>th</sup> and 25<sup>th</sup>, 10:00 to 11:30 a.m. at NHBZ. (No class on Mother’s Day, May 11<sup>th</sup>.) Registration for class is required to enable preparation of learning materials; please send email to: [menachem@alonsystems.com](mailto:menachem@alonsystems.com).
- **Learn to Lead Davening** ~ Learn how to lead davening, led by our Chazzan Dr. Ethan Schuman. The first sessions will start with Ma’ariv. If you are interested, please contact Ethan and give him some alternate days of the week or dates that would be convenient for you; then the class schedule will be determined.

## **SIMCHAS**

- **MAZEL TOV ON SIMCHAS** May 10-16. **Happy Birthday to Don Eisenberg, Monti Mantinband, Nathan Scheer, Nava Scheer, Jill Starr, Dana Szus Sutton, and Hershel Tendler! Wedding Anniversaries ~ Dr. Eliot & Sally Katz!** 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.

## **Wish List! Wish List! Wish List!**

- **WOO HOO!!! OUR WISH LIST IS ALMOST COMPLETE!!!** ~ NOW, all we need is a **VERY LARGE** PROJECTION SCREEN, Sturdy, Moveable, and on a Tripod Stand for programs in the sanctuary/social

hall -- large enough so that slides and video presentations can be seen from the stage in front of the ark to the back of the social hall. The projection screen we received from the Hollanders is the perfect size for classes in the lower-level Feigenbaum-Pepose Learning Center and the Teen Lounge. The second screen will be for the convenience of having the equipment on both levels of our building!!! These generous gifts are tremendous aids for classes and other presentations. Can YOU grant our last wish? Please call 314-991-2100, ext. 2. *Many thanks to Larry & Shirley Hollander for the screen they donated, to Howard & Phyllis Loiterstein for the new white board they purchased and donated, and to Alan & Marcie Brook for the second white board!!!!*

## Reminders

- **Yizkor Donations** ~ It is customary to make a contribution to the synagogue for Yizkor recited on the last day of Pesach, and for honors received during Pesach. Your donations are very much appreciated.
- **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*. For details or questions, please see Rabbi Smason.
- **Become Energized!!! Sponsor Your Own Solar Panel!!!** The 2014 price is just \$216 for the 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 or as close to the 15<sup>th</sup> and 30<sup>th</sup>.
- **HEADS UP! Schnucks E-Scrip Card - \$1,435.80 In 2013!!!** If you have been using your Schnucks E-Scrip Card when you shop, we Thank You VERY Much! NHBZ received \$1,435.80 **Easy Money** last year from Schnucks based on your purchases, and **NO EXTRA CHARGE TO YOU!!!** Please remember to hand your e-Scrip card to your checker every time you shop - and make your shopping trip count!!! **TO NHBZ Members AND Non-Members Alike** ~~ if you don't have an e-Scrip card, please contact the office: [sandieabrams@hotmail.com](mailto:sandieabrams@hotmail.com) or 314-991-2100, ext. 2, and "shop" for Nusach Hari B'nai Zion!!!
- **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.
- **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 \$150 and \$275. Please call the office for details.

<i>Important Note About New Memorial Plaques</i>	
<i>To receive new Memorial Plaques for:</i>	<i>We must receive your order by:</i>
<i>Rosh Hashana (Sept. 25<sup>th</sup>)</i>	<i>July 7, 2014</i>
<i>Yom Kippur (October 4<sup>th</sup> - Yizkor)</i>	<i>July 28, 2014</i>
<i>Shemini Atzeres (October 16<sup>th</sup> - Yizkor)</i>	<i>September 11, 2014</i>

- **Buy a Brick Online or by Phone** - Our website now accepts online donations for the Brick and Planting Campaign; go to <http://www.nhzb.org/dedications.asp> or call the office at 314-991-2100.
- **Shalosh Seudos, The 3<sup>rd</sup> 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 yahrzeits of your dear family members.
- **Synagogue Honors** - It is customary to make a donation to the shul for Aliyos or other honors received.

## **NEWS & FEATURES**

- **Kashrus Alert** ~ The OV would like to clarify the issue with buying chometz from Target after Passover. As per the Star-K, Target stores in the Baltimore Metropolitan area received delivery of frozen foods from suppliers who did not sell their chometz. This issue with Target applies ONLY to the Baltimore Metropolitan area stores and **only to frozen foods**.
- **Kashrus Alert** ~ Oronoque Orchards: 9" Deep Dish Pie Shell UPC: 70427 13709; Mrs. Smith's Bakeries. The OU symbol was inadvertently left off the most recent printing of packaging. The product and UPC listed above is kosher pareve and certified by the OU, even without the OU symbol. Future packaging will bear the OU symbol.
- **Wrapunzel** ~ Wrapunzel is coming to Saint Louis! May 11th, 7:30 p.m., for women only, at U. City Shul for an evening of warm sisterhood and vibrant colors! Learn basic and intricate scarf tying techniques, deepen your appreciation for the mitzvah of head covering and walk out with a new sense of your unique beauty. Wrapunzel scarves will be available for sale. Suggested donation \$5.00. Light Refreshments will be served. Brought to you by Bais Abe, Eishes Chayil of St. Louis, Friends of the Hebrew Academy, and Young Israel Women's Division.
- **Walk on Sunshine** ~ On Sunday, May 18, Hadassah will hold its ninth annual Suzy Esstman's Walk On Sunshine event, raising funds for research to cure brain tumors. This year's walk will honor the late John Mann, who died in 2011 at age 45. The family-friendly walk begins at 10 a.m. in Queeny Park, taking a one-mile course suitable for strollers and pets; all ages are encouraged to attend. Register in advance at: [WalkOnSunshine.org](http://WalkOnSunshine.org) or by calling the Hadassah office at 314-991-0434.
- **Tomchei Shabbos FOOD DRIVE!!** **Pick up your bags** 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.
- **Tomchei Shabbos Cookbook Project** ~ Preparations for our cookbook, dedicated in memory of Merle Hartstein, are in full swing! Please share your Shavuot recipes (including meat!) by sending them to: [tomcheishabboscookbook@gmail.com](mailto:tomcheishabboscookbook@gmail.com). If you would like to help on the cookbook please call Bryna Kandel at 569-5001 or email [tomcheishabboscookbook@gmail.com](mailto:tomcheishabboscookbook@gmail.com).

## **President's Message**

### ***Special Gifts Campaign & Semi-Annual Membership Meeting:***

Our **Special Gifts Campaign** has a few more weeks to run. Most of you realize that dues do not cover all of our expenses. The rest is covered by your generous donations throughout the year. A "special gift" is an unrestricted gift to NHBZ above and beyond regular donations. We have accomplished much in the last few years. Look around – our new building, our many new members, our wonderful Learners Service and numerous classes. This is an opportunity for you to fulfill a mitzvah and help to ensure our continued success. Please respond generously. We welcome gifts of any amount, but if you are able to give a minimum of \$250, you will be invited to the Special Gifts "thank you" dinner. *NOTE that the Special Gifts Dinner has been moved back two weeks until June 1* due to an overlooked calendar conflict. I hope to see you at the 2014 Special Gifts Dinner!

I invite you to attend our twice-a-year **membership meeting** on Tuesday evening, May 13, at 7:30 p.m. You will hear a summary of the last six months' activities – financial report, Rabbi's report, committee updates, and plans for the future. Please bring your questions, suggestions, and even complaints. This is your opportunity to give input to the Officers and Board of Directors. We look forward to seeing you there.

*Lenny Alper*

### *Welcome to Beyond Twelve Gates*

Hiring and being interviewed are skills. One gets better at the more you do it. Do you have any favorite interview questions? Here are some of mine:

- So you're a St. Louis Cardinals fan (or Dodgers, or Yankees, or ...). If you were their owner, how would you make the team better?
- Who do you admire most, and why?
- How do you think they get the coating on the M&M's?
- If you could do anything, what would be your ideal job? What is your passion?
- If you were working in the office late at night alone and there was one chocolate biscuit left in the team biscuit box, what would you do?

Andrew Alexander, President of *Red Roof Inn*, said that his favorite interview question is "Why are you here?" Mr. Alexander said, "I always ask this the minute a prospect sits down. After the initial shock wears off, I hope to hear a passion for the hospitality industry and a deep respect for customer service. I find this to be a tremendously effective way to gauge whether the person is interested in working for us or simply seeking a job." "Why am I here?" Isn't this an important question we should ask ourselves each day?

### *Parshas Behar Leviticus 25:1 -- 26:2*

Behar focuses primarily on mitzvos concerning the land of Israel, beginning with the command to observe a Sabbatical (Shemitta) year. During Shemitta, one's fields are to remain uncultivated every seventh year, refraining from the normal cycle of planting and harvesting. Instead, anything that grows becomes free for anybody who wants to just pick and enjoy. Similarly, the land in Israel is to remain unworked in the Jubilee (Yovel) or 50th year, at which time the ownership of all land automatically returns to its ancestral heritage. A quote on the Liberty Bell, "*And you should sanctify the fiftieth year, and proclaim liberty throughout the land ...*" is taken from the passage describing the Jubilee year.

Behar tells us not to worry that we won't have enough to eat during Shemittah and the following year because we can't plant and harvest. Promising an open miracle, G-d says that the year before Shemitta, the sixth year, will produce enough food for three entire years – enough for the sixth year, the year of Shemitta, and the following year, when things won't grow because there was no planting during Shemitta. The parsha also speaks about the poor and downtrodden. Not only are we commanded to give them tzedaka and do acts of loving kindness for them, but ideally we are to provide them with the means to raise themselves out of their poverty-stricken state.

### *Rabbinic Ruminations*

Which group of statements rings true for you?

- I prefer a quiet one-on-one dinner to a noisy party*
- When I have a problem I like to ponder the issue;*
- I work best by myself, with limited interruptions*

Or:

- When I need to recharge my batteries I go out with friends*
- When I have a problem I like to talk it through with friends*
- I work best as part of a team*

By understanding whether we are an introvert or extrovert, we gain insight into who we are and what makes us tick. According to Susan Cain, author of *Quiet: The Power of Introverts in a World That Can't Stop Talking*, introverts prefer spending time alone or one-on-one with friends and loved ones versus in a large group. They find their strength renewed when in solitude, and are careful observers and good listeners. Studies suggest introverts have better analytical abilities, information retention and may even have fewer accidents.

Extroverts enjoy stimulation. For them, rest and rejuvenation means time with friends or family in social settings. They process information as 'outside thinkers' by talking it through with others. Extroverts are believed to be

more receptive and open-minded to change, and outgoing or curious when it comes to new situations and new people.

The great Rabbi Yeruchem Levovitz, master of Jewish growth and development, once said: "Oy (woe is) to the one who doesn't know his weaknesses, but oy-vavoy (a double oy-vey) to the one who doesn't know his strengths." Knowing your strengths provides greater self-knowledge and understanding of those around you. Knowledge of your strengths also creates an awareness of your latent capacity for growth and greatness.

### *Quote of the Week*

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover. -- *Mark Twain*

### **Joke of the Week**

A husband looking through the paper came upon a study that said women use more words than men. Excited to prove to his wife his long-held contention that women in general, and his wife in particular, talked too much, he showed her the study results, which stated:

"Men use about 15,000 words per day, but women use 30,000."

His wife thought awhile, and then finally she said to her husband,

"That's because we have to repeat everything we say."

The husband said, "What?"

### ***A Letter to the Editor of the St. Louis Jewish light! Joy in finding a new spiritual home!***

Allow me to share with the Jewish community one of the happiest and proudest moments my wife Linda and I have ever experienced. After many years of being unaffiliated with any temple or synagogue, we recently became members of Nusach Hari B'nai Zion, an Orthodox synagogue in Olivette, presided over by Rabbi Ze'ev Smason.

I can't begin to tell you of the pure joy and pleasure of being part of a "family" comprised of among the warmest, most wonderful, sincere, people we have ever met. Our comfort level can only be described as being "through the roof," even though neither of us is Orthodox.

We were made to feel welcomed and accepted from the very first time we ever set foot in the synagogue, and this was long before we even became members.

We were never pressured to join even as we continued to partake in Shabbat services followed by the kiddushes afterwards. Even had we elected not to become members, I feel certain that the congregants would still have continued to have embraced us warmly with their kindness, graciousness, and hospitality, no questions asked.

Since joining Nusach Hari, both Linda and I have developed a tightly-knit bond and connection with this special Jewish house of worship, which neither of us had ever felt before.

Suffice it to say, we have committed to being life-long members to a place that is truly "our home away from home."

Gene Carton  
Olivette

***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!!!

<b>This Week At a Glance</b>	<b>Shabbos May 10</b>	<b>Sunday May 11</b>	<b>Monday May 12</b>	<b>Tuesday May 13</b>	<b>Wed. May 14</b>	<b>Thurs. May 15</b>	<b>Friday May 16</b>	<b>Shabbos May 17</b>
<b>Shachris</b>	9:00 am	8:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	8:30 am
<b>Mincha/Ma'ariv</b>	7:25 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:25 pm
<b>Events – see times in Event Planner Box</b>	<i>Chocolate Chocolate Chocolate Kiddush in honor of all New Members; Salad Bar By our NHBZ Sisterhood &amp; the Bressler Family!</i>	<i>Happy Mother's Day to all Moms, Grand-mas, and Great- Grandmas!  No "History Of the Jews" Class on Mother's Day!</i>	<b>BUY CASH CARDS</b>  <b>BUY CASH CARDS</b>	<i>Sisterhood Mother's Day Luncheon &amp; Bingo ~ 12:00 noon;  Shul Semi- Annual Meeting, 7:30 pm; Followed by Board of Directors Meeting!</i>	<i>Rabbi Smason's Lunch &amp; Learn, 12:15-1:00 pm  "Chassidic Insights Into the Weekly Parsha, 7:30 pm, After Minyan</i>	<b>BUY CASH CARDS</b>  <b>BUY CASH CARDS</b>	<i>Erev Shabbos</i>	<i>Synaplex Shabbat and Lunch In Honor Of May Birthdays And Wedding Anniver- saries!</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.

<u><b>WEEKLY at NHBZ</b></u>	<u><b>WEDNESDAY</b></u>
<p><b><u>SHABBOS</u></b></p> <ul style="list-style-type: none"> <li>- Child Care (10:00 am – Noon) kids 3 &amp; under in the Children's Room</li> <li>- Youth Programming (10:15 am – 11:00 am) children 4-8, in the Youth Lounge.</li> <li>- Learners Service (10:15 am) led by Rabbi Ze'ev Smason in the Chapel</li> <li>- Shabbos Tanach (Bible) Study Group (45 minutes before Mincha)</li> </ul> <p><b><u>SUNDAY</u></b></p> <ul style="list-style-type: none"> <li>- Mishna Learning (after Shachris) with Rabbi Chanan Swidler, of Aish HaTorah</li> <li>- Mystical Moments with Rabbi Max Weiman (between Mincha &amp; Maariv.)</li> <li>- Tanya (8:00 pm) with Rabbi Shaya Mintz of the St. Louis Kollel</li> <li>- "History of the Jews" (10:00 a.m.) with Menachem Szus; two more Sundays, May 18 &amp; 25.</li> </ul> <p><b><u>MONDAY</u></b></p> <ul style="list-style-type: none"> <li>- Women's Tefila Class (2<sup>nd</sup> &amp; 4<sup>th</sup> Mondays) 3:15 pm with Rabbi Smason at NHBZ (Next class: <u>Monday, June 9.</u>)</li> </ul>	<ul style="list-style-type: none"> <li>- Rabbi Smason's Lunch &amp; Learn (12:15-1:00 pm) Studying Pirkei Avos.</li> <li>- "Chassidic Insights into the Weekly Parsha" (7:30 pm, after Minyan) Rabbi (Chaplain, Major) Avraham Cohen.</li> </ul> <p style="text-align: center;"><b><u>MONTHLY at NHBZ</u></b></p> <ul style="list-style-type: none"> <li>- Irvin Alper Social Club (First Sunday) (Not in June)</li> <li>- Women's Home Study Group (First Tuesday, 2:30 pm) with Rabbi Shaya Mintz, of the St. Louis Kollel at home of Jackie Berkin.</li> <li>- Morris Lenga Yiddish Club (First Thursday, 7:30 pm)</li> <li>- 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.</li> <li>- Sisterhood (Third Tuesday) This month – May 13.</li> <li>- RAP with the RABBI (Last Sunday 10:00 am <b><u>at Starbucks</u></b>) All teens invited &amp; welcome!</li> </ul> <p style="text-align: center;"><b><u>NHBZ Signature Events</u></b></p> <ul style="list-style-type: none"> <li>- Synaplex Shabbos</li> <li>- Shabbos Lunch &amp; Learn</li> </ul>