

NHBZ Shabbos Bulletin

November 23, 2013

Welcome to Nusach Hari B'nai Zion

20 Kislev 5774

Affiliated with the Union of Orthodox Jewish Congregations of America

Torah Portion:
Haftorah:

Parshas Vayeishev: 37:1 – 40:23
Amos 2:6 – 3:8

Stone Chumash pages 198-221
Stone Chumash pages 1142-1143

Thanks to Vivian and Alan Zarkowsky for sponsoring this bulletin in honor of their new grandson **Zev Yoseph!** :) Mazel Tov to Zev's parents, Chai and Asher, great grandmother Marian Walters and grandparents Chellie and Yankee Wilensky in Chicago. MAZEL TOV TO EVERYONE!!!

Erev Shabbos – Friday Night, November 22, 2013

- **Mincha & Maariv** (4:25 pm)
- **Candle Lighting** (4:25 pm)

Shabbos, November 23

- **Shachris & Musaf** (9:00 am) ~ *Thank You For Leading Davening*
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Menachem Szus**
 - Leyning: **Max Gornish**
 - Haftorah: **Sid Silverman**
 - *Drasha* (Sermon): **Rabbi Ze'ev Smason**
 - Musaf: **Menachem Szus**
- **Kiddush** ~ (After Musaf)
- **Monument Dedication** ~ For Sol Klarfeld, ב"ר, and Lil Klarfeld, ב"ר, on Sunday, December 1st at 11:00 a.m. at Chevra Kadisha Cemetery, North & South and Page.
- **Mincha, Shalosh Seudos, Ma'ariv** (4:05 pm)
- **Shabbos Concludes** (5:28 pm)



Meetings

- **The Irvin Alper Social Club** ~ Sunday, December 8th.
- **Board of Directors Meeting** ~ Tuesday, December 10, 7:00 p.m. Newly elected Officers and Board Members are invited to attend the last meeting of 2013.

NHBZ COMING EVENTS

- **Lion's Den Pizza Night** ~ Our "Last-Sunday-of-the-Month" All-You-Can-Eat Pizza Buffet – TOMORROW ~ Sunday, November 24. 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.)
- **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 – This Monday, November 25, 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.
- **Adult Bar & Bas Mitzvos** ~ Classes will continue on Wednesday, December 4, at 7:00 p.m. (No class this week.)
- **Synaplex Shabbos** ~ December 7. **Dr. Lila Balla** will speak on the topic: "The Ethiopian Jewish Community." **Rabbi Ze'ev Smason's** topic: "The 7 Pillars of the Jewish Home." **Rabbi Shaya Mintz**, of the St. Louis Kollel, will speak on the topic: "Judah and the Throne of Kingship."

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

This Week At a Glance	Shabbos Nov. 23	Sunday Nov. 24	Monday Nov. 25	Tuesday Nov. 26	Wed. Nov. 27	Thurs. Nov. 28	Friday Nov. 29	Shabbos Nov. 30
Shachris	9:00 am	8:00 am	7:00 am	7:00 am	7:00 am	8:00 am	7:00 am	9:00 am
Mincha/Ma'ariv	4:05 pm	4:20 pm	4:20 pm	-	-	4:20 pm	4:20 pm	4:05 pm
Ma'ariv Only				6:45 pm	6:45 pm			
Events – see times in Event Planner Box	<i>Good Shabbos to all!</i>	<i>Pizza Buffet 5:00-7:00 pm Place Carry Out orders by 10:00 a.m. on Sunday!</i>	<i>Tefila Class for Women At NHBZ 7:00 p.m.</i>	BUY CASH CARDS	<i>Lunch & Learn w/ Rabbi Smason, 12:15 pm (No Bar/Bat Mitzvah Class)</i>	<i>Thanks- giving Day! 1st Day of Chanu- kah! Happy Thanks- givingkah</i>	<i>Erev Shabbos</i>	

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

Weekly at NHBZ

SHABBOS

- 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.

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.
- 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)

NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn

A Shabbos of Reflection ~ As a follow-up to last week's *Shabbos of Reflection*, we still have several reflective belts available, at no charge. We are also still seeking donations and/or a sponsorship for the cost of the belts that we purchased. Please speak to Rabbi Smason.

● **Mazel Tov to Officers & Members of the Board of Directors Elected on November 17 ~**

2014 NHBZ Officers

President	<i>Lenny Alper</i>
First Vice President	<i>Richard Woolf</i>
Second Vice President	<i>Bobby Levine</i>
Treasurer	<i>Don Eisenberg</i>
Secretary	<i>Shayna Scribner</i>
Gabai	<i>Mayer Taller</i>
Board Members: Term 1/1/2014 - 12/31/2016 (3 year full term)	
<i>Byron Brownstein</i>	<i>Fran Reisler</i>
<i>Jack Maram</i>	<i>Robin Rickerman</i>
<i>Michelle Mufson</i>	
Board Members: Term ending 12/31/2015 (2 years remaining)	
<i>Gary Sudin</i>	
Board Members: Term ending 12/31/2014 (1 year remaining)	
<i>Stan Goldfader and Mimi Fiszal</i>	

NHBZ COMING EVENTS

- **Chocolate & Wine for Young Couples & Singles!!!** You are invited to indulge yourself . . . Wine & Chocolate Pairings, Saturday night, December 7, at 7:30 p.m. At the home of Richard & Mindy Woolf, \$10.00 per person – in advance. You must RSVP by Thursday, December 5, to Mindy at 239-2327 or mwoolf2002@gmail.com. Space is limited!!!
- **108th Anniversary Banquet ~ Please send your journal messages this week!!!**
We are proud to present our Honoree for 2013 ~ our own **Dr. Ethan Schuman**. Dr. Schuman has served as our chazzan since 2002. He is noted for his community work, right here in St. Louis – most recently pioneering the first on-line Shechita course for men in St. Louis to learn the halachos, customs, and art of the ritual slaughter of animals for kosher consumption, and his creation and regular leadership of the NHBZ Yiddish Club. His many projects around the world include Matzah baking in Tunisia, Uganda and Kenya; davening for congregations in Nairobi, Bucharest and Cuba; Shechita in Kenya, Cuba and Uganda; speaking and learning with communities in Torino, Italy; Bris Milah for the communities of Riga, Metamoros Mexico. It is with great pleasure that we give well-deserved *kovod* (honor) to Dr. Schuman on Sunday, December 15, at the Crowne Plaza Hotel in Clayton. Please send in your Ad Journal order forms!!! The deadline to send your order form has been extended!!! *Please respond generously with your business ads, personal greetings & messages to our honoree.*
- **Hebrew Class Series at NHBZ ~** The new beginning date of this Hebrew Series **To Be Announced**. Want to learn Prayerbook Hebrew in an easy organized way from a knowledgeable teacher? Join **Rabbi Max Weiman**, author of the *Everything Learning Hebrew* book, at NHBZ. This will be a 6 to 8 week course, with the cost of \$75 to each participant. (Optional: bring your favorite siddur.)

Simchas

- **MAZEL TOV ON SIMCHAS** November 23-29. **Happy Birthday to Shirley Hollander! Happy Anniversary ~ David & Keri Simon!** 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

- **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!!!
- **CHANUKAH CANDLES!!!** Please help support the very important work of our Chessed Committee by purchasing Chanukah Candles. The candles are available to be picked up in the Shul office. Your generous contribution of \$5 **or more** will go directly to the Chessed Fund.
- **Bobby Levine's Art Still Available** ~ IF YOU MISSED the Bobby Levine Art Exhibit and Opening, to benefit NHBZ, the artwork can be viewed and the order forms for ordering artwork are available on Bobby's website, www.robertxlevine.com. ALL PROCEEDS, 100%, FROM YOUR PURCHASES ~ **UNTIL THE END OF 2013**. GO TO NHBZ to benefit the Capital Campaign. Thank you to NHBZ and everyone who came, supported and helped with this event.
- **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.**
- **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.
- **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.

News & Features

- **Kashrus Alerts ~ GFA Brands Smart Balance:** Issue: Most Smart Balance products are certified as OU Pareve, a few are certified as OU D. In order to avoid consumer confusion, the packaging for the dairy products will have OU Dairy spelled out in a larger font than the current OU D designation. Consumers are urged to always check each product they are purchasing for the kosher symbol. **Kedem Light Concord Grape Juice Beverage - 22 oz:** Issue: A very limited number of bottles were mistakenly labeled with the 1.5 liter/ 50.7 oz labels. These labels state "Non-Mevushal." The only impact is for consumers who are seeking Non-Mevushal grape juice. The 22oz size is Mevushal. **Gourmet Basics Hatch Chile Pop Rings:** Issue: The product is certified by the Orthodox Union as an OU D - Dairy product, as labeled on the front panel of the bag. The back panel has an OU D next to the words 'kosher pareve'. The product is **not** pareve and corrective actions have been implemented.

- **BECOME ENERGIZED!!! Sponsor Your Own Solar Panel!!!** Lock in the 2014 price of just \$216 for a full year. Introductory Offer ~ For the remainder of 2013, your cost will be pro-rated to only \$108 through the end of December. 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 wording!
- **EIGHTH NIGHT!!!** Presented by PJ Library, Jewish Federation, National Council of Jewish Women! Wednesday, December 4, 4:00-5:30 p.m. at Office Depot, Heritage Place, 12581 Olive Blvd. After 7 nights of receiving, let the giving begin!!! Tzedakah-related activities for kids of all ages. Discounted school supplies to purchase for NCJW Back 2 School Store; plus story-telling, crafts, attendance prizes. RSVP to Jen at jlotsoff@jfedstl.org.
- **Elegant Cake Decorating Demonstration** ~ Learn easy, unique, and whimsical techniques with Gitti Allman of DecorateMyCakeNY.com. Sunday, December 8th, 2013 from 7-9PM at a private home. \$36 per person. Reservations required and space is limited. Contact avivaadler@sbcglobal.net for additional information. Sponsored by Yeshivat Kadimah High School.
- **Tomchei Shabbos Chanukah Food Drop-Off** ~ Please help fill our shelves for Chanukah! Drop-Off date is Sunday, Nov. 24, anytime from 9:00-11:00. Please include non-perishable food items only. U. City drop-off is at Jackie Oppenheimer, 914 Albey Lane. Chesterfield drop-off is at Janice Mankowitz, 186 Stablestone Drive. If you need items picked up from your home, please call Jackie Oppenheimer, 997-6924.
- **Tomchei Shabbos!!** 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. Money donations are always welcome! For more details, or to arrange pick ups at your home, please call Sally Needle at 991-2575.
- **Tomchei Shabbos New Project** ~ Introducing The Tomchei Shabbos cookbook. Help name the new cookbook. The name should reflect the values and core beliefs of Tomchei Shabbos. Email your suggestions to tomcheishabboscookbook@gmail.com. The deadline for suggestions is December 1st. If your cookbook name is chosen you will receive a free cookbook. 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.

*Beyond Twelve Gates by Rabbi Ze'ev Smason
Parshas Vayeishev November 23, 2013*

Welcome to Beyond Twelve Gates

Three days a week after he finishes teaching school in western Wales, Steffan Hughes drives more than an hour to a track in Cardiff, where he runs sprints for two hours before driving back home. Steffan is training for the Paralympics, but he isn't disabled. The 28-year-old is a guide runner for Tracey Hinton, a blind sprinter who needs Steffan's eyes to make it across the finish line. The two run with their hands tied together, matching their strides and arm movements as closely as possible. "It works a bit like a three-legged race, but with your arms," he says. Not all visually impaired runners use guides, but many do. Some train with them but don't use them in competitions. Others do the reverse.

Tracey, who lost her sight through retinal cancer when she was four, found Hughes about 10 years ago by placing an ad in a newspaper. The time commitment is demanding. During the summer months Steffan often travels with Tracey on weekends to competitions around Europe. He says he does it because it's challenging and "an honor to be Tracey's guide." Guides often help their partners off the track, too. Steffan says he tries to show Tracey around unfamiliar hotels or apartments when they travel, and cuts her meat and potatoes at restaurants "to make life easier."

In the book of Numbers, Joshua is chosen to be leader of the Jewish people. What were the characteristics of Joshua that made him the worthy successor of his teacher Moses? Jewish tradition requires leaders who can

bring out the best in others, as the Torah describes it, "one who will lead them out and bring them in." (27:17) Not many have the stamina and talent to be a guide runner. But like Steffan Hughes -- and Joshua -- we can all bring out the best in others.

Parshas Vayeishev Genesis 37:1-- 40:23

Jacob's favoritism toward Joseph incites his brothers' hatred. Their jealousy increases when Joseph tells them about two dreams which indicate that they will one day be subservient to him. Jacob sends Joseph to check up on his brothers, and upon seeing him approaching they plot to kill him. Reuben convinces the brothers not to kill Joseph, but is unable to totally save him as the brothers sell Joseph into slavery in Egypt. After dipping Joseph's coat in blood, they return to their father who assumes that his beloved son was torn apart by a savage beast.

The Torah then digresses to relate the story of Judah and his daughter-in-law Tamar. The narrative then returns to Joseph in Egypt, where he becomes an extremely successful slave and is placed in charge of his master's household. His master's wife repeatedly tries to seduce Joseph, and when he refuses he is thrown into prison. Ten years later, Pharaoh's chief butler and baker are placed into the same prison. One night they each have a perplexing dream that Joseph accurately interprets, setting the stage for his release from prison.

Rabbinical Ruminations

Want to change how you're feeling? Change what you're doing. In a study by [Shafir et al., \(2013\)](#) people who jumped up and down felt happier than those who made neutral movements. In other words: it's not just the joy of any movement, it's specifically the joy of jumping up and down. And the jumping had to be actually done, just watching another person jumping didn't work.

The concept that our actions can enhance and even create emotional moments extends beyond a jump for joy. Psychologist/philosopher William James (1842-1910) was one of the first theorists to notice this counter-intuitive process. He believed that emotions arise out of the bodily actions we take in response to what is happening in our lives. It is not, James theorized, that, "we lose our fortune, are sorry and weep; we meet a bear, are frightened and run; we are insulted by a rival and angry and strike." In fact, he argued, "this order of sequence is incorrect...the more rational statement is that we feel sorry because we cry, angry because we strike, afraid because we tremble." James' theory formed the basis for the behavioral treatment referred to as *behavioral activation*; change behavior in order to experience a change in mood.

Students of modern psychology may be unaware of a considerably earlier source for *behavioral activation*. The Sefer HaChinuch ('Book of Education'), published anonymously in 13th century Spain, is a work which systematically discusses the 613 mitzvos of the Torah. In Mitzvah 16 the author writes, "The hearts are drawn after the actions ... gradually (these) actions will have a powerful effect upon his emotions, and he will come to true humility and reverence of G-d."

Action changes emotion. A reliable way to change how you're feeling is to change what you're doing. When you feel bad, don't wait to feel good to do what you love. Start doing what you love. Good feelings will likely follow.

Quote of the Week

The purpose of art is to wash the dust of daily life off our souls. -- *Pablo Picasso*

Joke of the Week

Always Read the Label

One day, a housework-challenged husband decided to wash his sweatshirt. Seconds after he stepped into the laundry room, he shouted to his wife, "What setting do I use on the washing machine?"

"It depends," she replied. "What does it say on your shirt?"

He yelled back, "Texas A & M."

Nusach Hari B'nai Zion Congregation
108th Anniversary Celebration

Sunday Evening, December 15, 2013
At the Crowne Plaza Hotel in Clayton

We are proud to present our Honoree for 2013
Our Own Dr. Ethan Schuman

Please send your journal messages!

Deadline for journal is November 26!!!

You received your dinner invitation, right?

RSVP for the dinner. Please send your response card!!!

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.