



# NHBZ Shabbos Bulletin

*Welcome to Nusach Hari B'nai Zion*

Affiliated with Union of Orthodox Congregations of America

*Shabbos*

November 8, 2014

15 Cheshvan 5775

**Torah Portion:**  
**Haftorah:**

**Parshas Vayera: Genesis 18:1 – 21:24**  
**2 Kings 4:1-37**

**Stone Chumash pages 78-105**  
**Stone Chumash pages 1134-1135**

## Erev Shabbos, Friday Night, November 7, 2014

- **Mincha & Maariv** (4:35 pm)
- **Candle Lighting** (4:37 pm)

## Shabbos, November 8, 2014

- **Tefillah/Prayer Learners' Service** ~ 9:30 am, led by Rabbi Yosef David in the Rivkin Chapel.
- **Learners' Service** ~ 10:15 am, led by Rabbi Ze'ev Smason in the Rivkin Chapel.
- **Shachris & Musaf** (9:00 am) ~ *Thank You For Leading Davening*
  - Pesukei D'Zimra: **Alan Zarkowsky**
  - Shacharis: **Menachem Szus**
  - Leyning: **Kenny Bressler**
  - Haftorah: **Alan Haber**
  - *Drasha* (Sermon): **Rabbi Ze'ev Smason**
  - Musaf: **Sammy Chervitz**
- **Kiddush** ~ (following Musaf) Thanks to **Kenny & Barb Bressler, Menachem & Linda Szus and Families** for sponsoring a cake in honor of **Leo Bressler's** 92<sup>nd</sup> Birthday. **HAPPY BIRTHDAY, LEO!!!**
- Thanks to **"Pop-Stars" Victor & Anna Rose Tendler** for sponsoring the soda this week in honor of **Sandy Klarfeld's** birthday! **HAPPY BIRTHDAY, SANDY!!**
- **Mincha, Shalosh Seudos, Ma'ariv** ~ (4:20 pm) Thanks to **Sarah Klein** for sponsoring Shalosh Seudos today in memory of her beloved father Yaakov Griner, נ"ל.
- **Shabbos Concludes** ~ (5:39 p.m.)



## “What's Up” on Sunday?

**NHBZ Semi-Annual Shul Meeting & Election of Officers** ~ Tomorrow - Sunday, November 9<sup>th</sup>, 11:00 a.m. in the **NHBZ Social Hall**. Refreshments will be served. (See the President's Message in this bulletin for the order of the meeting, and the list of nominees.)

**The Irvin Alper Social Club** ~ Tomorrow - Sunday, November 9<sup>th</sup>, 5:00 pm, in the NHBZ Social Hall.

## **WISH LIST! Wish #1:**

We have very frequent power outages at the shul . . . so everything goes down from our server to the elevator!!! We require Battery Backup devices to keep the operations and server running and prevent data loss. We are now badly in need of several UPS's - Uninterruptible Power Supplies for our server and some other devices. Our computer systems, including the server, enable us to efficiently manage our shul by producing the Shabbos bulletin, our accounting, a variety of printed material, the yahrzeit reminders, and more. If you would like to contribute . . . HERE IS OUR WISH LIST:

1. APC Smart-UPS 1500VA LCD 120V - it runs about \$600 for our server
2. a few APC Back-UPS 350's running about \$90 each.

Thanks to **Dr. Erol & Sally Amon, Andy & Ellen Berg, Irwin & Roz Rosen, and Jeff & Terri Schnitzer** for responding to our Wish List!!! **Can we count YOU in, too? We can count Erol & Sally Amon in TWICE! They are donating \$200.00 more for our UPS units. Thank You, Erol & Sally!!! Thanks to all our donors, SO FAR!!!** Call Sandie, 314-991-2100, ext. 2, or go to [sandieabrams@hotmail.com](mailto:sandieabrams@hotmail.com).

## Meetings

- **Board of Directors Meeting** ~ This Tuesday, November 11. Ma'ariv at 6:45 pm, Meeting at 7:00 pm.
- **Sisterhood Lunch & BINGO PARTY** ~ Tuesday, November 18<sup>th</sup>, 12:00 noon in our NHBZ Social Hall. Men & Women of ALL Ages are invited to come and enjoy a **Deee-licious Lunch, Bingo, and Attendance Prizes!** \$7.00 donation; RSVP to Rachael Pevnick, 314-395-6017. **We hope to see you!!!** (Please note: Sisterhood will not meet in December.)



## **“What’s Up” at NHBZ?**

### NHBZ Coming Events

- **Calling All Mah-Jongg Mavens!** Help our Chesed Fund by having fun playing Mah Jongg every Monday, 4:00-6:00 p.m., at NHBZ!! Please join us in the Teen Lounge (lower level). Only \$3.00 cover! Proceeds will benefit The Nusach Hari B'nai Zion Chesed Fund. Questions? Call Debbie Barash, 314-993-4954. **See you on Monday!!!**
- **Israeli Artwork** ~ The piece of artwork in our lobby is by Israeli Artist Shemuel A. Katz. It is Number One of 950 prints; Nusach Hari B'nai Zion is offering it for \$299.00. Interested? Please call Sandie, 314-991-2100, ext. 2.
- **Synaplex and Lunch n' Learn** ~ Shabbos, November 15. Three Synaplex breakout sessions will begin at 11:00 a.m. Our speakers and topics: **Rabbi Ze'ev Smason**, “*The ABCs of Jewish Ethics: Seven Moral Principles that Changed the World;*” **Reuven Tzadok**, “*The Yom Kippur War: 40 Years After.*” **Rabbi Yaakov Berkowitz**, of the St. Louis Kollel, “*Perspectives and Teachings from our Matriarch Rebecca.*” And for the kids - **Youth Programming** for kids 4 and over; and **Tot Shabbat!!!** Lunch in honor of November Birthdays and Wedding Anniversaries following the Synaplex Sessions.
- **Lion's Den Pizza Night** ~ **All-You-Can-Eat Pizza Buffet** ~ **Sunday, November 23, 5:00-7:00 p.m.** **Please note the change of date to November 23<sup>rd</sup>, NOT the LAST SUNDAY of the month!** Bring your family and friends to enjoy a delicious dinner of pizza, salad, pasta and garlic bread!!! Reservations are not needed . . . just show up, eat to your heart's content, have fun schmoozing, and have a great time! Plus an extra bonus ~ we have 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 is 4:30-4:45 p.m. before the start of our buffet.) **WE TAKE CREDIT CARD PAYMENTS AT THE DOOR!!!**
- **Anniversary Banquet** ~ At the 560 Music Center, 560 Trinity at Delmar in University City, on Sunday, December 14<sup>th</sup>. We are pleased to announce our Guest of Honor **Mark Ragin**, and Woman of Valor Award recipient **Sandra Abrams!** Please send in your journal ads and greetings to our honorees. Each year, we publish a commemorative journal in conjunction with our Anniversary Celebration, and we ask you to send in your greetings and congratulations to our honorees, to Nusach Hari B'nai Zion, or to Rabbi Ze'ev and Chani Smason. Special plans are in the works! More details to follow, so stay tuned!!!

### **NHBZ 109<sup>th</sup> Anniversary Banquet**

#### ♪ Commemorative Journal Ads ♪

As of November 4, we have received ads submitted by the following:

**Louis Goldman**

**Dr. Faye Cohen**

**Alon Systems – Menachem & Linda Szus**

**Wells Fargo Advisors – Brian Pultman**

**Al's Auto Salvage & Sales – Jack Sumner**

**Rindskopt-Roth Chapel**

**Ruth Alper**

**Aaron Goldberg**

**Estelle Levin**

**Nat & Yvette Levy**

**Rachael Pevnick**

**Stella & Leonid Vladimirov**

**Irwin & Roz Rosen**

**Sid & Phyllis Silverman**

**Craig & Jackie Berkin**

**Each Ad or Dinner Reservation we receive by Friday, Nov. 14 will be entered in the Early Bird Raffle to WIN GREAT PRIZES!**

# **SIMCHAS**

- **MAZEL TOV ON SIMCHAS** November 8-14. **Happy Birthday to Rayna Chervitz, Tobie Dobin, Miriam Kapelus, Sandy Klarfeld, Sam Lyss, Joey Mufson, and Keri Simon. Anniversaries ~ Dr. Harvey & Dale Glazer!** 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 Package of Cards.

## **NHBZ CLASS SERIES ~ MEMBERS & ALL FRIENDS ARE WELCOME!**

- **Learn to Lead Davening** ~ led by our Chazzan **Dr. Ethan Schuman** on **Sunday mornings**, at 9:00 a.m. after morning minyan.
- **Women's Tefilla Class** ~ Led by **Rabbi Ze'ev Smason**. The class meets on the 2nd and 4<sup>th</sup> **Monday afternoons** each month at 3:15 p.m. at NHBZ. Next class – This coming Monday, November 10.

## **NEWS & FEATURES**

- **Handmade Pottery by Gayle Levy** ~ I would like to invite everyone (friends and family too) to my Pottery Show and Sale next Sunday, November 16th from 12 - 3 pm. If you like handmade, one-of-a-kind pieces of beautiful, functional, oven safe, pottery – (brand new and unused), you will not want to miss this opportunity. Buy for yourself or buy for hostess gifts just in time for Thanksgiving and Chanukah giving. My prices are very reasonable, and I am donating 10% of my sales that day to NHBZ. Gayle Levy, 222 Brooktrail Ct., 63141. No obligation to buy, just stop by and say hi! Appointments are available if this time doesn't work for you . . . please call me at home, 314-991-3991.
- **Looking for a Volunteer Tallis Monitor** ~ “What’s that?” you say! Someone who will fold and straighten our shul taleisim after services (either on Shabbos, or Sunday). Also, making sure our shul taleisim are kept clean, and in good repair. The job offers many 'fringe benefits'! For more information, please contact Rabbi Smason
- **Israel and the Changing Region** ~ Next Thursday evening, November 13th, Young Israel will host a very special event, on behalf of AIPAC (American Israel Public Affairs Committee). **Dr. Jonathan Adelman**, Professor of International Studies at the University of Denver, and former advisor to **Condoleezza Rice**, will speak on *"Israel and the Changing Region"*. Please see the attached flyer. AIPAC empowers pro-Israel activists across all ages, religions and races, to be politically engaged and build relationships with members of Congress, from both sides of the aisle, to promote the U.S.-Israel relationship.
- **“Thank You” to Gayle Levy** for donating brand new, cozy fleece blankets for our ladies who get **COLD** during services! How very sweet of Gayle to think of such a nice thing to do. **Thanks, Gayle!**
- **Books of Tehillim (Psalms)** ~ **Julie & Don Eisenberg** have donated 50 Sifrei Tehillim -- Books of *Tehillim* -- to be used for the recitation of Tehillim in the merit of a *Refuah Shelaymah* (full recovery) for our dear friend **Michelle Mufson**. If you would like to join those reciting daily Tehillim for Michelle, please contact Julie at 314-494-8437 or [juliecooks@icloud.com](mailto:juliecooks@icloud.com). There are only a few books left; if you need a book of Tehillim, please inform Julie, who will contact Sandie and tell her you will be picking one up at the office.
- **Kashrus Alerts** ~ **Sensible Portions Zesty Ranch Veggie Straws** are certified by the Orthodox Union as an OU-D Dairy product. Issue: Missing D - Dairy Symbol. This product contains dairy ingredients as indicated in the ingredient and allergen statements. Corrective measures on the packaging have been implemented. **Organic Traditions Mulberries** – The Orthodox Union certifies various Organic Traditions products, but does not certify their mulberry products. Some of their mulberry packaging was mistakenly printed with an Unauthorized OU. Corrective measures are being taken. **Café Latte Toffee and Caramel Macchiato Toffee**, under the Walgreens brand, were labeled with a plain cRc logo. Both products are indeed dairy (Cholov Stam) as indicated on the ingredients and allergen statement. Future labels are being revised.
- **Are You CPR Certified?** If you are **currently CPR certified** with an **Up-To-Date Certificate**, please call our office to register your name: 314-991-2100, ext. 2.

- **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.
- **Blood Drive at Aish HaTorah** ~ You can help save up to three lives in about an hour! The need is ongoing but the supply is not. American Red Cross Blood Drive on Sunday, November 16<sup>th</sup>, 1:15-5:15 pm at the Aish HaTorah Learning Center, 457 N. Woodsmill Road in Chesterfield. To make an appointment go to [www.redcrossblood.org](http://www.redcrossblood.org) and enter the sponsor code: AHJLC. Please bring a valid photo ID.
- **“In a Time of Open Miracles: What Can We do?”** The 12th Annual Yahrzeit ‘Rachel Imeinu’ Video -- Worldwide Event. The video, *“In a Time of Open Miracles: What Can We Do?”*, one hour long with footage of miracles from Operation Protective Edge this past summer, will be shown Wednesday, Nov. 19, 7:00 pm at the St. Louis Kollel, 8200 Delmar. Donation requested. For information, contact Lynda Cohen, 314-862-0025.
- **Vaad Supervised Thanksgiving Buffet at the Hyatt Regency Hotel** ~ Thursday, November 27, 2:00 to 7:00 p.m. An extravagant buffet with a variety of Soups, Salads, Entrees - Whole Roasted Turkey w/Homemade Gravy, Beef Brisket w/Caramelized Onion Jus, and Sides - Challah Bread Dressing, Root Vegetables - to name just a few, and Assorted Cakes, Pies and Tarts. Adults: \$35.00; Kids 12 & under: \$15.00. Prices include tax and complimentary parking. **The deadline for reservations was extended. For reservations call 314-342-4655.**
- **Women’s Tehillim Group** ~ A group of women in the community, including several members from Nusach Hari B’nai Zion, who asked for this announcement to run in our weekly bulletin, gather each Sunday morning to say the entire book of Tehillim, in the *zechus* (merit) of a *refuah shelayma* for the cholim in our community. They meet at the home of Jan Adelman, 8032 Amherst, Sundays at 9:15 am. If you cannot participate in person, call 314-863-5438. The Tehillim hotline (names and updates) is: 314-995-7119. If you have any questions, please call **Julie Eisenberg** at 314-494-8437.
- **Tomchei Shabbos On-Going FOOD DRIVE!!** Tomchei Shabbos means “Supporters of the Sabbath.” **The “Barbara Mendelson Tomchai Shabbos Fund”** was established, by the Vaad Hoer of St. Louis, to help support Jews suffering severe economic distress, by providing the families in our community with their Shabbos and Yom Tov meals in a discreet and dignified manner. A special kosher food pantry is stocked to provide them with food essentials, chicken and meat. **Pick up a bag** 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. Tomchai Shabbos is maintained through contributions of food and money. To make a donation go to [www.ovkosher.org](http://www.ovkosher.org) – click on HOME tab, then Vaad Hoer Community Services, then Tomchai Shabbos.
- **Tomchei Shabbos Cookbook Event** ~ SAVE THE DATE!!! Join us for tea, coffee, and dessert recipes from our upcoming cookbook. SUNDAY, DEC. 14, 1:30-3:00. More info to follow!!
- **Jewish War Veterans** ~ Armed Forces Day, Memorial Day, Flag Day, Independence Day, Patriot’s Day, and Veteran’s Day, all have a common denominator: They are reminders of the freedoms we all enjoy thanks to our military men and women to whom we owe a great debt of gratitude. Plans are in the works to attract new prospective JWV members for Post 644 – Two “Meet & Greets” -- next Sunday, November 16, and Sunday, December 21, both at 10:00 a.m. at the Jewish Federation Building. A Jewish War Veteran is a person of the Jewish faith, honorably discharged or currently serving in the Armed Forces of America, and who takes pride in being a Jewish Veteran who has served honorably. JWV supports the defense of Israel, and America’s efforts to fight global terrorism; JWV is a leader in the successful fight to have service records reviewed to determine whether any Jewish veteran was denied the Medal of Honor due to bigotry. Volunteer opportunities include working in conjunction with local Scout Troops to place over 5,000 American flags at the graves of Jewish Military Veterans, and direct participation in Veteran’s Day and Memorial Day observances. JWV actively supports the treatment of veterans in VA facilities, veteran benefits, and the role of women in the military. JWV’s award-winning publication “The Jewish Veteran” is included in Membership, keeping members informed in the latest developments in Veteran Affairs, Foreign Affairs, and Israel. For more information, contact Harvey Bloth at 314-952-2218 or [harveybloth@gmail.com](mailto:harveybloth@gmail.com).

## Reminders

- **Extremely Important Message!** 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 ASAP . . . 314-749-5271.** Calling the office sometimes delays the time in which Rabbi Smason receives the



information. Rabbi Smason is very sensitive to the needs of all our members -- each and every one of you. He wants to be able to help you as quickly as possible and in any way he can. Please keep Rabbi Smason's cell phone number handy in your wallet, and give it to your family and friends, so you and they will have easy access at all times.

- **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*. Questions? Ask Rabbi Smason.
- **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, ext. 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; for Chesed Fund Tributes come by the office and pick up a package of cards!
- **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 \$180 and \$360. Please call the office for details, 314-991-2100, ext. 2.
- **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 in honor of family members, to celebrate special occasions, or as you observe the *yahrzeits* of your dear loved ones. To make arrangements call our office at 314-991-2100.
- **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.

## President's Message from Lenny Alper

**Tomorrow, at 11:00 am, is the Semi-Annual Membership Meeting and Election of Officers. I urge all members to attend. Refreshments will be served.**

This is an opportunity for you to interact directly with the Rabbi, officers and board members about the business of the shul. If you would like to give your opinion, makes suggestions or just listen, this is your chance. We also will be electing officers and members of the Board of Directors. The nominating committee will present its slate of officers and board members, and other nominations will be accepted from the floor.



We have eight officers and fifteen Board members. Officers serve for one year, and board members serve for three years, with one third of the board up for election each year. Here is the slate of nominees for next year.

### 2015 NHBZ NOMINEES

#### Officers:

President *Lenny Alper*  
 Vice President *Richard Woolf*  
 Vice President *Bobby Levine*  
 Vice President *Kenny Bressler*  
 Vice President **Open**  
 Treasurer *Don Eisenberg*  
 Secretary *Shayna Scribner*  
 Gabbai *Alan Zarkowsky*

#### New Board Members:

*Lauren Brenner*  
*Marcie Brook*  
*Dr. Faye Cohen*  
*Stanley Goldfader*  
*Joni Kaiser*  
**Open (2-Year Term)**

#### Continuing Board Members:

*Fran Alper* *Robin Rickerman*  
*Byron Brownstein* *Phyllis Silverman*  
*Larry Chervitz* *Gary Sudin*  
*Harold Hoffman*  
*Michelle Mufson*  
*Fran Reisler*

*Beyond Twelve Gates by Rabbi Ze'ev Smason*  
*Parshas Vayera November 8, 2014*

*Welcome to Beyond Twelve Gates*

When Teagan Monfils looks back at her high school cross country running record, she will forever have a DQ, or disqualification, next to one important race. That DQ will likely be the greatest source of pride of her running career. Teagan, a junior at Shawano High School in Shawano, Wisconsin, was disqualified from a sectional cross country 5K race this past October for carrying a competitor across the finish line.

Teagan, who was a state-qualifier her freshman year, stopped to pick up rival runner Jordan Ostrowski in the final stretch of the race. Jordan had fallen from exhaustion. Teagan struggled to get Jordan up and moving. When it became clear Jordan could barely stand, Teagan committed to getting the distressed runner the final 60 yards of the race, at times dragging Jordan forward. "She wasn't looking too stable on her feet," Teagan said. "I saw her fall ahead of me, and I know if it were me I'd want somebody to help me across. It's the last meet of our season; she just deserved to finish." The injured runner was taken by ambulance to a hospital but was not seriously injured.

Both runners were disqualified per official rules against assisting a runner during a race. Teagan's coach, though, could not have been more proud. "That's sportsmanship," Steve Stomberg said. "Yeah, you were disqualified, but that humanitarian part of you, that wonderful person that you are, came out. She wanted to help another person, and that's what I like. It's a credit to her."

Sports aren't just about games; they are about life. Good sportsmanship isn't just an extra frill; it is the essence of sports education. *Middot* -- good character traits -- aren't only to be learned in the classroom; they are to be learned in the gym, on the athletic field, and on the cross country course.

*Parshas Vayeira Genesis 18:1 -- 21:24*

The parsha begins with Abraham's incredible display of *chesed* (kindness) to three angels who appear as men. This, despite extreme discomfort from his recent *bris milah* (circumcision). The angels declare that Sarah will give birth to her first child at the age of 90 when Abraham would be 100. Later, Abraham pleads to G-d on behalf of the cities of Sodom and Gemorrah. However, the cities are soon destroyed, but not before the angels save Abraham's nephew Lot and his family from destruction.

Later the parsha describes how Sarah is abducted by Avimelech, the king of Gerar, who did not realize she was married. G-d responds by striking him with a plague which prevents him from touching her. Sarah conceives and gives birth to Isaac, and Abraham makes a huge celebration. Sarah sees Ishmael (Abraham's son from Hagar) as a menace to her own son's spiritual well-being, and asks Abraham to expel Ishmael and Hagar. The Torah portion concludes with the *akeidah*, Abraham's tenth and final test, in which he shows his willingness to comply with G-d's command to bring his beloved son Isaac as an offering.

*Rabbinic Ruminations*

It's easy to recognize that our mood affects how we walk, but does our walking style affect our mood? When we're in a good mood, it's clear that our style of walking tends to reflect how we feel: We bounce along, shoulders back, swinging our arms in style. Now, a new study ([Michalak et al., 2015](#)) finds that it also works the other way around: People who imitate a happy style of walking, even without realizing it, find themselves feeling happier.

The study had participants (39 undergraduates) walking on a treadmill after looking at a list of positive and negative words. While on the treadmill each person's gait and posture were continuously measured and fed back to them visually. On the screen they had to try and move a bar either one way or the other by changing their walking style. Although they didn't realize it, walking in a happy way made the bar move in one direction and walking in a depressed way moved it the other. Afterwards, they were asked to write down as many of the positive and negative words that they'd been shown earlier. Those who'd been walking in a happy, upbeat way remembered more of the positive words, suggesting they were happier. The study also found that those who walked in a slumped, round-shouldered, depressed way, remembered more of the negative words. One conclusion of the study: The style of walking has effects on the vulnerability to depression.

Just as our actions influence our emotions, our actions influence our character. The *Sefer HaChinuch* ("The Book of Instruction"), a 13th-century work on the 613 Commandments, states: "A person is changed by his actions." (Mitzvah 16). We become the way we behave -- not immediately, but slowly, as the years progress and as our behavior becomes ingrained. Act the way you want to feel. Walk the way you want to become. And in which way should we desire to walk? " *Hashem will establish you as his holy people -- as He swore to you - if you observe the commands of Hashem your G-d and walk in His ways (Deuteronomy 28:9)*

### *Quote of the Week*

Never worry when people say you are being too idealistic. It is only idealistic people who change the world, and do you really want, in the course of your life, to leave the world unchanged? ~ *Rabbi Jonathan Sacks*

### **Joke of the Week**

An old man sold pretzels on a street corner for 25 cents each. Every day a young well-dressed man would leave his office building at lunch time, and as he passed the pretzel stand, he would leave the man a quarter, but he never took a pretzel.

This went on for more than seven years. The two of them never spoke. One day, as the young man passed the old man's stand and left his quarter as usual, the pretzel man spoke to him.

"Sir, I appreciate your business. You are a very good customer, but I have to tell you that the pretzel price has gone up to 50 cents."

***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!!!

<i>This Week At a Glance</i>	Shabbos Nov. 8	Sunday Nov. 9	Monday Nov. 10	Tuesday Nov. 11	Wed. Nov. 12	Thurs. Nov. 13	Friday Nov. 14	Shabbos Nov. 15
Shachris	9:00 am	8:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	9:00 am
Mincha/Ma'ariv	4:20 pm	4:30 pm	4:30 pm				4:30 pm	4:10 pm
Ma'ariv Only				6:45 pm	6:45 pm	6:45 pm		
<b>Events – see times in Event Planner Box</b>	<i>Good Shabbos to Everyone! Cake IHO Leo Bressler; Shalosh Seudos by Sarah Klein IMO father Yaakov Griner</i>	<i>“Learn to Lead Davening” w/Dr.Ethan Schuman, 9:00 am.  Irvin Alper Social Club 5:00 pm</i>	<i>Women’s Tefillah Class, 3:15 pm at NHBZ;  Mah Jongg Game, to benefit our Chesed Fund, 4:00-6:00 pm.</i>		<i>Rabbi Smason’s Lunch &amp; Learn, 12:15 pm.</i>	<b>BUY CASH CARDS</b>	<i>Erev Shabbos</i>	<i>Synaplex Shabbat!  Lunch in honor of November Birthdays &amp; Anniversaries!</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

- Tefilla 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) (30 minutes before Mincha)

### SUNDAY

- Mishna Learning (after Shachris) with Rabbi Chanan Swidler, of Aish HaTorah
- “Learn to Lead Davening” (9:00 am) with Dr. Ethan Schuman after morning minyan
- “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 (2<sup>nd</sup> & 4<sup>th</sup> Mondays) 3:15 pm with Rabbi Smason at NHBZ. (Next class this Monday, November 10<sup>th</sup>.)
- Mah Jongg (Mondays, 4-6:00 pm) Proceeds will benefit The Chesed Fund.

### WEDNESDAY

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

### MONTHLY at NHBZ

- Irvin Alper Social Club (First Sunday) Next meeting (2<sup>nd</sup> Sunday), November 9<sup>th</sup>, at 5:00 pm.
- 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, 7:30 pm) at NHBZ
- 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. **(November Pizza Night on the 23<sup>rd</sup> – NOT THE LAST SUNDAY)**
- Sisterhood (Third Tuesday) (No meeting in December )

### NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn