

NHBZ Shabbos Bulletin

November 9, 2013

Welcome to Nusach Hari B'nai Zion

6 Kislev 5774

Affiliated with the Union of Orthodox Jewish Congregations of America

Torah Portion:

Parshas Vayeitzei: Genesis 28:10 – 32:3

Stone Chumash pages 144-169

Haftorah:

Hosea 11:7 – 12:14

Stone Chumash pages 1139-1140

Erev Shabbos – Friday Night, November 8, 2013

- Mincha & Maariv (4:35 pm)
- Candle Lighting (4:36 pm)

Shabbos, November 9

- **Shachris & Musaf** (9:00 am) ~ *Thank You For Leading Davening*
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Dr. Ethan Schuman**
 - Leyning: **Dr. Larry Gornish**
 - Haftorah: **Brent Waxman**
 - *Drasha* (Sermon): **Rabbi Shlomo Soroka**
 - Musaf: **Dr. Ethan Schuman**
- **Welcome to Rabbi Shlomo Soroka** ~ **Rabbi Smason** is in Austin, Texas attending a Children's Advocacy Conference; he is one of the presenters. **Rabbi Shlomo Soroka**, of the St. Louis Kollel, is with us this Shabbos, and will deliver the drasha.
- **Kiddush** ~ (After Musaf)
- **Mincha, Shalosh Seudos, Ma'ariv** (4:20 pm) Thanks to **Lenny & Fran Alper** and **Irwin & Roz Rosen** for sponsoring Shalosh Seudos today in memory of beloved mothers **Becky Alper**, ז"ל, and **Ann Rosen**, ז"ל.
- **Shabbos Concludes** (5:38 pm)



Meetings

- **Sisterhood Luncheon** ~ This Tuesday, November 12 (The 2nd Tuesday) BINGO & DELICIOUS LUNCH.
- **Semi Annual Shul Meeting & Election of Officers** ~ Sunday, November 17, 11:00 a.m.
- **Executive Committee Meeting** ~ Tuesday, November 19, 7:00 p.m.
- **Board of Directors Meeting** ~ Tuesday, December 10, 7:00 p.m.

COMING EVENTS

- **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 11, 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.
- **Hebrew Class Series** ~ The first Hebrew class, originally scheduled for this Tuesday, November 12, has been postponed. The new beginning date To Be Announced.
- **“The Portrayal of Israel in the Media: Fair and Balanced?”** **Neil Lazarus**, World Renowned Israel Advocacy Expert and Public Speaker, will be holding a community wide event at Nusach Hari B'nai Zion **this Tuesday evening, November 12:**
 - 5:00 p.m. – 6:00 p.m.:** Private, by reservation only, Meet & Greet with Neil Lazarus, and hear him give a short Middle East current events update with questions and answers. \$18.00 per person. Light Refreshments will be served.
 - 6:00 p.m. – 7:00 p.m.:** Neil Lazarus presents: “The Portrayal of Israel in the Media: Fair and Balanced?” Open to the public. Q & A to follow presentation.

PLEASE NOTE: Ma'ariv will begin at 7:00 p.m. after the conclusion of Mr. Lazarus' presentation.

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

This Week At a Glance	Shabbos Nov. 9	Sunday Nov. 10	Monday Nov. 11	Tuesday Nov. 12	Wed. Nov. 13	Thurs. Nov. 14	Friday Nov. 15	Shabbos Nov. 16
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				7:00 pm	6:45 pm	6:45 pm		
Events – see times in Event Planner Box	<i>Good Shabbos to Everyone!</i> <i>Shalosh Seudos in memory of Ann Rosen & Becky Alper</i>	ORDER CASH CARDS for CHANU- KAH!	Tefillah class for Women, 7:00 pm at NHBZ	Sister- hood Luncheon at 12:00 noon! Neil Lazarus Program Tonight!	Weekly Lunch & Learn, with Rabbi Smason, 12:15pm Bar/Bat Mitzvah Class, 7:00 pm	ORDER CASH CARDS for CHANU -KAH! Deadline to order is Monday, Novem- ber 18.	<i>Erev Shabbos</i> <i>Pre- Chanu- kah Shabbos Dinner at 6:00 p.m.</i>	<i>Shabbos Lunch & Learn in honor of November Birthdays & 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.

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 (45 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) NO NOVEMBER MEETING.
- 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

MORE COMING EVENTS

- **Pre-Chanukah Shabbos Dinner ~ Fundraiser for our Chesed Fund** ~ Friday night, November 15, at 6:00 p.m. ~ Celebrating Chanukah a little early with another lovely and delicious Shabbos Dinner created by chairperson Julie Eisenberg!!! Adults: \$25.00; Kids: \$15.00. **All proceeds will go directly to the NHBZ Chesed Fund.** Please call the office to make your reservations, 314-991-2100, ext. 2. Bring your family and friends ~ Everyone is Welcome!!!!
- **Lunch & Learn** ~ Shabbos, November 16 ~ **Rabbi Chaim Eisen** will be our guest speaker at our November Lunch & Learn. Topic: *"Jews & Christians: What Binds us Together?"*
- **Semi-Annual Shul Meeting & Election of Officers** will be held on Sunday, November 17TH, 11:00 a.m. Each year, one-third of the 15-member Board rotates off, and 5 new or returning members are elected. Everyone is welcome to participate. Please attend and vote!!!

2014 NHBZ Office and Board Nominations

President	<i>Lenny Alper</i>
First Vice President	<i>Richard Woolf</i>
Second Vice President	<i>Bobby Levine</i>
Third Vice President	OPEN
Fourth Vice President	OPEN
Treasurer	<i>Don Eisenberg</i>
Secretary	OPEN
Gabai	<i>Mayer Taller</i>

Board Members: Term 1/1/2014 - 12/31/2016 (3 year full term)

Byron Brownstein

Fran Reisler

Michelle Mufson

Robin Rickerman

Jack Maram

Board Members: Term ending 12/31/2015 (2 years remaining)

Gary Sudin

Board Members: Term ending 12/31/2014 (1 year remaining)

Stan Goldfader

Mimi Fiszal

- **Jewelry for Chanukah ~ Julie Eisenberg and Shayna Scribner** will host a "Jewelry Party" on Sunday, November 17, from 4:00-7:00 p.m. in the Feigenbaum-Pepose Learning Center in NHBZ's Lower Level. Make your Chanukah Shopping fun and convenient. Shop with friends at the Sage Chic Jewelry Designs Chanukah Gift-Buying Party. Choose from a variety of unique accessories including neckpieces, bracelets and earrings, as well as the Woman of Valor Collection. Proceeds will benefit the synagogue. Refreshments will be served.
- **Hebrew Class Series at NHBZ** ~ Our sincere condolences to Rabbi Max Weiman on the loss of his beloved father Herbert Weiman. Rabbi Weiman will be sitting shiva at his home, 7900 Amherst. Shiva will be Friday afternoon (Nov 8) through Tuesday morning (Nov 12). *Shiva and davening times:* Friday, Nov 8 - No minyan but there is shiva after 12 noon; Sunday, Nov 10 - Shacharis at 8:00 am - Mincha/Maariv at 4:35 pm; Monday, Nov 11 - Shacharis at 6:30 am - Mincha/Maariv at 4:35 pm; Tuesday, Nov 12 - Shacharis at 6:45 am
The new beginning date of this Hebrew Series To Be Announced ~ **Information about Hebrew Class:** 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, 9:30 a.m. on Tuesday mornings. This will be a 6 to 8 week course, with the cost of \$75 to each participant. RSVP ~ call our office, 314-991-2100, ext. 2. (Optional: bring your favorite siddur.)
- **Adult Bar & Bas Mitzvos** ~ Classes continue on Wednesday nights at 7:00 p.m.
- **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!

- **Lion's Den Pizza Night** ~ Our "Last Sunday of the Month" All-You-Can-Eat Pizza Buffet – 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.)
- **Special CARRY OUT PIZZA NIGHT** ~ Sunday, December 1st. Hot pizza for your family's Chanukah Party ~ *you'll be tired of potato latkes by Sunday!!!* **Orders MUST BE PLACED BY WEDNESDAY, NOVEMBER 27, AT NOON.** Mark your calendars and stay tuned for details.
- **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. If you received this bulletin via email, 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. You have received your Ad Journal order forms!!! The deadline to send your order form has been extended to mid-November!!! *Please respond generously with your business ads, personal greetings & messages to our honoree.*

Simchas

- **MAZEL TOV ON SIMCHAS** November 9-15. **Happy Birthday to Mary Kapelusz, Sandy Klarfeld, Nathan Laird, Sam Lyss, Joey Mufson and Keri Simon! Happy Anniversary ~None This Week!** 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

- **CHANUKAH IS COMING!!! Buy and Use Cash Cards** – call the office ASAP to order your cards and **earn free money** for NHBZ! Chanukah begins on Wednesday night, November 27. The deadline to order cards in time for Chanukah is Monday, November 18!!!
- **CHANUKAH CANDLES!!!** Please help support the very important work of our Chesed 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 Chesed 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. THIS WEEK BY LENNY & FRAN ALPER and IRWIN & ROZ ROSEN.**
- **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

- **All-Star Cast Headlines Premiere Documentary** ~ "The Prime Ministers: The Pioneers." The documentary goes inside epic moments in the lives of Israel's Prime Ministers Eshkol & Meir, bringing to life never before revealed stories. The film's all-star cast includes Sandra Bullock as the voice of Golda Meir, Michael Douglas as the voice of Yitzhak Rabin, Leonard Nimoy as the voice of Levi Eshkol and Christoph Waltz as the voice of Menachem Begin. Tuesday, November 19th. For details, please contact the Simon Wiesenthal Center Midwest Region at 312-981-0105 or via email: swcmidwest@wiesenthal.com.
- **Mother-Daughter Pre-Chanukah Event** ~ Delectable buffet, learn fondant cookie decorating, hear new women's choir! Motzai Shabbos, November 23, 7:00-8:45 p.m., U-City Shul, \$7.00 admission. RSVP a MUST, Shoshana Kowalsky: skowalsky@stkollel.com,
- **Tomchei Shabbos Chanukah Food Drop-Off** ~ Please help fill our shelves for Chanukah! Drop off date will be Sunday, Nov. 24. Details will follow!!
- **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** ~ Introducing a new project – 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.

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.

Beyond Twelve Gates by Rabbi Ze'ev Smason *Parshas Vayetze November 9, 2013*

Welcome to Beyond Twelve Gates

Mitchell Rich, a New York-based consultant, said that without Shabbat he'd have no idea "that I'm completely addicted to my phone." During the week, Mitchell says he's sometimes distracted from family dinners because he's busy responding to emails as they come in, no matter the hour. Dan Rollman, who is Jewish but not strictly observant, recently found himself inspired by religious Jews' commitment to unplug. He joined with a group of friends and vowed to once a week detach from technology, spend time with family and friends and go outside. Their so-called Sabbath Manifesto caught on, sparking a movement of thousands who commit to turn off their devices at least one day per year.

Joe Lieberman kept Shabbat during his decades-long career as a U.S. Senator from Connecticut and on the campaign trail running for vice president. He said the weekly ritual helped him function the other six days he was booked solid with commitments.

"I don't know how I could be a U.S. senator and not observe the Sabbath," Sen. Lieberman said. There were times he had to choose between his job and his observance, he said, and the results were mixed. Because driving is prohibited on Shabbat, he remembers walking the 4.5 miles from his house to the Capitol on several Saturdays to participate in tense votes. But he typically shut himself off from politics on Shabbat, letting those trying to reach him leave a message on his voicemail. "It really creates a sanctuary, which has a great feeling in itself," he said.

The balancing act of life -- how to balance the different values and priorities of Judaism and of life -- is a formidable challenge. Our priorities determine the lifestyle we choose to live. If our true priorities in life are to be a good Jew and to love the Almighty -- and if we remember that life does not equal work -- we'll be on the path to both Jewish and personal fulfillment.

Parshas Vayetzei Genesis 28:10 -- 32:3

Jacob escapes from his wicked brother Esau and travels to Charan, where he will stay with his uncle Laban. While spending the night at the future site of the Temple, G-d appears to Jacob in a dream. Rich in symbolism and meaning, the dream depicts a ladder extending from heaven to earth upon which angels are ascending and descending. After arriving in Charan, Jacob meets Laban's daughter Rachel and agrees to work for Laban for seven years for her hand in marriage. When the wedding night finally arrives, Laban deceives Jacob by substituting his older daughter Leah in Rachel's place. After waiting a week, Jacob also marries Rachel, but not without being forced to commit to another seven years of labor.

Over the next few years Rachel remains barren, while Leah gives birth to six sons and a daughter. Bilhah and Zilpah (the maidservants of Rachel and Leah respectively) each have two sons with Jacob. Finally Rachel also has a son, Joseph. Jacob becomes very wealthy during his twenty-year stay with Laban, even though his father-in-law continually tries to swindle him. After seeking counsel with his wives, Jacob and his family flee from Laban, who pursues and confronts him, upset that he left without saying goodbye and arrogantly claiming that Jacob stole his idols. Eventually they sign a peace treaty and part ways.

Rabbinic Ruminations

Are you a morning person? Being a 'morning person' commonly refers to one who rises relatively early and doesn't stay up too late. But a new study suggests an additional meaning to the term. In a new study published in *Psychological Science*, a theory of a 'morning morality' effect was examined. Researchers speculated that much of the bad behavior that goes on at night -- wild partying, carousing, etc. -- may be due to people's self-control being sapped by everyday events and, by evening, their mental and moral reserves are worn down.

To check out this theory of morning morality, participants in four studies were given opportunities to cheat while carrying out simple computer-based tasks. Sometimes people were tested in the morning and sometimes in the afternoon. Each time during the tasks, they were surreptitiously given chances to cut corners or tell little fibs. Across the studies, the researchers found that people were less likely to cheat and lie in the morning than the

afternoon. People who cheated more in the afternoon also showed lower moral awareness, suggesting their moral character was bleeding away as the day proceeded.

Perhaps much of the bad behavior that goes on at night is more than just opportunity, but also a result of the collective erosion of people's moral fibre. The authors of the study (Kouchaki & Smith, 2013) even suggest that the morning morality effect is worth knowing about if you've got some important decisions to make. King Solomon's suggestion? Morning, noon and night, look to the Torah for moral guidance: "For a mitzvah is a lamp, and the Torah is light." (Proverbs 6:23)

Quote of the Week

If wrinkles must be written upon our brows, let them not be written upon the heart. The spirit should never grow old. -- **John Kenneth Galbraith**

Joke of the Week

George received a parrot as a birthday present. Buzzy the parrot was a great gift, except for two problems: The parrot had a bad attitude and a terrible vocabulary. Every other word was profanity; those that weren't profanity were, to say the least, rude.

George tried to change Buzzy's attitude by constantly saying polite words and playing soft music, anything he could think of. But nothing worked. Finally, in a moment of desperation, George put Buzzy in the freezer to get a minute of peace. For a few moments he heard Buzzy swearing, squawking, kicking and screaming. Then, suddenly, there was absolute quiet. George was frightened that he might have actually hurt the bird and quickly opened the freezer door.

Buzzy calmly stepped out onto George's extended arm. Perfectly calm, Buzzy said, "I am very sorry that I offended you with my language and my actions and I ask your forgiveness. I will endeavor to correct my behavior, and I am sure it will never happen again."

George was astounded at the change in Buzzy's attitude, and said, "Buzzy, I'm amazed at how polite and civil you are. What changed your attitude? What happened when I put you in that freezer?"

Buzzy said, "May I ask what the turkey did?"

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!

Drop-Dead Deadline for journal is November 20!!!

Dinner invitations are in the mail!!!