

NHBZ Shabbos Bulletin

November 16, 2013

Welcome to Nusach Hari B'nai Zion

13 Kislev 5774

Affiliated with the Union of Orthodox Jewish Congregations of America

Torah Portion: Parshas Vayishlach: Genesis 32:4 – 36:43
Haftorah: Ovadiah 1:1-21

Stone Chumash pages 170-197
Stone Chumash pages 1141-1142

Erev Shabbos – Friday Night, November 15, 2013

- **Mincha & Maariv** (4:30 pm)
- **Candle Lighting** (4:30 pm)
- **Thanks to Julie Eisenberg** ~ Thanks to **Julie Eisenberg** for chairing the Friday Night Shabbos dinner. Thank you to Julie and her helpers, **Rhonnie Goldfader, Joni Kaiser, Shayna Scribner, Phyllis Silverman, Rebbitzin Chani Smason and Boris Yasinev.**

Shabbos, November 16



- **Shachris & Musaf** (9:00 am) ~ *Thank You For Leading Davening*
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Dr. Ethan Schuman**
 - Leyning: **To Be Announced**
 - Haftorah: **Kenny Bressler**
 - *Drasha* (Sermon): **No Sermon Today**
 - Musaf: **Dr. Ethan Schuman**
- **Kiddush and Lunch & Learn** ~ (After Musaf) Thanks to everyone celebrating November Birthdays & Wedding Anniversaries for sponsoring lunch today. **Rabbi Chaim Eisen** is our guest speaker on the topic: "Jews & Christians: What Binds us Together?"
- **Bon Appetit** ~ We place a plate of rolls on each table at every Shabbos Luncheon ~ (1.) To enable each person to make or hear *Ha'Motzei* (the blessing on bread) over *Lechem Mishne* (two rolls or loaves of bread), and 2.) To enable each person to eat the minimum amount required when *Ha'Motzei* is made or heard; namely, one roll. **Please be seated while Rabbi Smason says Kiddush and makes HaMotzi.**
- **Mincha, Shalosh Seudos, Ma'ariv** (4:10 pm)
- **Shabbos Concludes** (5:32 pm)

Meetings

- **Semi-Annual Shul Meeting & Election of Officers** ~ Tomorrow, 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!!!

Nominations for 2014 NHBZ Officers

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
Gabbai	<i>Mayer Taller</i>

Nominations for 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>	

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

Gary Sudin

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

Stan Goldfader and Mimi Fiszal

Meetings, continued

- **Executive Committee Meeting** ~ Tuesday, November 19, 7:00 p.m.
- **The Irvin Alper Social Club** ~ Sunday, December 8th.
- **Board of Directors Meeting** ~ Tuesday, December 10, 7:00 p.m.

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

This Week At a Glance	Shabbos Nov. 16	Sunday Nov. 17	Monday Nov. 18	Tuesday Nov. 19	Wed. Nov. 20	Thurs. Nov. 21	Friday Nov. 22	Shabbos Nov. 23
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	4:10 pm	4:25 pm	4:25 pm	-	-	-	4:25 pm	4:05 pm
Ma'ariv Only				6:45 pm	6:45 pm	6:45 pm		
Events – see times in Event Planner Box	<i>Good Shabbos to Everyone! Lunch & Learn in honor of November Birthdays & Anniver- saries</i>	ORDER CASH CARDS! CARDS for CHANU- KAH will be ordered Tomorrow, November 18.	CASH CARDS for CHANU- KAH will be ordered TODAY, Novemb er 18.		Lunch & Learn, with Rabbi Smason, 12:15pm Bar/Bat Mitzvah Class, 7:00 pm		<i>Erev Shabbos</i>	<i>Pizza Buffet tomorrow, 5:00-7:00 p.m. Place Carry Out orders by 12:00 noon tomorrow!</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)
- 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 ~ This Shabbos the Orthodox synagogues in St. Louis are jointly marking a *Shabbos of Reflection* to highlight pedestrian safety. Two weeks ago at a local synagogue, a gentleman walking home from shul on Shabbos was seriously injured upon being struck by a car. The end of daylight saving time creates a greater need for pedestrian caution on Lail Shabbos/Friday night, particularly on the dark streets of Olivette. NHBZ has purchased 25 reflective belts, to be distributed free of charge. If you would like a belt and/or to sponsor in part or whole our purchase of these belts, please speak to Rabbi Smason.

NHBZ COMING EVENTS

- **Jewelry for Chanukah ~ Julie Eisenberg and Shayna Scribner** will host a "Jewelry Party" tomorrow, 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** ~ 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.)
- **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 – 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 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.)
- **EXTRA 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. You must RSVP by Thursday, December 5, to Mindy at 239-2327 or mwoolf2002@gmail.com. Space is limited!!!
- **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." Additional speaker, TBA.
- **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!!! *Please respond generously with your business ads, personal greetings & messages to our honoree.*

Simchas

- **MAZEL TOV ON SIMCHAS** November 16-22. **Happy Birthday to Carly Eisenberg Black, Kenny Bressler, Dr. Alan Brook, Shirley Hollander, Georgia Laird, Jordan Marbain, Rachel Pollock and Sally Tofle! 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 here!!! The order will be placed this coming 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.**
- **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 the voices of Sandra Bullock, Michael Douglas, Leonard Nimoy, and Christoph Waltz. This Tuesday, November 19th. For details, please contact the Simon Wiesenthal Center Midwest Region at 312-981-0105 or via email: swcmidwest@wiesenthal.com.
- **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 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.

Beyond Twelve Gates by Rabbi Ze'ev Smason Parshas Vayishlach November 16, 2013

Welcome to Beyond Twelve Gates

New Haven, Connecticut Rabbi Noah Muroff bought a desk he found listed on Craigslist and ended up discovering a bag filled with cash stuffed inside the purchase. Rabbi Noah said that when he got the piece of office furniture home, "The desk didn't fit into this office by fraction of an inch." So he and his wife took it apart and noticed something unusual: A bag of cash containing \$98,000. Rabbi Noah continued, "...Right away (we) looked at each other and said, 'We can't keep this money.'"

Rabbi Noah called the original owner, Patti, and explained his find. Patti was speechless on the other end of the phone, and only able to say, "Oh my gosh, because I... oh my G-d." Apparently Patti knew she stored the money she inherited in the desk, but was unable to find it when it fell behind the desk's filing drawer. She assumed that the money was elsewhere in her home when she couldn't locate it, and sold the desk never thinking it still contained her nest egg.

Rabbi Noah, a father of four young children and also a ninth grade Rabbi at the Yeshiva of New Haven, brought his entire family along when he returned the money, believing it was an opportunity to teach his kids a lesson about honesty and truth. When they arrived, Patti refunded the \$150 purchase price of the desk and also insisted that the rabbi accept reward money. She was overwhelmed with the family's good deed and wrote a note saying,

"I cannot thank you enough for your honesty and integrity. I do not think there are too many people in this world that would have done what you did by calling me. I do like to believe that there are still good people left in this crazy world we live in. You certainly are one of them," ending the note, "I will be forever grateful.

Each of us is a Jewish Ambassador. And there's no better way for such an ambassador to act than with honesty and integrity. 'Ambassador' Rabbi Noah created an enormous *Kiddush Hashem* -- a sanctification of G-d's Name. Let us all be inspired to live our lives in such a way that we do the same.

Parshas Vayishlach Genesis 32:4 -- 36:43

Jacob and family return from the house of Laban to the land of Israel, only to find Esau heading toward them with 400 men, ready for battle. After preparing his family for war and praying to G-d for help, Jacob attempts to appease his brother by sending him a gift of many animals. After his family crosses the river to await the meeting with Esau, Jacob is left alone for an all-night 'confrontation' with an angel disguised as a man. Although Jacob is victorious, he is left limping from a hip-dislocation. Rejoining his family, Jacob encounters Esau who accepts him with an apparent new-found brotherly love. Jacob and Esau part ways in peace.

Another crisis arises when Jacob's daughter Dinah is abducted and raped by Shechem, the prince of a town with the same name. Two of Jacob's sons, outraged at the humiliation caused to their sister, trick the town's residents into circumcising themselves on the condition that they would then be allowed to intermarry with Jacob's family. Simeon and Levi (two sons of Jacob) then decimate the entire city and save Dinah. Later in the portion, G-d blesses Jacob and gives him the additional name, Israel. Soon after, Rachel dies while giving birth to Benjamin, Jacob's twelfth son. Finally, Jacob returns home and is reunited with his father Isaac. The Torah portion concludes with a lengthy genealogy of Esau's family.

Rabbinic Ruminations

Does having children make you happier? Academics have long believed that parenting is a driver of unhappiness, based in part on a 2004 study by Nobel prize-winning economist Danny Kahneman. But a recent study suggests that parents are not nearly the miserable creatures that some popular representations make them out to be.

Researchers ([Nelson et al., 2013](#)) conducted three studies that tested whether parents are happier overall than their childless peers, if parents feel better moment-to-moment than nonparents, and whether parents experience more positive feelings when taking care of children than during their other daily activities. The consistency of their findings across all three studies provides strong evidence that children are associated with increased well-being.

Among the findings:

- Parents are happier when taking care of their children than while doing other daily activities.
- Fathers in particular expressed greater levels of happiness, positive emotion and meaning in life than their childless peers.
- Older and married parents tend to be the happiest.

Sonja Lyubomirsky, professor of psychology at UC Riverside and a leading researcher on the study, said, "Contrary to repeated scholarly and media pronouncements, people may find solace that parenthood and child care may actually be linked to feelings of happiness and meaning in life."

Rabbi Noach Weinberg, of blessed memory, would often say that if you ask any parent what their greatest pleasure in life is, they'll tell you, 'My children!' But if you also ask them, 'And what is your greatest pain?' they'll also answer, 'My children!' From here we learn, Rabbi Noach Weinberg would say, that the greatest pleasures in life come through great effort.

Quote of the Week

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. -- **John Fitzgerald Kennedy**

Joke of the Week

Moskowitz and Garfinkel were in a cafeteria, drinking tea. Moskowitz studied his cup and said with a sigh, "Ah, my friend, life is like a cup of tea."

Garfinkel considered that for a moment and then said, "But why is life like a cup of tea?"

Moskowitz replied, "How should I know? Am I a philosopher?"

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 have been mailed!!!

RSVP for the dinner. 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.