

NHBZ Shabbos Bulletin

October 12, 2013

Welcome to Nusach Hari B'nai Zion

8 Cheshvan 5774

Affiliated with the Union of Orthodox Jewish Congregations of America

Torah Portion:
Haftorah:

Parshas Lech Lecha: Genesis 12:1 - 17:27
Isaiah 40:27 – 41:16

Stone Chumash pages 54-77
Stone Chumash page 1133

Erev Shabbos – Friday Night, October 11, 2013

- **Mincha & Maariv** (6:15 pm)
- **Candle Lighting** (6:11 pm)

Shabbos, October 12

- **Shachris & Musaf** (9:00 am) - *Thank you for leading services:*

- Pesukei D'Zimra: **Howard Sandler**
- Shacharis: **Dr. Ethan Schuman**
- Leyning: **Max Gornish**

- Haftorah: **Ethan Samuel Belau – The Bar Mitzvah**
- Drasha (Sermon): **Rabbi Ze'ev Smason**
- Musaf: **Dr. Ethan Schuman**



- **Kiddush & Lunch** ~ (following Musaf) Thank you to **Nancy Belau** for sponsoring Kiddush and Lunch in honor of her son **Ethan** becoming a Bar Mitzvah. Thanks from Nancy to **Rabbi Smason** for all of his help, to **Alan Haber**, Ethan's teacher, to **Alan & Janet Haber** for the candy and for some special additions to lunch, and to **Lenny Alper and Robin Rickerman**, and helper **Gary Sudin**, for planning and arranging the room layouts for services and lunch. Thanks from Nancy to **everyone who helped her prepare lunch & a myriad of other things: Marcie Brook, Vicki Chervitz** (for flyers), **Lori Goldman, Joni & Bob Kaiser** (for their home hospitality), **Michelle Mufson, Aunt Nathanne Gitt-Senturia, Cousin Joanne Silverman, Mindy Woolf, and Vivian Zarkowsky**.
- **Mazel Tov – Mazel Tov** to Ethan's mother and brother Nancy and Noah Belau, and to Ethan's father Barry Belau.
- **Welcome To Ethan's Family & Friends** who have come to celebrate with **Ethan**. **Welcome to Nancy's fiancé Jason Rush and his children Melanie and Adam**. **Welcome to out of town guests: Uncle Robert Belau** from New York; **Catherine Allen, Marc Gumpenberger, and Jeanine Murphy** from Portland, Oregon; **Cousin Brian Gitt** - San Francisco; **Laura Goettsch** - Kansas City; **Rebecca Carlisle** from Bethesda, Maryland; **Carl Lindorfer** - Minnesota; **Edwin Oliveria** - Chicago; and **Jay Williamson** from California. **Welcome to family & friends from right here in St. Louis: Aunt Susan & Uncle Jeff Gitt; Aunt Estelle Ranger, Cousin Larry Ranger, and Cousins Carl & Marci Ranger; Aunt Nathanne, Uncle Richard Senturia, and Cousin Phillip Senturia; Cousins Joanne Silverman, Neil Silverman, and Julie, Dave, Sarah, Isaac, and Jessica Eastlund; and Aunt Maricella & Uncle Bradley Zimmel**.
- **Following Services and Ethan's Speech** ~ Please proceed downstairs. **Rabbi Smason** will conduct the Learners' Services in the Chapel, and everyone is invited to Kiddush with **Rabbi Yosef David**. Please enjoy Kiddush ~ wine, beverages, and cake while the room upstairs is arranged for lunch.
- **Mincha, Shalosh Seudos, Ma'ariv** (6:05 pm)
- **Shabbos Concludes** (7:12 pm)
- **ETHAN'S MITZVAH PROJECT** Please help Ethan with his Mitzvah Project ~ **"Torah & Turf"** ~ **Ethan Belau** is asking for your help with his Mitzvah Project. He is collecting used sports equipment such as cleats, baseball gloves, shin guards, etc., that will be donated to the Mathews-Dickey Boy's & Girl's Club. In combining his passion for football and Torah learning, Ethan has developed an idea to have both available for boys who are past bar mitzvah age. Currently there is a group of young professionals who study Torah followed by a game of flag football. They apply their learning to their everyday lives such as work ethics or personal relationships. Ethan has decided to help create a Junior League of

“Torah and Turf.” The learning will apply to their age group focusing on sportsmanship and character development, and the fun will continue out on the field. Please bring all donations to the lower level (north) entrance of Nusach Hari B’nai Zion until this coming Friday, October 18th. A box is waiting for your donations just outside of the shul office.

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

This Week At a Glance	Shabbos Oct. 12	Sunday Oct. 13	Monday Oct. 14	Tuesday Oct. 15	Wed. Oct. 16	Thurs. Oct. 17	Friday Oct. 18	Shabbos Oct. 19
Shachris	9:00 am	8:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	8:30 am
Mincha/Ma'ariv	5:55 pm	6:05 pm	6:05 pm	6:05 pm	6:05 pm	6:05 pm	6:05 pm	5:45 pm
Events – see times in Event Planner Box	<i>Lunch is sponsored by Nancy Belau In Honor of her son Ethan becoming a Bar Mitzvah</i>	ORDER CASH CARDS!	Rabbi Smason: Tefilla Class for Women at NHBZ, 7:00 pm		Weekly Lunch & Learn, with Rabbi Smason, 12:15pm Bar/Bat Mitzvah Class, 7:00 pm		<i>Erev Shabbos</i> <i>Mincha at 6:05 pm</i>	<i>Good Shabbos to Everyone!</i> <i>Synaplex and Lunch in honor of September & October Birthdays & 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

- 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

WHAT'S UP TOMORROW?

INVITATION FROM OUR OWN BOBBY LEVINE!!! Opening Reception and Exhibit ~ One of a kind, original graphic artwork by Robert X. Levine, 8:30 p.m. TOMORROW EVENING ~ Sunday, October 13, 2013. Graphic Design, Drawings and Ceramics!!! "Please come and check out my gallery show in the Feigenbaum-Pepose Learning Center in the Lower Level of Nusach Hari B'nai Zion. It's all for sale, and available immediately following the reception. Fine Art prints are also available." Proceeds will benefit the Nusach Hari B'nai Zion Capital Campaign.

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. Classes will resume this Monday, October 14, 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.
- **Synaplex Next Week** ~ Shabbos, October 19. Learners' Service at 10 a.m., Synaplex break-out classes at 11:00 a.m.: "**The 10 Commandments of How to Get Along With People**" led by **Rabbi Ze'ev Smason**; "**The New Challenges in Egypt: What it all means for the Middle East?**" led by **Dr. Morris Kalliny, St. Louis University Professor of International Business and Marketing**; "**Genesis: In the Footsteps of the Patriarchs and Matriarchs**" led by **Rabbi Yaakov Berkowitz, of the St. Louis Kollel**; **Youth Programming:** For kids 4 and over; and **Tot Shabbat.** Lunch at noon, following the Synaplex Sessions, in honor of September and October Birthdays and Wedding Anniversaries.
- **Our FIFTH Annual RABBI RIDE-AROUND** will take place on Sunday, October 20, in Forest Park!! Please become a sponsor for Rabbi Smason's 50-Mile Ride Around Forest Park: We ask a minimum pledge of 25c per mile, which equals a total donation of \$12.50; 50c = \$25; \$1.00 = \$50; \$2.00 = \$100.00!!! Call our office, 314-991-2100, ext. 2, to make your pledge. And please come to cheer Rabbi Smason on, and to enjoy a Picnic-In-The-Park! We will meet at Pavilion #5, SW corner of the park by Clayton Road & Hwy. 40. **Rabbi Smason** begins his Ride at 10:00 a.m.; Picnic at 12:30 p.m. **Robin Rickerman** is planning a great lunch: Pitas with falafel, chummus & Israeli salad, and chips; kids' lunch – grilled cheese on pita bread ~ actually grilled on the grill, and chips; lemonade & iced tea; and Tutti Fruitti Yogurt cups for everyone!!! Adults: \$10.00 for adults, Kids: \$5.00. Games for little kids, and games for adults, too! Plan to arrive 11:00-11:30-ish, lunch will be served around 12:30 noon. Or arrive earlier to cheer Rabbi Smason along as he rounds the park!!! **Please call 314-991-2100, ext. 2., to RSVP for lunch!!!**
- **Lion's Den Pizza Night** ~ Our "Last Sunday of the Month" All-You-Can-Eat Pizza Buffet - Sunday, October 27. 5:00-7:00 p.m. – Reservations are not needed. Just show up and have a great time!!!! (Please place carry-out orders by that Sunday morning at 10:00 a.m. 314-991-2100, ext. 2.)
- **Havdalah & S'Mores** ~ Motzai Shabbos – Saturday night, November 2nd at Nusach Hari B'nai Zion, 7:00-8:00 p.m. Join us to Welcome the New Week under the stars on our patio, and then make S'Mores over the fire pit. Everyone is welcome!!! **Kids ~ bring your parents!!!**
- **"The Portrait 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 on Tuesday evening, November 12:
5:00 p.m. – 6:00 p.m.: Private Meet & Greet with Neil Lazarus, \$18.00 per person; RSVPs required by Friday, November 8, 2013 – Please call 314-991-2100, ext. 2. 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?" FREE and open to the public. Q&A to follow presentation.
- **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. If you are interested in becoming an officer or member of our Board, please call Bob Kaiser (314-342-4153),

chairman of the nominating committee, and your name will be placed in nomination. Everyone is welcome to participate!

- **108TH Anniversary Banquet** ~ 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. Ad Journal order forms are in the mail!!! Please respond generously with your business ads, personal greetings & messages to our honoree.

Meetings

- **No Sisterhood meeting in October**
- **Executive Committee Meeting** ~ Tuesday, October 22 (The 4th Tuesday)
- **Board of Directors Meeting** ~ Tuesday, November 5th.
- **Sisterhood Luncheon** ~ Next meeting – Tuesday, November 12 (The 2nd Tuesday)
- **Semi Annual Shul Meeting & Election of Officers** ~ Sunday, November 17, 11:00 a.m.

Reminders

- **Buy and Use Cash Cards** – call the office ASAP to order your cards and **earn free money** for NHBZ!
- **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.***

Simchas, NEWS & FEATURES

- **MAZEL TOV ON SIMCHAS** October 12-18. **Happy Birthday to Levi Greenberg and Michelle Mufson! Happy Anniversary ~Larry & Faith Comensky!** 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.
- **Sisterhood New Year Greetings ~** If a member of Sisterhood gave you a call, and your name was listed in the Sisterhood New Year Greetings, please remember to send your donations, payable to NHBZ SISTERHOOD, to Esther Gelb, 10358 Chimney Rock, #4, 63146; if you didn't receive a call and your name was listed, you are under no obligation to make a contribution but, of course, they will be very grateful for your kind consideration. We thank our Sisterhood for everything they do for our shul; your donations to them are a tremendous help!!!
- **Rabbi Smason** will be away for Shabbos, November 9. He will be in Austin, Texas from Wednesday to Sunday for a Children's Advocacy Conference, at which he will be one of the presenters. Rabbi Shlomo Soroka, of the St. Louis Kollel, will be with us on that Shabbos morning, and will deliver the drasha.
- **Adult Bar & Bas Mitzvos ~** Whether for the first time, or for your second time around, here is a golden learning opportunity, and your chance to celebrate with family and friends!! A ten-week course that will provide you with the knowledge, skills and experience that a Bar or Bas Mitzvah is really all about. Members: \$99; Non-members: \$125. Reservations are a MUST! Classes have just begun – it's not too late to participate. Please call 314-991-2100, ext. 2. **We have 19 students signed up for the classes!!! Make the call and join this special group!!!**
- **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! **Thanks to Jeff & Terri Schnitzer who became our very FIRST Solar Panel Sponsors!!! And, to Marvin & Jackie Gitel for becoming our SECOND sponsors!!! And now, our FIRST LIFETIME SPONSORS: Dr. Susan Feigenbaum and Dr. Jay Pepose are dedicating 4 solar panels to their children as follows: 1. Dedicated to David Pepose: The LIGHT of our lives; 2. Dedicated to Morissa Pepose: She brings SUNSHINE on a cloudy day; 3. Dedicated to Max Pepose: Our shining STAR; and 4. Dedicated to Sam Pepose: He dazzles us with his BRILLIANCE.**
- **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.

Beyond Twelve Gates by Rabbi Ze'ev Smason Parshas Lech Lecha October 11, 2013

Welcome to Beyond Twelve Gates

We all enjoy music. But does listening to music have a beneficial carry-over effect once the music stops? A team of German researchers set out to identify the effects of significant musical experiences and show that these moments can have positive, lasting effects. By coding the exact words used by participants asked to recall intense musical experiences (they call them IMEs), the scientists were able to create a model of how these experiences are perceived both in the moment and afterwards.

Listeners reported a sense of transcendence during IMEs, having experienced harmony and self-realization. IMEs, it was suggested, leave people with a strong motivation to attain the same harmony in their daily lives. Many of the test subjects even claimed that intense musical experiences gave them greater insight into their spirituality. And based on their observations, researchers believe that IMEs cause long-term changes to occur in people's personal values, their perception of the meaning of life, social relationships, engagement, activities and personal development.

King David said, "The Torah of G-d is perfect, it restores the soul" (Psalm 19:8), meaning that through Torah study and fulfillment of the *mitzvos* (commandments), we can reach our spiritual potential. **The Midrash states that G-d looked in the Torah and created the world, and that He used the Torah as a blueprint of reality. Since all reality is based upon the Torah,** our lives can become more fulfilling, spiritual, and harmonious through living a Jewishly-committed life. Let your soul sing; like music, Torah nourishes your soul.

Parshas Lech Lecha Genesis 12:1 -- 17:27

Abraham was called by G-d to leave his homeland, his father's house, and his position of status and prosperity to travel to the land that G-d would show him. Upon arrival with his wife Sarah and nephew Lot in the land of Israel, they discover it to be ravaged by a horrible famine. Traveling to descend to Egypt for a temporary stay, the immoral Egyptians immediately capture Sarah and take her to the Egyptian king. G-d responds by afflicting the king and his household with a debilitating plague until he releases her. Guess what the plague was?

Back in the land of Israel, Lot parts ways with Abraham, with Lot relocating to the fertile plains of Sodom. Abraham subsequently rescues the kidnapped Lot by miraculously defeating four kings and their armies. Through a Covenant, G-d promises Abraham that his descendants will be as numerous as the stars in the sky. Because she had no children, Sarah gives her maidservant Hagar to Abraham as a wife, and their son Yishmael is born. At the age of 99 Abraham circumcises himself, his son Yishmael and the other male members of his household.

Rabbinic Ruminations

In 1948, psychologist Bertram Forer gave a personality test to his students. He told his students they were each receiving a unique personality analysis that was based on the test's results and to rate their analysis on a scale of 0 (very poor) to 5 (excellent) on how well it applied to themselves. In reality, each received the same analysis, some of which said:

You have a great need for other people to like and admire you. You have a tendency to be critical of yourself. You have a great deal of unused capacity which you have not turned to your advantage. While you have some personality weaknesses, you are generally able to compensate for them. At times you have serious doubts as to whether you have made the right decision or done the right thing.

On average, the rating was 4.26, but only after the ratings were turned in it was revealed that each student had received identical copies assembled by Forer from various horoscopes! As can be seen from the profile, there are a number of statements that could apply equally to anyone. The *Forer effect* is also known as the "Barnum effect." This term was coined because of a similarity to certain "pseudo-successful" psychological tests to those given by American showman, businessman and scam artist, P.T. Barnum. Barnum is widely but erroneously credited with coining the phrase, "There's a sucker born every minute." However, Barnum often did use the promotional line of, "We've got something for everyone."

The *Forer effect* -- the tendency of people to interpret general statements as being accurate for them personally, even when they are not -- can provide a partial explanation for the widespread acceptance of some beliefs and practices, such as astrology, fortune telling, graphology, and some types of personality tests. The Torah tells us "You should go with innocence before Hashem, your G-d." Our rabbis derive an important inference from this verse; one should act with innocence with G-d, but not always with other people. Seek to strike a balance of judging people favorably and giving others the benefit of the doubt, while simultaneously taking practical precautions to avoid being harmed.

Quote of the Week

It does not do to leave a live dragon out of your calculations, if you live near him. -- *J.R.R. Tolkien*

Joke of the Week

In 2007 and 2008, the annual Chabad telethon ran a contest called *My Zaide Was So Religious*, pitting comedian/host Elon Gold against writer Erik Shapiro to see who could *out-frum* the other.

The level of stringencies increased with each round, until one of the contestants was declared the winner.

Some of the funniest ones:

My Zaide was so religious that he had two toothbrushes -- one for milk and one for meat.

My Zaide was so religious that on Shabbos he wouldn't even let his voice carry.

My Zaide was so religious that he wouldn't eat meat from a cow because it once had milk in it.

My Zaide was so religious that on Shabbos he wouldn't carry a grudge.

My Zaide was so religious that he would make a *brocha* (blessing) before he swallowed his pride.

My Zaide was so religious that he stood shiva.

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

MARK YOUR CALENDAR & SAVE THE DATE!

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.