

NHBZ Shabbos Bulletin

October 5, 2013

Welcome to Nusach Hari B'nai Zion

1 Cheshvan 5774

Affiliated with the Union of Orthodox Jewish Congregations of America

Torah Portion:	Parshas Noach 6:9 – 11:32	Stone Chumash pages 30-53
Maftir:	Numbers 28:9-15	Stone Chumash page 890
Haftorah:	Isaiah 66:1-24	Stone Chumash pages 1208-1210

Erev Shabbos – Friday Night, October 4, 2013

- **Mincha & Maariv** (6:20 pm)
- **Candle Lighting** (6:21 pm)

Shabbos, October 5

- **Shachris & Musaf** (9:00 am) - *Thank you for leading services:*
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Dr. Ethan Schuman**
 - Leyning: **Moshe Leib Cohen**
 - Haftorah: **Brent Waxman**
 - *Drasha* (Sermon): **Rabbi Ze'ev Smason**
 - Musaf: **Dr. Ethan Schuman**
- **Mincha, Shalosh Seudos, Ma'ariv** (6:05 pm)
- **Kiddush & Lunch** ~ (following Musaf) Thank you to **the Waxman Family** for sponsoring Kiddush and Lunch in memory of their beloved husband, father and grandfather Charles Waxman, ז"ל, on the observance of his yahrzeit today.
- **Shabbos Concludes** (7:23 pm)
- **Monument Dedication** for Elliot "Sonny" Landau, ז"ל, beloved brother of JoAnn Raskas, tomorrow ~ Sunday, October 6, 9:30 a.m. at Beth Hamedrosh Hagadol Cememtery, 9125 Ladue Road.



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

This Week At a Glance	Shabbos Oct. 5	Sunday Oct. 6	Monday Oct. 7	Tuesday Oct. 8	Wed. Oct. 9	Thurs. Oct. 10	Friday Oct. 11	Shabbos Oct. 12
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	6:05 pm	6:15 pm	6:15 pm	6:15 pm	6:15 pm	6:15 pm	6:15 pm	5:55 pm
Events – see times in Event Planner Box	<i>Rosh Chodesh Cheshvan;</i> <i>Lunch sponsored by The Waxman Family In Memory of Charles Waxman</i>		ORDER CASH CARDS!	NHBZ Board of Directors Meeting, 7:00 pm	Weekly Lunch & Learn, with Rabbi Smason, 12:15pm Bar/Bat Mitzvah Class, 7:00 pm		<i>Erev Shabbos</i>	<i>Good Shabbos to Everyone!</i> <i>Synaplex next Shabbos, Oct. 19</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. **Classes resume on October 14 at NHBZ**

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) *****(No Sisterhood meetings in October)**

NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn

HIGH HOLIDAYS ~ 5774 WRAP UP!

- **TAKING DOWN THE SUKKAH at NHBZ!!!** **A GIANT THANK YOU** to Dr. Craig Berkin, Bob Kaiser and Menachem Szus for 'triple-handedly' taking down and storing the shul Sukkan this past Sunday.
- **It is customary to make a contribution to the synagogue for both Yizkor and honors received during the Yomim Tovim. And, please send the contributions you pledged for our Yom Kippur Appeal. Your donations are very much appreciated.**

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 on 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.
- **Next Synaplex** ~ 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 at \$10.00 for adults, and \$5.00 for kids. Other plans are in the works – so stay tuned!!!
- **Lion's Den Pizza Night** ~ Our "Last Sunday of the Month" All-You-Can-Eat Pizza Buffet - Sunday, October 27. Please place carry-out orders by that Sunday morning at 10:00 a.m. 314-991-2100, ext. 2.
- **Semi-Annual Shul Meeting, Election of Officers, and Open Board of Directors Meeting** will be held on Tuesday evening, November 5TH. 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. When you receive the Ad Journal order forms, please respond with your business ads, as well as personal greetings & messages to our honoree.

Meetings

- **Board of Directors Meeting** ~ Next Tuesday, October 8 (Second Tuesday)
- **No Sisterhood meeting in October**
- **Irvin Alper Social Club** ~ Next get-together – Sunday, October 6
- **Executive Committee Meeting** ~ Tuesday, October 22 (The 4th Tuesday)
- **Sisterhood Luncheon** ~ Next meeting – Tuesday, November 12 (The 2nd Tuesday)

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 5-11. **Happy Birthday to Dr. Susan Feigenbaum, Polina Golynskiy, Lionel Kaiser, and Ina Makovsky! Happy Anniversary ~ Mike & Batya Elbaz and Jonathan & Naomi Shanker!** 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 last week, 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.**

- **Help Ethan Belau with his Mitzvah Project ~ “Torah & Turf” ~ Ethan Belau** is becoming a Bar Mitzvah, and is asking for your help with his Mitzvah Project. He is collecting used sports equipment such as cleats, baseball gloves, shin guards, etc., that can be donated to lower income families. 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 life 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. In the meanwhile, Please bring all donations to the lower level (north) entrance of Nusach Hari B’nai Zion until October 14. A box is waiting for your donations just outside of the shul office.
- **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! Please Save This Date --- The Tomchai Shabbos annual event will be held Sunday, Oct. 13th!! New project kickoff will be announced! For more details, or to arrange other pick ups at your home, please call Sally Needle at 991-2575.
- **The St. Louis Jewish Light Celebrates Half Century** ~ “The *Light’s* history is the local Jewish community’s history,” says Myrna Meyer, Light Trustee. “If it has been important to Jewish St. Louisans, then it’s been in the *Light.*” A community-wide event, the Golden Light Gala, is slated for tomorrow evening, October 6, at the Ritz Carlton Hotel. Meyer, the event chair, says that the evening will be filled with fun and exciting samples of the last half-century’s news. Contact the *Light* at 314-743-3660 for more information about attending the event.
- **Epstein Hebrew Academy Hosts Town Hall Meeting** ~ Thursday, October 10th at 7:30 p.m. at the school, 1138 N. Warson Rd. A report on the work of the Strategic Planning Committee will be presented at the event entitled “*A Strategic Vision for Epstein Hebrew Academy: Working together to build our School’s Future,*” which wraps up nine months of strategic thinking for the school. Dr. Scott Goldberg from YU, who helped kick off this process in January, will speak. All are welcome and encouraged to attend.
- **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. on 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 to benefit the Nusach Hari B’nai Zion Capital Campaign.*

Beyond Twelve Gates
Parshas Noach

by Rabbi Ze'ev Smason
October 5, 2013

Welcome to Beyond Twelve Gates

In the comic book world, Spider Man, Superboy and Supergirl were teenagers determined to be superheroes. Tadahiro Kanemasu just wants to be a helpful citizen. Nevertheless, wearing a green outfit with silver trim and matching mask, the 27-year-old Tadahiro certainly looks and acts the part of a superhero. He can often be found waiting by the stairs of a Tokyo subway station, lending his strength to the elderly, passengers lugging heavy packages and mothers with baby strollers. A chalkboard reads, "Baby Carriage Carrying Ranger." When he sees people who need a hand, Tadahiro rushes over, saying, "I'll help you carry that!" In true superhero fashion, all services rendered are done free of charge.

Why the superhero outfit? Tadahiro says, "Japanese people find it hard to accept help, they feel obligated to the other person, so the mask really helps me out." Inspiration came from the children Tadahiro met at his job at an organic grocery store, which also prompted the color of his costume. He picked up the green Power Rangers suit and two spares at a discount store for \$41 each. Hayato Ito, who works alongside Tadahiro at the greengrocer, said his kindness to others over the years meant his alter ego did not come as a complete surprise. "There were hints of this from a long time ago but finally he flowered as a hero," Hayato said. Since Tadahiro can set aside only a couple of hours each day for his good deeds, he hopes to recruit others in different colored suits. Already he has inquiries about pink and red.

One need not wear a mask and green outfit to perform acts of kindness. Jewish law and literature offers many suggestions, guidelines and requirements to fulfill our obligation of *chesed* (loving kindness). We must do charity and kindness actively, diligently, constantly and lovingly. This includes being on the lookout for opportunities or creative ways to do *chesed*: Run errands for someone in need, perform random acts of kindness, tutor a student and provide homework help. In the words of King Solomon "Whoever pursues righteousness and kindness finds life, righteousness and honor." (Proverbs 21:21) Feel pleasure in the joy of doing a kind act for another person.

Parshas Noach Genesis 6:9 -- 11:32

As a result of Mankind's evil, G-d brings a flood to destroy every living creature. Only Noah, his family, and at least one pair of every animal species were spared. Trivia question: Do you know the name of Noah's wife? (hint -- it is NOT 'Joan of Ark') When the flood waters begin to recede after a lengthy deluge, Noah sends forth from the ark a raven and dove to determine whether the land has dried sufficiently so that they can leave the ark to once again resettle the earth. G-d promises that He will never again destroy all of Mankind by means of a flood, and He designates the rainbow as a sign for that eternal covenant.

Noah plants a vineyard, drinks from its produce and becomes drunk. In his intoxicated state, he shamefully uncovers himself. While his son Ham dealt with his father inappropriately, Noah's other two sons, Shem and Japheth, cover their father in a respectful manner. Generations pass and the world is repopulated. The people attempt to wage war against G-d by building the Tower of Babel. G-d responds by mixing up their languages into a 'babble', and dispersing them across the planet.

Rabbinic Ruminations

Where we look determines what we find. Using a flashlight analogy, we have a choice about where we want to shine the light and what we want to focus on. Upon entering a dark room, we can shine in in the corners if we are looking for mold or we can shine it on the walls if we are looking for works of art. Where we choose to shine the light *matters*. The impact of this idea can be illustrated from a study of bowlers.

In a fascinating research study, Dr. Daniel Kirschenbaum from the University of Wisconsin took a group of bowlers and had them videotaped as they bowled three games. Over the course of the next six months the entire group was asked to practice bowling. Half of the bowlers practiced through reviewing videotapes of their spares or strikes, whereas the other half of the bowlers were shown videotapes of frames when they did not knock down all the pins. Using the videotapes as sources of feedback for change, statistically significant differences were found between the two groups. Those who watched themselves succeed (i.e., making strikes or spares) showed

as much as a 100% improvement in bowling scores compared to those who watched themselves in a non-success condition.

This bowling study demonstrates the potency of the positive. Not surprisingly, Judaism encourages us to choose to see the good in things, and in people. This is called having an *ayin tova*, literally a "good eye." Having an *ayin tova* doesn't mean pretending flaws aren't there; rather, it means making it a habit to think in a realistic positive manner. Focusing on the positive will bring superior results compared to focusing on the negative. Catch someone doing something right! And the questions we ask our colleagues, our kids, our loved ones, and ourselves truly matter; Instead of asking about problems, inquire about possibilities.

Quote of the Week

We are all of us born with a letter inside us, and that only if we are true to ourselves, may we be allowed to read it before we die. -- *Douglas Coupland*

Joke of the Week

A wealthy businessman lay on his deathbed. His rabbi came to visit and talked about the traditional Jewish perspective that one should never give up hope and to always trust in G-d. When the rabbi was done, the businessman said, "Rabbi, if G-d heals me, I'll pay off the shul's mortgage, and make an additional gift of a million dollars."

Miraculously, the businessman got better and within a few short weeks was out of the hospital.

About a month later, the rabbi approached this businessman in shul and said, "You know, when you were in the hospital dying, you promised to give the synagogue a million dollars if you got well. We haven't received it as of yet."

The businessman replied, "Did I say that? I guess that goes to show how sick I really was!"

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.