

Shabbos
Sept. 12, 2015

Rosh Hashana
Sun. Night, Sept. 13
Sept. 14 & 15, 2015

Shabbos & Yom Tov Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

Shabbos
28 Elul 5775

Rosh Hashana
29 Elul 5775
1 & 2 Tishrei 5776

Shabbos Torah Portion: Parshas Nitzavim: Deuteronomy 29:9 – 30:20 Stone Chumash pages 1086-1093
Haftorah: Isaiah 61:10 – 63:9 Stone Chumash pages 1202-1204

Candle Lighting ~ 6:58 p.m. Shabbos Concludes ~ 7:59 p.m.

Our Generous Sponsors This Shabbos & Yom Tov . . .

- ~ *Thank You to Norma & David Rubin for sponsoring this Shabbos Bulletin to say "Thank You" to Anna Rose Tendler, Sandy Klarfeld, Jackie Berkin, and Phyllis Silverman for their wonderful help in preparing the luncheon, on August 22nd, in celebration of our Wedding Anniversary!*
- ~ *Thank You to Elie & Michele Needle for sponsoring Shabbos Kiddush in honor of the Bar Mitzvah of their son Ari, and in celebration of the 31st anniversary of Elie's Bar Mitzvah Parsha!!!*
Mazel Tov, Ari on Becoming a Bar Mitzvah! Welcome to the Needle Family to St. Louis!
- ~ *Thank You to "POP-Stars" Irwin & Roz Rosen for sponsoring the soda for Shabbos Kiddush in honor of Irwin's Birthday! Happy Birthday, Irwin!*
- ~ *Thank You to Jessica Fadem for the baskets from the Jewish Food Pantry that adorn our Bimah for Shabbos & Rosh Hashana. Mrs. Fadem made a contribution to the Food Pantry, and we are grateful to her for her generosity in helping to beautify our shul every Rosh Hashana.*
- ~ *Thank You to Norma Finer Perll, and Marsha, Martin and Steven Finer for making a donation toward Kiddush, on the 1st Day of Rosh Hashana, in loving memory of their husband and father Albert Bell Finer, ר"צ.*

Shabbat Shalom!

Erev Shabbos, Friday Night, September 11, 2015

- **Mincha & Ma'ariv** (6:55 pm)

Shabbos, September 12, 2015

- **Shachris & Musaf** (9:00 a.m.) ~ *Thank You For Leading Davening*
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Elie Needle**
 - Leyning: **Stuart Klamen**
 - Haftorah: **Bruce Waxman**
 - Drasha (Sermon): **Rabbi Ze'ev Smason**
 - Musaf: **Aryeh Needle**
- **Tefillah/Prayer Learners' Service** ~ (9:30 am) Led by **Rabbi Yosef David** in the Rivkin Chapel.
- **Learners' Service** ~ (10:15 am) Led by **Rabbi Ze'ev Smason** in the Rivkin Chapel.
- **Kiddush** ~ (After Musaf) In the *Feigenbaum-Pepose Learning Center, in our Lower Level*
- **Mincha, Shalosh Seudos, Maariv** ~ (6:35 pm)

SIMCHAS

MAZEL TOV ON YOUR SIMCHAS September 12-18. **Happy Birthday to Jackie Berkin, Louise**

Givon, Rebecca Goldman, Marcela Morgensztern, Bob Schnurman, Noa Simon, Yelli Smason, and Susanne Tendler! Wedding Anniversaries ~ 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; Chesed Fund: Drop by the office for a Pack of Cards.

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Ze'ev Smason, Rabbi
Aaron Borow, Rabbi Emeritus
Leonard M. Alper, President
Dr. Ethan Schuman, Chazan

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Please be sure to read Rabbi Smason's [Beyond Twelve Gates](#) in this Bulletin:
"Little-Green-Leaved Friends to the Rescue!"

ROSH HASHANA!!! Good Yom Tov!

Erev Rosh Hashana – Sunday Evening, September 13, 2015

Mincha & Maariv (6:45 pm)

Learners' Service (6:55 pm) Led by **Rabbi Yosef David**

Yom Tov Candle Lighting ~ (6:55 pm)

Rosh Hashana ~ 1ST Day - Monday, September 14

Shachris & Musaf (8:00 am) - Thank you for leading services:

- Pesukei D'Zimra: **Menachem Szus**
- Shacharis: **Elie Needle**
- Leyning: **Elie Needle**
- Shofar: **Rabbi Ze'ev Smason**
- Haftarah: **Ron Makovsky**
- *Drasha* (Sermon): **Rabbi Ze'ev Smason**
- Musaf: **Dr. Ethan Schuman**

Torah Portion: Genesis 21:1 - 21:34, Machzor pp 164-166; Chumash pp 94-99

Maftir: Numbers 29:1 - 29:6, Machzor p 169; Chumash pp 894-895

Haftarah: I Samuel 1:1 - 2:10, Machzor pp 170-172; Chumash pp 1234-1236

Learners' Service (10:00 am–12:30 pm) – led by **Rabbi Yosef David**, of Aish HaTorah,
in the Feigenbaum-Pepose Learning Center

Family Service ~ Monday only, Sept. 14 (10:00 am–12:00 noon) – in the Rivkin Chapel

Babysitting (10:00 am – 1:00 pm) – in the KIDS' ROOM

Tot Shabbat – Yom Tov (10:00-11:30 am) – in the KIDS' ROOM

Junior Congregation (10:00 am – 1:00 pm) in the Youth Lounge

Drasha ~ Sermon (10:30 am)

Shofar (10:55 am)

Services Conclude (1:30 p.m.)

Kiddush following Services in the Feigenbaum-Pepose Learning Center

Mincha & Ma'ariv (6:45 pm) Tashlich between Mincha & Ma'arv

Yom Tov Candle Lighting ~ Monday night, for 2nd day Yom Tov (7:56 pm)

Rosh Hashana ~ 2nd Day - Tuesday, September 15

Shachris & Musaf (8:00 am) - Thank you for leading services:

- Pesukei D'Zimra: **Menachem Szus**
- Shacharis: **Elie Needle**
- Leyning: **Elie Needle**
- Shofar: **Rabbi Ze'ev Smason**
- Haftarah: **Lenny Alper**
- *Drasha* (Sermon): **Rabbi Ze'ev Smason**
- Musaf: **Dr. Ethan Schuman**

Torah Portion: Genesis 22:1 - 22:24 Machzor pp 164-166 Chumash pp 100-105

Maftir: Numbers 29:1 - 29:6 Machzor p 169 Chumash pp 894-895

Haftarah: Jeremiah 31:1 - 31:19 Machzor pp 170-172 Chumash pp 1236-1237

Babysitting (10:00 am – 1:00 pm) – in the KIDS' ROOM

Drasha ~ Sermon (10:30 a.m.)

Shofar (10:55 a.m.)

Services Conclude (1:30 p.m.)

Kiddush following Services in the Feigenbaum-Pepose Learning Center

Yom Tov Concludes ~ 7:55 p.m.

Fast of Gedaliah ~ Wednesday, September 16

Fast begins at 5:58 a.m. and concludes at 7:50 p.m.

Kol Nidre – Tuesday Evening, September 22, 2015 (Promptly at 6:15 pm) **Elie Needle**

Kol Nidre Night: Please bring Non-Perishable Kosher Food to Contribute to the Jewish food Pantry!

Yom Kippur Day – Wednesday, September 23, 2015 (8:00 am)

When You Need Rabbi Smason ~ When you or a loved one becomes ill, and is hospitalized, please have a family member or friend contact Rabbi Smason on his cell phone as soon as possible . . . 314-749-5271.

Mi Shebarach List ~ Prayers said for a *Refuah Shelayma* (Speedy Recovery) for your loved ones and friends. Please call 314-991-2100, ext. 2, by 10 a.m. Friday mornings to include the names on our list to be read on Shabbos.

- **FOOD for JEWISH FOOD PANTRY!!!** ~ Once again, we ask you to bring food on Kol Nidre Night to help our people in the Jewish Community! Please bring Non-Perishable Kosher items when you arrive for Kol Nidre. We will, in turn, deliver the food to help the Pantry stock its shelves and provide Yom Tov food for Sukkos and Simchas Torah! It feels so good to give ~ Please give generously! We thank you, in advance for your contributions!!!

Shul News . . .

- **Pruzbul:** Jewish law obligates every Jewish person to cancel, after the culmination of the shmittah year, various types of debt due to him or her. If a creditor executes a pruzbul, he or she is not obligated to cancel debts. A pruzbul may be executed at any time before the end of the shmittah year. However, since a pruzbul covers only debts already existing at the time of its execution, it is usually implemented at the very end of the year. This Rosh Hashana marks the end of the shmittah year. Click here for instructions for creating a pruzbul [Click here for instructions for Pruzbul – 5775 \(PDF\)](#) If you have any questions about a pruzbul, please contact Rabbi Smason.
- **This Coming Thursday, September 17 ~ Deadline to Order Cash Cards for September!!!**
Thank you to the following members and friends who ordered Cash Cards last month: **Dr. Alan & Marcie Brook, Dr. Faye Cohen & Brian McCary, Gene & Linda Carton, Don & Julie Eisenberg, Alan & Janet Haber, Bob & Joni Kaiser, Kerry & Sandy Klarfeld, and Lana Weinbach!** Please help raise money for NHBZ and [place your order for September!](#) The order form is attached to this week's bulletin. Every order makes a difference to our shul.
- **Sunday, September 20 ~ SUKKAH-RAISING** ~ Heads up! Once again, we thank **Menachem Szus** for organizing our Sukkah-Raising, which will be held on Sunday, September 20th, at 10:00 a.m. There is only one law for the timing . . . it needs to be done before the start of Sukkos. When you sign up, please tell Menachem if you can bring ladders and some basic tools. Participants, please bring your own work gloves; it is preferable to wear long-sleeved shirts so your arms are covered. This is the stuff that we have learned from year to year! Hopefully, our effort will be rewarded with nice weather. Oh yeah, one more thing . . . the more the merrier and the more the faster. Please respond to Menachem at menachem@alonsystems.com or 314-629-8741. Thank you for volunteering your valuable time.
- **NO PIZZA NIGHT IN SEPTEMBER!**
- **Motzai Shabbos ~ Saturday Night, October 3 ~ Paint the Sukkah Pink with Sharsheret!**
A Cancer Awareness Event in our NHBZ Sukkah, 8:30-10:30 p.m. Join us for Wine and Dessert, and help raise breast cancer Awareness!
- **Sunday, October 11 ~** Our NHBZ Sisterhood is planning a bus trip to the Lincoln Museum in Springfield, IL, to see the Special Exhibit, "**Lincoln and the Jews,**" on Sunday, October 11th. In order to keep the cost of the trip to a reasonable amount so as many people as possible can go, we are asking for sponsors, at \$25.00, to defray the cost of the bus and/or the box lunches. The trip will be open to all synagogue members and their families and friends. For more information on becoming a sponsor, please contact Sisterhood President **Linda Carton** at 314-991-5371. Please see the attached flyer for details.
- **Sunday, October 18 ~ SEVENTH Annual Rabbi Ride Around ~ Rabbi Smason's** seventh annual Ride-Around will be here before you know it! This year's Ride-Around promises to be the best ever! Committee Chair **Dr. Faye Cohen**, with the able assistance of her committee members, has planned a full range of picnic activities for the Sunday ride. And this year, a fabulous array of raffle prizes will be available

for all who make a pledge to support **Rabbi Smason's 50 mile bike ride in Forest Park**. Please become a sponsor for Rabbi Smason's Ride Around the Park: We ask a minimum pledge of 25c per mile, which equals a total donation of \$12.50; 50c = \$25.00; \$1.00 = \$50.00; \$2.00 = \$100.00!!! Rabbi Smason has had pledges of \$4.00 & \$5.00 per mile, and as high as \$10.00/mile equaling a total donation of \$500.00!!! Call our office, 314-991-2100, ext. 2, to make your pledge. And please come to cheer Rabbi Smason on, and to enjoy a FREE Picnic-In-The-Park! Rabbi Smason begins his Ride at 10:00 a.m.; Picnic at 12:30 p.m.; Raffle Drawings at 1:30 p.m. Stay tuned for more details!!!

- **Sunday, October 25 ~ All-You-Can-Eat Pizza Buffet ~ 5:00 to 7:00 p.m. Credit Card Payments Accepted!!!** Bring your family and friends to enjoy a delicious dinner of pizza, pasta, salad and garlic bread, dessert and beverage! Reservations are not needed - just show up, eat to your heart's content, have fun schmoozing and have a great time!!! Plus a movie for the kids every month!!!! *Are you new to NHBZ, looking to meet more members...sign up to help on our Pizza Buffet Line! It's a great way for everyone to say "Hi."* (Please place carry-out orders by 10:00 a.m. on Sunday morning, October 25th, 314-991-2100, ext. 2. Pick up time for carry out pizzas is 4:30-4:45 p.m.)
- **The NHBZ Women's Emergency Tehillim Circle** ~ The following women have made the commitment to be "on call" to say Tehillim for individuals whenever an **emergency** situation occurs at Nusach Hari B'nai Zion: **Julie Eisenberg**, Chairperson, **Debbie Barash**, **Shirley Bluestein**, **Marcie Brook**, **Linda Carton**, **Teree Farbstein**, **Dr. Susan Feigenbaum**, **Mimi Fiszal**, **Rhonnice Goldfader**, **Joyce Hochberg**, **Sandy Kahn**, **Joni Kaiser**, **Sandy Klarfeld**, **Sarah Klein**, **Svetlana Kogan**, **Lori Laird**, **Cindy Looney**, **Phyllis Loiterstein**, **Beverly Magency**, **Marcela Morgensztern**, **Laura Rader**, **Nancy Rush**, **Mimi Sabol**, **Dr. Shayna Scribner**, **Phyllis Silverman**, **Margo Tzadok**, **Peggy Umansky**, and **Mindy Woolf**. We say the prayers at home. Please call **Julie Eisenberg**, 314-695-5615, or **Sandie Abrams**, 314-991-2100, ext. 2., if you would like to participate. We will ask you to provide your phone number(s) and email address so we can get word to you as soon as an emergency arises.
IMPORTANT NOTE: This **NHBZ EMERGENCY Tehillim Circle** is separate from the ongoing Tehillim we are saying for our dear friend Michelle Mufson. Although some of the women listed above are part of both groups, the Emergency Circle truly stands "on call" and ready to act immediately, within the special circumstances of the Emergency element of this group. As soon as Rabbi Smason learns of a critical, **emergency situation in our shul**, he will alert Julie Eisenberg, give her the name of the person in crisis, and emails will go out immediately so we can begin saying Tehillim.

In The Community . . .

- **Thursday, September 17 ~ Sh'ma: Listen ~ Speaker Series ~ 7:30-9:00 p.m.** at the Kopolow Building. Professor Dan Ben-David will speak on the topic, "Within Israel: Times are Changing." For details or to RSVP, contact Barbara Levin at BLEvin@JFedSTL.org or 314-442-3752.
- **A Call for Help from the Jewish Food Pantry** ~ The Jewish Food Pantry is in desperate need of volunteers. The amount of food they are receiving is growing, but the number of people to organize all of the donations is NOT keeping up! To help or for questions, call **Julie Eisenberg** at 314-494-8437.
- **Women's Community Tehillim Group** ~ Will meet, as usual, at the home of Jan Adelman, 8032 Amherst Ave, (314) 863-5438 at 9:15 am. The Women's Tehillim Group meets each Sunday to say Tehillim in the *zechus* (merit) of a *refuah shelayma* (full & speedy recovery) for the *cholim* (the ill people) in our community. The Tehillim hotline for names and updates: 314-441-6460. If you have questions please call **Julie Eisenberg** at 314-494-8437.
- **Tomchei Shabbos On-Going FOOD DRIVE!!** *Tomchei Shabbos* (Supporters of the Sabbath) is maintained through contributions of food and money, and was established by the Vaad Hoer, which discreetly provides families in our community with Shabbos & Yom Tov meals. **Please remember to help our local families prepare for the chagim (holidays). Both food and monetary donations are greatly needed.** For information on how you can help, please call Jackie Oppenheimer at 997-6924, or Angela at 802-7710. Bring a bag of non-perishables to our office or, for home pick-up, please call **Sally Needle**, 314-991-2575. To make a donation go to www.ovkosher.org.

President's Column

For Rosh Hashanah and Yom Kippur, we will display the reserved seating chart in the lobby, along with an alphabetical cross-reference listing to help you find your seat. Before entering the Sanctuary, please find your name and seat number on the cross-reference list, and then look up your seat number on the chart to find its location. Greeters will be available to help you if needed.



Between Saturday night, September 12, 8:45 p.m., and Thursday, October 8, we will need volunteers to help set up and take down seating and dining configurations for the Holidays. Please call me or the office for specific days and times. Thanks in advance for your help.

It has been a great honor for me to have served Nusach Hari B'nai Zion over the last year. I want to thank all those who have volunteered and spent time and energy for the benefit of the congregation. My family and I wish all of you a *Shana Tova* –

May you be inscribed and sealed in the Book of Life for a good year.

Lenny Al

Welcome to Beyond Twelve Gates by Rabbi Ze'ev Smason

Parshas Nitzavim September 12, 2015

Dear friends and readers of Beyond Twelve Gates,

As the year 5775 comes to a close, I'd like to wish you and your family a Shana Tova U'm'tuka -- a Good, Sweet New Year. May we all be written and inscribed in the Book of Life. Beyond Twelve Gates will resume after the holidays. Rabbi Ze'ev Smason

Beyond Twelve Gates ~ "Little-Green-Leaved Friends to the Rescue!"

Parshas Nitzavim Deuteronomy 29:9 - 30:20

Nitzavim begins with Moses gathering every member of the Jewish people for the final time. He initiates them into a Covenant with G-d as the Almighty's 'Chosen People'. This Covenant applied not only to those present on that day, but to all future Jewish generations. Moses tells the people that although eventually they will sin, in time they will repent and return to the Torah, and G-d will usher in the messianic era when we all return to the land of Israel. Furthermore, he assures them that the commandments are neither distant nor inaccessible ('it is not in heaven'). This means that a committed Jewish life is well within everyone's reach.

Torah Reading for Rosh Hashana

The two days of Rosh Hashana fall out on Monday, September 14 and Tuesday, September 15 (The first day of Rosh Hashana begins Sunday evening). On Monday the Torah reading is from Genesis 21:1 -- 21:34. On Tuesday the Torah reading is from Genesis 22:1 -- 22:24.

The theme of the Monday Torah reading is that G-d remembered Sarah at the age of 90. She bore a son named Isaac to her 100 year-old husband Abraham. Our tradition teaches that Sarah conceived on Rosh Hashana. Not only do we recall Sarah and Abraham's great merit, but we should be inspired to repent and pray just as they did.

The theme of the Tuesday Torah reading is the account of the Akeidah, the Binding of Isaac. Both Abraham and Isaac demonstrated their willingness to make any sacrifice to comply with G-d's will. Our tradition teaches that the Akeida took place on Rosh Hashana. The shofar of Rosh Hashana is customarily made of a ram's horn to recall the merit of the Akeida because a ram was substituted for Isaac on the altar

Rabbinical Ruminations

Monet said, "I must have flowers, always, and always." The benefits that plants and flowers confer should make us consider them a necessity rather than an object of décor. If you need convincing, here are some ways that bringing plants inside helps us out.

Better health: Bringing flowers or a plant while visiting a hospital patient may be verging on cliché, but so effective are plants in helping surgery patients recover that one [study](#) recommends them as a "noninvasive, inexpensive, and effective complementary medicine for surgical patients." The study, conducted at Kansas State University, found that viewing plants during recovery from surgery led to a significant improvement in physiologic responses as evidenced by lower systolic blood pressure, and lower ratings of pain, anxiety, and fatigue as compared to patients without plants in their rooms.

Cleaner air: NASA has spent a lot of time researching air quality in sealed environments, which makes sense. [Extensive research](#) by the space agency discovered a then-new concept in indoor air quality improvement in which plants play a pivotal role: "Both plant leaves and roots are utilized in removing trace levels of toxic vapors from inside tightly sealed buildings." When talking about the relationship between plants and space travelers, NASA notes that plants, "provide nourishment for the body when eaten as food, and they improve the quality of indoor air. Plants take the carbon dioxide from air to produce oxygen that humans can breathe."

Sales Soaring: Plants not only have a positive effect on mood, productivity and sleep, but also upon perception and value. The Opryland Hotel in Nashville has an 85 percent occupancy rate — a high number by hotel standards where the average is 64 percent. According to a case study, the main factor accounting for this high occupancy rate is the large investment in flowers and plants.

The Midrash asks how a person can cling to the Infinite -- at least allegorically. It answers: Just as G-d created the world and then planted trees in it (*Gen. 2:8: The Lord G-d planted a garden in Eden*), He instructed the Jewish people that when they enter the land of Israel, they should do the same (*Lev. 19:23: "When you enter the land, you shall plant all types of fruit trees."*) As John Muir said, "The clearest way into the Universe is through a forest wilderness." Appreciate and enjoy your big and little green-leaved friends.

Quote of the Week

Man suffers most from the suffering he fears, but never appears, therefore he suffers more than G-d meant him to suffer. -- *Dutch proverb*

Joke of the Week

Abraham bought himself a fancy new computer. He was showing it to Isaac one day. "Look at all the wonderful programs it has on it. And look at all the neat things it can do..."

Isaac was impressed, but a little concerned..."But dad, I don't think your computer has enough memory."

Abraham said "Don't worry son; G-d will provide the RAM."

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

<i>This Week At a Glance</i>	Shabbos Sept. 12	Sunday Sept. 13	Monday Sept. 14	Tuesday Sept. 15	Wed. Sept. 16	Thurs. Sept. 17	Friday Sept. 18	Shabbos Sept. 19
Selichos		7:15 a.m.		.				
Shacharis	9:00 am	8:00 am	8:00 am	8:00 am	6:45 am	7:00 am	7:00 am	9:00 am
Mincha/Ma'ariv	6:35 pm	6:45 pm	6:45 pm	6:45 pm	6:35 pm	6:45 pm	6:45 pm	6:25 pm

NHBZ Event Planner

(Check **“Shul News . . .”** for time, date or location changes.)

Call the office, 314-991-2100, ext. 2, to confirm the date and time of any event.

All events will be at NHBZ unless otherwise noted.

WEEKLY at NHBZ

SHABBOS

- Tefillah Class (9:30 am) led by Rabbi Yosef David in the Rivkin Chapel.
- Child Care (10:15 am – Noon) for kids 3 & under in the Children's Room.
- Learners Service (10:15 am) led by Rabbi Ze'ev Smason in the Rivkin Chapel.
- Shabbos Tanach (Bible) (One hour before Mincha)

SUNDAY

- Mishna Learning (after Shacharis) with Rabbi Chanan Swidler, of Aish HaTorah
- “Mystical Moments” with Rabbi Max Weiman (between Mincha & Maariv.)
- Tanya (8:00 pm) with Rabbi Shaya Mintz, of the St. Louis Kollel

MONDAY

- Mah Jongg (Mondays, 4-6:00 pm) NHBZ Lower Level. Proceeds benefit The NHBZ Chesed Fund.

WEDNESDAY

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

MONTHLY at NHBZ

- Irvin Alper Social Club (First Sunday) 5:00 pm.
- Mussar Mondays (First Monday) 7:00-7:45 pm. at the home of Richard & Mindy Woolf.
- Women's Home Study Group (First Tuesday) 2:30 pm with Rabbi Shaya Mintz, of the St. Louis Kollel, at the home of Jackie Berkin.
- Morris Lenga Yiddish Club (First Thursday) 7:30 pm at NHBZ.
- Sisterhood (Third Tuesday)
- Dine-In Pizza Night (Last Sunday) 5:00 – 7:00 pm
Place Carry-Out Pizza orders by 10:00 am, 314-991-2100, ext 2. Pick up time 4:30–4:45 pm.

NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn

The Deadline to submit new information to appear in our Shabbos Bulletin is Wednesday each week, NO LATER THAN 12:00 noon, please. That will allow the time needed to make changes. The bulletin is printed first thing every Thursday morning.