

NHBZ Shabbos Bulletin

August 17, 2013

Welcome to Nusach Hari B'nai Zion

11 Elul 5773

Affiliated with the Union of Orthodox Jewish Congregations of America

Torah Portion: Parshas Ki Seitzei: Deuteronomy 21:10 – 25:19 **Stone Chumash pages 1046-1067**
Haftorah: Isaiah 54:1-10 **Stone Chumash page 1201**

Erev Shabbos - Friday, August 16

- **Mincha & Ma'ariv** (7:00 pm)
- **Candle Lighting** (7:36 pm)

Shabbos - Saturday, August 17

- **Shachris & Musaf** (8:30 am) - Thank you for leading services:
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Dr. Ethan Schuman**
 - Leyning: **Dr. Larry Gornish**
 - Haftorah: **Howard Sandler**
 - Drasha (Sermon): **No Sermon Today**
 - Musaf: **Dr. Ethan Schuman**



- **Synaplex Shabbos & Lunch** ~ Learners' Service at 10 a.m., Synaplex break-out classes at 11:00 a.m.: "Ten Tools to Approach the High Holidays" led by **Rabbi Ze'ev Smason**; "These Classical Insights into the High Holidays...will help you enjoy them more. The Almighty designed this time for growth and pleasure. Find out how to tap into the transcendental" led by **Rabbi Max Weiman**; "Israel Update: Is a Two State Solution Still Viable?" led by **Jay Umansky**, President-St. Louis Region, American Jewish Congress; Youth Programming: For kids 4 and over; and Tot Shabbat. Lunch at noon, following Synaplex Sessions, in honor of August Birthdays and Wedding Anniversaries. Thanks to **Larry & Shirley Hollander** for enhancing the **Desserts** today "In honor of all our Birthdays & Wedding Anniversaries." And, thanks to **"POP-Stars" Ed & Judy Ziegelman** for sponsoring the soda today in honor of their birthdays! **HAPPY ANNIVERSARY TO LARRY & SHIRLEY!!! HAPPY BIRTHDAY TO ED & JUDY!!!**
- **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* (blessing on bread) over *Lechem Mishne* (2 rolls/loaves of bread), 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 & makes HaMotzi. -- B'tayavon (Bon Appetit)!**
- **Mincha, Shalosh Seudos, Ma'ariv** (7:15 pm)
- **Shabbos Concludes** (8:38 pm)

COMING EVENTS

- **Bi-Monthly Women's Tefila Class.** Led by **Rabbi Ze'ev Smason**, the class meets on the 2nd and 4th Thursdays of the month, at 7:00 p.m. Next class: This Thursday, August 22, in NHBZ's Lower Level. 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.
- **Lion's Den Pizza Night** ~ Our regular "Last Sunday" All-You-Can-Eat Pizza Buffet, Sunday, August 25.
- **Challah Baking Class** ~ Learn new recipes and different ways to braid your challah from **Mindy Woolf!!!** Tuesday, August 27th, 7:30 p.m. at NHBZ. **\$10.00 per person for the class.** Learn customs and rituals of challah making from **Rebbetzin Chani Smason**, plus take your dough home to make 2 challahs! This will be open to the community, so tell your friends. Call to register, 314-991-2100, ext. 5.
- **Erev Rosh Hashana** ~ Wednesday evening, September 4th.

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

This Week At a Glance	Shabbos August 17	Sunday August 18	Monday Aug. 19	Tuesday Aug. 20	Wed. Aug. 21	Thurs. Aug. 22	Friday Aug. 23	Shabbos August 24
Shachris	8:30 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	7:15 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:05 pm
Events – see times in Event Planner Box	Synaplex Shabbat; Lunch celebrating August Birthdays & Anniversaries!!!	ORDER YOUR ESROG & LULAV!!!	RSVP for Challa Class next week, Aug. 27	ORDER CASH CARDS!	Weekly Lunch & Learn, with Rabbi Smason, 12:15pm	Tefillah Class for Women; 7:00 pm; at NHBZ in Lower Level	* Erev Shabbos	Good Shabbos Everyone

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

WEDNESDAY

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

THURSDAY

- Women's Tefila Class (2nd & 4th Thursdays, 7:00 pm) with Rabbi Smason (**This week in NHBZ's Lower Level**)

Monthly at NHBZ

- Irvin Alper Social Club (First Sunday) ***** (No Sisterhood or Social Club meetings in September)**
- Women's Home Study Group (First Tuesday, 2:30 pm) with Rabbi Shaya Mintz, of the St. Louis Kollel at home of Jackie Berkin (**no study groups in August & September**)
- Morris Lengua Yiddish Club (First Thursday, 7:30 pm) (**No Yiddish Club in September**)
- 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 or Social Club meetings in September)**

NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn

Meetings

- **Sisterhood Luncheon** ~ Tuesday, August 20, 12:00 noon. Delicious lunch: Hamburger on Bun, with all the Trimmings, Potato Salad, Dessert and Beverages. Donation: \$6.50. Fun & Prizes for All. RSVP – Call Rachael Pevnick, 314-395-6017.
- **Executive Committee** ~ TBA

Meetings

- **Irvin Alper Social Club** ~ Next get-together – Sunday, October 6
- **Sisterhood Luncheon** ~ Next meeting – Tuesday, October 15

GET READY FOR THE HIGH HOLIDAYS!

- ***It is a time-honored custom*** to visit the graves of *tzadikim* (the righteous) and our ancestors before Rosh Hashana. To help NHBZ members wishing to fulfill this meaningful tradition, four volunteers will be available to meet you on Sunday, August 25, and recite appropriate prayers at any of the four St. Louis Orthodox cemeteries listed below. **Reservations are a MUST!!!** You can reserve a 15-minute slot during the time-period each volunteer is available. Feel free to contact the volunteer in person, or call by 2:00 P.M. Friday, August 23, at the number listed. **A big THANK YOU to the men for generously volunteering their time:**
Chesed Shel Emes/ Hanley -- 9 A.M. to 10:30 A.M. **Dr. Ethan Schuman**, 314 791-2951
Chevra Kadisha -- 11:00 A.M. to 12:30 P.M. **Howard Sandler**, 314 409-7266
Beth Hamedrosh Hagadol -- 11:30 A.M. -- 1 P.M. **Mayer Taller**, 314 997-0527
Chesed Shel Emes/ White Rd. -- Noon to 1:30 P.M. **Alan Haber**, 314 368-4446
- **YES!!! It's time to place Lulav and Esrog orders!!!** Just 2 weeks until the ordering deadline. So, **MAKE THE CALL!!!** Prices are the same as last year: \$45, \$55, \$65, and \$80. Our Lulavim and Esrogim will be delivered to our shul the day after Yom Kippur (September 15), tied in their holders. If anyone's *Arovos* (Willows) go bad, we will be provided with replacements on the Sunday of Chol Hamoed Sukkos (Sept. 22), free of charge. Please mark your calendars for Monday, September 2nd -- the deadline to place your orders; call the office, 314-991-2100, ext. 2. Our first orders are in from **Lenny Alper, Bob Kaiser, Ron Makovsky, Irwin Rosen, and Mayer Taller!!!**
- **HIGH HOLIDAY SEATING** ~ New members, who have joined since the last Holidays, have been given reserved seats. Members from last year and before will have the same seats as last year. We have a chart in the office, so if you want to see where your seat is, or would like to move your reserved seat, please come in to see where we have space.

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 synagogue for an Aliyah or other honors received.
- **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.
- **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.
- **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** August 17-23. **Happy Birthday to Marcie Brook, Mike Elbaz, Betty Epstein, Carl Goodman, Roz Rosen, Florence Simon, and Leonid Vladimirov! Happy Anniversary to Alan & Janet Haber, Lionel & Eleanor Kaiser, Ephraim & Michelle Mufson, and David & Norma Rubin!** 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.
- **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 for becoming our very first Solar Panel Sponsors!!!**
- **Mashgiach/Kitchen-Helper Classes** ~ Rabbi Smason will be offering classes for those interested in being a mashgiach and for kitchen helpers in the NHBZ kitchens, and for NHBZ food events. The next classes, dates to be announced, will be on inspecting and washing fresh fruits and vegetables
- **Special Gifts Campaign ~ It's Never Too Late to HELP YOUR SHUL!!!** Your Special Gifts support the many programs you have come to expect and enjoy, including learning, children's programming, and so much more. You have the choice of donating your pledge in full or installments, whichever is most comfortable for you. Thanks to all of you who have sent or pledged your Special Gifts! *If you haven't made a pledge yet, it's never too late! Your shul needs your help. Please give generously!!! Many Thanks to Nanette Holtzman for the Special Gift she sent to Nusach Hari B'nai Zion this week!!!*
- **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! AND, Please Save This Date --- The Tomchai Shabbos annual event will be held Sunday, Oct. 13th!! New project kickoff will be announced! Details will follow! For more details, or to arrange a pick up at your home, please call Sally Needle at 991-2575.

*Beyond Twelve Gates by Rabbi Ze'ev Smason
Parshas Ki Seitzei August 17, 2013*

Welcome to Beyond Twelve Gates

A number of impressive consecutive streaks stand out in the history of modern sports. Cal Ripken Jr. played in 2,623 games, never taking a day off for more than 15 years while playing at a Hall of Fame level. Over a span of almost 10 years, Edwin Moses did not lose a single race in the 400m hurdles, winning 122 consecutive races. Byron Nelson won 11 consecutive professional golf tournaments, and British rower Steven Redgrave won a gold medal at 5 consecutive Olympic Games. A sports streak of a different type began in the 1960s when a 19-year-old kid bought a standing-room ticket to watch a Chicago Blackhawks hockey game. It was an experience Bob Gertenrich found to be so electrifying that he attended the next home game, and the one after that, and every

home game since. The Skokie resident, now in his mid-60s, has saved ticket stubs from every home game since January 23, 1966, sporting a consecutive attendance record totaling 2,155 games. Gertenrich was once one of only several hundred people at a Blackhawks game during a Chicago blizzard that grounded flights and paralyzed the city. He recalls that the car he was riding in was the "only thing moving" down the highway. On another occasion, superfan showed up at a home game against doctor's orders after breaking his wrist the morning of the game. If this isn't enough to convince you that Gertenrich is a 'Regular Guy', he even showed up on October 6, 1991 - the day his beloved mother died. Gertenrich said his mother passed away at 2 A.M., and the game started at 6:30 P.M. Forty-seven seasons of consecutive attendance is a streak that will be hard to beat.

The Talmud records a number of occasions when students asked their teachers the following question: "By what merit did you live so long?" One rabbi answered, "I never took a shortcut through the Study Hall". One answered, "I never called a person by a nickname". Many answers are given, with no apparent common thread as to what provided the merit for longevity. However, one contemporary rabbi suggests the following common thread: Each rabbi answered, "I NEVER...." The key is NEVER -- day-in/day out consistency. Tony Robbins said, "It's not what we do once in a while that shapes our lives. It's what we do consistently." The number one quality for all major accomplishments is consistency.

Rabbinic Ruminations

Are you a nomophobic? *Nomophobia*, an abbreviation for "no-mobile-phone-phobia", is affecting many of the 56% of Americans who own a smartphone. The phone, computer, tablet and other high tech devices have become not just an object, but for many a best friend. Many suffer from anxiety if their phone is unavailable even if only for a few minutes. Surprised? At many dinner tables it has become the norm to constantly check for texts, emails, tweets and Facebook updates. But nomophobes are using their smartphones in increasingly unusual and inappropriate situations.

A 2013 Mobile Consumer Habits study found that some adults use their smartphones:

In a movie theater – 35%

During a dinner date – 33%

At a child's or school function – 32%

In church or a place of worship – 19%

While in the shower (!) - 12%

Nearly three-quarters (72%) of respondents report being within five feet of their smartphones the majority of the time. We are so addicted that despite warnings and laws in most states about the dangers of talking or texting while driving, more than one-half (55%) of users admit to using their smartphone while driving their cars.

Nomophobia isn't a uniquely American affliction. A recent British study found that nearly 53% of mobile phone users in Britain tend to be anxious when they "lose their mobile phone, run out of battery or credit, or have no network coverage". The study found that 9% feel stressed when their mobile phones are off. The smartphone-penetration rate among children and teenagers in South Korea tripled last year to 65%, and the government says roughly one in five students is addicted to the devices. This addiction is defined as spending more than seven hours a day using the phone and experiencing symptoms such as anxiety, insomnia and depression when cut off from the device.

A Jew says the "Modeh Ani" prayer as soon as he opens his eyes each morning, to say, "Although I feel myself to be the center of this world, I acknowledge Your presence as the Author of this world. You are bigger than me." With those words, we open ourselves to freedom. We all have free choice to direct our lives. Realize that we choose our thoughts, and with the help of the Almighty put those thoughts into actions.

Parshas Ki Seitzei Deuteronomy 21:10 - 25:19

This week's Torah portion contains 74 mitzvos (commandments) -- more than 10% of the 613 mitzvos of the Torah. Among the highlights:

- Guidelines for treatment of captured female prisoners of war
- Treatment of the 'stubborn and rebellious son'
- Prohibition of wearing shatnez -- a mixture of wool and linen in the same garment
- The case of the defamation of a married woman

- Men are forbidden from wearing women's clothing and vice versa.
- Taking interest for lending to a Jew is forbidden
- The requirement of a get (bill of divorce) when divorce takes place
- The obligation to pay workers in a timely fashion (handymen, babysitters, etc)
- Special consideration must be given to a widow and orphan

This power-packed Torah portion concludes with the command to remember the atrocities which the nation of Amalek (from whom Haman came) committed against us upon our exodus from Egypt.

Quote of the Week

How wonderful it is that nobody need wait a single moment before starting to improve the world -- *Anne Frank*

Joke of the Week

A yeshiva bochur (student) was feeling very nervous about his first shidduch (date) and went to his father for advice.

"My son, there are three subjects that always work on a shidduch: food, family, and philosophy."

The bochur picks up his date and they stare at each other for a long time. The bochur's nervousness builds, but he then remembers his father's advice and asks the girl,

"Do you like latkes (potato pancakes)?"

"No," comes the answer, and the silence returns like a suffocating blanket.

"Do you have a brother?"

"No."

After giving it some thought, the bochur plays his last card: "If you had a brother, would he like latkes?"

Thanks for Donating School Supplies

Lenny & Fran Alper

Ruth Novack Alper

Fabian & Francine Attoun

Bertha Berman

Sam & Shirley Bluestein

Marshal & Steffani Brockman

Mimi Fiszal

Janet Goldenberg

Aida Greenberg

Soi & Anna Guber

Harold & Fran Hoffman

Bob, Joni, Hannah & Rebecca Kaiser

Esther Kalina

Kerry & Sandy Klarfeld

Sarah Klein

Morris & Estelle Kram

Reuven & Esther Levary

NHBZ Sisterhood

Sally Needle

Lou & Shirley Osheroff

Rachael Pevnick

Menachem & Linda Szus

Mayer Taller

Victor & Anna Rose Tandler

Marian Walters

Please call the office if your name was inadvertently omitted!!!

The Deadline to submit new information to appear in our Shabbos Bulletin is Wednesday, at 12:00 noon each week. The bulletin is printed first thing every Thursday morning.