

NHBZ Shabbos Bulletin

August 20, 2011

Welcome to Nusach Hari B'nai Zion

20 Av, 5771

Torah Portion Eikev:
Haftorah Eikev:

Deuteronomy 7:12 – 11:25
Isaiah 49:14 – 51:3

Stone Chumash pages 980 - 997
Stone Chumash pages 1197 – 1199

Mazel Tov on the Aufruf of David Rubin & his marriage to Norma Yabeta

Erev Shabbos - Friday, August 19

- **Mincha & Maariv** (7:00 pm)
- **Candle Lighting** (7:32 pm)

Shabbos - Saturday, August 20



- **Shachris & Musaf** (9:00 am) - Thank you for leading services:
 - Pesukei D'Zimra: **Ariel Cohen**
 - Shacharis: **Raphael Cohen**
 - Leyning: **Ya'acov Goldson**
 - Haftorah: **Eitan Cohen**
 - Sermon: **Rabbi Ze'ev Smason**
 - Musaf: **Jeremy Cohen**
- **Girls Jr. Congregation** (10:30 am) - Girls Jr. Congregation and younger children meet in the Children's Room on the lower level with **Nina Levine** and **Georgia Laird**.
- **Kiddush** (following Musaf) - Thanks to **David Rubin** for sponsoring Kiddush & Lunch in honor of his aufruf and his forthcoming marriage to **Norma Yabeta**.
- **Shabbos Kallah** - All women are invited to celebrate with **Norma Yabeta**, Kallah of **David Rubin**, at a Shabbos Kallah this afternoon at 4:30 p.m. at the home of Karen Zeffren, 8138 Balson, 63130.
- **Shabbos Study Group** (6:30 pm) - Studies in Tanach, led by **Menachem Szus**; everyone at any level of learning is welcome; now studying Yeshayahu (Isaiah).
- **Boys' Mishna Study Group** (6:45 pm) - With **Rabbi Smason**, for boys ages 10-17.
- **Mincha/Shalosh Seudos/Ma'ariv** (7:15 pm)
- **Shabbos Concludes** (8:34 pm)



This Week

Davening Times	Shabbos Aug 20	Sun. Aug 21	Mon. Aug 22	Tues. Aug 23	Wed. Aug 24	Thur. Aug 25	Fri. Aug 26	Shabbos Aug 27
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/Maariv	7:15 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:05 pm

- **Sunday Learning** (Sunday August 21 following Shachris) - **Rabbi Chanan Swidler** of Aish HaTorah leads Mishna study for men following Sunday morning services; davening at 8:00 am.
- **RAP with the RABBI Teen Group** - is on vacation and will resume Sunday, September 11.
- **Young Family BBQ** (Sunday, August 21) - See picture ad for details!
- **Be a PACKING & PITCHING PARTNER for MOVING WEEK!!!** - Monday through Friday this week, Sandie and William will continue packing. We especially need help in the rear building on Sunday, August 21, to load books into library carts at 10:00 am. Thanks to **Andy Abrams, Fran Alper, Lenny Alper, Jessica Fadem** and **Robin Rickerman** for volunteering their valuable time!!! Surely these few people are not enough to pack all our stuff - **they need your help, too**; Call the office to find out if you are needed at the old building or the new one; if you don't have time to call, **PLEASE SHOW UP!!!**

- **Rabbi Smason's Lunch & Learn** (Next class to be announced) - Now studying *Pirkei Avos* (*Ethics of the Fathers*, in English), which deals with Jewish ethical and moral principles; please join us for an enjoyable and relevant presentation and discussion each Wednesday.
- **Buy and Use Cash Cards and Kohn's Scrip** (Monday – Friday) - Next Cash-card Order Days are **Wednesday August 31** and **Thursday September 15**; earn free money for NHBZ; order your cards this week; buy Kohn's Scrip any time.

Coming Events

- **Chanukat HaBayit – New Building Dedication** (Sunday, August 28) – see picture ad.
- **Dine-in Pizza Night** (Sunday, August 28) – **LAST TIME IN THE OLD BUILDING!**
- **Regular Carry-Out Pizza Night** (none in August, next one **IN THE NEW BUILDING**).
- **Rabbinic Perspectives in Managing End-of-Life** (Monday, August 29, 6:30 pm) - Join Rabbi Smason at the Federation Building for a discussion of End-of-Life issues; see picture ad for details.
- **What's Really Happening in the Middle East** (Tuesday, August 30, 3:30 pm) - Join Rabbi Smason at Crown Center for a discussion on issues in the Middle East; see the picture ad for details.
- **2011 NHBZ Golf Shootout** (Sunday, Sept 4) – Normandie Golf Club, see picture ad for details.
- **NHBZ Women's Home Study Group** (First Tuesday, September 6, 2:30 pm) - at the home of Jackie Berkin; Topic is "The Six Constant Mitzvos," presented by *Rabbi Shaya Mintz*, of the St. Louis Kollel; All women are welcome; please join us!!!
- **Morris Lenga Yiddish Club** (First Thursday, September 8, 7:30 pm) - Join us for a spirited hour filled with Yiddish stories, songs and laughter; seasoned "mavens" as well as novices are welcome – **IN THE NEW BUILDING**.
- **SYNAPLEX** (September 10) - **IN THE NEW BUILDING**; see picture ad for details.
- **Irvin Alper Social Club** (Usually First Sunday, date to be announced) - **IN THE NEW BUILDING**; see picture ad for details.

Meetings

- **Executive Committee** (Tuesday, August 30, 7:30 pm following minyan)



Reminders

- **Sponsorships** - If you would like to sponsor kiddush, Soda, Shalosh Seudos, this bulletin, or something special and unique in honor or in memory of someone, please call 314-991-2100, ext. 2.
- **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.
- **Donate a Book** - Did you know you can purchase a Siddur, Chumash, or other prayer books or study books for NHBZ as a tribute? Contact the office for details.
- **Synagogue Honors** - It is customary to make a donation to the synagogue for an Aliyah or other synagogue honors received.
- **Free Money for NHBZ!!** - Use Schnuck's Scrip and buy Gift Cards; call Scrip and Gift Card Mavens Janet Haber at 567-7406 or Bert Zakroff at 220-0674 for details.
- **Volunteer Opportunities** - NHBZ needs YOU! NHBZ is open 24 hours per day, 7 days per week, and 52 weeks per year; to provide such an ongoing service, we need your help; whatever your skills, we have an opportunity for you: office work, cooking, pickup and delivery, repairs, Pizza night, Sukkah raising, outreach committee, building committee; please call the office to volunteer.
- **Even More Volunteer Opportunities** - Our new shul is almost completed, but there is much work to be done. If you would like to help on one of the following committees, please contact *Lenny Alper* at 314-993-4024: memorial boards, recognition plaques, mechitza, kitchen appliances, lobby decor, chapel decor, landscaping, moving, or you-name-it.



***Beyond Twelve Gates* by Rabbi Ze'ev Smason**

Beyond Twelve Gates' refers to a beautiful concept taught by the great mystic *Rabbi Isaac Luria* (1534-1572), also known as 'The Ari'. There exist twelve gates of prayer in Heaven — one for each tribe of Israel. There also exists a Heavenly thirteenth gate. Through this gate the prayers of all Jews, regardless of tribe, Jewish education or level of observance, are allowed to enter and are heard by G-d.

Parshas Eikev

August 20, 2011

20 Av, 5771

Welcome to Beyond Twelve Gates



Dorrie Aber-Noyek has volunteered at a hospital in Florida for 37 years. She walks at a brisk pace, delivering mail to patients as she rolls her cart down the corridor. Hospital

volunteers are commonplace, but what makes Dorrie unusual is that on August 5 she celebrated her 104th birthday. The spry centenarian lives by herself, and other than a bit of arthritis and slightly imperfect vision and hearing, she says she's in perfect health. When asked for her secret to such a long life, she shrugs her shoulders. It's not her diet -- she eats a piece of cake or a cookie (or two) every day (her favorite is chocolate chip). It's not her physical activity -- while she's always enjoyed walking, she never belonged to a gym or worked out regularly.

A new study suggests Dorrie Aber-Noyek is typical of what scientists call "super agers." The research found that people who live to be 95 or older do not tend to have lived a healthier lifestyle than others who died earlier. 477 healthy Ashkenazi Jews between the ages of 95 and 112 were asked about their lifestyle habits when they were 70 years old. More than 40% said they were obese or overweight, about 35% smoked and very few exercised. What this shows is that it really is the genes that helped the centenarians. To dramatically increase your chances of exceptional longevity -- chose your parents well!

We can't, of course, choose our parents. But we *can* choose to thank them and honor them for all they have done for us. Jewish tradition teaches that the root of the mitzvah 'Honor Your Father and Mother' is due to the great gift our parents gave each of us -- the gift of life. And that's something you don't have to be a 'super-ager' to be thankful for.

Parshas Eikev – Deuteronomy 7:11 – 11:25



Moses continues to encourage the Children of Israel to trust in G-d and in the prosperity and health which will follow if they keep the Torah. If they are careful to observe even those 'minor'

mitzvos that are usually 'trampled' underfoot, he

promises that they will be the most blessed of the nations of the Earth. Moses reminds them of their numerous transgressions in the desert, including the mystifying sin of the Golden Calf. Moses describes the bountiful Land of Israel filled with wheat, barley, grapes, figs and pomegranates, a land of oil-yielding olives and date-honey. He teaches the people the second paragraph of the *Shema* which stresses the fundamental doctrine of reward for keeping the mitzvos and the consequences of non-compliance. All that G-d requires of us, Moses says, is to love G-d, revere Him, and to observe His Torah. Easier said than done! Parshas Eikev concludes with the promise that G-d will provide the Jewish people with protection if they observe the laws of the Torah.

Many are familiar with the famous phrase (found in this week's portion), "Man does not live by bread alone." The less-familiar second half of the verse says, "... but by all that comes from the mouth of G-d." This important idea teaches that physical nourishment and external pleasures aren't sufficient for a satisfied life. Every human being has spiritual needs that must also be met.

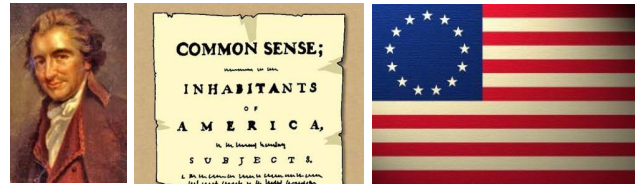
Rabbinic Ruminations



In a week of whiplash, global financial markets experienced one of the most volatile streaks in history. Last week marked the first time in the Dow Jones Industrial Average's 115-year history that it moved by more than 400 points for four consecutive days. The market's swings were "ferocious", said David Schiff, head of stock trading at J.P. Morgan Investment Management. "We have been telling our clients to expect volatility, but we didn't expect this," said one portfolio manager. "This is a herd of animals that gets spooked and runs one way, then another."

Wall Street turbulence, though disconcerting, may affect more than your financial bottom line. A recent Chinese scientific study linked stock market volatility to deaths from heart disease. The study found that either highs or lows in the market increase the risk of death from acute heart disease: Every 100 point change of the Shanghai Composite Index corresponded to a 5.17 percent increase in heart disease deaths.

Some might suggest that the best way to relieve the distress caused by stock volatility is to hide in a cave. But the recent wild ride on Wall Street is just one instance of the vicissitudes of daily living. Material and spiritual concerns, big and small, can challenge our physical and mental health. The Torah, however, suggests that we can master our emotions. In a familiar prayer of Rosh Hashana and Yom Kippur we state that G-d determines "... who will live, and who will die ... who will become wealthy, and who will become poor." While simultaneously accepting that 'G-d helps those who help themselves', belief that the Master of the Universe is orchestrating all things may be just the stress-buster those who follow Wall Street need.



Joke of the Week

Today's Yiddish lesson: What is the difference between a **shlemeil**, a **shlemazel**, and a **nudnik**?

Shlemeil: A waiter who spills a bowl of hot soup on the customer

Shlemazel: The customer

Nudnik: The guy seated at the next table and asks the shlemeil and shlemazel if the soup that spilled was Mushroom or Vegetable



OYVEY!

(thanks to Dr. Ethan Schuman)

Quote of the Week

"Reputation is what men and women think of us; character is what G-d and angels know of us". -- Thomas Paine (1736 -1809)) author, pamphleteer, radical, inventor, intellectual, revolutionary, and one of the Founding Fathers of the USA.

Last Chance: School Supplies

Every summer we have shopped and generously purchased all sorts of school supplies so that all kids would have what they need for the new school year.

Since we are getting organized for our big move we can't physically collect and store the school supplies. **BUT**, we don't want to forget those kids who need our help!!! So, instead of shopping this year, please write a check to NHBZ or call Sandie to place a donation on your credit card, and we will ensure a great first day of school for every kid!!!

Thanks to **Rachael Pevnick** for this great idea that allows us to go forward with our School Supply Drive!!!

Thanks to those who have generously donated so far:

Bob & Sandie Abrams
 Fran & Lenny Alper
 Ruth Alper
 Sam & Shirley Bluestein
 Jessica Fadem
 Esther Gelb
 Alan & Janet Haber
 Bob & Joni Kaiser
 Sally Needle
 NHBZ Sisterhood
 Ted & Rachael Pevnick



Irvin Alper Social Club – Date to be announced

3:00 Bingo - 5:00 Dinner - 6:00 Movie & Cards
 All for only \$7.00 - Reservations are a must
 call Ruth Alper 569-2877

Mazel Tov
On Simchas this week!
August 20 - August 26, 2011

Happy Birthday

Mike Elbaz Ari Zakroff
Jonathan Yasinev Yale Wolff
Dodi Smason

Happy Anniversary

None this week

Show your friends you care - SEND A TRIBUTE
Shul: Call Gloria Waxman 314-872-3296
Sisterhood: Phyllis Silverman 314-434-2482
Libby Needle Fund: Sally Needle 314-991-2575

Special Message from a Friend . . .

... in gratitude and praise to Hashem for His kindness and His wonders, and thanks to the NHBZ community for its generous help and support in my time of need.

- Rivkah Kaufman

What's really happening in the Middle East?

Join Rabbi Smason for a discussion on Middle East issues.
Tuesday, August 30th at 3:30pm
In the Weinberg Lounge at **Crown Center**

Afterward, join us for a Kosher (Vaad approved) dinner in our Dining Room. Meals are cooked onsite by Jon Rubin.

Reservations are required for dinner.
Call 314-991-2055 ext. 124 to make reservations.
(suggested donation of \$3.00 for those 60+. All others \$7.00)

Questions? Contact Randi Schenberg at 314-991-2055

Crown Center
8350 Delcrest Drive
University City, MO 63124

Young Family BBQ

FOR POTENTIAL MEMBERS

Sunday, August 21

Food - Games for kids - Events for parents
An opportunity to meet friends, check out the new Shul, and see what NHBZ has to offer young families

If you know young families that might be interested in joining NHBZ, please tell them about the BBQ and ask them to contact

Mindy Woolf at mwoolf2002@gmail.com
or Naomi Shanker at naomishanker@gmail.com



Last Time in the Old Building
PIZZA PIZZA PIZZA
at NHBZ!!!

Lion's Den DINE-IN Pizza Night
SUNDAY, AUGUST 28 !!
5:00 pm - 7:00 pm

All-You-Can-Eat Buffet of Pizza, Spaghetti,
Garlic Bread & Salad plus Dessert & Beverage
Kids 3 & under FREE Kids 4-12: \$6.00 Adults: \$10.00

NEXT CARRY-OUT NIGHT IS IN NEW BUILDING



Saturday Morning September 10

8:30 am - Regular services

10:30 am - Learner's Services in the Chapel,
led by Rabbi Chanan Swidler of Aish

11:00 am - Break-out sessions

- Jews in Sports,
led by **Rabbi Ze'ev Smason**
- Classical Insights into the Holidays,
led by **Rabbi Eli Shapiro** of the St. Louis Kollel
- The Palestinians' Intent to Seek a Unilateral Declaration of Independence at the UN: Context and Implications,
led by **Bob Cohn**, Editor Emeritus of Jewish Light
- Keeping a Healthy Brain and Mind,
led by **Steve Miskovic**, Memory Care Solutions
- Tot Shabbat,
led by Nina Levine and Georgia Laird

12:00 Noon, all attendees gather together for a **Kiddush lunch**

All events are free and open to the public
Home hospitality for weekend is available

Note our New Location:
650 North Price Road, Olivette
(314) 991-2100 www.nhbz.org

"Medical and Rabbinic Perspectives in Managing End-of-Life: A Case Based Approach,"

hosted by Maimonides Society of Jewish Federation
Monday, Aug. 29, 6:30 to 9 p.m., Kopolow Building

The program will address challenges facing health care professionals and rabbis in making medical decisions about palliative care, pain management and other end of life issues citing cases based on Judaic perspectives.

Part I will be a scientific and background presentation by Dr. George Grossberg.

Part II will be a discussion moderated by Maimonides Society Chair Dr. Eldad Bialecki, and will feature a panel of rabbis: Rabbi Susan Talve of Central Reform Congregation; Rabbi Mordechai Miller of Brith Sholom Kneseth Israel; and **Rabbi Ze'ev Smason** of NHBZ.

High Hoilday Learners Service at
Nusach Hari B'nai Zion
presented by Aish HaTorah

Rosh Hashana, Sept 29, with Rabbi Swidler
Yom Kippur, Oct. 8, with Rabbi Goldson
Both days at 11:30 am



**Shabbos Learners Service
Resumes on September 4**

TRIBUTES

for Aug &
Sept will be
listed in the
Sept 10 bulletin
for Synaplex
Shabbos, so
send in your
tributes

NOW

MinyanMan Tip # 4

If you know in advance that you
will not be available on your
regular minyan day, please call
somebody to take your place; if
you are unable to find a
replacement, please notify:

Howard Sandler (409-7266)
Rabbi Smason (749-5271)
Office (991-2100)

2011 NHBZ Golf Shootout

**Sunday, Sept 4, 2011, Normandie Golf Club, 7605 Saint Charles Rock Rd
11:30 Picnic Lunch - 12:30 Shotgun Start - 5:30 Awards**

Hole-in-1 prize sponsored by Elco Chevy/Cadillac

Other awards - Closest to pin, Longest Drive, Best Dressed, plus Gifts for all players!

To register, become a sponsor, or volunteer to help, EMAIL: rxlevine@charter.net



\$100. Per Person

\$ 90. Per Person if registered by Aug 16, 2011.

\$350. Per Foresome if registered by Aug 16, 2011.

\$300. Hole Sponsorship includes 2 players + custom signage.

\$500. Hole Sponsorship includes 4 Players + custom signage.



After many years of waiting and anticipation, the time is **NOW**

Chanukat HaBayit

Dedication of the new Nusach Hari B'nai Zion Synagogue

Sunday, August 28, 2011

10:30 am

Procession of Torahs from our current building at 8630 Olive Blvd

11:00 am

Dedication and opening of our new building at 650 Price Road,
followed by light refreshments and building tours

We will be moving over the next ten days. We need help from
everyone **NOW** for packing and unpacking, so please call the office
to volunteer – 991-2100. Stay tuned for announcement of daily
minyan locations during the next two weeks.



Check out the Dedication Blog <http://newnusach.blogspot.com/>