

NHBZ Shabbos Bulletin

February 25, 2012

Welcome to Nusach Hari B'nai Zion

2 Adar, 5772

Torah Portion Terumah
Haftorah Terumah:

Exodus 25:1 – 27:19
I Kings 5:26 – 6:13

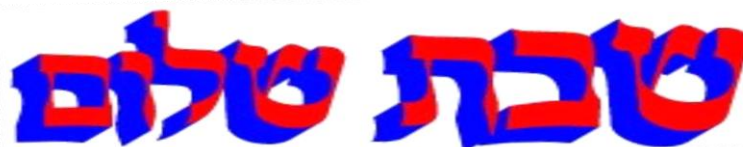
Stone Chumash pages 444 – 463
Stone Chumash pages 1157 - 1158

Erev Shabbos - Friday, February 25

- **Mincha & Maariv** (5:25 pm)
- **Candle Lighting** (5:37 pm)

Shabbos Shekalim - Saturday, February 26

- **Shachris & Musaf (9:00 am)** - Thank you for leading services:
 - Pesukei D'Zimra: **Ron Makovsky**
 - Shacharis: **Dr. Ethan Schuman**
 - Leyning: **Michael Shapiro**
 - Haftorah: **Alan Haber**
 - Sermon: **Rabbi Ze'ev Smason**
 - Musaf: **Dr. Ethan Schuman**
- **Child Care** (10:00 am – Noon) – for children 3 years old and younger, in the Children's Room downstairs.
- **Youth Programming** (10:15 am – Noon) – for children ages 4-8, in the Youth Lounge on the lower level.
- **Learners Service** (10:15 am) - led by **Rabbi Ze'ev Smason**, in the Chapel on the lower level.
- **Kiddush** (following Musaf)
- **Shabbos Study Group** (4:15 pm) - Studies in Tanach, led by **Menachem Szus**; everyone at any level of learning is welcome; now studying Yeshayahu (Isaiah).
- **Mincha/Shalosh Seudos/Ma'ariv** (5:15 pm)
- **Shabbos Concludes** (6:34 pm)




This Week

Davening Times	Shabbos Feb 25	Sun. Feb 26	Mon. Feb 27	Tues. Feb 28	Wed. Feb 29	Thur. Mar 1	Fri. Mar 2	Shabbos Mar 3
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	5:15 pm	5:30 pm	5:30 pm	-	-	-	5:30 pm	5:20 pm
Ma'ariv Only	-	-	-	6:30 pm	6:30 pm	6:30 pm	-	-
Events	Kiddush; Shalosh Seudos	Learn; Pizza; Tanya	Give to Maos Chitim	Buy Cash Cards	Lunch & Learn	Schechita; Yiddish Club	Erev Shabbos	Shabbos Zachor

- **Sunday Learning** (Sunday, February 26, 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** – (Sunday, February 26, 10:00 am) - with **Rabbi Smason**, for young men and women; at Starbucks at Olive & Price; with complimentary drinks to all participants!
- **Rabbi Smason's Lunch & Learn** (Wednesday, Feb 29, 12:15 pm, in the Teen Lounge on the lower level) - 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.
- **Dine-In Pizza Night** (Last Sunday, February 26, 5:00 pm – 7:00 pm) – see picture ad.
- **Tanya Class** (Starting Sunday, February 26, 8:00 pm) – at NHBZ lower level; see picture ad.
- **Shechita Class** (Starting Thursday March 1, 5:30 pm – 6:30 pm) - An 8 month series of classes for men led by Rabbi Chaim Loike, a Rabbinic Coordinator with the OU Kashruth Division; at NHBZ lower level.
- **Morris Lengua Yiddish Club** (First Thursday, March 1, 7:00 pm) - Join us for a spirited hour filled with Yiddish stories, songs and laughter; seasoned "mavens" as well as novices are welcome.

- **Buy and Use Cash Cards** (Monday – Friday) – Next order dates are **Wednesday, February 29 and Thursday, March 15**; buy 'em before these dates and earn free money for NHBZ.

Coming Events

- **Purim Palooza** – (Sunday, March 4, 10:30 am – Noon) - fun, arts & crafts for Kids! See picture ad.
- **NHBZ Women's Home Study Group** (First Tuesday, March 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!!
- **Vaad Hoer Maos Chitim Campaign** (now through March 6) – the campaign assists people in Israel and St. Louis to properly observe Pesach; make checks payable to Vaad Hoer Maos Chitim, and write 'NHBZ' on the notation; send checks to Vaad Hoer or NHBZ.
- **Fast of Esther** (Wednesday, March 7, 5:13 am - 6:42 pm) – **see picture ads for all Purim information!**
- **Megillah Reading I** (Wednesday evening, March 7, 6:40 pm) – Mincha at 5:30 pm; Ma'ariv at 6:30 pm.
- **Megillah Reading II** (Thursday morning, March 8, 7:00 am) – Shacharis at 6:30 am.
- **Purim Seuda** (Thursday evening, March 8, 5:00 pm **SHARP**) – Mincha at 4:45 pm; Ma'ariv at 6:45 pm).
- **Irvin Alper Social Club** (Sunday, March 11) – Special Event: "Howie" performs sing-along Show Tunes and Oldies; stay tuned for details.
-  (Shabbos, March 24)
- **Carry-Out Pizza Night** (to be determined)

Meetings

- **Executive Committee** (Wednesday, February 29, 7:00 pm, following minyan)
- **Board of Directors** (Tuesday, March 13, 7:00 pm, following minyan)
- **Sisterhood Spring Meeting** (Tuesday, March 20, Noon)



Reminders

- **Bulletin Deadline is Noon on Wednesday!**
- **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, 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 a Shul tribute, call Gloria Waxman at 314-872-3296
 - For a Sisterhood tribute, call Phyllis Silverman at 314-434-2482
 - For Libby Needle Fund, call Sally Needle at 314-991-2575
 - For Chesed Fund, drop by the office to pick up a 'Card Pack'
- **Synagogue Honors** - It is customary to make a donation to the synagogue for an Aliyah or other synagogue honors received.
- **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.
- **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; please call the office to volunteer.



***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 Terumah

February 25, 2012

2 Adar, 5772

Welcome to Beyond Twelve Gates



Sam Schmid, a college student from Arizona, was critically wounded in an October 19 five-car accident. Believed to be brain dead and poised to be an organ donor, Schmid astounded doctors by recovering from traumatic brain injuries just hours before doctors were considering taking him off life support. The 21-year-old's brain injuries were so severe that the local hospital could not treat him. He was airlifted to a Neurological Institute where specialists performed surgery for a life-threatening aneurysm.

As hospital officials broached the subject of organ donation with his family, Sam began to respond, holding up two fingers on command. Today, he is walking with the aid of a walker, and his speech, although slow, is clear and has improved. His mother, Susan, a Christian, said, "I tell everyone, if they want to call it a modern-day miracle, this is a miracle. I have friends who are atheists who have called me and said, 'I am going back to church.'"

Schmid's doctor, renowned neurosurgeon Dr. Robert Spetzler, agreed that his recovery was miraculous. "I am dumbfounded with his incredible recovery in such a short time," said Dr. Spetzler. "His recovery was really remarkable considering the extent of his lethal injuries. It looked like all the odds were stacked against him."

Pearl S. Buck said, "All things are possible until they are proved impossible and even the impossible may only be so, as of now." We live in frightening times, and occasionally encounter situations that seem to be hopeless. However, hopelessness is not a Jewish characteristic. Faith and trust in G-d mean we never stop believing there exist options - if only, to turn to our Father in heaven for help and salvation. In the words of the Talmud, "Even if a sharp sword is placed against the neck of a person, he should not abandon hope for mercy."

Parshas Terumah Exodus 25:1 – 27:19

Parshas Terumah begins a series of four out of five portions which discuss in detail the construction of the *Mishkan*, the traveling Tabernacle which would serve as a 'resting place' for G-d's presence amongst the Jewish people. This week's portion recounts G-d's



description to Moses of how to construct the *Mishkan*, beginning with a listing of the various precious materials to be collected from the Jewish people for this monumental project. G-d describes the magnificent golden and wooden Ark which would house the tablets of the Ten Commandments, complete with its dazzling cover depicting two cherubim (angels with faces of children) facing each other. Next, G-d provides Moses with the blueprints of the *shulchan* (holy table) upon which the *lechem hapanim* (showbread) would be placed each week. Following the description of the pure golden menorah which was to be hammered from one large piece of gold, G-d describes the structure of the *Mishkan* itself. It contained splendidly woven and embroidered covers, curtains and partitions, and the sturdy outer walls. The Torah portion concludes with instructions for the copper altar and the *Mishkan's* large outer courtyard.

Rabbinic Ruminations



One of the simplest methods for beating procrastination in almost any task was inspired by Russian psychologist Bluma Zeigarnik's visit to an Austrian restaurant in the 1920s. Bluma noticed an odd thing about the waiters; they seemed to only remember orders which were in the process of being served. When completed, the orders disappeared from their memory. Back in her lab, Bluma decided to test a theory. She asked participants to do several simple tasks, like solving puzzles or stringing beads. However, some of the time they were interrupted half way through the task. Afterwards she asked them which activities they remembered doing. People were about twice as likely to remember the tasks during which they'd been interrupted than those they completed.

What does this have to do with procrastination? Almost sixty years later Kenneth McGraw and colleagues carried out another test of the *Zeigarnik Effect*. In it participants had to do a tricky puzzle; except they were interrupted before any of them could solve it and told the study was over. Despite this, nearly 90% carried on working on the puzzle anyway. Though Bluma Zeigarnik may not have gotten her

coffee cup refilled following her meal, she did get into the annals of psychology. She theorized that an incomplete task or unfinished business creates "psychic tension" within us. This tension acts as a motivator to drive us toward completing the task or finishing the business. Just get started ...and you'll be driven to seek closure.

One of the biggest obstacles to personal growth is procrastination. We have a tendency to push off working on changing, and tell ourselves that we will eventually work on self-improvement. It may be that the only time we can really change is the present. We should accustom ourselves to saying the famous words of Hillel (Ethics of the Fathers 1:14), "*And if not now, when?*"

Quote of the Week

"If G-d wanted us to vote, he would have given us candidates. -- Jay Leno

Joke of the Week

An Israeli is on vacation and is visiting a zoo in Europe when he sees a little girl leaning into the lion's cage. Suddenly, the lion grabs her by the cuff of her dress

and tries to pull her inside his cage, right under the eyes of her screaming parents. The Israeli runs to the cage and hits the lion square on the nose with a powerful punch. Whimpering from the pain, the lion jumps back letting go of the girl. The Israeli brings her to her terrified parents, who thank him profusely.

A reporter, who watched the whole event, approached the Israeli and said, "Sir, that was the most gallant and brave thing I've ever seen a man do in my lifetime. I'm going to make sure this doesn't go unnoticed. I'm a journalist, and tomorrow's paper will have this story on the front page. So, what country are you from? What do you do for a living?"

The Israeli replies, "I'm from Israel, and I currently serve in the Israeli army."

The following morning the Israeli buys the paper to see news of his actions, and reads, on the front page:

"Right-Wing Israeli Assaults African Immigrant And Steals His Lunch."



OY VEY!

Minyan

You know what to do!

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

Mazel Tov On Simchas
This Week Feb 25 - Mar 2

Happy Birthday

Larry Chervitz Daniel Golynskiy
David Pepose Susan Manesberg
Ronald Segall Randi Hirsch

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
Chesed Fund: Drop by the office for a Card Pack

Tanya Class at NHBZ

led by Rabbi Shaya Mintz, St. Louis Kollel

Tanya is a major work of Chassidus that explores mystical psychology and theology, and serves as a guide to daily spiritual and ethical life in Jewish observance. Classes will be held on Sundays at 8:00 pm starting February 26. Men and Women who are interested may contact Bob Kaiser at rkaiser@armstrongteasdale.com.

Registration for STL Birthright Israel Trip

The first ever St. Louis-only Birthright Israel group will travel in early May 2012, for young adults age 22-26. Registration opens Wed., Feb. 15 For more information contact Lee'at Bachar at (314) 442-3817 or lbachar@jfedstl.org.



Nusach Hari B'nai Zion
650 N. Price Road
Saint Louis, MO 63132

Ze'ev Smason, Rabbi
Aaron Borow, Rabbi Emeritus
Janet Haber, President
Dr. Ethan Schuman, Chazan

Office Phone 314-991-2100
Chapel Phone: 314-991-2100
Webpage: www.nhbz.org

Stump the Rabbi

Ask Rabbi Smason questions about Judaism. Any question is fair game! You can ask your questions in person, or by email at: Pepshort613@gmail.com

Question: Why do we dip our challah in salt? Must we do this just on Shabbos, or whenever we eat bread?

Answer:

Our table is considered an altar (see Ezekiel 41:22 and Ethics of our Fathers 3:3), and in the Holy Temple, salt was offered together with every sacrifice (Leviticus 2:13). Therefore, dipping our challah in salt reminds us that the meal we are about to eat should have both a physical **and** a spiritual focus. Every Jewish meal should be accompanied by words of Torah -- and on Shabbos, traditional singing. Why was salt used in the Temple? Salt never spoils or decays, therefore, it is symbolic of our eternal covenant with G-d. Additionally, salt adds taste to everything. Our bond with G-d adds meaning and flavor to every moment of our lives. We **always** dip the bread in salt, not only on Shabbos.



**PIZZA PIZZA PIZZA
at NHBZ!!!**

**Lion's Den DINE- IN Pizza Night
SUNDAY, FEBRUARY 26 !!**

5:00 pm - 7:00 pm

**All-You-Can-Eat Buffet of
Pizza, Pasta Salad, Garlic Bread, Salad
plus Dessert & Beverage**

Kids 3 & under FREE, Kids 4-12 \$6, Adults \$10

Irvin Alper Social Club

Sunday March 11, Special Event

"Howie" performs Show Tunes and Oldies

NHBZ Business News

Please send your dues payments **as soon as possible**. If you wish to pay by credit card, please call Sandie, 314-991-2100, ext. 2. **Members who pay full dues and send payments early will receive a 5% discount!**

Getting to Know You

by Roving Reporter Robin Rickerman

This week featuring *Robin Rickerman*.



Tell me a bit about your family history.

OY, my family...there is so much to tell..... I am the oldest of two, then I have step-brothers and extended family that I claim. My mother's family was from Poland. My bubba, zaida, aunts and uncles. My immediate family was very blended and not religious at all. I am glad I found my home.

What is your favorite holiday and why?

After being raised with Christian holidays and few Jewish holidays, I take what I can get and learn about all of them. Until recent years, I was never introduced to Jewish holidays other than Yom Kippur and Rosh Hashana. All Jewish holidays are very special to me.

What is something about you that most people don't know?

My mother was raised in an Orthodox home and married my Catholic father. They introduced me to a little bit of both faiths. It was confusing as I was growing up. I thought everyone had the same experience. Then, my mother remarried and moved to Ladue. **I had culture shock!** It was not a welcoming experience. After graduating, I moved to the city because I felt so disconnected and different from the Jewish kids I had met. After years of meandering and feeling a distinct void in my heart, I came back to where I belong...the Jewish community.

How did we become so fortunate to have you as a member of Nusach Hari?

I came back home. My mother's family, including Sam and Shirley Bluestein, Max Biernbaum, and Ben Biernbaum, had belonged to Nusach Hari for as long as I can remember. My mother Goldie, brother Jeffrey, and I came only for the High Holidays. My brother became a Bar Mitzvah here under Rabbi Borow.

If you could travel, ANY WHERE IN THE WORLD, where would you go and what would you do?

I would love to go back to Israel and continue to grow as part of our GREATER community

ISRAEL CORNER

Did you know that the most popular food product in Israel is the "soup nut."

PURIM

Purim commemorates the salvation of the Jewish people in Ancient Persia from Haman's plot to kill all Jews in a single day. Set in Persia 2,300 years ago, the "Megillah" tells →

Next Week is Shabbos Zachor (Sabbath of Remembrance – March 3)

Shabbos Zachor is the Shabbos before Purim. We read a special Maftir, Deuteronomy 25:17-19, which describes the attack by Amalek, and we are commanded to remember what Amalek did to us, and to blot out memory of Amalek. In the related haftorah next week (I Samuel 15), King Saul is ordered to kill the men, women, children and cattle of Amalek. Our sages understood the commandment to blot out Amalek as a command to blot out the type of people that Amalek represents: those who prey upon the weak, and hate without reason. The Talmud states a tradition that Haman was descended from Amalek, and that is why this reading precedes Purim. Everyone should make a *special effort to hear the reading.*



Get ready for

PURIM!

**Sunday, March 4th
10:30-12:00 noon**

**A Fun-Filled morning of
Making your own:
Hamentashen, Groggers & Masks
(Children of all ages welcome)**

All-You-Can-Eat Pancakes

**Ages 2 & under: FREE. Ages 3 to 11: \$3.00.
Ages 12 to Adults: \$5.00.**

**Nusach Hari B'Nai Zion
650 North Price | Olivette, MO 63132**

**Space is limited. RSVP's are strongly encouraged
Call 314-991-2100 by March 1st**

how a seemingly unrelated series of events spun together to save the Jewish people from annihilation. Purim is Judaism's most dramatic, fun-filled holiday. Here are the mitzvahs and customs of Purim at NHBZ:

1. Give Charity to the Poor

- Mitzvah of Matanot l'Evyonim

Od Yosef Chai - For several years, NHBZ has collected money for Od Yosef Chai, an organization that distributes money to the poor in Israel. Make checks payable to **Od Yosef Chai** and bring or send them to our office. To donate by credit card, please call 314-991-2100, ext. 2. The deadline for contributions is **Tuesday, March 6.**

Pasta Groggers - Buy special "pasta groggers" for \$4 each. Use the boxes of pasta as groggers during Megillah reading after which they will be donated to the Jewish Food Pantry in our community; proceeds will benefit the NHBZ Chesed Fund and the Rabbi's Charity Fund. Pay in advance, or buy them in shul when you arrive for Megillah reading on **Wednesday, March 7, and Thursday, March 8.** Thanks to Paul Mendelson for his generous donation of the "pasta groggers".

2. Send Gifts to Friends

- Mitzvah of Mishloach Manot

Fulfill the mitzvah of Mishloach Manos! Give actual gifts of food to at least two friends, then send our **PURIM CARDS** to everyone else!! All proceeds will benefit our NHBZ Chesed Fund. Cards may be purchased in our office at \$10.00 per pack of 5 cards with envelopes, or \$25 for three 5-packs.

3. Fast of Esther

To commemorate the day of prayer and fasting that the Jews held in the Book of Esther, we fast on the day before Purim, **Wednesday, March 7,** beginning at 5:13 a.m. and concluding at 6:42 p.m.

4. Read the Book of Esther

- Mitzvah of Mikra Megillah

It is a Mitzvah to hear the Megillah read twice.

Wed. night, March 7

5:30 pm - Mincha

6:30 pm - Maariv

6:40 pm - Megillah reading

Thurs. morn, March 8

6:30 am - Shachris

7:00 am - Megillah reading

5. Eat a festive Purim meal

- mitzvah of Seudat Purim

Thursday night, March 8

4:45 pm – Mincha,

5:00 pm **Sharp!** - Purim Seudah, Hi-Jinks, and FUN for all !!!

What's for dinner? Apricot Chicken, (plain roasted chicken available), Rice & Mushrooms, Sandie's Salad, Green Beans with Caramelized Onions and Whiskey Slush . . **PLUS Hamantashen thanks to the NHBZ Sisterhood!!!**

6:45 - Ma'ariv

RSVPs ARE REQUIRED FOR DINNER

Call 314-991-2100, extension 5

Kids 3 & Under: FREE, Kids 4-10: \$8, Adults \$12

COME IN COSTUME!