

NHBZ Shabbos Bulletin

January 14, 2012

Welcome to Nusach Hari B'nai Zion

19 Teves, 5771

Torah Portion Shemos:
Haftorah Shemos:

Exodus 1:1 – 6:1
Isaiah 27:6 – 28:13, 29:22-29:23

Stone Chumash pages 292 - 317
Stone Chumash pages 1146 - 1148

Erev Shabbos - Friday, January 13

- **Mincha & Maariv** (4:35 pm)
- **Candle Lighting** (4:43 pm)

Shabbos - Saturday, January 14

- **Shachris & Musaf** (9:00 am) - Thank you for leading services:
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Dr. Ethan Schuman**
 - Leyning: **Michael Shapiro**
 - Haftorah: **Fabian Attoun**
 - 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** (3:55 pm) - Studies in Tanach, led **by Menachem Szus**; everyone at any level of learning is welcome; now studying Yeshayahu (Isaiah).
- **Boys Mishna Study Group** (3:55 pm) - With **Rabbi Smason**, for boys ages 10-17.
- **Mincha/Shalosh Seudos/Ma'ariv** (4:25 pm)
- **Shabbos Concludes** (5:47 pm)



This Week

Davening Times	Shabbos Jan 14	Sun. Jan 15	Mon. Jan 16	Tues. Jan 17	Wed. Jan 18	Thur. Jan 19	Fri. Jan 20	Shabbos Jan 21
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	4:25 pm	4:45 pm	4:45 pm	-	-	-	4:45 pm	4:35 pm
Ma'ariv Only	-	-	-	6:30 pm	6:30 pm	6:30 pm	-	-
Events	Study; Shalosh Seudos	Learn and RAP	Buy Cash Cards		Lunch & Learn		Erev Shabbos	Shabbos Lunch & Learn

- **Sunday Learning** (Sunday, January 15, 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, January 15, 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, Jan 18, 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.
- **Shabbos Lunch & Learn** (Sat., Jan. 21) – Honoring those with January birthdays and anniversaries; **Rabbi Ze'ev Smason** will speak on **“Why We Say ‘L'chaim!’ - and Other Colorful Jewish Customs.”**
- **Buy and Use Cash Cards** (Monday – Friday) – Next order dates are **Monday, January 16 and Tuesday, January 31**; buy 'em before these dates and earn free money for NHBZ.

Coming Events

- **Dine-In Pizza Night** (Last Sunday, January 29, 5:00 pm – 7:00 pm)
- **Morris Lenga Yiddish Club** (First Thursday, February 2, 7:00 pm) - Join us for a spirited hour filled with Yiddish stories, songs and laughter; seasoned "mavens" as well as novices are welcome.
- **Synaplex** (Saturday, February 4)
- **TuB'Shevat Seder** (Motzei Shabbos, February 4) – Stay tuned for details. Children's program, too!
- **Irvin Alper Social Club** (First Sunday, February 5) – See picture ad for details.
- **NHBZ Women's Home Study Group** (First Tuesday, February 7, 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!!!

Meetings

- **Executive Committee** (Tuesday, January 31, 7:00 pm, following minyan) – **NEW DATE.**
- **Board of Directors** (Tuesday, February 14, 7:00 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, 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 every 6-8 weeks.
 - 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
- **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 synagogue honors received.
- **Free Money for NHBZ!!** - Buy Gift Cards; call Gift Card Mavens Janet Haber at 567-7406 or Bert Zakroff at 220-0674 for details; **NOW ACCEPTING CREDIT CARDS to buy some Cash Cards.**
- **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.



Nusach Hari Bnai Zion – 2012 Officers and Board of Directors

Officers

President - **Janet Haber**
Vice President - **Robin Rickerman**
Vice President - **Trudy Sudin**
Treasurer - **Gary Sudin**
Secretary - **Bobby Levine**
Gabbai - **Mayer Taller**
You can reach President Janet Haber at
314-567-7406 or at janet@amspcs.com

Board of Directors

Fran Alper **Francine Attoun**
Ken Bressler **Larry Chervitz**
Don Eisenberg **Esther Gelb**
Sandy Kahn **Fran Reisler**
Les Sabol **Phyllis Silverman**
Rich Woolf **Bert Zakroff**
Ruth Alper - representing Irvin Alper Social Club
Rachael Pevnick - representing NHBZ Sisterhood

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 Shemos

January 14, 2011

19 Teves, 5772

Welcome to Beyond Twelve Gates



Birdwatchers were atwitter with expectation when they recently flocked to a northern California wildlife refuge to catch sight of a single duck. But the two-legged center of attention is no ordinary bird; the celebrity is a Falcated Duck, normally only seen in Asia. This is just the third time this breed has been recorded in California. Since its appearance, thousands of birders have come to observe it paddling among mallards, pintails and geese. More than 2,000 cars packed with visitors - double the usual visitor numbers - have streamed into the refuge over the last month. Some have come from as far away as New Jersey.

In a television interview one bird watcher said, "He's handsome, big and beautiful." Another birder, aptly named Judith Sparrow (I am not making this up), gushed, "I think it is the most amazing bird I've ever seen." Bird watchers have been swarming the wildlife refuge viewing platform all day, awaiting the bird's arrival. Why would so many expend such effort to see a single bird? The bird's presence is a rare occasion for birders, who keep "life lists" of the birds they hope to see or have seen in their lifetime.

There are many items we could place on a "life list" of achievements such as; running in a marathon; climbing a tall mountain; skydiving; learning a new language. What things would be on your "Jewish life list"? Perhaps to: visit Israel; keep one full traditional Shabbat; go an entire day without speaking *loshon hara* (gossip); organize a *chesed* (loving kindness) project on a grand scale. Of course, there are many others we could add to our personal Jewish life list. But to get started, we need to have a list. Consider making a Jewish life list, and set out to achieve the items on your list. Every goal reached will be at least as joyful as seeing a Falcated Duck.

Parshas Shemos – Exodus 1:1 – 6:1



The book of Exodus begins by describing the gradually increasing enslavement of the Jewish people in Egypt. Pharaoh, fearing the population explosion of the Jews, initially hopes that backbreaking labor would stunt their rapid physical growth. When

their birth rate continues to increase he orders the Jewish midwives to kill all baby boys. Moses is born, and when his mother is unable to keep him hidden from the Egyptian authorities any longer she places him in a basket and sends him down the Nile River. He is found by Pharaoh's daughter and raised in the royal palace, even though she realizes he is a Hebrew. She names him *Moshe* (Moses) meaning "drawn from the water." Years later as a grown man, Moses kills an Egyptian who he witnessed beating a Jew. Moses flees to the land of Midian and marries Zipporah, the daughter of Jethro, and they have two sons.

When Moses is shepherding his father-in-law's flock, he witnesses the "burning bush" on *Chorev* (Mt. Sinai) where G-d commands him to lead the Jewish people from Egypt to the land of Israel, which G-d promised to their ancestors. Initially reluctant, Moses is shown three miracles to perform before the Jewish people to prove he was sent by G-d: Changing his staff into a snake, his healthy hand into a leprous one, and water into blood. Moses, accompanied by his brother Aaron, encounters an obstinate Pharaoh. The Egyptian king not only refuses their request for a three-day respite to worship G-d, but declares that the Jews must produce the same quota of bricks as before but without being given straw. The people complain to Moses and Aaron for making their situation worse, but G-d assures Moses that He will force Pharaoh to let the Hebrews leave.

Rabbinic Ruminations



How tall is the Eiffel Tower? It depends which way you're leaning. While it is obvious that the mind controls the body, the relationship of the body to the mind is less clear. Recent studies show that the body influences the mind in ways that our thoughts and emotions may be affected by our bodily sensations and movements.

With this in mind, a group of researchers hypothesized that secretly making people lean to the left or right would affect their estimations of quantities. The participants stood on a Wii balance board while answering various questions. The balance board was surreptitiously manipulated so that volunteers leaned slightly to the left, slightly to the right, or upright. As predicted, all the participants gave smaller estimates

when leaning to the left. In one experiment, participants who were leaning slightly to the left estimated the Eiffel Tower to be 40 feet shorter, on average, than those leaning slightly to the right. The study suggests that there exists a shift in bias, depending upon body posture.

German philosopher Hans-Georg Gadamer said, "The focus of subjectivity is a distorting mirror." An objective source of truth is invaluable when we find ourselves leaning in the wrong direction. Where can we turn for such a source? "The Torah of G-d is perfect," says King David in Psalm 19:8, "restoring the soul; the testimony of G-d is trustworthy, making the simple one wise." Let your moral compass be the truth of the Torah.



OYVEY!



Quote of the Week

"If you want happiness for an hour: Take a nap. If you want happiness for a day: Go fishing. If you want happiness for a month: Get married. If you want happiness for a year: Inherit a fortune. If you want happiness for a lifetime: Help someone else. – Chinese Proverb

Joke of the Week

I pulled into a crowded parking lot and rolled down the car windows to make sure my Siberian Husky had fresh air. He was stretched out on the back seat, and I wanted to impress upon him that he must remain there. I walked to the curb backward, pointing my finger at the car and saying emphatically, "Now you stay. Do you hear me? Stay!"

The driver of a nearby car gave me a startled look. "I don't know about you, mister," he said incredulously. "But I usually just put my car in park."

Why Attend Minyan? #2

A minyan is required in order to say certain prayers communally as a congregation. A minyan is required in order to read from the Torah and to recite the Barechu, Kedushah and Kaddish. It feels good to know that you are needed, that your presence counts and that the community cannot be complete without your participation.

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

Irvin Alper Social Club

Join us for a unique event on Sunday Feb. 5, featuring

Secret Service Agent Doug Roberts

with a special presentation on

"How to avoid Identity Theft, Credit Card Fraud and Assassination by a Foreign Power"

Mr. Roberts has served every president since Gerald Ford; he recently moved to St. Louis from Crawford, Texas, where he was assigned to former president George W. Bush. Bring your friends so they won't miss this exciting presentation.

4 pm - Guest Speaker, 5 pm – Dinner:
Corned Beef Sandwich with all the trimmings.

\$7 per person. RSVP **Ruth Alper** 314-569-2877

Mazel Tov

On Simchas This Week

January 14 - January 20

Happy Birthday

Ellie Pinto

Happy Anniversary
Harold & Fran Hoffman

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

Interested in Learning Shechita?

We are looking for men to participate in a class on the laws of *Shechita* - ritual slaughter according to Jewish dietary law. Classes will be held at NHBZ, and will be led by Rabbi Chaim Loike, a Rabbinic Coordinator with the OU Kashruth Division. Rabbi Loike is widely recognized for his vast expertise in the kashruth of animals. The class goal is to learn, and possibly qualify as a *shochet*!

For more information

call **Dr. Ethan Schuman** at 314 791-2951

Message from the President, Janet Haber

The following is taken from Janet's remarks upon her installation as President last week.

I begin as president of Nusach Hari B'nai Zion with humility and respect for the past, and for the future generations for whom we are responsible to leave a strong and vibrant Shul. With that in mind, I would like to share my goals for the coming year. Perhaps you are aware that NHBZ has an email address. NO, it isn't Sandie's, and it isn't the Rabbi's. It is makor@nhbz.org. What is "makor?" "Makor" is the Hebrew word for "source," or "fountain," or "natural spring." What is our source? First and foremost, HaShem is our source. "Makor" is also an acronym for our goals for the coming year. So, that is M-A-K-O-R.

M - Minyan. The primary reason we are here. We must do everything it takes to ensure we have a minyan every day. Every day. So I ask, Men, if you are not attending a minyan at least twice a week, please please give the Rabbi or Howard a call and tell one of them which day and time you will attend. And, Women, I ask you to encourage and support your Man in coming to minyan. I cannot stress enough the importance of participating in daily minyan.

A - Accountability. Finances, fundraising, building maintenance. We must work together to solve the financial stresses we are encountering. We have pizza night, and the anniversary dinner, but these do not cover our expenses. We are embarking upon a new project, we are opening an Ebay store for the benefit of the shul. We also will need other fundraising efforts. I ask that you participate, volunteer, do whatever you can. The financial future of the shul depends on it.

K- Kiruv. Quoting from the resolution of principles adopted by the Board, "Our goal is to serve Klal Yisrael by making traditional Judaism accessible, focusing on points of commonality, and breaking misconceptions. We will focus on making growth accessible and comfortable. We will continue to be welcoming, non-judgmental, and family oriented." I would like to especially highlight Friday Shabbos dinner. This is a very important opportunity to welcome people into our community. We will have Friday dinners here. Invite someone. You will have Friday dinners at home – invite a new family. Come to Kabbalat Shabbat services. They are joyful and spiritual and wonderful.

O- Opportunity. With our new building, we have opportunities to bring in new families, new programming, and to better serve our congregants. We must enthusiastically grab every opportunity to provide rich and meaningful religious services, learners' services, programs, and activities.

R- Ruach. We must continue our efforts to bring excitement and joy to our minyans and services, increasing participation of the members in davening, singing, and in joyful prayer to HaShem.

Stump the Rabbi

'*Stump the Rabbi*' is your chance to ask Rabbi Smason questions about Judaism. Any question is fair game! You can ask the rabbi your questions any time on Shabbos or during the week, or email him at: Pepshort613@gmail.com

A Fowl Matter

Question: Why is chicken considered to be meat and not eaten with dairy, but fish is considered to be pareve?
(submitted by Gary Sudin)

Answer: The Torah says (Exodus 23:19) ".... you shall not cook a kid in the milk of its mother." We see from this verse that one of the criteria for "meat" in this context is that its mother gives milk. And that, of course, would exclude both fish and poultry. However, a long-standing Rabbinic enactment prohibits eating chicken with dairy products to avoid confusion, since chicken could easily come to be confused with meat (beef, lamb, etc.).

Why? Unlike fish

- chicken and other kosher fowl require *shechitah* (kosher slaughter).
- chicken is often or usually sold together with meat in the market, and is still sold together in butcher shops and at the deli counter of your local supermarket, etc.
- various forms of cooked and prepared chicken may be similar in appearance to that of meat.

Therefore, our Rabbis reasoned that it was easy to make the mistake that if chicken was being eaten with milk, that meant other meats were also permitted with milk. This potential confusion was unlikely to occur with fish, so fish was never classified as meat. Bon appetite!



ISRAEL CORNER

Did you know that Israelis have won first place at the World University Debating Championships three years in a row, a feat never achieved by any other country?



Scholarship Opportunities for Teen Travel to Israel

The Central Agency for Jewish Education and the Jewish Federation of St. Louis announce the availability of the following scholarship opportunities for teen travel to Israel:

- The Stuart I. Pessin Fund will award two outstanding teenagers merit-based scholarships on the basis of an essay, their activities in the Jewish community and commitment to continued Jewish education.
- An additional merit-based scholarship is available to families affiliated with a Reform or Conservative congregation in St. Louis. \$2,500 grants will be awarded to 6 teens currently in grades 9-11. As a recipient of this Israel Teen Fellows award, the student will attend 3 meetings, share their experience with their congregation's youth group and upper grade religious school classes as well as write an essay upon their return.
- Need-based scholarship funds are also available for teen travel to Israel.

ALL APPLICATIONS ARE DUE FEB. 13, 2012, and will not be considered if incomplete or received after this date.

The above scholarship applications are available at www.cajestl.org or by contacting Karen Rader at 314-442-3756 or krader@cajestl.org.

Jewish Student Union (JSU)

A LIGHT TO REMEMBER

JSU is pleased to announce that the Annual JSU Gala, **A Light to Remember**, will take place January 21st at the newly renovated Peabody Opera House (formally Kiel Opera House). This will be the first kosher event at this venue. The evening will include an elegant dinner along with special entertainment. This year's honorees are Dr. David & Lynnsie Balk Kantor. Special tribute will be paid to JSU faculty advisors, Vince DeBlasi and Ellen Summa of Lafayette and Ladue high schools, respectively. Please help JSU take advantage of an anonymous benefactor's generous offer to match any increase you make over last year's gift. For more information, contact

Danielle Bialecki [314-265-6415](tel:314-265-6415)

Rabbi Mike [314-498-6279](tel:314-498-6279)

or visit www.jsustl.org.

Rabbi Yaakov Gertzulin to Receive JProStl Award

Thurs., Jan. 26, 11:30 am – 1:30 pm,
at the JCC Staenberg Family Complex

Rabbi Yaakov Gertzulin will be honored at the Jewish Federation's Annual JProStl Recognition Luncheon. Rabbi Gertzulin, Director of Religious Affairs at the Cedars at the JCA, will receive the Chesed/Kindness award. He previously worked as Rebbe and Coordinator of Student Activities at the H.F. Epstein Hebrew Academy, and as Chazzan at Congregation Nusach Hari B'nai Zion.

Cost is \$25. Online registration is available at www.jewishinstlouis.org/jpro. or call Marci Mayer Eisen at 314-442-3810.

Shabbos Lunch 'n' Learn – January 21

Rabbi Smason will speak on "Why We Say 'L'chaim!' - and Other Colorful Jewish Customs."

Tributes will be published in next week's Shabbos Bulletin. Send 'em in no later than Monday, Jan. 16.

- 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