

# NHBZ Shabbos Bulletin

March 16, 2013

*Welcome to Nusach Hari B'nai Zion*

5 Nisan 5773

Affiliated with the Union of Orthodox Jewish Congregations of America

**Torah Portion – Vayikra:**  
**Haftorah:**

Vayikra 1:1 – 5:26  
Isaiah 43:21 – 44:23

Stone Chumash pages 544-567  
Stone Chumash pages 1165-1166

## Erev Shabbos - Friday, March 15

- **Mincha & Ma'ariv** (6:35 pm)
- **Candle Lighting** (6:50 pm)

## Shabbos - Saturday, March 16

- **Shachris & Musaf** (9:00 am) - Thank you for leading services:
  - Pesukei D'Zimra: **Howard Sandler**
  - Shacharis: **Menachem Szus**
  - Leyning: **Max Gornish**
  - Haftorah: **Moshe Pinto**
  - Sermon: **Rabbi Ze'ev Smason**
  - Musaf: **TBA**
- **Shabbos Kiddush & Lunch** ~ (After Musaf) **Welcome** to Nusach Hari B'nai Zion and **Many Thanks** to **Jackie Fiszel and son Benjamin**, and to **Rosemary Nochlin**, all visiting from Kansas City, for sponsoring Kiddush & Lunch today in honor of their sister and aunt **Mimi Fiszel** on her 65<sup>th</sup> birthday! Thanks to **"POP-Star" Elaine Zelman** for sponsoring the soda today, and to **Eydie Kohn** for sponsoring the birthday cake today, both in honor of **Mimi**. **MAZEL TOV & HAPPY BIRTHDAY TO MIMI FISZEL!!!**
- **Thanks to Norma Rubin** for baking all the delicious challas, and to Mimi Fiszel and Norma Rugin for preparing all the wonderful food for the luncheon today. Thanks also to Mimi's helpers, Fran Alper, Bertha Berman, Sandi Lieberman, Phyllis Silverman and Anna Rose Tendler. **Please be seated while Rabbi Smason says Kiddush and makes HaMotzi.**
- **Mincha, Shalosh Seudos, Ma'ariv** (5:25 pm) Shalosh Seudos will be sponsored today by **Keith & Karen Zeff** in memory of beloved father, **Isadore Zeff, ר"צ**.
- Shabbos Concludes (7:54 pm).
- **Next Shabbos** ~ (March 23) **Kiddush & Lunch** will be sponsored by **Stan & Rhonnie Goldfader** in honor of their 40<sup>th</sup> Anniversary, in honor of the birthday of **Shirley Fredlich**, and in memory of beloved father **Morris Fredlich, ר"צ**. **Shalosh Seudos** will be sponsored by **Marian Walters** in memory of her beloved husband **Kurt Walters, ר"צ**, and by **Esther Kalina** in memory of her beloved husband **Sydney Kalina, ר"צ**.



## **Minyan! It's Good for Us & Good for YOU!!!**

<i>This Week At a Glance</i>	Shabbos March 16	Sun. Mar. 17	Mon. March 18	Tues. Mar. 19	Wed. March 20	Thurs. Mar. 21	Fri. Mar. 22	Shabbos March 23
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/Ma'ariv	6:35 pm	6:55 pm	6:55 pm	6:55 pm	6:55 pm	6:55 pm	6:45 pm	6:40 pm
<b>Events – see times in Event Planner Box below</b>	Luncheon In Honor of Mimi Fiszel's Birthday, sponsored by her Sisters	Time to Sell Your Chometz	Please Give to Maos Chitim!	BUY CASH CARDS!	Rabbi Smason's Lunch 'n' Learn	Time to Sell Your Chometz	Erev Shabbos	Kiddush in honor of the 40 <sup>th</sup> Wedding Anniv. of Rhonnie & Stan Goldfader

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***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
- **RAP with the RABBI Teen Group** (10:15 am) with Rabbi Smason @Starbucks Olive & Price
- **Mystical Moments** with **Rabbi Max Weiman** (between Mincha & Maariv.)
- **Tanya** (8:00 pm) with Rabbi Shaya Mintz of the St. Louis Kollel

**MONDAY**

- **Women's Tefila Class** (2<sup>nd</sup> & 4<sup>th</sup> Mondays, 7:00 pm) with Rabbi Smason at the home of Norma Rubin

**WEDNESDAY**

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

**THURSDAY**

- **Schechita** (5:30 pm – 6:30 pm) with Rabbi Chaim Loike of the OU Kashruth Division

**Monthly at NHBZ**

- **Irvin Alper Social Club** (First Sunday)
- **Women's Home Study Group** (First Tuesday, 2:30 pm) with Rabbi Shaya Mintz, of the St. Louis Kollel at home of Jackie Berkin
- **Shabbos Parsha** (3<sup>rd</sup> Tuesday, 12:15 pm) with Rabbi Smason at the offices of David Rubin
- **Morris Lenga Yiddish Club** (First Thursday, 7:30 pm)
- **Dine-In Pizza Night** (Last Sunday 5:00 pm – 7:00 pm)
- **Carry-Out Pizza Night** (Wednesday mid-month; will resume ASAP!)
- **Sisterhood** (Third Tuesday)
- **Women's Guide to Time** (As scheduled) with Rebbitzin Chani Smason

**NHBZ Signature Events**

- **Synaplex Shabbos**
- **Shabbos Lunch & Learn**
- **I-Chat**

**Coming Events** – (see Event Planner Box for *all* events)

- **Pesach is Coming** ~ Pesach will be upon us in a blink of an eye — **it's TIME NOW to sell your chometz!!!** FIVE WAYS to add your name and address to our list: **1.** Make an appointment to meet with Rabbi Smason in the office; **2.** Sell your chometz to Rabbi Smason at minyan; **3.** Come to the office and sign your name yourself; **4.** Call Sandie, 314-991-2100, ext. 2; or **5.** Send an email to Sandie ([sandieabrams@hotmail.com](mailto:sandieabrams@hotmail.com)) and say that you want us to add your name to the list. Whichever way you choose, whether for your residence only or to add your place of business, please include your address, your apartment/unit number, (business name and suite number), and zip code. Please make your checks **payable to the Rabbi's Charity Fund** and send or bring them to our office, or to charge to your credit card call Sandie at 314-991-2100, ext. 2.
- **Vaad Hoer Maos Chitim Campaign** ~ (now through Passover) – The Maos Chitim campaign assists people in Israel and in our own St. Louis community to properly observe and celebrate Pesach. Please make your checks payable to Vaad Hoer Maos Chitim, and write "NHBZ" on the notation; send checks to the Vaad Hoer or to Nusach Hari B'nai Zion.
- **Next week is Shabbos HaGadol** ~ "The Great Shabbos." The Shabbos before Pesach commemorates the 10<sup>th</sup> day of Nisan, when the Hebrew slaves took the lambs that they were going to offer for Pesach and tied them up outside their homes, to keep until they offered them on the 14<sup>th</sup>. This was a very dangerous thing to do because Egyptians worshipped sheep; but, miraculously, instead of slaughtering the Hebrews, the Egyptians instead fought with each other over whether the Hebrews should be sent away already. In many synagogues, other than Nusach Hari, the special haftorah for this Shabbos is Malachi 3:4 – 3:24, which tells about the return of Elijah the prophet and coming of the Messiah. We believe that Elijah will return at Pesach, and that is why we include a cup of wine for him at the seder. At NHBZ, we say the regular Haftorah of Tzav.

- **Please join us for a new class series with Rabbi Smason** at The Law Offices of David A. Rubin, L.L.C. – NEAR THE “J” – 10880 Baur Blvd., 63132. The **3rd** Tuesday of the month, 12:15 p.m. Next class: **March 19**, *Vayikra: Why Did We Bring Sacrifices?* Following months' schedule: **April 16**, *Kedoshim: What is Holiness?* **May 21**: *Be'ha'aloscha: The Priestly Blessings*. **June 18**: *Balak: Bilaam; a Non-Jewish Prophet?*
- **A New Bi-Monthly Women's Tefila Class.** Led by Rabbi Ze'ev Smason, the class will meet on the 2nd and 4th Mondays of the month, 7:00 p.m., at the home of Norma Rubin, at 1039 Chartres in University City (one block east of McKnight, off Old Bonhomme). **Next class: Monday, April 8.** (The 4<sup>th</sup> Monday in March is Erev Pesach.) 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!

## Meetings

- **Board of Directors** (Tuesday, April 9 ) Minyan at 7:00 p.m.; Meeting at 7:30 p.m.
- **Sisterhood Luncheon** (Tuesday, April 16, at noon)
- **Executive Committee** (Tuesday, April 23)

## 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 *now*, and 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 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.
- **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** ~ All 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.
- **Shalosh Seudos, The 3<sup>rd</sup> 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.
- **Mishna Study for a Loved One** ~ 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, which learns every Sunday following morning minyan, is carrying on this tradition by dedicating the Mishnayos to those in whose names the Mishnayos will be learned. 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.**

We've all made mistakes. But officials at New York City's MTA (Metropolitan Transit Authority) are kicking themselves over a "massive" typo that led to over a quarter of a million dollars worth of new subway maps being thrown out due to outdated fare information. The \$250,000 subway typo listed the price for a ride card at a \$4.50 fee -- the old MTA rate. The new minimum fare is now \$5 for a pay-per-ride card. Over 80,000 incorrect maps were allegedly printed and distributed earlier this month at a cost of a quarter of a million dollars.

Transit workers said an "urgent" call came to them telling all agents to stop handing out the maps to the public without any explanation at the time. "It was an urgent message: Please don't issue any maps to the customers," recalled a station agent in Brooklyn. "The money they waste is mind-boggling." A transit source said that, "(the MTA is) very embarrassed about this. They were frantically calling the booths trying to get these maps back." An MTA station agent and union leader said, "They weren't coming out with a new map because they were changing the map. They were coming out with a new map because they were changing the price. That was the sole purpose. And they couldn't even get that right."

We all make mistakes, some more costly than others. Jewish values require us to be compassionate when we see someone who has made a mistake. We certainly shouldn't ridicule and embarrass others. As for ourselves, the wise person is one who recognizes his mistake and works to correct it in the future. It takes courage and self-confidence to admit mistakes. Since no one is infallible, the key is to muster the spiritual strength to get up, learn from our mistakes, and try again -- as King Solomon said, "Because the tzadik (righteous) falls seven times, but rises again" (Proverbs 24:16)

### ***Parshas Vayikra 1:1 -- 5:26***

This Shabbos marks the beginning of our reading the third book of the Torah, Sefer Vayikra, which deals primarily with the services and responsibilities of the Kohanim. This week's portion focuses on many of the korbanos (offerings) to be brought in the newly-constructed Mishkan. Parshas Vayikra begins with G-d calling Moses into the Mishkan where he will receive the many relevant mitzvos to be ultimately passed on to the Jewish people. The first half of the Torah portion describes the various optional korbanos brought by individuals. They can be classified into three general categories, each one comprised of several gradations in size and expense; the korban olah (elevation offering) which is completely consumed on the altar; the korban mincha (meal offering) which, because of its inexpensive contents, is usually brought by someone of modest means; and the korban shelamim (peace offering) partially burned on the altar, with the remainder divided between the owners and the Kohanim. The second half of the portion (beginning with chapter four) discusses the required chatos (sin) and asham (guilt) offerings to be brought in atonement for unintentional transgressions.

### ***Rabbinic Ruminations***

The Miami Hurricanes men's basketball team had never beaten a No.1 program, never been in contention for a top tournament seed and never won an ACC conference championship before this season. Why, then, have they achieved such great success in 2013? A good deal of credit is due an unusual approach taken by the Miami Head coach: Jim Larranaga prepares his team through visualization techniques. The 63-year-old head coach tells his players the night before each game, "I want you to sit on your bed, close your eyes and visualize yourself in tomorrow's game... You're running through the plays, you're guarding the man you're going to guard, you're getting back and getting stops... in your mind you are making big plays." This season, the Hurricanes are a top-ten team, and have certainly fooled themselves into becoming college basketball's surprise team of the season. The concept that 'mental practice makes perfect' extends beyond the basketball court. Evidence exists that mental rehearsal can benefit surgical performance. In a 2008 study, half of a group of medical students were trained in mental imagery techniques, while the other half (in addition to their usual training of physical practice) studied their textbooks. [http://feedproxy.google.com/~r/PsychologyBlog/~3/F6ulp8xzNUQ/mental-practice-makes-perfect.php?utm\\_source=feedburner&utm\\_medium=email](http://feedproxy.google.com/~r/PsychologyBlog/~3/F6ulp8xzNUQ/mental-practice-makes-perfect.php?utm_source=feedburner&utm_medium=email) When the students carried out live surgery, those who'd used mental imagery performed better, on average, than those assigned the book learning. There's evidence that mental rehearsal of skills also produces benefits in many other areas.. Examples include mentally practicing a music instrument and during rehabilitation from brain injuries. British Formula 1 driver,



Jenson Button, is a believer. He sits on an inflatable gym ball before every race, with a steering wheel in his hands, shuts his eyes, and drives a lap of the circuit. He does this in real time (making all the car noises himself) so that when he opens his eyes, he's within a second of his real lap time.

Visualization is a helpful technique to pray with proper intent and focus. A most basic and powerful tool to connect to G-d through prayer is to visualize yourself having a conversation with G-d. Jews throughout the world pray facing Jerusalem, while those living in Jerusalem face the Temple Mount or go to the Western ('wailing') Wall, feeling the presence of the Almighty. When we study the Torah, G-d talks to us. When we pray, we talk to G-d. Make every prayer experience a meaningful one, and visualize yourself in communication with your Creator.

### *Quote of the Week*

Don't judge each day by the harvest you reap but by the seeds that you plant. -- **Robert Louis Stevenson**

## **Joke of the Week**

Moses and his people had gone as far as they could go. They had reached the edge of the Red Sea, and now they were stuck. Moses turned to G-d for help. G-d answered, "My son, I've got some good news and I've got some bad news. The good news is that I will cause the Red Sea to open before your feet and your people will be able to pass through unharmed. Then I will destroy the Egyptians."

"Thank you, O Lord, but what is the bad news?"

G-d replied, "First, you have to file an environmental impact statement."

## **Simchas, News and Features**

- **MAZEL TOV ON SIMCHAS** March 16-22 - **Happy Birthday to Harold Berman, Jerry Cohen, Linda Fleshman, Estelle Levin, Marvin Stein and Marian Walters. Happy Anniversary to Menachem & Linda Szus.** 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.
- **TOMCHEI SHABBOS** ~ The food drive continues on! Please pick up a bag for non-perishable food items available at NHBZ in the office or chapel. Money donations are always welcome! For more details, or **to arrange a pick up at your home**, please call **Sally Needle** at 991-2575.
- **Rubin Israel Experience** ~ Applications are now open for the sixth "Rubin Israel Experience," an all-expense-paid trip for young adults who have never been to Israel. The trip is offered and staffed by Jewish Federation of St. Louis and is underwritten by philanthropists Ron and Pam Rubin. There are 10 spots open to young adults in the St. Louis area who want the opportunity to see Israel in a fun and meaningful way. In the past, the age range for participants was 27 to 40 years, but this year the age range is being expanded to include those up to 45 years old. An information session will be held on Thursday, March 28 at 7 pm at the Federation Kopolow Building, 12 Millstone Campus Drive. The group will travel October 6 to 16, 2013. Applications are available at [JewishinStLouis.org/Rubin](http://JewishinStLouis.org/Rubin). Space on the Rubin Israel Experience is limited. Applications are due by April 16, 2013. Those who have previously applied are encouraged to apply again. For more information contact Margo Newman at [mnewman@jfedstl.org](mailto:mnewman@jfedstl.org) or (314) 442-3865.
- **Yom HaShoah** The St. Louis community will mark Yom HaShoah (Holocaust Remembrance Day) Sunday, April 7, 4 pm at Congregation B'nai Amoona, 324 S. Mason Road. The theme for this year's program is "Voices from the Holocaust." The program will feature eyewitness accounts by three survivors, Ben Fainer, Sara Moses and Sara Wolf, and liberator Sanford "Buddy" Lebman, a traditional candle-lighting ceremony, Holocaust Torah procession, liturgical readings and prayers, and recognition of the 70th anniversary of the Warsaw ghetto uprising. Music will be performed by Elegant Ensembles and the B'nai Amoona Zamarim teen chorus. The event is sponsored by Sara and Leo Wolf. For more information, contact the Holocaust Museum and Learning Center at 314-442-3714 or email [dreich@jfedstl.org](mailto:dreich@jfedstl.org).

*Shalom,*

The Dedication of the Benches and Plantings took place last Sunday, March 10<sup>th</sup> at 11:00 a.m.

**Rabbi Smason** gave a wonderful D'var Torah regarding the value of acts of chesed to the Shul and to the community. He mentioned how these contributions help us create a *Kehillah* (community) of inclusion, and help us reach out to Jews in all walks of life.

The Benches were dedicated by the **Harvey & Ann Tettlebaum** from California, Missouri (near Jefferson City), by **Mayer Taller** and by **Leo Bressler**. And the plantings were dedicated by **Marvin Schneider** and **Dennis Firestone**.

The Tettlebaums came all the way from California, Missouri for the occasion, and the Taller, Bressler and Schneider families were in attendance.

Rabbi Smason spoke in the multi-purpose room. After the talk, we all took a walk to visit all the dedication items. At each place the families stopped for a moment to remember those whom they honored with the dedications. Afterwards we all partook of refreshments and reminiscences about various Jewish communities of the Mid-West.

In the words of Rabbi Smason, the event was blessed by the much awaited rain. The Rabbi recalled how his own wedding to Chani was surrounded by rains. He was then told by his Rabbis, that that was a sign of blessings to come.

*May this dedication be a sign of blessings for many more meaningful occasions in our Kehillah.*

**Menachem Szus**