

NHBZ Shabbos Bulletin

Nov 24, 2012

Welcome to Nusach Hari B'nai Zion

10 Kislev, 5773

Affiliated with the Union of Orthodox Jewish Congregations of America

Torah Portion Vayeitzei:
Haftorah Vayeitzei:

Genesis 28:10 – 32:3
Hosea 11:7 – 12:13

Stone Chumash pages 144 - 169
Stone Chumash pages 1139 - 1140

Thanks to **Craig & Jackie Berkin** for sponsoring this Shabbos Bulletin in honor of their son, **Rabbi Herschel Berkin**, for publishing the sefer, "**Ramchal On The Parsha.**"

Erev Shabbos - Friday, November 23

- Mincha & Maariv (4:20 pm)
- Candle Lighting (4:25 pm)

Shabbos - Saturday, November 24

- **Shachris & Musaf** (9:00 am) - Thank you for leading services:
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Menachem Szus**
 - Leyning: **Aryeh Needle**
 - Haftorah: **Kenny Bressler**
 - Sermon: **Rabbi Hanan Balk**
 - Musaf: **Rabbi Hanan Balk**
- Kiddush following Musaf)
- Mincha / Shalosh Seudos / Ma'ariv (4:05 pm)
- Shabbos Concludes (5:27 pm)



This Week

<i>At a Glance</i>	Shabbos Nov 24	Sun. Nov 25	Mon. Nov 26	Tues. Nov 27	Wed. Nov 28	Thur. Nov 29	Fri. Nov 30	Shabbos Dec 1
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	4:05 pm	4:20 pm	4:20 pm	-	-	-	4:20 pm	4:05 pm
Maariv Only	-	-	-	6:45 pm	6:45 pm	6:45 pm	-	-
<i>Events – see times in Event Planner Box below</i>	Child Care; Youth Prog; Learner's Service; Study Group	Learn Mishna; RAP; Mystical; Tanya	Last Day of Book Sale	Buy Cash Cards	Lunch 'n' Learn	Shechita Class	Erev Shabbos	Child Care; Youth Prog; Learner's Service; Study Group

Coming Events (see Event Planner Box on next page for **all** events)

- **Jewish Book Sale** (now through Monday, Nov 26) – in the Multi-Purpose room; all books \$1, pamphlets 4 for \$1; thanks to Rabbi Howard & Felicia Graber for their generous donation of the books.
- **Dine-In Pizza Buffet** (Sunday, November 25, 5:00 pm - 7:00 pm) With Professional Pizza Chef, John Nall, 2010 & 2011 Pizza Champion, Taste of St. Louis Competition!
- **Women's Guide to Time** (Mon, Dec 3, 7:30 pm) - led by Rebbitzin Chani Smason in the teen lounge; topic is: The Cheshvan-Kislev-Tevet connection, often referred to as "the force."
- **Chopstix of Teaneck** (Week of Dec 3) - Friends of the Hebrew Academy and Young Israel Women's division will offer real Chinese takeout from the renowned Chopstix of Teaneck, NJ. Place your order at <http://eha.org/bin/sale.php>; food will be delivered to Young Israel, 8010 Delmar Blvd, 63130; no orders will be accepted without payment; questions? contact Vicki Isakow at eha@eha.org or HESSIE NEEDL at 726-4591.
- **Shabbos Lunch 'n' Learn** (Sat, Dec 15) – Rabbi Smason will speak on 'Rekindling Jewish Spirituality'
- **Family Chanukah Party** (Saturday night, December 15) - Details to follow.
- **Shabbos Dinner and Mini-Synaplex** (Friday night, December 22) – Details to follow.

NHBZ Event Planner (check 'Coming Events' for time, date or location changes)
Call the office at 314-991-2100 to confirm the date and time for 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** (30 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

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
- **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)
- **Sisterhood** (Third Tuesday)
- **Women's Guide to Time** (As scheduled) with Rebbitzin Chani Smason

NHBZ Signature Events

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

Meetings

- **Executive Committee** (Tuesday, November 27 at 7:00 pm following minyan)
- **Religious Committee** (Tuesday, December 4 at 7:00 pm following minyan)

Reminders

- **Buy and Use Cash Cards** – call the office ASAP to order your cards and **earn free money** for NHBZ! **DO YOU GIVE CHANUKAH GIFTS? Well! We have a deal for you!** You can use pre-paid cash-cards for your purchases or you can even give them as gifts, and earn free money for NHBZ!

- **High Holiday Appeal** – please pay your pledge as soon as possible.
- **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 someone, 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.

News, Features and Simchas

- **Mazel Tov On Simchas Nov 24 – Nov 30 - Happy Birthday to Shirley Hollander. No Wedding Anniversaries this week.** Show your friends you care by sending a tribute. For Shul and Sisterhood: Phyllis Silverman 314-434-2482; For Libby Needle Fund: Sally Needle 314-991-2575; For Chesed Fund: Drop by the office for a Card Pack.
- **Toys & Gifts For Chanukah** - Chanukah begins Saturday night, December 8th when we light the first candle. Once again, we are collecting Toys for Chanukah for kids in our community who need our help. Please bring your NEW, UN-WRAPPED toys, games, books, hats & gloves, etc., for kids of all ages. Cash is always welcome, too! Rabbi Smason will distribute the gifts before and during the week of Chanukah. Thanks, so far, to **Ruth Alper, Ted & Rachael Pevnick** and our **NHBZ Sisterhood** for starting our toy drive!!!
- **Special Book "Our Father's Voice: A Holocaust Memoir"** is Felicia Graber's new book written with her brother, Dr. Leon Bialecki, from recorded interviews with their father; The Forward states: "In his acute observations and straightforward judgments, Mr. Bialecki spared no one, least of all himself. He was uniformly frank about Jew and gentile, rich and poor, pious and nonreligious, cultured and uneducated." Felicia will generously donate \$8.00 to NHBZ from the sale of each \$18.00 book. Please come to the office or place your orders by calling 314-991-2100, ext. 2.
- **Tomchei Shabbos** - is selling Chanukah Survival Kits, which include candles, dreidels, parve chocolate coins, and cookie dough. Kits can be purchased for \$15 (only cookie dough \$8). To order, call Jackie Oppenheimer (314-997-6924) or email baubiejackie@gmail.com. Pick up during the week of December 2nd.
- **Epstein Hebrew Academy Fundraisers**
 - **Tutti Frutti** (Tues, Nov 27, Noon – 8 pm) - Stop in at Tutti Frutti (7708 Delmar) for frozen delight, hot chocolates or tea. Mention 'Epstein Hebrew Academy' and 'Friends of the Hebrew Academy'. Epstein will receive a percentage from your purchase.
 - **Krispy Kreme** (Tues, Dec 11) - Order sufganiot for Chanukah! Call Angela Tannenbaum 802-7710 or Gayle Chazen at Epstein 994-7856 for details. Glazed donuts \$6 dozen; Special donuts \$8 dozen; 12oz Krispy Kreme brand ground coffee \$9.
 - **Take Back Your Closets** (through Dec 21) - Drop off unused cell phones, shoes, and handbags at Epstein Hebrew Academy, 1138 North Warson Road. Funds raised from the sale of your donations will benefit Friends of the Hebrew Academy. Contact Vicki Isakow at fha@eha.org for more information!

The NHBZ 107th Anniversary Celebration

Sunday Evening, December 2, 2012

at Nusach Hari B'nai Zion

We are proud to present our Honorees for 2012

Rabbi Shaya Mintz of St. Louis Kollel and **Rebbitzin Mindi Mintz** of Torah Prep and Woman of Valor, our own **Ruth Novack Alper**

It is with great pleasure that we give well-deserved kovod (honor) to these wonderful people with an elegant, elaborate evening to celebrate our 107th anniversary in a grand manner

6:00 pm Hors D'oeuvre Reception – Lower Level

6:45 pm Dinner – Main Level

8:00 pm Presentation to Honorees

8:30 pm Dessert Buffet

Join us as we celebrate our Anniversary and pay tribute to our Honorees with great food, words of inspiration and live music throughout the evening

Please RSVP This Week!!!

NHBZ Shul Tributes, November, 2012

IN MEMORY OF

Esther Ringermacher
Irwin & Roz Rosen
Marian Walters
Jinny Panton
Jack Tepper
Mimi Fiszal
Charles Waxman
Cecile & Fred Spiegelman
Lil Simpson
Sam & Ruth Benson
Gary & Nancy Benson
Sharon Silverstein
Dr. Jay Pepose &
Dr. Susan Feigenbaum
Marc P. Weinberg

Jerry Bolt
NHBZ Congregation
NHBZ Sisterhood
Lil Klarfeld
Estelle & Morris Kram
Sol Klarfeld
Estelle & Morris Kram

IN HONOR OF

Birthday of Robin Rickerman
Mimi Fiszal
Dr. Jay Pepose &
Dr. Susan Feigenbaum
Anniversary of Lenny & Fran Alper
Mimi Fiszal
Birthday of Miriam Kapelus
Mimi Fiszal

Big Birthday of Jackie Berkin
Dr. Jay Pepose &
Dr. Susan Feigenbaum
New Grandson of Craig & Jackie Berkin
Dr. Jay Pepose &
Dr. Susan Feigenbaum
New Granddaughter of
Alan & Janet Haber
Dr. Jay Pepose &
Dr. Susan Feigenbaum

A SPEEDY RECOVERY TO

Ted Pevnick
Dr. Jay Pepose &
Dr. Susan Feigenbaum

Trib-ute (trib'yoot)

A gift, payment, declaration, or other acknowledgement of gratitude, respect or admiration.

Make a tribute honor someone's simcha or good health or a loved one's memory

Synagogue Tribute - Call **Gloria Waxman** 314-872-3296
Sisterhood Tribute - Call **Phyllis Silverman** 314-434-2482
Libby Needle Fund Tribute - Call **Sally Needle** 314-991-2575
Chesed Committee Tribute – Pick up at the NHBZ office.

Tributes are listed in the Shabbos bulletin.

The \$54,000 Challenge

An anonymous donor has issued a challenge to the Nusach Hari B'nai Zion community!

For every **new** dollar we raise for the Capital Campaign, this donor will contribute 50 cents, up to a total of \$18,000! That means if we can raise \$36,000, this donor will contribute \$18,000 to the Capital Campaign. Only new donations, i.e., new donors or donations above and beyond your current Capital Campaign pledge will count toward the challenge. Building Fund donations or Capital Campaign money donated in lieu of the Building Fund will not count toward the challenge. Your donation must be at least \$250 in order to be matched.

This is an opportunity we cannot pass up. We simply cannot afford to allow this challenge to go unmet. We are asking everyone who has not yet given, or who has not given over and above his Building Fund obligation, to PLEASE, PLEASE consider making a donation now so we can receive the full benefit of this very generous grant!

**\$36,000 raised + \$18,000 matched =
\$54,000**

**Beyond Twelve Gates -- Parshas Vayeitzei
Rabbi Ze'ev Smason -- November 23, 2012**

Think twice before swiping that credit card when you're feeling blue. In a recent study published in Psychological Science, researchers showed subjects short films known to instill sadness. Then the participants were asked to choose between getting money right away or getting a larger sum months later. People typically discount future rewards heavily. But in this case, those who were shown the sad film discounted the future much more than others. One example: People shown a "neutral" film required \$56 to forgo \$85 three months later, but people shown the sad movie required only \$37.

Those shown the sad film presented what is known as "present bias," wherein decision makers want immediate gratification and so they ignore greater gains associated with waiting. Sadness is a painful state in which a person not only has low energy, feels inadequate and has a pessimistic attitude, but also has decreased concentration to make the best decisions.

Becoming happier is a skill that can be learned. The Torah perspective is that happiness, an emotional state, can be stirred within us by focusing on happiness-producing thoughts. Count your blessings and keep your focus on what there is to appreciate and feel grateful for. "Who is wealthy? The one who appreciates what he has." (Ethics of the Fathers 4:1)

Parshas Vayeitzei Genesis 28:10 -- 32:3

Jacob escapes from his wicked brother Esau and travels to Charan, where he will stay with his uncle Laban. While spending the night at the future site of the Temple, G-d appears to Jacob in a dream. Rich in symbolism and meaning, the dream depicts a ladder extending from heaven to earth upon which angels are ascending and descending. After arriving in Charan, Jacob meets Laban's daughter Rachel and agrees to work for Laban for seven years for her hand in marriage. When the wedding night finally arrives, Laban deceives Jacob by substituting his older daughter Leah in Rachel's place. After waiting a week, Jacob also marries Rachel, but not without being forced to commit to another seven years of labor.

Over the next few years Rachel remains barren, while Leah gives birth to six sons and a daughter. Bilhah and Zilpah (the maidservants of Rachel and Leah respectively) each have two sons with Jacob. Finally Rachel also has a son, Joseph. Jacob becomes very wealthy during his twenty-year stay with Laban, even though his father-in-law continually tries to swindle him. After seeking counsel with his wives, Jacob and his family flee from Laban, who pursues and confronts him, upset that he left without saying goodbye and arrogantly claiming that Jacob stole his idols. Eventually they sign a peace treaty and part ways.

Rabbinic Ruminations

The typical American man loves a lot of things. Fast cars. Big dogs. Hardware stores. And sports. Many men don't just watch sports -- they live sports and become part of the action, yelling and jumping on the couch or in their stadium seat. There's something about sports that stirs men's competitive nature. It is called "hormones." And for men, presidential-election nights affect testosterone levels as if they're watching their favorite team compete in the World Series or Super Bowl.

A study measured the testosterone levels of 163 men and women before and after Barack Obama's defeat of John McCain during the 2008 presidential race. Testosterone levels typically fall throughout a normal day. But levels stayed about the same among male Obama supporters on that election night. Among those who supported the losing side, the hormone levels dropped more than they normally would have—some 30% from 8 p.m. to 1 a.m., the study found. It was as if the men weren't just watching the outcome but closely identifying with one of the candidates. Similar hormonal changes have been observed in devoted male sports fans watching their favorite team play.

We possess the ability to control our actions and our thoughts. Even if our thoughts wander, we can bring them back and focus on what we wish. Commandments such as "Love G-d" and "Don't hate your friend in your heart" speak to our capacity for directing our mind and feelings in the direction we want them to go. Master the space in your mind between stimulus and response. As King Solomon said, "He that has no rule over his own spirit, is like a city that is broken down, and without walls." (Proverbs 25:28)

Joke of the Week

A rabbi was walking down the street when he noticed one of his congregants, Yankel, entering a Chinese restaurant across the street. The rabbi crossed the thoroughfare to peer through the restaurant window and observe what his congregant was doing in the traif (non-kosher) eatery. Yankel ordered spare ribs and fried shrimp. The rabbi, aghast, continued to watch. Soon, the waiter brought the spare ribs and shrimp. Yankel was eagerly devouring the meal when the shocked rabbi, no longer able to contain himself, burst into the restaurant to confront him.

"Yankel! Stop!" the rabbi shouted. "How could you do this? How could you eat this food? It's ribs and shrimp. It's traif!"

"Hold on, just a second" said the congregant. "Rabbi, did you see me walk into this restaurant?"

"Yes, I did," replied the rabbi.

"Did you see me sit down at this table?"

"Yes, I did," the rabbi answered.

"Did you see me order my meal?"

"I most certainly did," said the rabbi.

"Did you see the waiter bring this food to my table?" Yankel asked.

"Yes, I did," the rabbi affirmed.

"Did you see me eating the ribs and the shrimp?" asked Yankel.

"Yes, I did. I watched you the entire time!" exclaimed the rabbi.

"Well, then," Yankel said calmly, "What's the problem? It was all done under rabbinical supervision!"

(thanks to Dr. Jay Pepose)