



# NHBZ Shabbos Bulletin

## Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

Shabbos  
January 16, 2016  
6 Shevat 5776

Torah Portion: Bo: Genesis: 10:1 -- 13:16  
Haftorah: Jeremiah 46: 13-28

Stone Chumash: pages 340 -- 365  
Stone Chumash: page 1151

Candle Lighting ~4:45 pm

Shabbos Concludes ~ 5:49 pm

### Our Generous Sponsors This Shabbos . . .

*~This week's bulletin is sponsored by Julie Eisenberg for the tireless work by the annual dinner committee. A special thank you to Fran Alper and Robin Rickerman for chairing this magical event. Thank you so much for all the beautiful and heartfelt messages that you wrote about me in the journal. I am so blessed to have you as my wonderful friends and to be a member of this incredible Shul.*

## Shabbat Shalom! Mazel Tov to the Board on this Installation Shabbat!

Erev Shabbos, Friday Night, January 15, 2016

- Mincha & Ma'ariv (4:35 pm)

Shabbos, Saturday, January 16, 2016

- Shachris & Musaf (9:00 am) ~ *Thank You for Leading Davening*
  - Pesukei D'Zimra: Howard Sandler
  - Shacharis: Menachem Szus
  - Leyning: Kenny Bressler
  - Haftorah: Sid Silverman
  - Drasha (Sermon): Rabbi Ze'ev Smason
  - Musaf: Alan Haber
- Tefillah/Prayer Learners' Service ~ (9:30 am) Led by Rabbi Yosef David in the Rivkin Chapel.
- Tot Shabbat ~ (10:00 am – 11:30 am) Youth Lounge
- Learners' Service ~ (10:15 am) Led by Rabbi Ze'ev Smason in the Rivkin Chapel.
- Mincha, Shalosh Seudos, Maariv ~ (4:35 pm)

### **SIMCHAS!**

**MAZEL TOV ON YOUR SIMCHAS!** Happy Birthday to: Ellie Pinto, Beverly Magency, Lauren Brenner, Abigail Sarah Bialecki, Yael Eva Minoff, and Leonard Alper, Bella Segal, & Rachael Pevnick. *Anniversaries ~ Harold & Fran Hoffman and a belated Happy anniversary to Sid & Shirley Bluestein (January 12).*

Show your friends you care ~ send a tribute. Shul: Jeff Miller 314-991-2100, ext. 2; Sisterhood: Phyllis Silverman, 314-434-2482; Libby Needle Fund: Sally Needle, 314-991-2575; Chesed Fund: Drop by the office for a Pack of Cards.

*Please be sure to read Rabbi Smason's Beyond Twelve Gates in this Bulletin:*

*"Warning: Suicidal Deer!"*

# SHUL NEWS . . .

## *The Power of Tehillim ~*

A new Facebook group has formed, led by **Rabbi Smason**. Thoughtful recitation of Tehillim (Psalms) has the power to change the world -- and to change us. This new group is for sharing thoughts or raising questions about anything related to Tehillim that is important and meaningful to you. To join, or for further information, contact Rabbi Smason in person, or at [Pepshort613@gmail.com](mailto:Pepshort613@gmail.com), or 314-991-2100 x1.

- **Next Shabbos ~ Junior Congregation!** See flyer in this bulletin!
- **January 19 ~** Tuesday at 1:30 P.M. Celebrate "**Jewish Arbor Day**" at Crown Center with a **Tu B'Shevat Seder** led by our own **Rabbi Ze'ev Smason**. All are invited.
- **Synaplex Shabbat & Lunch and Learn! Shabbos, January 23 ~** Speaker line up for the Synaplex: "**Want To Live Forever? Five Secrets To Immortality**" by Rabbi Smason – "**Crisis on Campus: Anti-Semitic Rhetoric at U.S. Colleges**" moderated by Richard Woolf with panelists: Chantelle Moghadam, President of the Students Supporting Israel at the University of Missouri, Daniel Swindell, Independent Journalist, and Stuart Klamen, Pro-Israel Community Activist, and "**Tu Bishvat - Jewish Trees**" Led by Menachem Szus. Also, **Junior Congregation** at 10 am!
- **Pizza Night ~ Sunday, January 31st ~ All-You-Can-Eat Pizza Buffet ~ 5:00 to 7:00 p.m. Credit Card Payments Accepted!!!** Bring your family and friends to enjoy a delicious dinner of pizza, pasta, salad and garlic bread, dessert and beverage! Reservations are not needed - just show up, eat to your heart's content, have fun schmoozing and have a great time!!! Plus a movie for the kids every month!!!! *Are you new to NHBZ, looking to meet more members...sign up to help on our Pizza Buffet Line! It's a great way for everyone to say "Hi."* (Please place carry-out orders by 10:00 a.m. on Sunday morning, January 30, 314-991-2100, ext. 2. Pick up time for carry out pizzas is 4:30-4:45 p.m.)
- **The NHBZ Women's Emergency Tehillim Circle ~** The following women have made the commitment to be "on call" to say Tehillim for individuals whenever an **emergency** situation occurs at Nusach Hari B'nai Zion: **Julie Eisenberg**, Chairperson, **Debbie Barash**, **Shirley Bluestein**, **Marcie Brook**, **Linda Carton**, **Teree Farbstein**, **Dr. Susan Feigenbaum**, **Mimi Fiszal**, **Rhonnie Goldfader**, **Rebecca Goldman**, **Joyce Hochberg**, **Sandy Kahn**, **Joni Kaiser**, **Sandy Klarfeld**, **Sarah Klein**, **Svetlana Kogan**, **Lori Laird**, **Cindy Looney**, **Phyllis Loiterstein**, **Beverly Magencey**, **Marcela Morgensztern**, **Laura Rader**, **Nancy Rush**, **Mimi Sabol**, **Terri Schnitzer**, **Dr. Shayna Scribner**, **Debbie Sher**, **Phyllis Silverman**, **Margo Tzadok**, **Peggy Umansky**, and **Mindy Woolf**. We say the prayers at home. Please call **Julie Eisenberg**, 314-695-5615, or **Jeff Miller**, 314-991-2100, ext. 2., if you would like to participate. We will ask you to provide your phone number(s) and email address so we can get word to you as soon as an emergency arises.

**IMPORTANT NOTE:** This **NHBZ EMERGENCY Tehillim Circle** is separate from the ongoing Tehillim we are saying for some dear friends. Although some of the women listed above are part of both groups, the Emergency Circle truly stands "on call" and ready to act immediately, within the special circumstances of the Emergency element of this group. As soon as Rabbi Smason learns of a critical, **emergency situation in our shul**, he will alert Julie Eisenberg, give her the name of the person in crisis, and emails will go out immediately so we can begin saying Tehillim.

## **In The Community . . .**

- **The Jewish Federation of St. Louis' Inclusion Initiative** invites individuals with disabilities and/or their families to participate in an online community survey. This survey will help collect data in order to prioritize the needs of individuals with disabilities and their families in the St. Louis Jewish community. The online survey is available at <https://www.surveymonkey.com/r/InclusionInitiative> and is open through February, 29, 2016
- **Monday, February 8th ~** at 7:30 pm The Rabbi Noah Weinberg Memorial Lecture featuring Rabbi Yaakov Meyer "You Gotta Really Want It: Life lessons from the teachings of Rabbi Noah Weinberg of blessed memory". Plus presentation of the 4th annual scholarship award of the Emily & Shelley Grafman Hebrew

School Fund. Location: Aish Firehouse, 457 N. Woods Mill Rd., Chesterfield, MO 63017 Suggested donation: \$10 To RSVP or for more information, please call 314-862-2474 or email [cwolff@aish.com](mailto:cwolff@aish.com)

- **Women's Community Tehillim Group** ~ the group meets at 9:15 a.m. on Sunday mornings, at the home of Jan Adelman, 8032 Amherst Ave, (314) 960-4050/863-5438. The Women's Tehillim Group meets each Sunday to say Tehillim in the *zechus* (merit) of a *refuah shelayma* (full & speedy recovery) for the *cholim* (the ill people) in our community. The Tehillim hotline for names and updates: 314-441-6460. If you have questions please call **Julie Eisenberg** at 314-494-8437.
- **The Vaad Hoer of St. Louis** is pleased to announce that the all pita bread products produced by Cham Bakery LLC are now certified as Kosher-Pareve, Pas Palter. These products are certified even when not bearing the OV symbol. The pita is available for purchase at local shops or at the bakery shop located at 6818 Manchester Avenue, St. Louis, MO 63143
- **Tomchei Shabbos On-Going FOOD DRIVE!!** *Tomchei Shabbos* (Supporters of the Sabbath) is maintained through contributions of food and money, and was established by the Vaad Hoer, which discreetly provides families in our community with Shabbos & Yom Tov meals. For information on how you can help, please call Jackie Oppenheimer at 997-6924, or Angela at 802-7710. Bring your non-perishables to our office or, for home pick-up, please call **Sally Needle**, 314-991-2575

***When You Need Rabbi Smason*** ~ When you or a loved one becomes ill, and is hospitalized, please have a family member or friend contact Rabbi Smason on his cell phone as soon as possible . . . 314-749-5271.  
***Mi Shebarach List*** ~ Prayers said for a *Refuah Shelayma* (Speedy Recovery) for your loved ones and friends. Please call 314-991-2100, ext. 2, by 10 a.m. Friday mornings to include the names on our list to be read on Shabbos.

*Welcome to Beyond Twelve Gates by Rabbi Ze'ev Smason  
Parshas Bo January 16, 2016*

*"Warning: Suicidal Deer!"*

Here's one road sign that's sure to get a driver's attention: "Suicidal Deer." This yellow road sign can actually be found near the intersection of two county roads in a rural area of Ford County, Illinois. The sign was installed about six weeks ago as part of a campaign from the local highway department to try to cut down on deer versus car accidents. Do the deer in Ford County have a Charles Bronson-like 'Death Wish'? Not hardly. The sign is just part of a campaign to raise awareness among drivers, and early indications are that the sign is working. So far, no accidents involving deer have been recorded this year after 33 incidents in 2015.

Putting up the signs isn't an original idea, according to local Highway Commissioner Ron Hilligoss. "My nephew sent me a picture of one of these signs out in Colorado about six months ago. He texted it to me, and I thought it was really a good thing because it gets your attention." Four "Suicidal Deer" signs were purchased by the highway department for \$42 each but only one is installed. Commissioner Hilligoss wants to see whether that one will last before putting up the others. "I'm just waiting to see who puts bullet holes in it or steals it," Mr. Hilligoss said. "A lot of people see it. If you ask anybody where a deer crossing sign is, they couldn't tell you, but they know where that one is at. It's just nice to see something that constantly reminds you that there are deer running out there."

*"Hear, O Israel, the Lord is our G-d, the Lord is one."* These words are the supreme testimony of Jewish faith. Although "Shema Yisrael" is usually translated as "Hear, O Israel," it is best understood to mean: "Listen. Concentrate. Give the word of G-d your most focused attention. Strive to understand. Engage all your faculties, intellectual and emotional. What the Almighty commands you is for your benefit. He loves you, He loves your

people and all of humanity, and has given you a Book of Instructions to enjoy a good, purposeful life." Without attention to detail, no real achievement -- spiritual, or otherwise -- is possible.

### *Parshas Bo Exodus 10:1 -- 13:16*

This week's portion begins with the eighth plague that G-d brings upon the Egyptians as the land is covered by locusts, destroying all the remaining crops. After the plague is removed at Pharaoh's behest, he once again refuses to set free the Jewish people, and the ninth plague of darkness encompasses the land. When that plague ends, Pharaoh becomes even more defiant about not freeing the slaves, at which point Moses warns Pharaoh about the upcoming tenth plague, the death of the firstborn. The Torah then interrupts the narrative with the first mitzvah given to the Jewish people as a nation -- the sanctification of Rosh Chodesh (the new month), beginning with the month of Nisan. G-d teaches Moses about the Korban Pesach (Passover offering) and the remainder of the laws of the Passover holiday, which Moses then transmits to the Jewish people.

At midnight of the appointed night the plague strikes, with every non-Jewish first-born dying, including Pharaoh's own son. Pharaoh awakes, running through the streets (presumably while still in his pajamas) to tell Moses that he now consents to send the Jewish people from his country. The children of Israel travel forth in a hurry with the great wealth they have just been given by the Egyptians. The Torah portion concludes with various mitzvos relating to the Exodus.

### *Rabbinic Ruminations*

The ultimate "back in my day" cliché was boasting about how difficult your walk to school was in the winter. "I had to walk a mile through a foot of snow." And some of us did -- until we moved to Los Angeles! But to say that snow-walking was a rough trek wouldn't be completely true: Stomping through thick powder was a joy as a child if you were fortunate to have a pair of [Moon Boots](#) (click the link for a history of Moon Boots). These puffy, comfy winter boots were all the rage in the 1970s and 1980s. The nylon marshmallows for your feet came in rainbow colors and made any kid feel like Neil Armstrong. You might not know it, but "Moon Boots" was not just a cute name. The retro winter wear was in fact inspired by the Apollo moon landing.

Fast forward to 2015: The Moon Boot is back in style. Here are a few fun facts about Moon Boots. 1) They are an Italian invention. Giancarlo Zanatta, a bootmaker from northern Italy, was visiting New York when he witnessed the moon landing on July 20, 1969. Upon returning, he commissioned the design team at his company Tecnica to create a boot inspired by the NASA look. 2) The Moon Boot hit the market in 1970. Eight years later, Tecnica trademarked the name Moon Boot. 3) They were intended as after-ski boots. The specialized sportswear broke out into the general market, perhaps because kids were so fascinated with outer space. 4) Tecnica has sold over 25 million pairs. 5) Moon Boots are considered high art by the Louvre Museum. In 2000, Paris' Louvre deemed the Moon Boot one of the 20th Century's major design symbols alongside the VW Beetle. So if you decide to relive your childhood and slip on a pair, consider yourself a connoisseur of the fine arts -- but not while walking in Los Angeles!

Fashion reflects one's identification and relationship with the outside world. Maintaining their distinctive dress in Egypt was one of the reasons that the Jews were found worthy of being rescued from slavery under Pharaoh. The Jewish dress code has always been influenced by the Torah from both a ritual and a general perspective, but most notably with an emphasis on modesty. Known as *tznius*, the Torah concept of modesty also embraces proper deportment in demeanor, speech, actions and possessions, as well as dress. True, clothes are not us; they do not define our soul. But clothes do serve to send a message as to our character. Are we modest, neat, respectful in our dress, and deportment? Do we maintain high standards of cleanliness, conducting our business in a dignified manner? Proper dress can be a vehicle to holiness.

## Quote of the Week

To be persuasive we must be believable; to be believable we must be credible; credible we must be truthful. —  
Edward R. Murrow

## Joke of the Week

Joe was visiting Israel for the first time. As soon as his plane landed, he got a taxi to take him to his hotel. The taxi driver was very friendly and told Joe all kinds of useful information.

Joe then asked the driver, "Say, is Israel a healthy place?"

"Oh, yes, it really is," the driver answered, "When I first came here, I couldn't say even one simple word, I had hardly any hair on my head, I didn't have the energy to walk across a small room and I even had to be helped out of bed every day."

"That's a remarkable story! Amazing!" Joe said. "How long have you been here in Israel?"

The driver smiled and said, "I was born here."

# HELP MAKE A MINYAN !

*The Deadline to submit new information to appear in our Shabbos Bulletin is Wednesday each week, **NO LATER THAN 12:00 noon, please.** That will allow the time needed to make changes. The bulletin is printed first thing every Thursday morning.*

# Thank You!

**2015 110<sup>th</sup> Anniversary Celebration  
Nusach Hari B'nai Zion Congregation  
January 10, 2016**

On behalf of the Anniversary Dinner Committee, I thank our honorees, *Vivian & Alan Zarkowsky*, and Woman of Valor, *Julie Eisenberg*, for their inspired dedication and service to our shul and its mission.

We thank our able emcee for the evening, our new president, *Bob Kaiser*, as well as all the program participants: the always eloquent *Rabbi Ze'ev Smason, Lenny Alper, Jordan Black, Louis Goldman, Bruce and Dr. Harold Zarkowsky, Lauren Knobloch, Jessica Phillips, Carly Black, Danielle Eisenberg, Daniel and Asher Zarkowsky, and Dr. Yankee Wilensky.*

We thank the men's a cappella group, *Vocal Edge*, sponsored by *Don Eisenberg, JoAnn Raskas and Ron Rosen*, for the wonderfully uplifting surprise entertainment.

Special thanks to the incomparable, *Robin Rickerman*, without whose expertise in all things related to food service, catering, and event planning, this 110<sup>th</sup> anniversary celebration could not have taken place. Equally vital to the success of the event has been our executive coach and Ad Journal maven *Sandie Abrams*, who put countless dedicated hours into this project.

An event like this requires a lot of hard work, time, patience, talent, and ingenuity, from a committed team. Just some of the tasks, whether small or large include...

...stuffing envelopes, creating original art designs, soliciting donations, serving as mashgiach, moving furniture, food shopping, counting hundreds of pieces of silverware, arranging flowers, cooking, baking, mixing and roasting, painting branches, toiveling in the mikvah, engineering logistics, making phone calls, schlepping, cleaning, polishing, arranging... and re-arranging.

The Anniversary Dinner Core Committee – *Lenny Alper, Francine and Fabian Attoun, Dr. Eliot and Sally Katz, and Anna Rose Tendler* worked as a team to accomplish all of the above tasks and more. In addition, the committee received invaluable help from Dr. Erol Amon, Dr. Craig and Jackie Berkin, Shirley Bluestein, Marcie Brook, Larry Chervitz, Dr. Faye Cohen, Joni Kaiser, Sandy Klarfeld, Bobby Levine, Brian and Scott McCary, Ori Miller, Sally Needle, Mark Ragin, JoAnn Raskas, Fran Reisler, Norma Rubin, Shayna Scribner, Sidney & Phyllis Silverman, Gary Sudin, Menachem and Micky Szus, Victor Tendler, Jay Umansky, Vivian Zarkowsky, and from our indispensable NHBZ staff – Jeff Miller, Laura Krueger, Allan Swan, and Teresa Carter.

Special thanks also go to Lenny Kohn and the staff at Kohn's Kosher Meat & Deli, and to Trent Platoff and Bruno Bernardes at Minuteman Press, 10762 Indian Head Industrial Blvd. for their adaptability, cooperation and overall excellent work.

Thanks to the Sponsors of our Early Bird Raffle,  
... and congratulations to the WINNERS....!



- Statement Necklace from Ann Taylor – GAIL ROSE
- The Repertory Theatre of St. Louis – MARY M<sup>C</sup>MILLAN
- A Gold Bracelet From the Mitzvah Collection of Sage Chic Jewelry – LINDA SZUS
- Dominic Michael Salon Gift Basket – DAVID SCRIBNER
- The Wellbridge Athletic Club & Spa (14-day membership, and more) – REBECCA GOLDMAN
- St. Louis Marriott West – Maryville Plaza DR. DANIEL MORGENZSTERN
- Hilton St. Louis Frontenac (One night deluxe accommodations) – IRWIN & ARLENE FREDMAN
- A guitar from St. Louis Music – JERRY & FRAN COHEN

And, finally, the Committee and the Board of Directors thank everyone who attended the 110<sup>th</sup> Anniversary Celebration and all those who purchased Ads in the Commemorative Ad Journal. ~ Fran Alper, Co-chair

# SYNAPLEX

## January 23, 2016

**Regular services** begin at **8:30 a.m.**

**Tefilla/Prayer Learners Service** at **9:15 am** in the Chapel

(led by Rabbi Yosef David of Aish HaTorah)

**Learners Service** at **10:00 a.m.** in the Chapel

(led by Rabbi Smason)

**Junior Congregation** (for kids 7-11) begin at **10 a.m.**

(Babysitting also provided for younger kids)

**Break-out sessions beginning at 11:15 a.m.**

**"Five Secrets of Immortality** (Led by Rabbi Ze'ev Smason)

☆ **"Crisis on Campus: *Anti-Israel Activity and anti-Semitic Rhetoric at U.S. Colleges*"**

A Panel Discussion led by **Richard Woolf** featuring:

☆ **Chantelle Moghadam** -- Co-Founder and President of *Students Supporting Israel* at the University of Missouri-Columbia,

☆ **Daniel Swindell** -- Independent Journalist and graduate of the University of Missouri, and

☆ **Stuart Klamen** -- Pro-Israel community activist

**"Tu Bishvat - Jewish Trees"** (Led by Menachem Szus)

**Following those sessions, at approximately 12:15 pm, all attendees will then re-gather together for a **Kiddush lunch.****



*From Our Families to Yours...*

## ***Junior Congregation and Tot Shabbat***

*Programs of the NHBZ Children & Young Families Committee*

Calling ALL Kids (& Friends)!

**Junior Congregation** for **ALL 7 – 11 year olds!**

Join us on **JANUARY 23, 2016:**

- Learn and recite the main Shabbat prayers and tunes
- Review the weekly Torah portion
- Discuss Israel and learn cool facts about the Holy Land
- Hang out with old friends and make new ones!
- *Led by Sammy Chervitz and Yonatan Hirschhorn of Kadimah High School*

**Time: 10:00 a.m. – Noon**

***Tot Shabbat*** (age 5 and under, siblings welcome!)

**January Dates: JANUARY 30, 2016**

Parents and Grandparents come with the kids to participate in a fun, interactive, educational Tot Shabbat family service. Learn about Shabbat, Judaism, and how to pray with your children in a way they will appreciate and look forward to! Enjoy our songs, prayers, tiny Torahs, stories, special games and so much more!

**Time: 10:00 a.m. – 11:30 am**

**Where: Both take place in NHBZ Youth Lounge**

**(NHBZ membership NOT required...All levels of observance welcome!!!)**



## MINYAN! IT'S GOOD FOR US & GOOD FOR YOU, TOO!!!

<i>This Week At a Glance</i>	Shabbos Jan. 16	Sunday Jan. 17	Monday Jan. 18	Tuesday Jan. 19	Wed. Jan. 20	Thurs. Jan. 21	Friday Jan. 22	Shabbos Jan. 23
Shacharis	9:00 am	8:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	8:30 am
Mincha/Ma'ariv	4:35 pm	4:50 pm	4:50 pm				4:50 pm	4:40 pm
Ma'ariv Only				6:45 pm	6:45 pm	6:45 pm		

### NHBZ Event Planner

(Check "Shul News . . ." for time, date or location changes.)

Call the office, 314-991-2100, ext. 2, to confirm the date and time of any event.

All events will be at NHBZ unless otherwise noted.

#### WEEKLY at NHBZ

##### SHABBOS

- Tefillah Class (9:30 am) led by Rabbi Yosef David
- in the Rivkin Chapel.
- Child Care (10:15 am – Noon) for kids 3 & under in the Children's Room.
- Learners Service (10:15 am) led by Rabbi Ze'ev Smason in the Rivkin Chapel.
- Shabbos Tanach (Bible) (One hour before Mincha)

##### SUNDAY

- Mishna Learning (after Shacharis) with Rabbi Chanan Swidler.
- "Mystical Moments" with Rabbi Max Weiman. (between Mincha & Maariv.)
- Tanya (8:00 pm) with Rabbi Shaya Mintz, of the St. Louis Kollel.

##### MONDAY

- Mah Jongg (Mondays, 4-6:00 pm) NHBZ Lower Level. Proceeds benefit The NHBZ Chesed Fund.

##### WEDNESDAY

- Rabbi Smason's Lunch & Learn (12:15-1:00 pm) Studying Pirkei Avos.

#### BI-MONTHLY at NHBZ

- JUNIOR CONGREGATION † TOT SHABBAT ~ Dates to be announced each month.

#### MONTHLY at NHBZ

- Irvin Alper Social Club (First Sunday) 5:00 pm.
- Mussar Mondays (First Monday) 7:00-7:45 pm. at the home of Richard & Mindy Woolf.
- Women's Home Study Group (First Tuesday) 2:30 pm with Rabbi Shaya Mintz, of the St. Louis Kollel, at the home of Jackie Berkin.
- Morris Lenga Yiddish Club (First Thursday) 7:30 pm at NHBZ.
- Sisterhood (Third Tuesday)
- Dine-In Pizza Night (Last Sunday) 5:00 – 7:00 pm Place Carry-Out Pizza orders by 10:00 am, 314-991-2100, ext 2. Pick up time 4:30–4:45 pm.

#### NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn