



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America
650 N. Price Road, St. Louis, Missouri
314.991.2100 www.nhbz.org

Shabbos

February 27, 2016
18 Adar 1, 5776

Torah Portion:
Haftorah:

Ki Sisa Exodus 30:11 - 34:35
1 Kings 18: 20-39

Stone Chumash: pages 484 - 515
Stone Chumash: pages 1161 - 1162

Candle Lighting ~ 5:32 pm

Shabbos Concludes ~ 6:36 pm

Our Generous Sponsors This Shabbos . . .

Thank you to Louis, Rebecca and Max Goldman for sponsoring this week's bulletin—and chocolate chip cookies at Kiddush—in observance of the Yahrzeit of their son and brother, Sammy. "One of Sammy's favorite treats was chocolate chip cookies. He had a real love of life, and, like his twin brother Joseph, loved all things Jewish. Please enjoy a cookie in his memory, and may it remind those of us who knew him of the sweetness he brought to the world." – Louis, Rebecca and Max

Thank you to Larry Chervitz for sponsoring the soda in celebration of his birthday.

Thank you to David and Norma Rubin for sponsoring the Shalosh Seudos to honor and remember the Yahrzeit of David's father, Gilbert Rubin, Gedalya ben David HaKohen, z"l.

Erev Shabbos, Friday Night, February 26, 2016

- **Mincha & Ma'ariv ~ 5:30 pm**

Shabbos, Saturday, February 27, 2016

- **Shachris & Musaf ~ 9:00 am ~ Thank You for Leading Davening!**

- Pesukei D'Zimra: **Howard Sandler**
- Shacharis: **Menachem Szus**
- Leyning: **Michael Shapiro**

- Haftorah: **Louis Goldman**
- Drasha: **Rabbi Ze'ev Smason**
- Musaf: **Louis Goldman**

- **Tefillah/Prayer Learners' Service ~ 9:30 am** Led by **Rabbi Yosef David** in the Rivkin Chapel.
- **Junior Congregation & Tot Shabbat ~ 10:00 am** Lower Level.
- **Learners' Service ~ 10:15 am** Led by **Rabbi Ze'ev Smason** in the Rivkin Chapel.
- **Mincha, Shalosh Seudos, Maariv ~ 5:20 pm**

HAPPY BIRTHDAY

Daniel Golynski, David Pepose, and Tammy Sallis!

Message from Rabbi Smason:

PURIM! It's hard to imagine, but Purim is less than one month away. In looking for opportunities for *mishloach manos* (the Purim-day mitzvah of 'gifts of food' to friends), I'd like to suggest we fight the BDS (boycott, divestment and sanctions) movement by supporting a new BDS movement -Buy Develop and Settle!

THIS YEAR I strongly encourage you to consider the purchase of products from Judea and Samaria to support the Jewish communities there. Whether for *mishloach manos* or otherwise, it's important to boost those communities and counter the efforts of those seeking to choke those communities. Here is a link of products and how to buy them online (scroll through the whole page)_ <http://zoadc.org/join-our-boycott-fight-bds/>

SHUL NEWS . . .

- **Sunday, February 28, 10-11:30 am ~ Rabbi Smason** will conclude his class series - ***King David's Heart: "The Life of Dovid HaMelech Seen Through Tehillim"***. The class will explore the life of King David, as seen through selected Tehillim (Psalms). No prior familiarity with Tehillim or Hebrew required.
- **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 Jeff at 314-991-2100, extension 2, to make arrangements.
- **Sunday February 28, 3:00 to 5:00 pm ~** The Irv Alper Social Club is having an all games party! Get your group together. Come and play, Bridge, Mah Jong, and Poker. NHBZ, lower level, no charge, and no reservations required.
- **Sunday, February 28 ~ PIZZA NIGHT ~ 5:00pm - 7:00pm ~ All-You-Can-Eat Pizza Buffet ~ 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, February 28, 314-991-2100, ext. 2. Pick up time for carry out pizzas is 4:30-4:45 p.m.)
- **Thursday, March 3, 7:00 pm ~** Challah making class taught by Mindy Woolf. See the flyer in this bulletin.
- **Monday , March 7, 7:00 pm ~** Mussar Monday at the home of Rich and Mindy Woolf. See flyer in this bulletin.
- **Shabbos, March 11 & 12 ~** A Shabbaton with Kadimah High School. Join us for a beautiful Shabbos dinner with the Kadimah students. Seating limited call ASAP. Reservations required: See flyer in this bulletin.

- **Tuesday, March 15, 12 pm** ~ Sisterhood Bingo is back at NHBZ! See the flyer in this bulletin.
- Thank you to all those who purchased cash cards for February - **Dr. Faye Cohen & Scott McCary, Don & Julie Eisenberg, Scott & Leslie Gitel, Stan & Rhonnie Goldfader, Alan & Janet Haber, Bob & Joni Kaiser, Jacob & Judy Levin, Lana Weinbach, and Richard & Mindy Woolf.** Next month's cash cards will be due on March 15.
- Thank you to all those who attended the Sisterhood Pushke Brunch, it was a great success! Special thanks to **Dr. Susan Feigenbaum, Julie Eisenberg, Sandie Abrams, Allan Swan, Rachael Pevnick, Sid & Phillis Siverman, Debbie Sher, Rebbitzen Shiffy Landa and Michelle Mufson** for the organization, the fantastic food, and the great program speakers. Start saving your pushkes for next year's event!
- **ATTENTION ALL FORMER AEPi members!** UMSL wants an AEPi chapter but it needs a group of AEPi 'ers to head up the effort!!! The national organization is very, very receptive to this idea. This is yet another way that NHBZ can build a bridge to connect to UMSL's Jewish student community. If you are willing to volunteer to take on this project, please contact **Susan Feigenbaum** at sskfeig@umsl.edu. **JEWISH UMSL STUDENTS AND GRADS:** We are looking for all current Jewish UMSL students and UMSL Jewish ALUMS (degree or nondegree programs) to involve in our Jewish at UMSL campaign. Please forward the names of anyone you know to sskfeig@umsl.edu. Thanks!

March 19 ~ Synaplex Shabbat ~ Preview of Topics: 1) *"Intelligent Optimism: 5 Torah Tips for a Better Life"* Rabbi Ze'ev Smason 2) *"Jewish-Christian Relations Before, During and After the Holocaust"* Speaker: Dr. David Oughton, Professor of World Religions at Saint Louis University. 3) *"Purim: Masks and Flasks"* Rabbi Yaakov Berkowitz, St. Louis Kollel.

Mark your calendars for the ***Purim Seudah*** on **Thursday evening, March 24**. Plans are still being developed, but will include a festive meal with whiskey slush, children's activities, kids costume contest and adult costume contest. And, back by popular demand.... talent contest and shtick routines! Cost is \$15/adult, \$8/child (4 through 8), kids under 3 free, \$45 max/family. Time of day is still to be determined. If you would like to participate in planning and carrying out this event, please contact Bobby Levine at 314-602-1796.

Lunch & Learn Online

- **Rabbi Smason's Pirkei Avos / Ethics of the Fathers class – Live Video!**
Available to view from your computer on **Wednesday's at 12:15 P.M. CST**. If you can't make it to the class at NHBZ! Visit our website at www.nhbz.org - click on 'media', then '**online classes**', then '**ustream_graphic**'. Enjoy!

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.

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. Survey site: <https://www.surveymonkey.com/r/InclusionInitiative> and is open through February, 29, 2016.
- **Sunday, March 6th** ~ Reservations are now being accepted for St. Louis Kollel's "Jewish Unity Live" event at the Missouri Athletic Club, marking the 25th Anniversary of the founding of the Kollel. "Next Generation Leadership Awards" will be given to **Rich and Mindy Woolf**. For more information call 314 726-6047 or email office@stlkollel.com.
- **Tomchei Shabbos On-Going FOOD DRIVE** is maintained through contributions of food and money, and was established by the Vaad Hoeir, which provides families with Shabbos & Yom Tov meals. For information, please call Jackie Oppenheimer at 997-6924, or Angela at 802-7710.

Welcome to Beyond Twelve Gates by Rabbi Ze'ev Smason Parshas Ki Sisa February 27, 2016

"Muscle-up, Jarryd!"

You may have heard about the 50 Israeli chefs who broke the world record for the biggest plate of hummus, which they served up in a satellite dish. Not long ago, an Australian who served in an elite unit of the Israel Defense Forces joined the ranks of Guinness world record-holders. Jarryd Rubinstein from Sydney registered 25 muscle-ups. For those unfamiliar with the term, a muscle-up is a combination of a chin-up and a dip, whereby the upper body is raised above a bar to the point at which the arms can be straightened. The previous record was 15. Jarryd spent three years in the elite Sayeret Golani counter-terror unit "preventing hundreds of casualties" in operations against Palestinian terrorists in Gaza and Nablus. The 140-pound muscle man says he learned about how to stay fit in the IDF -- he regularly managed more than 20 muscle-ups.

When asked about the importance of exercise in his life, Jarryd said, "I will never miss a workout. I am an ardent believer in dedication, determination and consistency. Nothing in life worth anything of substance comes easy. It is a mantra I apply to all areas of my life; from my workouts to my career to my relationships." Currently living in South Africa, Jarryd added, "I travel a lot for work and always carry a mobile pull up bar and some cables so I can workout anywhere. I like to get my workouts done first thing in the morning, however if I'm unable, I'd rather miss an hour of sleep and get a workout done at the end of the day."

Significant accomplishments require practice and perseverance. Proverbs (12:24) says, "Work hard and become a leader; be lazy and never succeed." Perseverance overcomes almost everything, even nature itself. The ability to stay on course without distraction enables individuals of moderate

capabilities to attain achievements that elude those with greater potential. Trying and practicing may not make you better than the next person, but it will make you the best you can be. What each of us does with G-d's gifts is what counts.

Parshas Ki Sisa Exodus 30:11 -- 34:35

The portion begins with G-d's command to Moses to take a census by collecting an equal contribution of a half-shekel coin from every adult male between the ages of 20 and 60, with the profits going to the Mishkan (Tabernacle). G-d designates Betzalel, of the tribe of Judah, and Oholiav, of the tribe of Dan, to supervise the upcoming construction of the Mishkan. The mitzvah of Shabbat is then repeated to caution the nation that even the construction of the Mishkan does not supersede the observance of the weekly day of rest. The Torah returns to the narrative of the Revelation at Mt. Sinai and describes the horrible sin of the golden calf. G-d relents to Moses' prayer that the Children of Israel should be spared from annihilation for this great transgression, and Moses descends from the mountain with the two tablets of the Ten Commandments in hand. Upon witnessing a small segment of the population dancing around the golden calf, Moses smashes the tablets and burns the idol, initiating the process of repentance. Moses again ascends the mountain to pray to G-d that the Jewish people should be forgiven and regain their status as the chosen people. Moses eventually returns with the second set of tablets and a renewed covenant with G-d, his face radiant as a result of the Divine experience.

Rabbinic Ruminations

Smartphones are astounding. A device small enough to fit in your pocket, it allows you to instantly communicate with virtually anyone on earth, take breathtaking photos, and access humanity's collected knowledge. Amazing! A smartphone combines a cellphone with e-mail and Web, music and movie player, camera and camcorder, GPS navigation, voice dictation for messaging, and a voice search for asking questions about anything. But some people use their smartphones in ways that are less than optimal:

-- **Loss of empathy:** In *Reclaiming Conversation*, MIT professor Sherry Turkle highlights research that communication mediated through smartphone screens makes us less empathetic. Texting can be convenient, but we lose the inflections, tone, and facial expressions that are so key in our bonding with and understanding others.

-- **Loss of sleep:** According to surveys, 44% of those 18-24 say they fall asleep with their smartphone in their hand, and a quarter say, "I don't sleep as well as I used to because I am connected to technology all the time." Smartphone use can negatively impact your sleep because its blue light messes with your circadian rhythm, and its pings can awaken you after you've dozed off; 4 in 10 adults and teenagers say they've checked their phone in the middle of the night after getting a notification.

-- **Loss of presence:** More people reach for their smartphone first thing in the morning than their significant other. People spend an average of 8 hours a day on their laptops and smartphones, and 81% say they have their phone switched on all the time. Over half of Millennials say they check and use their phone "constantly." Each time you look down at your phone's screen, you're not looking at something else in your environment. You're not looking at your kids, or the beautiful scenery on a trip, or the friend who's sitting right across from you. You're not present.

Based upon the above, you may want to consider limiting time spent with your smartphone. In the business world they say, "Time is money." In the Torah world we say, "Time is life." Time is our greatest resource, as even a second can have great spiritual value. Important things can be achieved in very brief periods of time. Psalm 90:12 says, "Teach us to number our days that we may gain a heart of wisdom." May the Almighty grant us the understanding to value our days -- and to value each and every second.

Quote of the Week

Each year is special and precious; you can only live it once. Do not regret growing older, it's a privilege denied to many! -- Richard Gere

Joke of the Week

A motor cycle mechanic was removing a cylinder head from the motor of a Harley-Davidson when he spotted a well-known cardiologist in his shop. The cardiologist was there waiting for the service manager to come and take a look at his bike when the mechanic shouted across the garage, "Hey Doc, want to take a look at this?"

The cardiologist, a bit surprised, walked over to where the mechanic was working on the motorcycle. The mechanic straightened up, wiped his hands on a rag and asked, "So Doc, look at this engine. I open its heart, take the valves out, repair any damage and then put them back in, and when I finish it works just like new. So how come I make \$39,899 a year and you make \$1,650,000 when you and I are doing basically the same work?"

The cardiologist paused, leaned over and then whispered to the mechanic..... "Try doing it with the engine running." (thanks to Richard Goldstein for the joke)



Facebook Class

Learn how to use Facebook for your benefit and the benefit of NHBZ

Two Sessions – Mondays March 14 and 28 at 7:40 pm

March 14 - "What is Facebook"

Learn how to log into Facebook and follow the NHBZ Facebook page
to see upcoming events, news stories and more

March 28 - "How to Use Facebook"

Learn how to interact with the NHBZ Facebook page and respond to discussions and post your own comments and pictures from NHBZ events



Spread the news of upcoming NHBZ

events to your family and friends, and

potential new friends and NHBZ members

Bring a laptop, tablet or smart phone to class. If you don't have a portable device, we will find one for you. You will be able to log on to the NHBZ wireless network with your device and follow along with the class.

For more information or to request a device for class, call 314-991-2100.



Shabbat Dinner March 11

A Friday Night



An evening of soul-soaring singing and dinner
for the whole family

Kids: Bring Your Parents!!!

Services begin at 5:50 pm

**Welcoming Shabbat (Kabbalat
Shabbat) at 6:05pm**

**Full, Delicious Shabbat
Dinner at 6:50 pm**

Adults: \$15.00 Kids, 4-10: \$8.00 Kids, 3 & Under: Free
(\$54 Maximum per Family)

Hear ye, Hear Ye

**We are seeking
sponsors for this
event to supplement
the cost of our
Kadimah guests.
Become a sponsor for
\$25. Call Jeff to be
included!
991-2100 x2**

**Make your reservations by calling Jeff at 991-2100 ext 2. Seating will be limited so
call asap!**

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!**

**February 27 March 5 and 26
and April 9 and 30**

- 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!

Time: 10:00 a.m. – Noon

***Tot Shabbat* (age 6 and under, siblings welcome!)**

**February 27 March 12 and 26
and April 9 and 30**

Parents and Grandparents come with kids to participate in a fun, interactive, educational 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 – 10:30 am Snacks and Play

10:30 – 11:15 am Program

Where: Both take place Downstairs

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

For questions, please email or call Jeff at (314) 991-2100

Join the Minyan - It's good for us, it's good for you!

This Week's Schedule	Shabbos Feb. 27	Sunday Feb. 28	Monday Feb. 29	Tuesday Mar. 1	Wednesday Mar. 2	Thursday Mar. 3	Friday Mar. 4	Shabbos Mar. 5
Shacharis	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	5:20 pm	5:35 pm	5:35 pm				5:35 pm	5:25 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 ~

MONTHLY at NHBZ

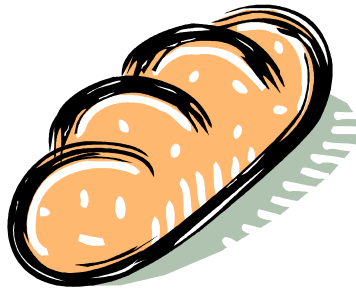
- Mussar Mondays (First Monday) 7:00-7:45 pm. at the home of Richard & Mindy Woolf.
- Women's Home Study Group (First Tuesday) 2:30 pm with Rabbi Shaya Mintz, of the St. Louis Kollel, at the home of Jackie Berkin.
- Morris Lenga Yiddish Club (First Thursday) 7:30 pm at NHBZ.
- Sisterhood (Third Tuesday)
- 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



Learn to Make Challah!!!



Have you wanted to learn how to make challah,
but never had the chance?!?!?

Have you wanted to learn a new challah recipe?!?!
Learn recipes ---demonstrated with your active, hands-on
participation.

Thursday, March 3, 2016

7:00 pm

NHBZ

650 North Price

\$18.00 per person. Each participant will take enough dough home to make 2 challot

To register please call (314) 991-2100 ext. 2

Seats are limited, so please RSVP contact Mindy Woolf at (314) 239-2327



From Our Families to Yours...
Mussar Mondays
A Program of the NHBZ Children's &
Young Families Committee

Definition: Mussar is an illuminating, spiritual yet highly practical set of Jewish lessons for cultivating personal growth and realization in the midst of our everyday, crazy lives.

From Our Families to Yours...

Mussar Mondays

A Program of the NHBZ Children's & Young Families Committee

Please join us this coming for an exciting program and spiritual journey where we explore the most popular and pertinent teachings from Ethics of Our Fathers (Pirkei Avot) and apply them to our everyday lives.

Mussar Mondays are led by our own Rabbi Ze'ev Smason!

Who: Open to ALL Young Parents, Couples & Individuals
(NHBZ membership NOT required...invite your friends!!!)

When: Monday, March 7, 2016 **Time:** 7:00 pm to 7:45 pm

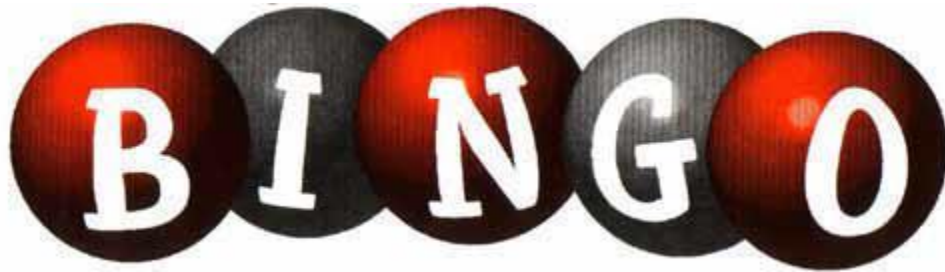
Where: The Home of Mindy and Richard Woolf,
828 Woodmoor Drive, 63132

➤ Light Refreshments will be served --- Babysitting available

For questions or to RSVP, please email Richard Woolf at woolfNHBZ@yahoo.com
or call Jeff in NHBZ's office: (314) 991-2100, ext. 2

Nusach Hari B'Nai Zion

SISTERHOOD MARCH LUNCHEON



WHEN: Tuesday, March 15th, 2016

WHERE: NHBZ Auditorium, 650 N. Price Road

TIME: 12:00 NOON

Lunch is \$7.00

Hope to see you!

Men & Women of ALL Ages!

R.S.V.P. - Rachael: 314-395-6017