



Shabbos and Yom Tov Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

September 29, 2018 ~ 5779

Candle Lighting 6:29 pm

Shabbat Ends 7:31 pm

Torah Portion: Exodus 33:12 - 34:26

Siddur page 478 - 479

Maftir: Numbers 29: 26-34

Siddur page 477

Haftorah: Ezekiel 38:18 - 39-15

Siddur page 480

Thank you to our Sponsors

Thank you to our anonymous bulletin sponsor in celebration of Simchas Torah!

Shabbos Chol HaMoed Sukkos

Erev Shabbos, Friday, Sept. 28

- Mincha & Ma'ariv ~ 6:30 pm

Shabbos, Sept. 29

- Shachris & Musaf ~ 9:00 am

- Pesukei D'Zimra: **Jacob Horn**
 - Shacharis: **Menachem Szus**
 - Leyning: **Stuart Klamen**

- Haftorah: **Brent Waxman**
 - Drasha: **Rabbi Ze'ev Smason**
 - Musaf: **Rabbi Yaakov Berkowitz**

- Starting Points: **Wisdom for Daily Living** ~10:15 am ~ led by **Rabbi Ze'ev Smason**

Topic: "What Makes for a Happy Life?"

- Mincha / Ma'ariv / Shalosh Seudos ~ 6:15 pm

This Week and Beyond....

	Shabbos Sept 29	Sun. * Sept 30	Mon. ** Oct 1	Tues.*** Oct 2	Wed. Oct 3	Thurs. Oct 4	Fri. Oct 5	Shabbos Oct 6
Minyan Times								
Shachris	9:00 am	8:00 am	9:00 am	9:00 am	7:00 am	7:00 am	7:00 am	8:30 am
Mincha/Ma'ariv	6:15 pm	6:20 pm	6:20 pm	5:30 pm	6:20 pm	6:20 pm	6:20 pm	6:00 pm

*Hoshana Rabbah/ **Shemini Atzeres /***Simchat Torah

SYNAPLEX

Birthdays- Lewis Schucart, Ellen Berg, Hannah Bialecki, Robert Abrams, Leib Smason, & Dr. Susan Feigenbaum

- **Shabbos, October, 6 ~ 8:30 am ~ Synaplex Shabbat** ~ The speakers and topics are:
 - *"Back to the Future?: 'Zionism as Racism' in the African and Arab Human Rights Systems"* **Robert P. Barnidge, Jr.** Author, and instructor at St. Louis University, University of Missouri - St. Louis, and affiliated professor at the University of Haifa
 - *"Raising a Jewish Family"* **Rebbetzin Mimi David**, *Aish HaTorah St. Louis*

*Thank you to **Dr. Chana Lowenstein** and her husband **Doug**, for sponsoring Synaplex in memory of Chana's parents, Bud Lowenstein, z"l and Helen Lowenstein, z"l*
- **Saturday Night, Motzei Shabbos, October 13 ~ 8:15 pm** ~ CUFI (Christians United for Israel) and the St. Louis Friends of Israel presents speaker Major Elliott Chodoff of the IDF. Major Chodoff is a political and military analyst, and one of the world's leading experts on Counter Terrorism and the Middle East conflict.
- **Sunday, October 21 ~ 3rd Annual NHBZ Kosher BBQ Cook Off Contest** ~ There is still time to get your team together and show off your BBQ skills! See the flyer for details.

Shabbos Chol HaMoed Sukkos

On the Shabbos that falls during the Intermediate Days (Chol HaMoed) of Sukkos the regular cycle of Torah readings is interrupted with a reading that reflects the theme of the holiday. Our reading this Shabbos is a section of the book of Exodus. Specifically, it is the text from divisions (aliyos) three through six of Parsha Ki Sisa, but newly divided into seven aliyos for a complete Shabbos reading. Ki Sisa, you will remember, is when Moses comes down from Mount Sinai with the first set of tablets to find that the Jewish people had made a golden calf. Moses breaks the tablets and G-d punishes the guilty. This Shabbos' reading begins right after that point. Toward the end of this Torah reading, G-d gives the commandments to observe the three festivals of Passover, Shavuot, and Succos and to appear in Jerusalem on those three occasions

Thank you to our sponsors for the Simchas Torah Spaghetti Dinner

Thanks to our sponsors so far**Kenny & Barb Bressler, Jim Pollock, Rachel Pevnick, Jennifer & Bryson Hartranft, Don & Julie Eisenberg, Howard & Phyllis Loiterstein, Jay & Peggy Umansky, Alan & Janet Haber, Bob & Joni Kaiser, Sid & Phyllis Silverman, Richard & Mindy Woolf, Drs. Susan Feigenbaum & Jay Pepose, Amy & Denny Feit, Dr. Eliot & Sally Katz, Alan & Vivian Zarkowsky**

Mezuzah Campaign

The Mezuzahs have arrived....Rabbi Smason has 25 Mezuzah scrolls that are looking for a good home. These new kosher scrolls are \$45.00 and a plastic case for \$2.00 if you need one. Please contact Rabbi Smason who will also ensure it is installed properly.



Kids Programs with Alana Minoff

Saturday, October 6th will be another Synaplex at NHBZ and we will be kicking off a Parent and young family track for one of the speakers. Rebbetzin Mimi David will be our first presenter and she will be speaking about raising a Jewish family. This talk is for both men and women, parents and grandparents! You won't want to miss it! NHBZ is rolling out a new Bar/Bat Mitzvah Journey program starting Sunday, October 7th. Please see the attached flyer for details and email me with any questions you may have!!

Adult Learning at NHBZ

Every Wednesday (Resuming Oct. 3) 12:15 pm ~ Lunch & Learn with Rabbi Smason
Study Pirkei Avos / Ethics of the Fathers.

Every Shabbos ~ Starting Points: "Wisdom for Daily Living" with Rabbi Ze'ev Smason ~ A program tailor-made for those, regardless of prior educational or observance level, interested in growing Jewishly. Each freestanding session (at 10:15 am every Shabbos, unless otherwise noted) explores a distinct Jewish concept in practical, understandable terms.

Join us to learn, explore, and raise your Jewish soul with the following eye-opening sessions:

Sept. 29: "What Makes for a Happy Life?"

Oct. 6: "Lessons from Adam & Eve: Growing Closer to the Ones You Love" (10:00 am Synaplex)

Every Shabbos ~ Tanach (Bible) Study (3/4 hour before Mincha)

Every Sunday ~ Mishna Learning (after Shacharis) with **Rabbi Chanan Swidler**

Cash Cards

Orders are now being taken through October 15th. Use the card for all your shopping needs. The order form is attached to this week's bulletin. You probably will be shopping at Amazon, Dierbergs, CVS, or Walgreens this month, so why not benefit NHBZ as you shop?



YOM TOV Schedule

Hoshana Rabbah ~Sunday, Sept. 30

Shachris ~8:00 am

Erev Shemini Atzeres ~ Sunday Night, Sept. 30

Mincha & Ma'ariv~ 6:20 pm

Light Yom Tov Candles ~ 6:28 pm

Shemini Atzeres ~ Monday, October 1

Torah Portion: Deuteronomy 14:22 – 16:17 Siddur pp 481 – 483 Chumash pp 1012 - 1023

Maftir: Numbers 29:35 - 30:1

Siddur p 483

Chumash p 896 - 899

Haftorah: I Kings 8:54 – 8:66

Siddur pp 483 – 484 Chumash pp 1245

Shachris & Musaf ~ 9:00 am

- Pesukei D'Zimra: **Jacob Horn**

- Shacharis: **Menachem Szus**

- Leyning: **Stuart Klamen**

- Haftorah: **Alan Haber**

- Sermon: **Rabbi Ze'ev Smason**

- Musaf: **Rabbi Glazer**

Yizkor Service ~10:30 am

SIMCHAT TORAH ~ Monday Night, October 1

Mincha ~ 6:20 pm

Ma'ariv ~ 7:10 pm

Light Yom Tov Candles 7:29 pm (tea lights available at shul)

Hakofos & Parade of Torahs ~ 7:25 p.m.

Spaghetti Dinner & Whiskey Slush! ~ 8:00 pm

Yummy Candy Apples compliments of Sisterhood!!!

Live and Lively Auction for Honors on Simchas Torah Day!

Simchat Torah ~ Tuesday, October 2

Torah Portions: Deuteronomy 33:1 – 34:12 Siddur pp 484 – 486 Chumash pp 1112 -1125

Genesis 1:1 – 2:3

Siddur pp 486 – 488 Chumash pp 2 -11

Maftir: Numbers 29:35 – 30:1

Siddur p 489 – 490 Chumash pp 896 - 898

Haftorah: Joshua 1:1 – 1:18

Siddur pp 489 – 490 Chumash pp 1246 -1247

Shachris & Musaf ~9:00 am

- Pesukei D'Zimra: TBA

- Shacharis: TBA

- Leyning: **Stuart Klamen**

- Haftorah: Uppfur Grabs

- Sermon: None Today

- Musaf: Uppfur Grabs

Baby Sitting ~ Tuesday, October 2 ~ 10:00 a.m. to 12:00 noon in the Kids' Room.

Kol Hanarim ~ All Children Called to Torah 11:00 am

Mincha ~ 5:30 pm

Yom Tov Concludes ~ 7:28 pm



Simchas Torah

Monday, Oct 1 – Tuesday, Oct 2

Monday, October 1

6:20 pm Mincha

7:10 pm Ma'ariv

7:25 pm Hakofos & Parade of Torahs

7:29 pm Candle lighting in shul or at home

8:00 pm Break for **Free** Spaghetti Dinner

- *Includes Whiskey Slush at no extra charge!*
- *Yummy Candy Apples compliments of Sisterhood*
- *Lively Auction for Simchas Torah honors*

Tuesday, October 2

9:00 am Shachris

10:00 am Hakofos & Torah Reading

11:00 am Kol Hanarim – All kids called to Torah

- *Hear the last Torah portion & then the first!*
- *See the Secret Double over-and-under Hagbah!*
- *Don't miss "Hernando's Hideaway"!*



CHRISTIANS UNITED FOR ISRAEL

STANDING WITH ISRAEL

in ST. LOUIS, MO



"Peace for Israel means security, and we must stand with all our might to protect its right to exist"
- Dr. Rev. Martin Luther King, Jr.



Keynote Speaker:

Major Elliot Chodoff

Israel Defense Force, Political & Military Analyst

Imagine looking at a map of war torn Syria and being able to point to your home, or sitting on your porch and being able to see smoke from an ISIS rocket. Meet Elliot Chodoff, a political and military analyst, and one of the world's leading experts on Counter Terrorism and the Middle East conflict. He serves as the Deputy Chief of Staff for Population for the Northern Region of Israel in Home Front Command. He is the author of the Israel Defense Forces Field Handbook, is an expert in infantry weapons and tactics, and teaches courses in field craft and small unit tactics, counter terrorism, and military history and strategy.



Speaker:

Pastor Lyndon Allen

CUFI's Central Regional Coordinator

He has ministered in Nashville, TN for over a decade. In 2011, Allen launched Total Life Victory, an organization dedicated to teaching about the importance of the Hebraic foundation of the Church and the Kingdom of God. Allen has been to Israel several times on governmental and spiritual tours, leading scores of pastors to the Holy Land. He hosts a weekly video podcast— Total Life Victory LIVE. Allen holds a degree from Biola University in Organizational Leadership with an emphasis in Biblical Studies and Apologetics. He and his wife Sharyl are the proud parents of four adult children.

Saturday, October 13
8:15pm



Nusach Hari B'Nai Zion
650 North Price Rd
St. Louis MO 63132

In Cooperation with: St. Louis Friends of Israel



Admission is FREE!

"With over 4.3-million members, CUFI is the largest pro-Israel organization in the United States and one of the leading Christian grassroots movements in the world."

PO Box 1307, San Antonio, TX 78295
TOLL FREE (877) 706-2834

Fax (210) 477-4713 | Email: info@cufi.org
www.cufi.org





SAVE THE DATE

Nusach Hari B'nai Zion Congregation 113TH Anniversary Banquet

Guest of Honor

Robert A. Cohn

HaKaras HaTov Award recipient

Kenneth Bressler

Israel Advocacy Award recipient

Donn Rubin

Sunday, December 16, 2018

Hors d'oeuvres at 5:30 p.m. | Dinner & Program at 6:30 p.m.

Sheraton Clayton Plaza Hotel St Louis
7730 Bonhomme Avenue
Clayton, Missouri 63105

Invitations to be mailed in October – Early Bird deadline is Nov. 16

Opportunities for sponsorships, ads, and greetings available

Phone: 314-991-2100, ext.2

Email: reservations@nhbz.org

Nusach Hari B'nai Zion • 650 North Price Road
Saint Louis, Missouri 63132



THE SISTERHOOD SCOOP SEPTEMBER

Volume I

Number 30

September 29, 2018

SAVE THE DATE

When: **Thursday, November 1**

Where: **The Ritz Carlton, St. Louis**



**Women's Philanthropy
St. Louis Jewish Federation
presents:**

"L'CHAIM!

Women Changing the World"

featuring **Linor Abargil** - former Miss World

If you are going: When you register, ask to be seated at the **NHBZ table**. Sisterhood is representing Nusach Hari B'nai Zion again this year in support of Women's Philanthropy programming. If you did not receive an invitation in the mail, you may register online at: www.ifedstl.org/events/lchaim2018/

BOOK CLUB NEWS

Next Book Selection:

Home in the Morning

by Mary Glickman

Next Meeting:

Monday, October 22

7:15-8:45 PM

HOSTED BY: Sallie Volotzky

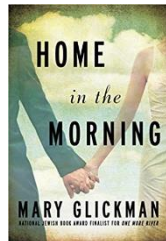
FACILITATED BY: Terri Schnitzer

Dec. 17 Book Selection:

***Sisters Weiss*, by Naomi Ragen**

FOR MORE INFO CONTACT Fran Alper

phone: 314-993-4024 email: fran.alper@outlook.com



The Last Torah Portion - a Whole-Hearted Affair*

Healthy Resolutions

V'zot Haberachah, the last portion of the Torah, comes at the tail end of the Jewish holidays (Simchat Torah) and is the only portion not read in synagogue on a Sabbath.

In the secular calendar, Jan. 1 is synonymous with making New Year's resolutions. That is why gyms offer special incentives to join at the new year when motivation, as well as false hopes, rides exceptionally high. Most resolutions fail by the second week of February, and overall, studies suggest that far less than 10% of us achieve our resolution goals. One study broke down success in achieving goals by age groups, and the least successful was the over-50 set. This was surprising because the ever-increasing awareness of one's own mortality is a powerful incentive to take seriously Hillel's famous question, "If not now, when?" But... damage can occur to psyches that have experienced repeated cycles of failure over decades. Eventually, people either don't even try anymore or make half-hearted attempts with guaranteed disappointment waiting to happen, which reinforces a fixed view of themselves (and the universe), in which they come up short.

It's All About Love

The secular New Year's resolutions center mostly around weighing less, earning more, getting in shape, getting organized and kicking an addiction. In contrast, the themes of the Jewish holidays (Rosh Hashanah, Yom Kippur, Sukkot and Simchat Torah) are about relationships—coming closer and connecting to G-d, repairing our relationships with other people, and ultimately, engaging in honest self-discovery to make conscious choices for personal growth (our relationship with ourselves). Thus, the Torah doesn't just end at the end of the Jewish year—as soon as we read the last sentence of the last verse of the Torah, with our next breath we begin the reading of the Torah all over again because the growth process is never ending. For example, if you consistently engage in an unwanted behavior, over time you will have had a lot of practice at it, and by now, you are probably very good at being the very thing you least desire. When you change what you are doing, you can change who you are being. And so while practice makes perfect, practice itself is never perfect—hence the term. It's all about making mistakes and learning from them, and recommitting over and over to a goal. One day at a time.

When we come to the end of the Torah, we should be looking back at how we have lived the prior year; at the same time, as we begin the cycle anew, we can reflect upon how to practice better in the coming year. Thus, the "failures" we will undoubtedly experience can be redefined from being a setback that reinforces a negative self-image that cannot be changed to a valuable opportunity for learning and growth towards fulfilling potential. This requires compassion for others, as well as for oneself. To that end, the last letter of the Torah is a "lamed." And the very first letter of the Torah is a "beit." Together, these two letters from the word "lev," which means "heart." Thus, Torah is not merely a cerebral mind game, but a full-fledged heart game because spiritual growth is a whole-hearted affair. And we are never alone in that process.

In V'zot Haberachah, Moses blesses each of the tribes with its unique strengths and gifts. We are all blessed with these multiple attributes to the extent that we need them for our unique spiritual mission. Thus, as we go through our tests and challenges, we are never without the resources, tools and inner strength we need to turn crisis into opportunity and suffering into growth. Our reasonable goal should not be unattainable perfection, but an ever-present desire to grow and connect. So here's to your "what was" and what will be your year of sacred moments—your journey of spiritual growth and heart-based Torah. And may your endings be filled with many new beginnings.

Internalize and Actualize:

1. Write down a few resolutions that you made that repeatedly get broken. Now, next to them, write something practical you can do in each area, that will work towards those end goals. Make sure it is something small so that you can stick to it.
2. Now write down some commitments you are able to make in the following areas: Friends, Family, Yourself, Spirituality. In each area, write down something practical you can do to further connect to those you love, to yourself and your needs, and to your Creator. Again, this should be something doable that you can implement into your life.

*a Whole-Hearted Affair by Hanna Perlberger at chabad.org



Shabbat

Thank you to Dr. Chana Lowenstein & her husband Doug for sponsoring Synaplex in memory of Chana's parents, Bud Lowenstein, z"l and Helen Lowenstein, z"l

Shabbos, October 6, 2018

- 8:30 am **Traditional Services** – in the sanctuary
- 9:15 am **Prayer Learners Service** – in the chapel
led by Rabbi Yosef David of Aish HaTorah St. Louis
- 10:00 am **Starting Points** – in the chapel
Topic: "Lessons from Adam & Eve: Growing Closer to the Ones You Love" led by Rabbi Ze'ev Smason
- 10:00 am **Children's Programming** – lower level
Tot Shabbat for ages 1-6, babysitting for younger children,
Junior Congregation for ages 7 and up

11:30 am **Synaplex Breakout Sessions**

"Back to the Future? 'Zionism as Racism' in the African and Arab Human Rights Systems"

led by Robert P. Barnidge, Jr., PhD, author, and instructor at St. Louis University, University of Missouri - St. Louis, and affiliated professor at the University of Haifa

"Raising a Jewish Family" led by Rebbetzin Mimi David,
Aish HaTorah St. Louis

12:30 pm **Kiddush Lunch for All** - in the Social Hall

*NHBZ Synaplex Shabbat is free and open to the Jewish public
Home hospitality is available. Call the NHBZ office at 314-991-2100 ext. 2 for details.*

NHBZ CASH CARD ORDER FORM

WHAT IS SCRIP, AND HOW DOES IT WORK?

WE NEED YOUR HELP!

- You purchase gift cards from NHBZ at face-value and NHBZ receives a percentage of your purchase from each card as listed below. It's that simple.
- Orders are due on the 15th of each month, and the cards are usually available to pick up in the office within 5 business days.
- Just fill out a form and mail or drop off at the office with your payment. **Fill Out: (All areas in red)** (questions? Call Laura at 991-2100 x:3)

► **YOUR NAME:** _____ **PHONE#:** _____ **EMAIL:** _____

POPULAR CASH CARDS PURCHASED:	RETAILER	DENOMINATION	% TO NHBZ	QUANTITY	TOTAL
Orders & payments to NHBZ may be made by check or cash only, and MUST accompany your order form.	Amazon.com	\$25.00	2.25%		
		\$100.00	2.25%		
Payments received after the 15th of the month will automatically be placed on the next order date.	AMC Theatres	\$25.00	8.0%		
		CVS	\$25.00	6.0%	
**A complete list of participating businesses can be found at: ShopWithScrip.com	Dierberg's	\$100.00	6.0%		
		\$25.00	2.5%		
If you do not have access to a computer or internet, please contact our office. Please do NOT order directly from the website.	Home Depot	\$100.00	2.5%		
		\$25.00	4.0%		
Write-in - Other Listed Retailer ►	Macy's	\$100.00	4.0%		
		\$25.00	10.0%		
	Starbucks	\$10.00	7.0%		
		\$25.00	7.0%		
	Target	\$25.00	2.5%		
		\$50.00	2.5%		
	Walgreens	\$25.00	5.0%		
		\$100.00	5.0%		
	Walmart/ Sam's Club	\$25.00	2.5%		
		\$100.00	2.5%		

**YOU RECEIVE THE FULL VALUE ON THE CASH CARDS!
IN ADDITION, NHBZ RECEIVES THE % INDICATED.** ►

Total Order:



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WE NEED YOUR HELP.**

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JOIN THE BAR & BAT MITZVAH JOURNEY

בר/בת מצוה

Prepare for Your Exciting Milestone
with Friends and Great Teachers



Highlights of this interactive and multi-faceted program are to include:

- Jewish Identity, Pride, & Contemporary Issues • Things Every Jew Should Know •
- Shabbat • Holidays • Jewish History Highlights • Israel & Us •
- Jewish Life Cycle • Jewish Heroes and Heroines • Community Leadership •

~ 27 WEEKLY SESSIONS ~

Sundays 4-5:30pm | No prior formal Jewish studies required

Open to all regardless of level of observance | NHBZ membership not required!

All participants will be eligible to celebrate their Bar/Bat Mitzvah at NHBZ.

Course Starts October 7, 2018

Sign up online by 9/21/18: www.nhbz.org, or Call: 991-2100 Ext 2





Holy Smokes!

SAVE THE DATE! October 21, 2018

*Kasherus
Supervised By*

Rabbi
Ze'ev
Smason

*Officially
Sanctioned By*



Thanks to our sponsors (so far):



For more information, please contact Mindy Woolf at mwoolf2002@gmail.com