



Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

January 12, 2019 ~ 6 Shevat 5779

Candle Lighting 4:41 pm

Shabbat Ends 5:45 pm

Torah Portion:

Bo: Exodus 10:1 -- 13:16

Chumash pages 340-365

Maftir:

Jeremiah 46: 13-28

Chumash page 1151

Our Sponsors:

Thank you to **David, Norma** and **Yitzchok Rubin** for sponsoring Shalosh Seudos in observance of the yahrzeit of David's mother, Jeanette Rubin- Shaindel bas Dov Ber z"l.

Thank you to **Marshall Friedman** for enhancing the Kiddush luncheon this Shabbat.

Thank you to **Larry** and **Rayna Chervitz** for sponsoring the soda in celebration of their anniversary.

Synaplex Shabbat

Shabbos, Friday, January 11

- Mincha & Ma'ariv ~ 4:35 pm

Shabbos, January 12

- Shachris & Musaf ~ 8:30 am

- Pesukei D'Zimra: **Howard Sandler**
- Shacharis: **Richard Woolf**
- Leyning: **Kenny Bressler**

- Haftarah: **Sid Silverman**
- Drasha: **No Sermon**
- Musaf: **Ezra Abramson**

- **Learners' Service** led by **Rabbi Yosef David** of Aish HaTorah ~ 9:15 am
- **Tot Shabbat with Alana Minoff and Junior Congregation** ~ 10:00 am
- **Starting Points Wisdom for Daily Living** led by **Rabbi Ze'ev Smason** ~10:00 am
Topic: "*Tikun Olam: What Does It Mean To 'Perfect The World'?*"

- **Synaplex Breakout Sessions** ~ 11:15 am

1. "*The Israeli-Palestinian Conflict: A View from Outer Space*"

Dr. J. Martin Rochester - Curators' Distinguished Teaching Professor of Political Science, University of Missouri-St. Louis

2. "*The Jewish Journey: What Does it Mean to Live as a Jew?*"

Rabbi Avi Roberts, Ignite YP, Director

- **Kiddush Luncheon** following presentations
- **Mincha / Ma'ariv /Shalosh Seudos** ~ 4:25 pm

Shabbos Greeters ~ **Jennifer Hartranft** and **Joyce Hochberg**

This Week and Beyond....

	Shabbos Jan 12	Sun. Jan 13	Mon. Jan 14	Tues.* Jan 15	Wed. * Jan 16	Thurs.* Jan 17	Fri. Jan 18	Shabbos Jan 19
Minyan Times								
Shachris	8:30 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	4:25 pm	4:45 pm	4:45 pm	6:45 pm	6:45 pm	6:45 pm	4:45 pm	4:35 pm

SYNAPLEX

* Ma'ariv only Morning Blessings and the first Kaddish are started five minutes prior to Shachris.

~ For security, the lower floor entrance is locked on Shabbat ~

Birthdays- Andrew Sher, Caryn Garriga, Abigail Bialecki and Yael Minoff

Anniversaries- Sam & Shirley Bluestein, Larry & Rayna Chervitz and Harold & Fran Hoffman

~ Sponsor the Shabbos bulletin for \$54 ~

- **Monday, January 14 ~ 7:00 pm ~ Home Study Group** Topic: "Jewish Prayers' Sources" hosted by Trudy & Gary Sudin. RSVP to jeff@nhbz.org or 991-2100 ext.2
- **Tuesday, January 15 ~ 7:00 pm ~ Board Meeting**
- **Wednesday, January 16 ~ 2:00 pm ~ Balance for Balabustes** ~ Strength Training, Bone Health and Flexibility for Females with Dr. Jill Abrams. Sponsored by the **NHBZ Sisterhood** and the **STL Senior Kollel**.
- **Monday, January 21 ~ Tu B'Shevat**
- **Shabbos January 26 ~ NHBZ and Sisterhood Board Installation and Kiddush luncheon**
- **Sunday, January 27 ~ Pizza Night**

Parsha- Bo Exodus

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.

Traffic Safety Belts Available at NHBZ

We have bright orange safety belts available for a suggested donation of \$5.00. These belts are a great to have when walking at night. Call the office or pick one up at Minyan, proceeds benefit NHBZ Kiddush Fund.

Adult Learning at NHBZ

Every Wednesday 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:

Cont....January 19: "Life Lessons I've Learned From My Pets"

January 26: "The Golden Rules of Good Conversation"

February 2: "Boost Your Energy, Lift Your Spirit"

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

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

NUSACH HARI B'NAI ZION • 650 NORTH PRICE ROAD • ST. LOUIS MISSOURI 63132



Shabbat Children's Programming

January 12, 2019

Junior Congregation Ages 7 to 11

10:00 am – 12:00 pm in the Youth Lounge

- Learn the key Shabbat prayers and tunes
- Review the weekly Torah portion
- Discuss cool facts about Israel
- Absorb Israeli culture and spoken Hebrew
- Hang out with old friends and make new ones

Tot Shabbat Children ages 6 and under

10:00 am – 11:30 am in the *Eli Ragin Kids' Play Room*

- Enjoy a fun, engaging, activity-filled Shabbat with songs, stories, games, dancing, puppets & more
- Parents and grandparents are invited to stay

Babysitting is also available **10:00 am - 12:00 pm**

All children welcome – no RSVP, no cost, no worries!

***All programs are on the NHBZ lower level,
and include delicious snacks!***

For questions, please email *Alana Minoff*
at alanaumansky@gmail.com



Shabbat January 12, 2019

8:30 am - Traditional Services - in the Sanctuary

9:15 am - Learners Service – in the Chapel

Led by *Rabbi Yosef David* of Aish HaTorah St. Louis

10:00 am - Starting Points - in the Chapel

Topic: "Tikun Olam: What Does It Mean To "Perfect The World"?"

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

11:15 am Synaplex Breakout Sessions

"The Israeli-Palestinian Conflict: A View from Outer Space"? Dr. J. Martin Rochester - *Curators' Distinguished Teaching Professor of Political Science, University of Missouri-St. Louis*

"The Jewish Journey: What Does it Mean to Live as a Jew?" Rabbi Avi Roberts, *Ignite YP, Director*

12:15 pm Kiddush Lunch for All - 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.*



Home Discussion Groups ***led by Rabbi Ze'ev Smason and others***

YOU SPOKE, AND WE LISTENED - HERE IS THE 2019 LINE UP
(Check Shabbos Bulletins for any time changes)

Jewish Prayers Sources

Jan. 14, 2019, 7:00 pm, hosted by Trudy & Gary Sudin

Pesach

Mar. 25, 2019, 7:45 pm, hosted by Sally Needle

Kaddish

May 20, 2019, 7:45 pm, hosted by Alan & Vivian Zarkowsky

Structure of Jewish Books

Jul.15, 2019, 7:45 pm, host to be determined

Rosh Hashana & Yom Kippur

Sep. 9, 2019, 7:45 pm, hosted by Amy & Denny Feit

Medical Methods and Halacha

Nov. 11, 2019, 7:00 pm, hosted by Jackie & Craig Berkin

To RSVP, or to host a Discussion Group, contact **Jeff** at **314-991-2100** or jeff@nhbz.org. We will provide host address & phone # at time of RSVP



THE SISTERHOOD SCOOP JANUARY



Volume 2

Number 2

6 Shevat 5779

January 12, 2019

**NHBZ Sisterhood Congratulates
2019**



Award Winners

Chani Smason

Educator Peer Award

Robin Rickerman

Pillar Peer Award

The JProStl Awards honor those who exemplify professional excellence and dedication to their position, organization and the Jewish community.

JProStl's 2019 Recognition Luncheon

The Future is Bright:

Highlighting the Work of Our Professionals

Thursday, January 31, 2019

11:30 am – 1:30 pm

at the J's Stenberg Family Complex

**All paid-up Sisterhood Members
are invited to a *Membership Tea***



honoring YOU and our long-time Sisterhood Members

SUNDAY, FEBRUARY 10, 2:30 PM

*A Kosher Wine-Tasting will follow the Tea,
where you will learn that there's more
to Shabbos kiddush than Manischewitz!*

RSVP by Sun. Feb. 3 to 314-991-2100 ext.3 or sisterhood@nhbz.org



Get Well

CARDS



"Have any cards for someone who's just kvetching?"

MARK YOUR CALENDARS

Next Sisterhood Board Meeting:
THIS Tues, Jan. 15 at 6:00pm

**The Next Balance for Balabustes Class
presented by NHBZ Sisterhood and
the St. Louis Senior Kollel at NHBZ:**
THIS Wed., Jan. 16, 2019, 2-4pm

**Installation of Sisterhood Officers
& Board of Directors for 2019:**
Shabbos January 26

**Women's Philanthropy Program
"Pieces of Our CommuUNITY"**
February 21 at 7 pm
Hilton St. Louis Frontenac Hotel

NHBZ's Sisterhood BOOK CLUB

The next Book Club meeting is February 25 at the home of Trudy Sudin. The book selection is: The Kidnapping of Edgardo Mortara, by David I. Kertzer. All women are welcome! For more Info call Fran Alper at 314-993-4024, or email: fran.alper@outlook.com

Parshat Bo – Faith in the Redemption

– Translated and Adapted by Moshe Wisniefsky – chabad.org/thejewishwoman

As Moses had said, all the firstborn Egyptian males died precisely at midnight. The Egyptians urged the Jews to leave, showering them with silver, gold, and clothing. The Jewish women, confident that G-d would perform miracles for them, also brought timbrels to celebrate with.

וּבְנֵי יִשְׂרָאֵל . . . וַיִּשְׁאָלוּ מִמִּצְרַיִם כֶּלִי כֶסֶף וְכֶלִי זָהָב וְשִׁמְלֹתַי: (שמות יב:לה)

The Israelites . . . requested silver and gold utensils and clothing from the Egyptians. Exodus 12:35

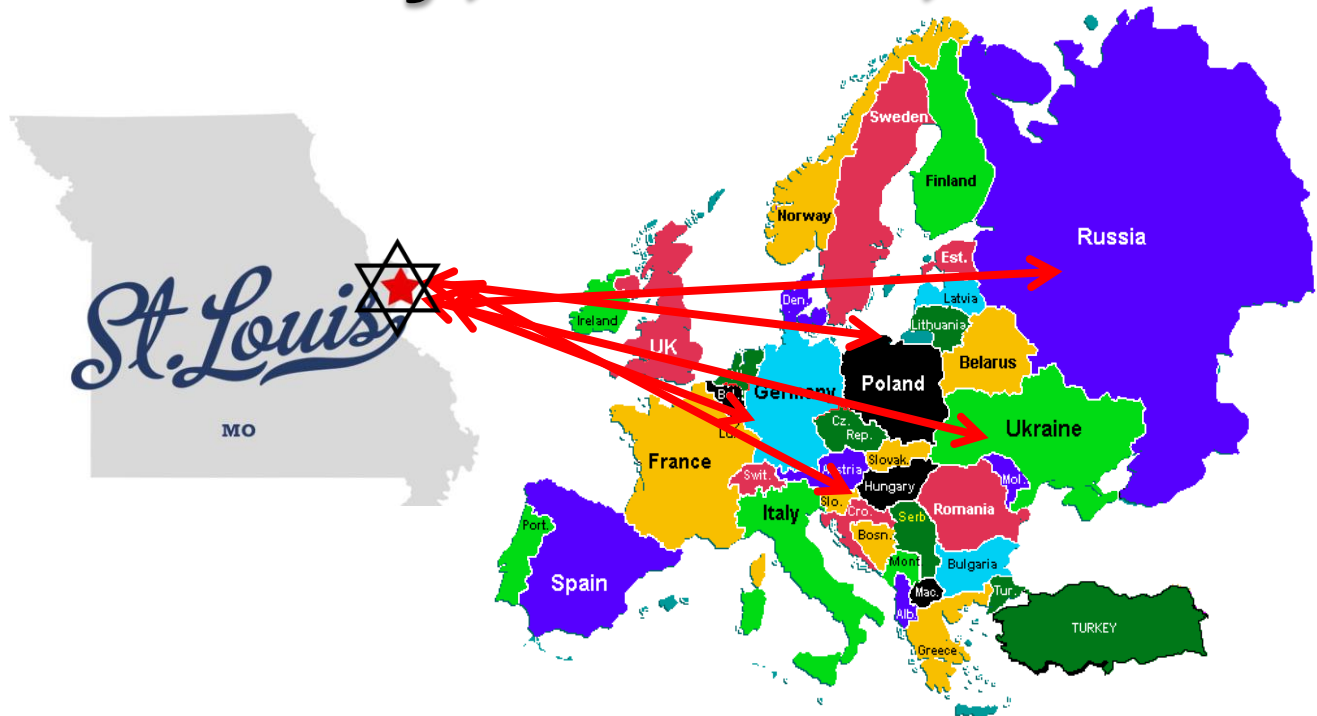
By also bringing along timbrels, the women demonstrated more faith and trust in G-d than did the men. The women of our generation, too, can lead the way by demonstrating their faith that the final Redemption is imminent. To be sure, until the moment of redemption arrives, we should all feel the bitterness of the exile and pray fervently that G-d bring it to an end. But at the same time, our unshakable confidence that G-d will fulfill His promise of redemption should fill us with overflowing joy. Women, on the strength of their innately more deep-seated faith, can already begin celebrating the Redemption – even with music and dance – and this will inspire the men to follow suit.¹

¹-Sefer HaSichot 5752, vol. 1, pp. 303–307.



St. Louis Jewish Legacy Tour

**~ SAVE THE DATE ~
Sunday, June 23, 2019**



***NHBZ Sisterhood Presents
A St. Louis Jewish Legacy Bus Tour***

Sunday, June 23, 1:00 – 5:00 pm

**Starting from Nusach Hari B'nai Zion
650 North Price Road, Olivette**

Seats are limited

Email sisterhood@nhbz.org now to reserve your space

Details and registration to follow

For information or to join Sisterhood, call the NHBZ office at 314-991-2100, ext. 3, or email: sisterhood@nhbz.org



Membership Tea & Wine Tasting

All paid-up Sisterhood Members
are invited to a

Membership Tea



honoring all our Sisterhood Members

Sunday, February 10

2:30 pm

A Kosher Wine-Tasting will follow the Tea.

Get a 'taste' of Israeli culture while learning about the various
wine-producing regions of the Galilee and the Judean Hills...

...and discover that there's more to Shabbos kiddush than
Manischewitz!

CHARLES
ROUGE • BUN
SHIRAZ
EISWEIN
PINOT
RIESLING
CHAMPAGNE
CABERNET
SAUVIGNON
CHARDONNAY
BORDEAUX



RSVP by Sunday, February 3

call 314-991-2100-ext. 3

or email: sisterhood@nhbz.org

Not yet a Sisterhood Member?

Annual Membership is \$25 ~ RSVP and join Sisterhood at the Tea!



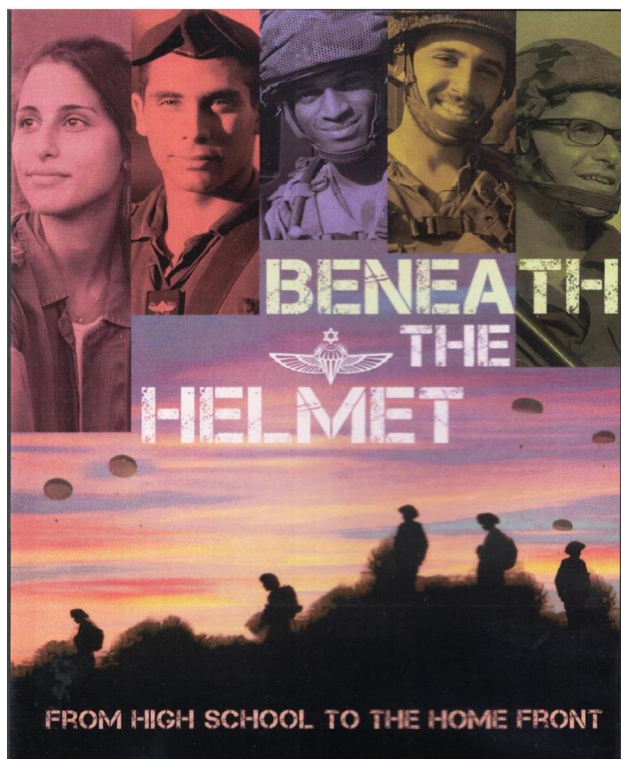
Shaving Israel presents a movie:

BENEATH THE HELMET

from High School to the Home Front

This documentary film portrays the sacrifices and rigorous training young men and women endure to become soldiers in the Israeli army

After the movie, a former Israeli paratrooper will answer all your questions.



Sunday, February 24, 2019 at 3 PM

please arrive early!
we'll be starting on time

Address:

Nusach Hari B'nai Zion
650 North Price Road
Olivette, MO 63132
314-991-2100

You are welcome to stay for NHBZ Pizza Night, starting at the conclusion of our program, at 5 PM.

All you can eat, includes Pizza, Pasta, Garlic Bread, Salad plus a Dessert and a Beverage for \$12.00
Kosher, of course!

Movie Event is free

Contributions to **Shaving Israel** are welcome.

All donations (100%) are going to IDF Soldiers and are tax deductible

SHAVING ISRAEL
PO Box 6991
Chesterfield, MO 63006-6991

Visit our Web Sites:

<http://shavingisrael.org> and
<http://www.nhbz.org/>



Starting Points: *Wisdom for Daily Living*

Join us for these sessions designed for those who are interested in growing Jewishly, regardless of education or level of observance. Each session explores Jewish concepts in practical, understandable terms.

Sessions are held every Shabbat at 10:15 in the NHBZ chapel on the lower level, unless otherwise noted.



January 12: “Tikun Olam: What Does It Mean To “Perfect The World”? *At 10:00 am due to Synaplex Shabbat.*

January 19: “Life Lessons I've Learned From My Pets”

January 26: “The Golden Rules of Good Conversation”

February 2: “Boost Your Energy, Lift Your Spirits”

February 9: “Priorities: What Comes First?”

February 16: “How Not to Be Your Own Worst Critic”

February 23: “Making Life Fun Again”



Pizza Night

Sunday, January 27

5:00 pm – 7:00 pm

All You Can Eat Buffet

**Includes Pizza, Pasta, Salad and Garlic Bread
plus a Dessert and a Beverage**

**Cheese is Cholov Yisroel; pareve & gluten free crusts available while
supplies last**

All food under the supervision of Rabbi Ze'ev Smason

Dine-In Buffet

Movies for kids on lower level

Adults: \$12.00 ~ Kids 4-10: \$6.00 ~ Kids 3 & under: FREE

WE ACCEPT CREDIT CARDS

Or Carry Out

Cheese Pizza \$12 plus \$.75 for each topping

**Place orders by 10:00 am Sunday: email orders preferred to
jeff@nhbz.org or as a last resort call 314-991-2100, ext. 2**

Pick up between 4:30 pm - 4:45 pm (pre-paid orders only)



**Nusach Hari B'nai Zion
650 North Price Road
Olivette, MO 63132
314-991-2100**



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



**NHBZ MEMBERS,
WE NEED YOUR HELP.**



shopwithscrip™.com

FREE MONEY FOR THE SHUL!