



Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

January 19, 2019 ~ 13 Shevat 5779

Candle Lighting 4:49 pm

Shabbat Ends 5:53 pm

Torah Portion:
Maftir:

Beshalach Exodus 13:17 -- 17:16
Judges 4:4 - 5:31

Chumash pages 366-393
Chumash page 1152-1154

Erev Shabbos, Friday, January 18

- Mincha & Ma'ariv ~ 4:45 pm

Shabbos, January 18

- Shachris & Musaf ~ 9:00 am
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Menachem Szus**
 - Leyning: **Stuart Klamen**
 - Haftarah: **Moshe Pinto**
 - Drasha: **Rabbi Ze'ev Smason**
 - Musaf: **Alan Haber**
- No Learners' Service ~ Rabbi David will return February 2nd
- Starting Points Wisdom for Daily Living led by **Rabbi Ze'ev Smason** ~10:15 am
Topic: "Life Lessons I've Learned From My Pets"
- Mincha / Ma'ariv / Shalosh Seudos ~ 4:35 pm

Shabbos Greeters~ **Bob and Joni Kaiser**

This Week and Beyond....

Minyan Times	Shabbos Jan 19	Sun. Jan 20	Mon. Jan 21	Tues.* Jan 22	Wed. * Jan 23	Thurs.* Jan 24	Fri. Jan 25	Shabbos Jan 26
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/Ma'ariv	4:35 pm	4:50 pm	4:50 pm	6:45 pm	6:45 pm	6:45 pm	4:50 pm	4:40 pm

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

**Birthdays- Leonard Alper, Scott Gitel, Rachael Pevnick, Dr. Ram Volotzky,
and Helayne Levitt**

**For Security ~ the lower level will remain locked on
Shabbat please use the front door**

- Shabbos January 26 ~ NHBZ and Sisterhood Board Installation and Kiddush luncheon
- Sunday, January 27 ~ Pizza Night

- **Monday, January 28** ~ “Amud –A- Week” with Rabbi Perlman at 8:30 pm in the Chapel
- **Sunday, February 10** ~ Sisterhood Membership Tea
- **Shabbos, February 16** ~ NHBZ will be joined by **David Sussman**. Born in Boston, David made Aliyah in 2001, served as an IDF Lone Soldier, and became a top-rated Israeli tour-guide. A charismatic speaker known for his knowledge of and passion for Israel, David will offer a presentation on the topic of “*The Remarkable Jewish Impact of Israel*”. **Kiddush Luncheon.**
- **Sunday, February 24** ~ Shaving Israel presents the film “Under the Helmut”.

Note: Rabbi Smason will be out of town from Sunday, January 20 through Tuesday, January 22. He will return to the office on Wednesday, January 23.

Tu B' Shevat

One of the customs in Israel related to Tu B' Shevat is planting trees. **We are joining with communities around the world and offering you an opportunity to sponsor fruit trees to be planted in the memory of the 11 victims in Pittsburgh's Tree of Life Synagogue.**

If you would like to sponsor a tree, visit this link www.israeltrees.org/treesoflife/?a=nhbz.org to make your donation or learn more about the organization.

Parshas Beshalach

As the Jewish people leave the land of Egypt, Pharaoh's heart is once again hardened. The Egyptian army pursues the former slaves, trapping them on the shores of the Red Sea. Moses raises his hand over the sea, miraculously parting the waters and allowing the Jewish people to pass through safely. Pursued by the Egyptians into the sea, Moses once again raises his hand and the waters come crashing down upon Pharaoh's army. Awed by this indisputable miracle, Moses leads the Jewish people in the Shir Shel Yam, a song of praise to G-d acknowledging a debt of gratitude for their remarkable salvation.

After traveling from the Red Sea, and following the miraculous sweetening of the bitter waters at Marah, the Jewish people complain to Moses and Aaron that they have no food to eat. G-d responds by providing a great test of faith; a daily ration of manna that would fall from the sky for forty years every morning, except for Shabbos. Some suggest that the manna was the greatest miracle the Jewish people ever experienced. A constant water source is also given when G-d commands Moses to strike a rock, miraculously causing water to flow from it. The portion concludes with the nation of Amalek's unprovoked sneak attack and the Jewish people's victory.

Kids Programs – Alana Minoff

This week we are scheduled to have Tot Shabbat and Junior Congregation...don't let the snow scare you away!

NHBZ Photo Directory 2019 ~ Save the Date

Our Nusach Hari Photo Directory will be published for 2019. Family photos will be scheduled for Sunday, May 5 from Noon to 7pm, Mondays, May 6 & 13 from 1-8pm, and Tuesday, May 14 from 1-8pm. A committee will be formed to assist in scheduling photo appointments, selling business and personal ads in the directory, and greeting families as they arrive for their photo appointments. Anyone interested in serving in any of the committee positions should contact Keith Zeff at 314-775-4430.

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:

January 26: "Tikun Olam: What Does It Mean To 'Perfect the World'?"

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**



**Mondays - Beginning January 28,
2019**

8:30 pm in the Chapel

Join Rabbi Perlman as we bring
the **Amud-A-Week**
to Nusach Hari B'nai Zion
(for men only)

No requirements or prerequisites.
Just come ready to learn.

In the Community

The Vaad Hoer of St. Louis is pleased to present the latest edition of "The Voice of the Vaad" now available at: <https://ovkosher.org/voice-of-the-vaad-7/>.

Save the Dates

March 16 ~ Synaplex Shabbat

March 21 ~ Purim and Seudah



THE SISTERHOOD SCOOP JANUARY



Volume 2

Number 3

13 Shevat 5779

January 19, 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 Staenberg 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



Raffling off prizes at last year's Sisterhood Membership Tea!

MARK YOUR CALENDARS

Installation of Sisterhood Officers
& Board of Directors for 2019
at Shabbos Kiddush – January 26

Paid-up Sisterhood Membership Tea
Sunday, February 10 at 2:30PM

Sisterhood Board Meeting
Tuesday, February 12 at 6:00PM

Next Balance for Balabustes Class
Wednesday, February 13 at 2-4PM

Women's Philanthropy CommuUNITY Event
Thursday, February 21 at 7PM
Hilton St. Louis Frontenac Hotel

Sisterhood Movie Night
Wednesday, March 27

St. Louis Jewish Legacy Bus Tour
Sunday, June 23, 1:00-5:00PM

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 Beshalach – The Lesson of the Manna

(Exodus 15:27–16:10) – Translated and Adapted by Moshe Wisniefsky– chabad.org/

Led by G-d's pillar of cloud, the people proceeded on their journey toward Mount Sinai. On the 15th of Iyar, the Jews ran out of matzo. G-d then began to feed them with manna, a type of bread that descended from heaven each morning.

Even if we believe that everything is in G-d's hand, we still tend to think that our own efforts also play a role in acquiring our physical sustenance. In contrast, manna was not acquired through human effort, and so left no room for such misconceptions.

Even so, G-d did not allow the people to collect more than one day's worth of manna at a time, for whenever the pantry would have been full, the people would not have felt dependent upon G-d.

On the other hand, G-d did require the people to go out and gather the manna, rather than deliver it to their doorsteps. In this way, He prepared them for their eventual entry into the real world. If acquiring the manna had not required any human effort, the people would have dismissed it as an isolated miracle, irrelevant to real life. By being required to collect the manna, they learned that human effort and G-d's blessings work together.

The manna taught us that our sustenance comes from heaven. Even when it appears to be the fruit of our own labor, it is in fact a gift from G-d.

– Likutei Sichot, vol. 16, pp. 177–178



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!



Shabbat Children's Programming

January 19, 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



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

January 26: “Tikun Olam: What Does It Mean To "Perfect The World"?”

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”

March 2: “The Golden Rules of Good Conversation”



Shabbos Speaker

February 16, 2019



Join us as we welcome renowned Israeli Tour
Guide and former IDF 'Lone Solider'

David Sussman

for his presentation on:

"The Remarkable Jewish Impact of Israel"

~ Kiddush Luncheon to follow ~

Traditional Services 9:00 am

Rabbi David's Learners' Service at 9:30 am

Rabbi Smason's Starting Points at 10:15 am