



Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

January 26, 2019 ~ 20 Shevat 5779

Candle Lighting 4:56 pm

Shabbat Ends 6:01 pm

Torah Portion:

Yisro Exodus 18:1 -- 20:23

Chumash pages 394-415

Maftir:

Isaiah 6:1-13

Chumash page 1154-1155

Our Sponsors:

Thank you to **Eliyahu Sheinberg** for sponsoring Shalosh Seudos in observance of the yahrzeit of his father, Rabbi Abraham Sheinberg z"l.

Erev Shabbos, Friday, January 25

- Mincha & Ma'ariv ~ 4:50 pm

Shabbos, January 26

- Shachris & Musaf ~ 9:00 am
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Richard Woolf**
 - Leyning: **Rabbi Perlman**
 - Haftarah: **Brent Waxman**
 - Drasha: **Rabbi Ze'ev Smason**
 - Musaf: **Rabbi Perlman**
- 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: "Tikun Olam: What Does It Mean To 'Perfect the World'?"
- Board Installation and Kiddush Luncheon
- Mincha / Ma'ariv /Shalosh Seudos ~ 4:40 pm

Shabbos Greeters~ **Ed and Helayne Levitt**

This Week and Beyond....

Minyan Times	Shabbos Jan 26	Sun. Jan 27	Mon. Jan 28	Tues.* Jan 29	Wed. * Jan 30	Thurs.* Jan 31	Fri. Feb 1	Shabbos Feb 2
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	4:40 pm	5:00 pm	5:00 pm	6:45 pm	6:45 pm	6:45 pm	5:00 pm	4:50 pm

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

Birthdays - Phyllis Loiterstein, Goldie Hogan, Sally Katz, Terri Schnitzer, Irwin Fredman and Andrew Berg

Anniversaries - Jason & Nicole Loiterstein

- Sunday, January 27 ~ 5:00 – 7:00 pm ~ 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** ~ 3:00 pm ~ Shaving Israel presents the film “Beneath the Helmet”. Join us for the film and then stay for Pizza Night at 5:00 pm.
- **Friday, March 8** ~ Friday Night Dinner at NHBZ!

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

Parshas Yisro

The weekly portion begins with Moses' father-in-law, Yisro, arriving at the Jewish people's camp in the desert, where he is greeted warmly by a large entourage. Yisro was inspired to join them when he heard about all of the wonders and miracles which G-d performed for the Jewish people during the Exodus from Egypt. Upon witnessing Moses serving as the people's sole judge from dawn until dusk, Yisro declares that this system will never work. He therefore suggests that subordinate judges be appointed to adjudicate the smaller cases. Moses agrees to this plan. The Jewish people arrive at Mt. Sinai and prepare to receive the Torah. Moses ascends the mountain and G-d tells him to convey to the people that they will be to Him a treasure from among the nations. After three days of preparation the moment of revelation finally arrives. Amid thunder, lightning and the sound of the shofar, G-d descends upon the mountain and proclaims -- with the entire Jewish people listening -- the Ten Commandments. Referred to in Hebrew as the Aseres HaDibros, a more accurate translation would be the Ten Sayings or the Ten Statements. One noteworthy feature of the revelation is that both before and since Sinai, no nation has ever made the claim that G-d spoke to an entire nation of millions of individuals. Moses then ascends the mountain to receive the remainder of the Torah from G-d, both the written and oral segments. The portion concludes with several mitzvos concerning the construction of the altar in the Temple.

Kids Programs – Alana Minoff

We have some great events coming up at NHBZ so please mark your calendars!

Saturday, Feb 16: David Sussman, speaking at Kiddush/ Luncheon and the Bnot Sherut will be teaching Junior Congregation.

Friday, March 8: Shabbos Dinner. Family programming before dinner, services from 5:40 P.M. - 6:30 P.M.

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:

1. Scheduling photo appointments
2. Selling business and personal ads in the directory
3. 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

Save the Date: Please join us on February 23rd at Yeshivat Kadimah's 6th Annual Scholarship Gala at Aero, an event space, at St. Louis Lambert International Airport. Don't miss our International Event! You can rsvp to <http://www.yeshivatkadimah.org/galaregistration>

SAVE THE DATE

March 8 ~ Friday Night Shabbat Dinner

March 16 ~ Synaplex Shabbat

March 21 ~ Purim and Seudah

NHBZ INSTALLATION OF OFFICERS

January 26, 2019

Congratulations to all Officers and Board Members

SHUL OFFICERS AND BOARD

Officers for 2019

President	<i>Jay Umansky</i>
Vice President	<i>Kenny Bressler</i>
Vice President	<i>Denny Feit</i>
Vice President	<i>Rich Woolf</i>
Treasurer	<i>Howard Loiterstein</i>
Secretary	<i>Jennifer Hartranft</i>
Gabbai	<i>Alan Zarkowsky</i>

Newly Elected Board Members

Larry Chervitz
Stuart Klamen
Bobby Levine
Ed Levitt
Chana Lowenstein
Stan Margul
Jaime Papa
Phyllis Silverman

Continuing Board Members

Marcie Brook
Faye Cohen
Rhonnie Goldfader
Jason Loiterstein
Mike Minoff
Margo Tzadok
Stella Vladimirov

Trustees

<i>Leonard Alper</i>	<i>Mark Ragin</i>
<i>Craig Berkin</i>	<i>Irwin Rosen</i>
<i>Sam Bluestein</i>	<i>Sidney Silverman</i>
<i>Janet Haber</i>	<i>Menachem Szus</i>
<i>Robert Kaiser</i>	<i>Alan Zarkowsky</i>

SISTERHOOD OFFICERS AND BOARD

Officers for 2019

President	<i>Teree Farbstein</i>
Vice President	<i>Debbie Sher</i>
Vice President	<i>Faith Waxman</i>
Treasurer	<i>Helayne Levitt</i>
Recording Secretary	<i>Aida Greenberg</i>
Communications Sec'y	<i>Fran Alper</i>

Board of Directors

<i>Amy Feit</i>	<i>Trudy Sudin</i>
<i>Joyce Hochberg</i>	<i>Margo Tzadok</i>
<i>Phyllis Loiterstein</i>	<i>Peggy Umansky</i>
<i>Terri Schnitzer</i>	<i>Sallie Volotzky</i>
<i>Chani Smason, Sisterhood Chaplain</i>	
<i>Rachael Pevnick, President Emeritus</i>	





THE SISTERHOOD SCOOP JANUARY



Volume 2

Number 4

20 Shevat 5779

January 26, 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
Highlighting the Work of Our Professionals

Thursday, January 31, 2019

11:30 am – 1:30 pm

at the J's Staenberg Family Complex

RSVP by Fri. Jan. 25 to attend the luncheon

All paid-up Sisterhood Members...

...don't forget to RSVP by Feb. 3 for the

Membership Tea – SUN, FEB. 10, 2:30 PM

314-991-2100 ext.3 or

sisterhood@nhbz.org



Sisterhood Board Members eager to welcome new members at the Fashion Show!

MARK YOUR CALENDARS

- ★ **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
- ★ **Next Book Club Meeting**
Monday, February 25 at 7:15PM
At the home of Trudy Sudin
The Kidnapping of Edgardo Mortara. by David I. Kertzer
- ★ **Sisterhood's NEW Girls Movie Night Out**
Wednesday, March 27
- ★ **St. Louis Jewish Legacy Bus Tour**
Sunday, June 23, 1:00-5:00PM

Winter Tip: Keeping Ice Off Car Windshield

Here's an easy and inexpensive way to make sure you don't end up with ice covering your car windows in the morning. Vinegar! Just fill a spray bottle 3/4 of the way with vinegar and the rest with room temp water. Spray on glass at night and in the morning you can sleep in a few extra minutes!

Parshat Yisro – Delegated Authority and Leadership

(Exodus 18-19) – adapted from Rabbi Jonathan Sacks

When Jethro, the father-in-law of Moses, arrived in the Israelite camp, he was shocked to discover that Moses was serving as a one-man educational and judicial system for a community of several million souls. Jethro told Moses that it is *not good* to do this alone and he suggested that Moses select from among the people able men of accomplishment, those that fear G-d, men of truth, who abhor profit, and appoint them as arbiters and judges. According to Jethro's plan, Moses would continue to teach the people "the laws and the instructions....the path they should follow, and the deeds they should do." But the application of these laws to daily life, the resolution of questions and the settlement of disputes, should be delegated to a multi-tiered body of magistrates and counselors at every level of the community. This way, the divine law would permeate their lives on every level, not only at the apogee of their being. This is the enormity of Jethro's contribution... and the addition of this chapter into the Torah. The Jew who studies and lives Torah today is relating to the divine original rather than to a human interpretation. "Jewish leadership" means leadership by Jews, but also means leadership in a Jewish way – according to Judaic principles and values. Leadership begins with taking responsibility. It involves teamwork, constant learning, teaching others, and a sense of timing. It is also stressful. Why do people take it on? Leaders lead because there is work to do, there are people in need, there is wrong to be righted, there are problems to be solved and challenges ahead. Leaders hear this as a call to light a candle instead of cursing the darkness. They lead because they know that to stand idly by and expect others to do the work is the too-easy option.

**Congratulations to Sisterhood's
2019 Officers & Board of Directors**





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!



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**





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.



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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

Trib-ute (trib'yoot)

A gift, payment, declaration, or other acknowledgement of gratitude, respect or admiration.
 Make a tribute honor someone's simcha or good health or a loved one's memory.
 Call Jeff in the office to make a tribute – 991-2100, ext 2.
Tributes will be listed monthly in the Shabbos bulletin.

NHBZ Shul Tributes, December 2018 - January 2019

<u>IN MEMORY OF</u>	<u>SENT BY</u>
Alice Sudin	Steve Finer
	Ed & Helayne Levitt
	Irwin & Arlene Fredman
	Pepose/Feigenbaum Family
	Dr. Alan & Marcie Brook
	Enid Weissberg-Frank
	Denny & Amy Feit
<u>IN HONOR OF</u>	<u>SENT BY</u>
Anniversary of Jay & Peggy Umansky	Pepose/Feigenbaum Family
Anniversary of Howard & Phyllis Loiterstein	Pepose/Feigenbaum Family
Anniversary of Sam & Shirley Bluestein	Pepose/Feigenbaum Family
Birthday of Leslie Gitel	Pepose/Feigenbaum Family
Birthday of Sandie Abrams	Pepose/Feigenbaum Family
Birthday of Mindy Woolf	Pepose/Feigenbaum Family
Birthday of Fay McCary	Pepose/Feigenbaum Family
Birthday of Gary Sudin	Pepose/Feigenbaum Family
Birthday of Dr. Michael Kass	Pepose/Feigenbaum Family
Birthday of Morris Kram	Pepose/Feigenbaum Family
Birthday of Nancy Lisker	Pepose/Feigenbaum Family
Birthday of Yael Minoff	Pepose/Feigenbaum Family
Birthday of Shirley Hollander	Pepose/Feigenbaum Family
Birthday of Stan Goldfader	Pepose/Feigenbaum Family
<u>MAZELTOV</u>	<u>SENT BY</u>
Birth of great-granddaughter of Rachel Pevnick	Bob & Joni Kaiser
Birth of grandson of Dr. Craig & Jackie Berkin	Bob & Joni Kaiser
	Pepose/Feigenbaum Family
	Sam & Shirley Bluestein
	Mark Ragin & Gail Rose
	Mayer Taller
	Bob & Sandie Abrams
Marriage of Emma Mufson, granddaughter of Sam & Shirley Bluestein	Bob & Sandie Abrams
	Bob & Joni Kaiser
Birth of nephew of McCary Family, Grandson of Jerry & Fran Cohen	Pepose/Feigenbaum Family
	Bob & Sandie Abrams
	Bob & Joni Kaiser
Marriage of Lindsey Waxman, daughter of Brent Waxman and granddaughter of Gloria Waxman	Bob & Joni Kaiser
	Pepose/Feigenbaum Family
<u>A SPEEDY RECOVERY TO</u>	<u>SENT BY</u>
Peggy Umansky	Pepose/Feigenbaum Family
	Bob & Joni Kaiser
	Dr. Alan & Marcie Brook
Vivian Zarkowsky	Pepose/Feigenbaum Family
	Mark Ragin & Gail Rose
<u>THANKS TO</u>	<u>SENT BY</u>
Janet Haber	Irena Scheer