



Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

January 5, 2019 ~ 28 Tevet 5779

Candle Lighting 4:35 pm

Shabbat Ends 5:39 pm

Torah Portion:

Vaeira Exodus 6:2 -- 9:35

Chumash pages 318-339

Maftir:

Ezekiel 28:25 - 29:21

Chumash page 1149-1150

Our Sponsors:

Thank you **Susan Feigenbaum, David, Morissa, Sam and Max** for sponsoring the cake and brownies in celebration of the birthday of **Dr. Jay Pepose**.

Thank you to **Helayne** and **Ed Levitt** for sponsoring the bulletin in observance of the yahrzeit of Helayne's mother Frances Horwitz. z'l.

Erev Shabbos, Friday, January 4

- Mincha & Ma'ariv ~ 4:30 pm

Shabbos, January 5

- Shachris & Musaf ~ 9:00 am
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Menachem Szus**
 - Leyning: **Michael Shapiro**
 - Haftarah: **Stuart Klamen**
 - Drasha: **Rabbi Ze'ev Smason**
 - Musaf: **Michael Shapiro**
- Learners' Service led by **Rabbi Yosef David** of Aish HaTorah ~ 9:30 am
- Tot Shabbat with **Alana Minoff** and Junior Congregation with **Bnot Sherut** ~ 10:00 am
- Starting Points Wisdom for Daily Living led by **Rabbi Ze'ev Smason** ~10:15 am ~ Topic: "Turning Failures into Insights"
- Mincha / Ma'ariv /Shalosh Seudos ~ 4:20 pm

Shabbos Greeters~ **Aida Greenberg** and **Janet Haber**

This Week and Beyond....

Minyan Times	Shabbos Jan 5	Sun. Jan 6	Mon. Jan 7	Tues.* Jan 8	Wed. * Jan 9	Thurs.* Jan10	Fri. Jan 11	Shabbos Jan 12
Shachris	9:00 am	8:00 am	6:45 am ^	7:00 am	7:00 am	7:00 am	7:00 am	8:30 am *
Mincha/Ma'ariv	4:20 pm	4:35 pm	4:35 pm	6:45 pm	6:45 pm	6:45 pm	4:35 pm	4:25 pm

^Rosh Chodesh

* SYNAPLEX

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

**Birthdays- Morris Kram, Nina Levine, Nancy Lisker, Stanley Goldfader,
Dr. Stephen Radinsky, Dr. Jay Pepose and Norman Shore**

~ Sponsor the Shabbos bulletin of \$54~

- Shabbos, January 12 ~ Synaplex Shabbat & Kiddush Luncheon: See flyer for details

- **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**.
- **Shabbos January 19**~ Board Installation and Kiddush luncheon
- **Monday, January 20 ~ Tu B'Shevat**

Parsha Vaeira

G-d assures Moses that He will indeed redeem the Jewish people from slavery and bring them into the land of Israel. After the Torah presents a detailed genealogy of the tribe of Levi (Moses' family), Moses and Aaron go before Pharaoh to request a three-day hiatus from work so that the Jewish people can worship G-d in the desert. Moses' staff is miraculously turned into a snake as a sign of their Divine mission. When the Egyptian sorcerers counter by transforming their staffs into snakes as well, Moses' staff swallows up theirs. Even so, Pharaoh adamantly refuses to free the Jewish people, and the series of ten gruesome plagues begins.

The first seven plagues are described in this week's Torah portion; blood, frogs, lice, a swarm of wild beasts, pestilence, boils and hail. Moses goes down to the river to speak to the Egyptian king -- however, Pharaoh remains in denial ('in d'Nile' -- get it?) continuing to refuse to free the Jewish people as his heart is hardened. The portion comes to a close in the middle of these momentous events.

Kids News by Alana Minoff

This week the Bnot Sherut will be leading Junior Congregation so don't miss out on the fun that they have prepared! Morah Julia and I will be there for Tot Shabbat and babysitting. Stay tuned for details on a family friendly Tu B'Shvat program and dinner Sunday, January 20th.

Traffic Safety Belts Available at NHBZ for Shabbos

We have bright orange safety belts available for \$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:

January 12: "Tikun Olam: What Does It Mean To "Perfect The World?" 10am due to Synaplex

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**

Cash Cards

Orders are now being taken through January 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?



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.*



Shabbat Children's Programming

January 5, 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



THE SISTERHOOD SCOOP JANUARY



Volume 2

Number 1

28 Teves 5779

January 5, 2019

NHBZ Sisterhood Congratulates



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 & 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

MARK YOUR CALENDARS

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

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



"Luckily I'm fleishig, so it doesn't even tempt me!"

NHBZ's Sisterhood BOOK CLUB

The next Book Club meeting is February 25 at the home of Trudy Sudin, and the book selection is: **The Kidnapping of Edgardo Mortara**, by David I. Kertzer, the moving and informative true story of how one Jewish boy's kidnapping became a pivotal event in the collapse of the Vatican as a secular power and changed Europe forever. A captivating and compelling read! **ALL WOMEN WELCOME!**
For more Information contact Fran Alper
phone: 314-993-4024, or fran.alper@outlook.com

**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!*



Parshat Va'eira – 5 Steps to Breaking a Negative Habit

– by Chana Weisberg – chabad.org/thejewishwoman

"That's it! I've had enough!" Do you want to resolve to work on breaking a bad habit that has gotten a stronghold on your life? It could be as innocuous as biting your nails or checking your email too many times an hour. Or it could be something more worrisome, like eating patterns that threaten your health, emotional responses that threaten your relationships or shopping routines that threaten your financial security. Whatever it is, you've come to the conclusion that these negative practices are enslaving you. You are ready to take control, determined to create positive and lasting change. Now comes the hard part. How?

In the beginning of this week's Torah portion, G-d assures Moses that He will liberate the Jewish people from their Egyptian bondage.

"Say to the children of Israel: 'I am the L-rd, and I will bring you out from under the burdens of the Egyptians, and I will save you from their labor, and I will redeem you ... And I will take you to Me as a people, and I will be a G-d to you, and you will know that I am the L-rd your G-d ... I will bring you to the land ...'" With these words, G-d teaches us how to become a free nation. Moreover, we can use these steps to free ourselves from our personal enslavements.

1. I will bring you out.

Firstly, physically remove ("bring yourself out" and away from) the temptation. The chocolate bars or potato chips in your pantry are beckoning? Eliminate these unhealthy choices from your home! You're checking your emails during quality time with loved ones? Turn off your phone!

2. I will save you.

Now that you've removed the negative temptation, fill the void with something positive ("save yourself" in a practical way). Feel an urge to munch on something unhealthy? Call a friend. Ready to lose your temper and lash out in anger? Listen to a Torah class or go for a walk to calm down.

3. I will redeem you.

You've taken proactive, practical steps to conquer your negative habits. Now it's time to analyze how you got here in the first place. To eliminate the possibility of replacing one compulsion with another, you need to address its underlying cause (to "redeem yourself"). Was it boredom? Fear? Stress? Face the emotional issues that created this crutch.

4. I will take you to Me as a people.

After addressing your emotional landscape, it's time to take a long, hard look at your spiritual welfare. The purpose of our redemption was to "take you to Me." Strengthen your relationship with G-d to ensure meaning, fulfillment and purpose.

5. I will bring you to the land.

After exerting all the necessary effort, know that true freedom (bringing you to the promised land of your goals) comes only from G-d. Remember: G-d controls every aspect of our world, and our power comes only from Him.

*Nusach Hari B'nai Zion's 2018
113th Anniversary Celebration
Sunday, December 16, 2018*



It takes a lot of work to put on an event like the 113th Anniversary Dinner. We have many people to thank ...



We thank our honorees

Bob Cohn, Guest of Honor
Kenny Bressler, HaKaras HaTov Award recipient
Donn Rubin, Israel Advocacy Award recipient

Anniversary Dinner Committee

Lenny Alper (chairman), **Sandie Abrams**, **Fran Alper**, **Marsha Feenberg**, **Rhonnies Goldfader**, **Dr. Eliot Katz**, **Sally Katz**, **Jeff Miller**, **Robin Rickerman**, **Jason Rush**, **Nancy Rush**, and **Anna Rose Tendler** who worked as a team to create a very successful event

We thank the program participants (in order of appearance)

- **Peggy and Jay Umansky** outstanding emcee duo
- **Rabbi Ze'ev Smason** for his inspirational presentations introducing each honoree
- **Cantor Murray Hochberg** for leading us in beautiful renditions of the national anthems
- **Irl Solomon** for leading HaMotzi
- **Barb Bressler** for her surprise appearance
- **Menachem Szus** for leading Bircas HaMazon,

Special thanks to

Robin Rickerman, catering and venue
Bobby Levine, invitation & journal cover design
Dr. Eliot Katz, event photography
Don Eisenberg, invitation & gift photos
Howard Sandler, piano entertainment

Marsha Feenberg, ad solicitation maven
Jackie Berkin, dinner consulting
Joni Kaiser, Jewish Light submissions
Laura Krueger, event accounting
Trudy Sudin, Pillar ad consultant

We gratefully acknowledge the generosity of the event sponsors

Pillar – **The Sheridan at Creve Coeur**
Sustainer – **Don & Julie Eisenberg**; **Jewish Federation of St. Louis**
Benefactor – **Lenny & Fran Alper**
Sponsor – **Gateway-Spalding Wealth Management**;
Royal Banks of Missouri; **Jay & Peggy Umansky**

Thanks to the early bird raffle prize donors

COCA (Center of Creative Arts)
Hilton St. Louis Frontenac Hotel
The Magic House
The Repertory Theatre of St. Louis

Sheraton Clayton Plaza Hotel
Ted Drewes Frozen Custard
Trader Joe's

Additional thanks to

Lenny Kohn and the staff at **Kohn's Kosher Meat & Deli**
Bruno Bernardes at **Minuteman Press**

And, finally, the Committee and the Board of Directors thank everyone who attended the 113th Anniversary Celebration and all those who purchased Ads in the Commemorative Ad Journal.

Photos from NHBZ's 113th Anniversary Celebration, December 16, 2018

Photographs by Dr. Eliot Katz







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 5: “Turning Failures into Insights”

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”

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: 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!