



Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

February 16, 2019 ~ 11 Adar 1 5779

Candle Lighting 5:20 pm

Shabbat Ends 6:24 pm

Torah Portion:

Tetzaveh Exodus 27:20 -- 30:10

Chumash pages 464-483

Maftir:

Ezekiel 43:10-27

Chumash page 1159-1160

Our Sponsors:

This Shabbos, our Guest Speaker and Kiddush is being sponsored by the **Gellman Family** in observance of the yahrzeit of Stan Gellman z"l.

Thank you to our additional Kiddush luncheon sponsors: **Dr. Alan & Marcie Brook, Stan & Rhonnie Goldfader, Dr. Laura & David Goldmeier, Alan & Janet Haber, Helayne & Edward Levitt and Dr. Daniel & Marcela Morgensztern.**

Thank you to **Boris & Alla Yasineva** for sponsoring Shalosh Seudos in observance of the yahrzeit of Boris' mother, Yelizaveta Yasineva z"l.

Erev Shabbos, February 15

- **Mincha & Ma'ariv ~ 5:15 pm**

Shabbos, February 16

- **Shachris & Musaf ~ 9:00 am**

- Pesukei D'Zimra: **Howard Sandler**

- Shacharis: **Richard Woolf**

- Leyning: **Moshe Leib Cohen**

- Haftarah: **Reuven Tzadok**

- Drasha: **No Drasha**

- Musaf: **Menachem Szus**

- **Learners' Service ~ Led by Rabbi Yosef David of Aish Hatorah ~ 9:30 am**
- **Starting Points Wisdom for Daily Living led by Rabbi Ze'ev Smason ~10:15 am**
Topic: "How Not to Be Your Own Worst Critic"
- **Junior Congregation and Tot Shabbat ~ 10:00 am**
- **Kiddush Luncheon and speaker David Sussman**
- **Mincha / Ma'ariv /Shalosh Seudos ~ 5:05 pm**

Shabbos Greeters~ **Mike Minoff & Jaime Papa**

This Week and Beyond....

Minyan Times	Shabbos Feb 16	Sun. Feb 17	Mon. Feb 18	Tues.* Feb 19	Wed. * Feb 20	Thurs.* Feb 21	Fri. Feb 22	Shabbos Feb 23
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	5:05 pm	5:25 pm	5:25 pm	6:45 pm	6:45 pm	6:45 pm	5:25 pm	5:15 pm

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

**Birthdays – Stuart Klamen, Maxwell Pepose, Samuel Pepose, Morissa Pepose
Ed Levitt, Rebecca Kaiser Bromberg, Andy Epstein, and Matan Kadosh**

Anniversaries – Jerry & Fran Cohen and Mark & Natalia Wallman

- **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**.
- **Sunday, February 24 ~ Pizza Night** ~ 5:00 -7:00 pm ~ \$12.00 ~ Bring your family and friends to enjoy a delicious dinner of pizza, pasta, salad, and garlic bread, dessert and beverage! Please place your carry-out orders by 10:00 am on Sunday morning. Email orders preferred to jeff@nhbz.org (you will receive an email confirmation) or as a last resort, call 314-991-2100, ext.2.
- **Friday, March 8** ~ 5:40 pm ~ **Friday Night Shabbat Dinner at NHBZ** with **Rabbi Yaakov Berkowitz** leading Kabbalat Shabbat and joyous singing during our Shabbos meal.
- **Tuesday, March 12** ~ Sisterhood Bingo ~ Noon
- **Shabbos, March 16 ~ SYNAPLEX** ~ Topics: *“Purim: A Real-Life Lab in How To Teach Children (and adults)”* by **Rabbi Yaakov Green**, Epstein Hebrew Academy, Head of School and *“Gateway to Mental Health, Strength and Recovery”* presented by **Arlen Chaleff & Joyce Johnston** of NAMI (National Alliance on Mental Illness)
- **Thursday Night , March 21 ~ PURIM SEUDAH**

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

Israel Committee & Young Family/KidzZone News

In 2018, through your generosity, the Israel Committee raised money to purchase pizza for IDF soldiers. However, due to changes in Israeli laws regarding soldiers' requests, we had to change our process. In early February, our NHBZ member Meira Ganel went to Israel and set up two pizza parties at Lone Soldiers' homes – one in Herzliya and one in Petach Tikva. Meira reports that the soldiers were very thankful not only for our providing pizza, but far more importantly, for our love, support, prayers, and thoughts.



The kids attending the NHBZ Chanukah party made cards to be delivered to IDF soldiers. On her recent trip to Israel, Meira Ganel delivered these cards to her sister, who will be attaching them to upcoming packages purchased by Shaving Israel for the benefit of IDF Lone Soldiers. The NHBZ Israel Committee along with Young Family/KidZone will continue to create these cards in upcoming programming.

Parshas Tetzaveh

This week's portion is a haberdasher's dream. Following on the heels of the elaborate details of the construction of the Mishkan, G-d describes to Moses the special garments which are to be worn by the Kohanim during their service. The ordinary Kohanim would wear four special garments, while four additional vestments were to be worn exclusively by the Kohen Gadol (High Priest). All of these garments were woven and crafted from materials donated by the people. The Torah portion then shifts its attention to G-d's commandments regarding the inauguration ritual for the newly constructed Mishkan, to be performed exclusively by Moses for seven days. The inauguration included Moses' adorning and anointing the Kohanim, and his bringing offerings. On the eighth day, Aaron and his sons would assume their offices as the Kohanim. After then describing the daily offering to be brought in the Mishkan, in the morning and afternoon, the portion concludes with the command to build the last of the Mishkan's structures, the golden altar upon which the incense would be offered twice daily.

When You Need Rabbi Smason ~ When you or a loved one becomes ill, and is hospitalized, please have a family member or friend contact Rabbi Smason on his cell phone as soon as possible . . . 314-749-5271.

Mi Shebarach List ~ Prayers said for a *Refuah Shelayma* (Speedy Recovery) for your loved ones and friends. Please call 314-991-2100, ext. 2, to include the names on our list to be read on Shabbos

Sponsorships ~ If you would like to sponsor Kiddush, Shalosh Seudos, this Bulletin, or Something Unique in honor of a special occasion, or in honor or memory of a loved one, please call 314-991-2100, ext. 2, to make arrangements.

Adult Learning at NHBZ

Every Wednesday 12:15 pm ~ Study 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:

February 16: "How Not to Be Your Own Worst Critic"

February 23: "Making Life Fun Again"

March 2: "The Golden Rules of Good Conversation"

March 9: "Honesty: Are 'White Lies' Acceptable?"

March 16: "How Can We Rise Above Our Daily Struggles?"

March 23: "Jackpot! What Would YOU Do If You Won the Lottery?"

March 30: "Shabbat, the Day of Rest: But I Enjoy Working Out and Shopping!"

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

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

Every Monday ~ 8:30 pm ~ 'Amud-of -the Week' with Rabbi Perlman (for men only)

The Deadline to submit new information to appear in our Shabbos Bulletin is Wednesday each week, **NO LATER THAN 12:00 noon**. The bulletin is printed first thing every Thursday morning



Shabbos Speaker

February 16, 2019

Thank you to the Gellman Family for generously sponsoring our speaker in honor of Stan Gellman z"l.



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

David Sussman

"The Remarkable Jewish Impact of Israel"

~ Kiddush Luncheon to follow ~

Traditional Services 9:00 am

Rabbi David's Learners' Service 9:30 am

Rabbi Smason's Starting Points 10:15 am



THE SISTERHOOD SCOOP FEBRUARY

Volume 2

Number 7

11 Adar 1 5779

February 16, 2019

Jews and Oil – Tetzaveh (Exodus 27)

In this week's Parshah we read about the pure olive oil which Moses was instructed to obtain for the kindling of the menorah in the Mishkan, the sanctuary built in the desert as the forerunner of the Temple in Jerusalem. The Lubavitcher Rebbe taught that oil holds the secret formula for how to successfully live a proud Jewish life in an environment which may be far from Jewishly conducive.

Oil is a paradox. On the one hand, it spreads quickly and easily, seeping through and permeating the substances with which it comes in contact. On the other hand, when mixed with other liquids, oil stubbornly rises to the surface and refuses to be absorbed by anything else.

Learn from the oil. By all means, spread around and interact with the rest of the world. But remember your uniqueness as a Jew. Be distinctive and proud and know where to draw the line. – Condensed and adapted from Yossy Goldman, Chabad.org

"We are as great as the challenges we have the courage to undertake." -Rabbi Jonathan Sacks

Sunday's Paid-Up Membership Tea ~ Icy Outside, Warm Inside ~



NHBZ Sisterhood Luncheon & BINGO
Tuesday, March 12, 12:00 NOON
Everyone is Welcome ~ Men & Women of All Ages ~ Attendance Prizes
\$9 Donation requested ~ RSVP to Rachael Pevnick at 314-395-6017

MARK YOUR CALENDARS

- ☆ 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, David Kertzer's *The Kidnapping of Edgardo Mortara*
- ☆ Bingo Luncheon – Tuesday, March 12
- ☆ Sisterhood's NEW Girls Movie Night Out "Ida" – Wednesday, March 27 at 6:30PM
- ☆ Craft Central Art Project honoring Israel Monday, May 6 at 6:30PM
- ☆ St. Louis Jewish Legacy Bus Tour Sunday, June 23, 1:00-5:00PM
- ☆ 4th Annual DiNe 'N' Style Fashion Show and Luncheon – Sunday, August 18

29 Jewish Women's Organizations will Celebrate CommUNITY: Pieces of Our Community Thurs. Feb. 21 – 7:00pm

Hilton St. Louis Frontenac Hotel – Ambassador Ballroom

Join NHBZ Sisterhood and 28 other local Jewish women's organizations for an inspiring evening featuring Ruchi Koval, speaking on "Finding Your Niche." Enjoy a special performance by Kolot Jewish Women's choir, taste food and wine from local kosher caterers.

Ruchi Koval is a graduate of the Hebrew Academy of Cleveland and the Beth Jacob Jerusalem Institute. She runs women's character-development workshops and is a certified parenting coach, motivational speaker, author, columnist, JWRP trip leader, and blogger at outoftheorthobox.com. A Rebbitzin and mother of seven, Ruchi Koval is the co-founder and director of the Jewish Family Experience in Cleveland.

Cost is \$36 and valet parking is included.

Register at JFedstl.org/events/Community. For more information, contact Katie Sheldon at WP@JFedSTL.org.

Women's Philanthropy provides an opportunity for every woman in the St. Louis Jewish community to connect with other women, learn about the agencies and programs the Federation supports, and inspire social good in St. Louis, Israel, and around the world. Women's Philanthropy supports and enhances Jewish community life through engagement programs, community service projects, education, and leadership opportunities, and development efforts. For more information, please call Stacy Wagerman at 314-442-3730.



Shabbat Dinner

Friday Night ★ March 8, 2019

Mincha/Ma'ariv 5:40 pm

Family Program 5:40 – 6:30 pm

Dinner 6:30 pm

Nusach Hari B'nai Zion

650 Price Road, St. Louis, MO 63132

Rabbi Yaakov
Berkowitz will lead
Kabbalat Shabbat
songs before and
during the meal



Family Program
5:40 -6:30 pm
“Puppets and
Purim”

\$18 Adults

\$12 Kids ages 5-12

\$70 Family Max.

RSVP by March 1st

jeff@nhbz.org

314-991-2100 ext. 2

Dinner prepared by
Norma Rubin



Shabbat

Shabbos, March 16, 2019

- 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 “How Can We Rise Above Our Daily Struggles?” 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**

Purim: A Real-Life Lab in How To Teach Children (and adults)

Rabbi Yaakov Green, Epstein Hebrew Academy, Head of School

“Gateway to Mental Health Strength and Recovery”

*Arlen Chaleff & Joyce Johnston of the National Alliance on
Mental Illness of St. Louis (NAMI) Introduction by Rabbi Ze'ev Smason*

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.*



Pizza Night

Sunday, February 24

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.



February 23: “Making Life Fun Again”

March 2: “The Golden Rules of Good Conversation”

March 9: “Honesty: Are 'White Lies' Acceptable?”

March 16: “How Can We Rise Above Our Daily Struggles?”

March 23: “Jackpot! What Would YOU Do If You Won the Lottery?”

March 30: “Shabbat, the Day of Rest: *But I Enjoy Working Out and Shopping!*”

April 6: “Modern Technology: Are We Moving Too Fast?”

April 13: “Moderation: How Much is Too Much?”



Nusach Hari B'Nai Zion

SISTERHOOD LUNCHEON

BINGO



WHEN: Tuesday, March 12

WHERE: NHBZ Auditorium, 650 N. Price Road

TIME: 12:00 NOON "BINGO! You Won!!"

*Delicious Lunch
Everyone is Welcome!*

Also There will be Attendance Prizes!!

***** \$10.00 Donation *****

Hope to see you! Men & Women of ALL Ages!

R.S.V.P. - Rachael: 314-395-6017



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)

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



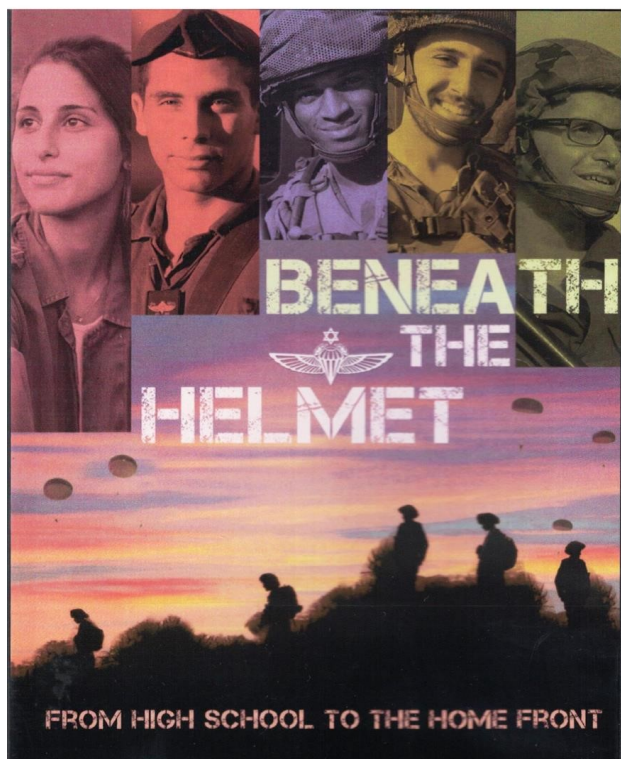
Shaving Israel presents a movie:

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/>