



# Shabbos Bulletin

*Welcome to Nusach Hari B'nai Zion*

Affiliated with Union of Orthodox Congregations of America

March 30, 2019 ~ 23 Adar 2 5779

Candle Lighting 7:03 pm

Shabbat Ends 8:07 pm

Torah Portion:

Shemini Leviticus 9:1 - 11:47

Chumash pages 588-607

Haftorah:

Ezekiel 36: 16-38

Chumash pages 838-842

Maftir:

Parah Numbers 19: 1-22

Chumash pages 1216-1217

## Our Sponsors:

Thank you to **Dr. Ashley Papa** for sponsoring the cake in celebration of the birthday of her husband, **Jaime Papa**.

## Erev Shabbos, March 29

- Mincha & Ma'ariv ~ 7:00 pm

## Shabbos, March 30

- Shachris & Musaf ~ 9:00 am
  - Pesukei D'Zimra: **Howard Sandler**
  - Shacharis: **Joshua John**
  - Leyning: **Michael Shapiro**
  - Haftorah: **Kenny Bressler**
  - Drasha: **Rabbi Ze'ev Smason**
  - Musaf: **Michael Shapiro**
- Learners' Service ~ Led by **Rabbi Yosef David** ~ 9:30 am
- Tot Shabbat & Junior Congregation with the Bnot Sherut women from Israel!
- Starting Points Wisdom for Daily Living led by **Rabbi Ze'ev Smason** ~10:15 am  
Topic: "Shabbat, the Day of Rest: But I Enjoy Working Out and Shopping!"
- Mincha / Ma'ariv / Shalosh Seudos ~ 6:50 pm

## This Week and Beyond....

Minyan Times	Shabbos Mar 30	Sun. Mar 31	Mon. Apr 1	Tues. Apr 2	Wed. Apr 3	Thurs. Apr 4	Fri. Apr 5	Shabbos Apr 6 *
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	6:50 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	6:55 pm

Mornina Blessinas and the first Kaddish are started five minutes prior to Shachris.

\* Rosh Chodesh Nisan

**Shabbos Greeters~ Dr. Stan Margul and Janet Haber**

**Birthdays – Irl Solomon, Alan Haber, Amarah Friedman, Keith Zeff, Andrew Feit, Eliana Brook, and Morris Scheer**

**Anniversaries – Drs. Caryn Garriga & Adrian Shifren and Richard & Michelle Goldstein**

- **Sunday, March 31 ~ 3:30 pm ~ Israeli Journalist Sam Sokol** discusses the upcoming elections in Israel via Skype at NHBZ prior to Pizza Night. This event is sponsored by the NHBZ Israel Committee, The American Jewish Committee, and The St. Louis Friends of Israel.
- **Sunday, March 31 ~ Pizza Night ~ 5:00-7:00 pm**
- **Tuesday, April 2 ~ 2:30 pm ~ “Women in the Torah”** ~ First Tuesday of each month at the home of Jackie Berkin facilitated by Rabbi Yaakov Berkowitz of the St. Louis Kollel.
- **Monday, April 8 ~ Sisterhood Board Meeting** at 6:00 pm followed by **NHBZ Board Meeting** at 7:15 pm

**Please note:** The Pesach Preparation Class with **Rebbetzin Chani Smason** scheduled for March 31 has been postponed.

### **Parshas Shemini**

This week's Torah portion begins by discussing the events which occurred on the eighth and final day of the inauguration service of the Mishkan. After months of preparation, Aaron and his sons are finally installed as Kohanim in an elaborate service. Aaron blesses the people, and the entire nation rejoices as G-d's presence rests upon them. However, the excitement comes to an abrupt halt as Aaron's two eldest sons, Nadav and Avihu, are consumed by a heavenly fire in the Mishkan while innovating an offering of incense on the altar. This incident stresses the need to perform the commandments only as G-d directed. Later, Moses consoles Aaron, who grieves in silence.

Have you ever wondered where the laws of kosher food come from? Parshas Shemini concludes with a listing of the kosher and non-kosher animals. The identifying signs of a kosher animal are that it has split hooves and chews, regurgitates and re-chews its food. A kosher fish is one that has both fins and scales. All birds not included in the list of forbidden fowl are permitted. However, today the identity of these non-kosher birds is doubtful. Therefore, we're forbidden to eat any species of bird unless there is a well-established tradition that it is kosher. The Torah forbids all types of insects except for four species of locusts. Chocolate-covered grasshoppers, anyone? The laws of kashrut help us to be distinct and holy -- like G-d, Himself.

### **Parshas Parah**

Numbers 19:1-22 is read on the Shabbos following Purim. These verses deal with the Red Heifer used in the spiritual purification process at the time of the Holy Temple. This issue is important at this season of the year, since in looking forward to Passover, every Jew is careful to maintain spiritual purity in order to partake in the holiday offerings. Many authorities regard this reading as a Torah precept.

### **Getting Ready for Pesach ?**

**Selling Chometz / Mechiras Chometz:** All non-Pesach food that cannot be eaten before Pesach can be sold to a non-Jew. Rabbi Smason will be available to act as your agent for the selling of chometz. Passover begins Friday night, April 19. There are two ways to sell your Chometz to Rabbi Smason :

1. **In Person with Rabbi Smason:** If you would like to make Rabbi Smason your agent for the sale of Chometz, please call and make an appointment with Rabbi Smason, whether in the office or at minyan.
2. **By Telephone:** Call Jeff at the shul office, 314-991-2100, ext. 2. Make checks payable to NHBZ with the notation SELLING CHOMETZ.

**Reminder to remove personal items from the foyer (upstairs) and coat racks (upstairs and downstairs) in advance of Pesach. Please claim your items by April 8<sup>th</sup>.**

## **Maos Chitin**

In just a short time we will recite from the Haggadah the words "Kol Dicfin! Whoever is hungry let him come and eat!" With the cost of food items traditionally increasing for Pesach, the needs of many are great. Please be generous and give for Maos Chitin through the Vaad Hoeir, 4 Millstone Campus Dr, St. Louis, MO 63146. Checks should be mailed directly to the Vaad Hoeir, made out to the Vaad Hoeir with a notation of 'Maos Chitin. '

## **NHBZ Photo Directory 2019 ~ Save the Date**

Our Nusach Hari Photo Directory will be published for 2019. Family or individual 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. All NHBZ members will be contacted to schedule a time to have your photo taken. Our goal is 100% participation for the photo directory!

## **Cash Cards**

**Orders are now being taken through the 15<sup>th</sup> of the month.** 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?

## **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:

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?"

April 20: "Pesach: What Does Freedom Mean to You?"

April 27: No class (Pesach Yizkor)

May 4: "Five Ways to Make and be a Great Friend"

**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)

**First Tuesday of each Month ~ 2:30 pm ~ Women of the Torah ~** at the home of Jackie Berkin facilitated by Rabbi Yaakov Berkowitz of the St. Louis Kollel~ Open to all women ~ Each class is self-contained~ No background knowledge needed.

## **~This Week's Torah Trivia ~**

**LAST WEEK'S QUESTION:** BESIDES THIS PARSHA, WHICH OTHER PARSHAS HAVE ONLY TWO LETTERS IN THEIR HEBREW NAME?

**ANSWER:** IN GENESIS WE HAVE NOACH, AND IN EXODUS WE BO.

**THIS WEEK'S QUESTION:** WHICH PAIRS OF BROTHERS APPEAR IN THIS WEEK'S PARSHA?

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# Live From Israel The Elections



**Sunday, March 31  
3:30 pm via SKYPE**



## At Nusach Hari B'nai Zion A Discussion with Sam Sokol

Mr. Sokol is a freelance journalist based in Jerusalem and a former correspondent for the Jerusalem Post and the Israel Broadcasting Authority.

***Stay for Dinner: NHBZ Pizza Night at 5:00 pm***

~ Presented by the NHBZ Israel Committee, AJC and the St. Louis Friends of Israel ~



# ***Pizza Night***

***Sunday, March 31***

***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](mailto:jeff@nhbz.org) or as a last resort call 314-991-2100, ext. 2**

**Pick up between 4:30 pm - 4:45 pm**



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







# THE SISTERHOOD SCOOP MARCH



Volume 2

Number 12

23 Adar2 5779

March 30, 2019

## MARK YOUR CALENDARS

SAVE THE DATE ☆ SAVE THE DATE ☆ SAVE THE DATE

- ☆ Pesach Preparations Class, *The deeper meaning to cleaning, cooking, & preparing for Passover* – Sun. Mar 31 at 10AM
- ☆ Women's Home Study – "Women in the Torah" @ Berkin Home – Tues. Apr. 2, 2:30pm
- ☆ Next Sisterhood Board Meeting Monday, April 8 at 5:30PM
- ☆ 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



Sisterhood members participate in NHBZ's Purim Costume Contest!

## The Pesach Countdown Is On... Part 1: WHAT IS CHAMETZ?

**The Short Answer**—"Chametz" is any food product made from wheat, barley, rye, oats or spelt that has come into contact with water and allowed to ferment and "rise."

In practice, just about anything made from these grains—other than Passover matzah, which is carefully controlled to avoid leavening—is to be considered chametz. This includes flour (even before it is mixed with water), cake, cookies, pasta, breads, and items that have chametz as an ingredient, like malt.

**The Biblical Basis**—G-d commanded the Israelites: "It shall be for you a remembrance ... seven days you shall eat matzah, and on the first day you should remove all se'or (sourdough, a leavening agent) from your homes. Anyone who eats chametz from the first day to the seventh day shall be cut off from Israel."

**Getting Rid of Chametz**—Long before Passover begins, we clean our homes, offices, and any other place that belongs to us to rid our homes of chametz. Although it's praiseworthy to be stringent on Passover, keep in mind that dust isn't chametz. *The main purpose of cleaning and searching for chametz is to remove any chametz that one may come to inadvertently eat or derive benefit from during Passover.* The obligation to get rid of chametz does not extend to inedible chametz or tiny crumbs of chametz that are soiled or spoiled. So the key areas to focus on are things that may come in contact with food, since we are forbidden to eat anything with even a trace of chametz. The kitchen should be thoroughly cleaned, and all surfaces should be covered or koshered. If using your regular utensils for Passover, they will need to be koshered (consult your rabbi). If finances permit, it is better (and easier) to simply buy a set of Passover utensils.

**On a Spiritual Note**—Chametz and matzah are almost the same substance, containing the same ingredients of flour and water. The one key difference is that while chametz bread rises, filling itself with hot air, the matzah stays flat and humble. Thus, chametz represents that swelling of ego that enslaves the soul more than any external prison. It is for this reason that once a year on Passover, when we celebrate our freedom from slavery and our birth as a nation unto G-d, we are extremely careful to eradicate any chametz that we may have. The flat, unpretentious matzah represents the humility, self-effacement and commitment that are the ultimate liberators, enabling us to connect to G-d without our egos getting in the way. And that is why eating matzah on Passover is so fundamental to our faith. —adapted from Rabbi Yehuda Shurpin, www.chabad.com and other mavens!



## BOOK CLUB NEWS

The next meeting of NHBZ's Sisterhood Book Club will be **Monday, April 29, 7:15-8:45 PM**, at the home of *Leslie Gitel*.

The book selection is: *If All the Seas Were Ink*, a memoir by Ilana Kurshan – an award-winning tale of heartache and humor, love and loss, marriage and motherhood, woven together in a deeply accessible guided tour of the Talmud!

### ALL WOMEN ARE WELCOME!

For more Information  
Contact Book Club Coordinator  
**Terri Schnitzer** at 314-518-4107  
or [terrischnitzer@yahoo.com](mailto:terrischnitzer@yahoo.com)



## Reminder: The Importance of the Minyan – What Women Can Do

Ladies, remember an essential part of our Sisterhood Mission is to support our shul and our community. A foundation of our shul and our community is **prayer** – and our **daily minyan** is the optimal vehicle for prayer for our community. To help strengthen and support our minyan, please encourage your husbands and sons to **commit to regularly attending** one, two, three or more minyanim each week. Your encouragement can make the difference to help inspire the guys to fulfill this vital mitzvah. And, of course, you might consider attending too!



# Shabbat Children's Programming

## ***March 30, 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!***

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For questions, please email *Alana Minoff*  
at [alanaumansky@gmail.com](mailto: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.



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

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

**April 20:** “Pesach: What Does Freedom Mean to You?”

**April 27:** No class (Pesach Yizkor)

**May 4:** “Five Ways to Make and be a Great Friend”

**May 11:** “What is Unique About Jewish Mothers?”

**May 18:** “Common Mistakes Smart People Make”

**May 25:** “How to Defeat Discouragement Before It Defeats You”

**June 1:** “Teaching Our Kids to Make the Right Decisions”