

Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

March 9, 2019 ~ 2 Adar 2 5779	Candle Lighting 5:43 p	m Shabbat Ends 6:47 pm
Torah Portion: Pekudei	Exodus 38:21 40:38	Chumash pages 530-541
Haftorah:	1 Kings 7:51 - 8:21	Chumash page 1164-1165

Erev Shabbos, March 8

• Mincha & Ma'ariv ~ 5:40 pm

Shabbos, March 9

- Shachris & Musaf ~ 9:00 am
 - Pesukei D'Zimra: Howard Sandler
 - Shacharis: Menachen Szus
 - Leyning: Moshe Leib Cohen

- Haftorah: Alan Haber
- Drasha: Rabbi Ze'ev Smason
- Musaf: Alan Haber
- Learners' Service ~ Led by Rabbi Yosef David will not meet this Shabbat
- Starting Points Wisdom for Daily Living led by Rabbi Ze'ev Smason ~10:15 am Topic: "Honesty: Are 'White Lies' Acceptable?"
- Junior Congregation and Tot Shabbat ~ 10:00 am
- Mincha / Ma'ariv /Shalosh Seudos ~ 5:25 pm

Shabbos Greeters~

This Week and Beyond....

Minyan Times	Shabbos Mar 9	Sun. Mar 10	Mon. Mar 11	Tues. Mar 12	Wed. Mar 13	Thurs. Mar 14	Fri. Mar 15	Shabbos Mar 16
Shachris	9:00 am	8:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	8:30 am*
Mincha/Ma'ariv	5:25 pm	6:45 pm	6:45 pm	6:45 pm	6:45 pm	6:45 pm	6:45 pm	6:35 pm

Morning Blessings and the first Kaddish are started five minutes prior to Shachris.

*SYNAPLEX

Birthdays -

Jean Margul, Eric Fleshman, Natalie Chayet, Helen Bolt, Rebecca Liberman, Alex Lyss, Jack Lyss and Danielle Smason

Anniversaries-

Dr. Ram & Sallie Volotzky, Rabbi Ze'ev & Chani Smason and David & Lisa Gellman

~Don't forget to move your clocks1 hour forward on Motzei Shabbos. Spring forward!~

- Tuesday, March 12 ~ Sisterhood Bingo ~ Noon ~ \$10
- Wednesday, March 13 ~ Balance for Balabustes at 2:00 pm
- Shabbos, March 16 ~ SYNAPLEX Shabbat ~ 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)
- WEDNESDAY NIGHT, MARCH 20 ~ PURIM ~ COME HEAR THE MEGILLAH AT 7:15 PM BRING YOUR KIDS AND BRING YOUR FRIENDS!
- THURSDAY NIGHT, MARCH 21 ~ PURIM SEUDAH ~ SEE FLYER FOR DETAILS, RSVPS ARE NEEDED.
- Monday, March 25 ~ 7:45 pm ~ Home Discussion Group Topic: "Pesach" hosted by Sally Needle. RSVP by March 22 for address. 991-2100 ext. 2.
- 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, AJC, and The St. Louis Friends of Israel.

A Note From A New Member To Our Membership Committee:

"I don't know who writes the Shabbat bulletin, so I am writing to you. I was moved to see myself described as NHBZ's own. I am so amazed that you treat me as a member, not just an associate. I also felt that when Rhonnie visited me with all those goodies and when you mentioned me as a new member at services. Thanks to everyone for making me feel at home".

Parshas Pekudei

This week we read the final portion of Exodus, a book which began with the Jewish people enslaved to Pharaoh in Egypt and now ends with the completion of the construction of the Mishkan in the desert. Exodus is known as 'The Book of Redemption'; redemption was achieved not only through our escape from slavery, but also through receiving the Torah on Mt. Sinai which gave purpose to that freedom. The climax of that salvation was when G-d rested His presence among the Jewish nation when the Mishkan was completed.

Parshas Pekudei begins with a complete accounting of the gold, silver and copper contributed by the people for use in the Mishkan. Following an inspection and approval of the many utensils and unassembled parts, Moses sets up the Mishkan on Rosh Chodesh Nissan as each part is anointed and arranged in its proper location. When the Mishkan is finally complete with every vessel in place, a cloud descends upon it, indicating that G-d's glory was resting there. Whenever the cloud moved away from the Mishkan, the Jewish people would follow it. At night the cloud was replaced by a pillar of fire.

Cash Cards

Orders are now being taken through the 15th 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?

The Women of the Community are invited to join Taharath Isarel - St. Louis Mikvah Association for a meeting to discuss the planned renovation of our mikvah, fundraising efforts and upcoming events. The meeting will be held on Thursday, March 14 at 8:00 pm in the social hall at Young Israel located at 8101 Delmar Blvd.

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 9: "Honesty: Are 'White Lies' Acceptable?" March 16: "Making Life Fun Again" *at 10:00 am due to Synaplex** 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)

PURIM IS COMING VERY SOON



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

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



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 "Making Life Fun Again" 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

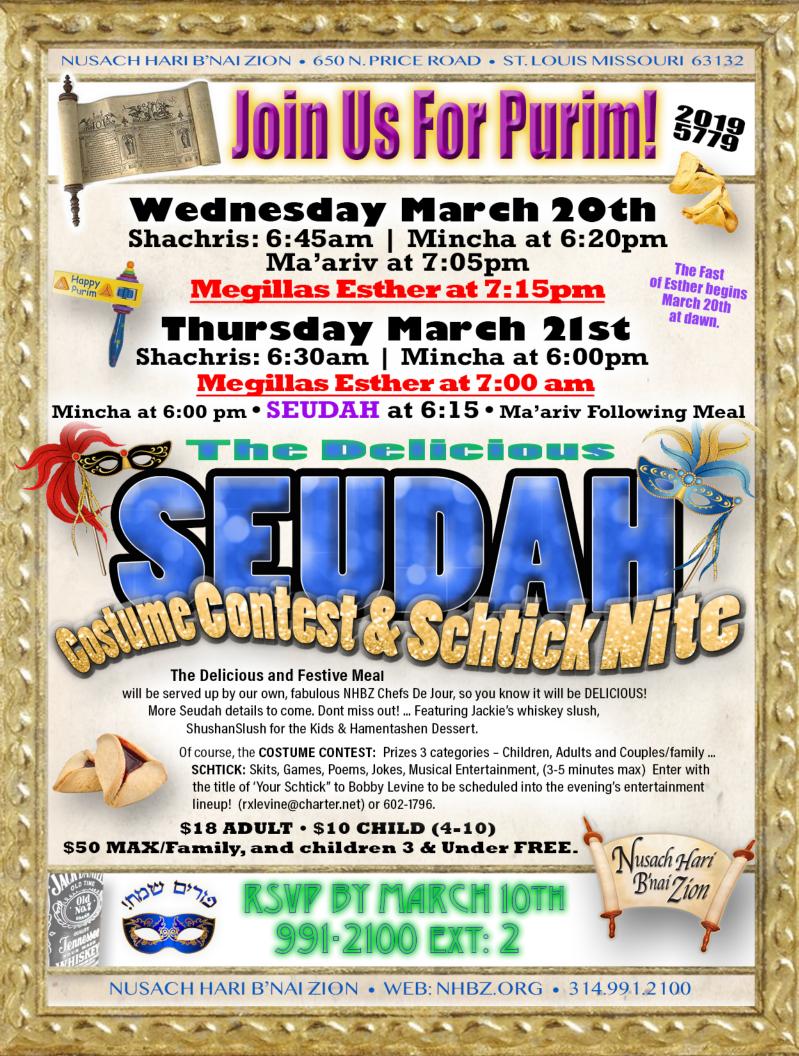
11:15 am **Synaplex Breakout Sessions**

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.



<u>PURIM IS COMING !!!</u>

Purim commemorates the salvation of the Jewish people in Ancient Persia from Haman's plot to kill all Jews in a single day. Set in Persia 2,300 years ago, the "Megillah" tells how a seemingly unrelated series of events spun together to save the Jewish people from annihilation. Purim is Judaism's most dramatic, fun-filled holiday. Here are the mitzvahs and customs of Purim at NHBZ:

1. Read the Book of Esther - Mitzvah of Mikra Megillah

It is a Mitzvah to hear the Megillah read twice. Bring your kids and family!

Wednesday night, March 20

6:20 pm - Mincha 7:05 pm - Maariv 7:15 pm - Megillah reading <u>Thursday,morning, March 21</u> 6:30 am - Shachris 7:00 am - Megillah reading

2. Give Charity to the Poor - Mitzvah of Matanot l'Evyonim

<u>Od Yosef Chai</u> - For several years, NHBZ has collected money for Od Yosef Chai, an organization that distributes money to the poor in Israel. Make checks payable to **Rabbi's Charity Fund** and bring or send them to our office. To donate by credit card, please call 314-991-2100, ext. 2. The deadline for contributions is **Tuesday**, March 19.

3. Send Gifts to Friends - Mitzvah of Mishloach Manot

Fulfill the mitzvah of Misloach Manos! Give actual gifts of food to at least two friends, then send our **PURIM CARDS** to everyone else!! All proceeds will benefit our NHBZ Chesed Fund. Cards may be purchased in our office at \$10.00 per pack of 5 cards with envelopes, or \$25 for three 5-packs.

4. Fast of Esther

To commemorate the day of prayer and fasting that the Jews held in the Book of Esther, we fast on the day before Purim, Wednesday, March 20, beginning at 5:53 am and concluding at 7:54 p.m.

5. Eat a festive Purim meal - mitzvah of Seudat Purim Thursday night, March 21
6:00 pm - Mincha,
6:15 pm Sharp! - Purim Seudah, Hi-Jinks, and FUN for all !!! Dinner, Whiskey Slush, PLUS Hamantashen thanks to the NHBZ Sisterhood!!! New this year - Non-alcoholic Slush! Ma'ariv following Seuda.

> RSVPs ARE REQUIRED FOR DINNER See flyer for details.



Volume 2

Number 10

2 Adar2 5779

March 9, 2019

BOOK CLUB NEWS

Thanks to *Trudy Sudin* and *Sallie Volotzky* for Sisterhood's February 25 Book Club meeting. *Thanks also to new NHBZ Sisterhood Book Club Coordinator, Terri Schnitzer!*

The <u>next meeting</u> of the Book Club will be <u>Monday</u>, April 29, 7:15-8:45 PM.

Next book 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: Terri Schnitzer PHONE: 314-518-4107 terrischnitzer@yahoo.com

NHBZ Sisterhood Luncheon &



<u>THIS Tuesday</u>, March 12, 12:00 NOON Everyone Welcome ~ Men & Women of All Ages Attendance Prizes ~ \$9 Donation requested RSVP to Rachael Pevnick at 314-395-6017

MARK YOUR CALENDARS

- ✿ Bingo Luncheon Everyone Welcome! <u>Tuesday, March 12</u> at Noon
- ☆ Next Sisterhood Board Meeting Tuesday, <u>March 12</u> at 6:00PM
- Purim Seudah <u>Thursday, March 21</u>
- ☆ Sisterhood's NEW Girls Movie Night Out "Ida" – Wednesday, <u>March 27</u> at 6:30PM
- ☆ Craft Central Art Project honoring Israel Monday, <u>May 6</u> at 6:30PM
- ☆ St. Louis Jewish Legacy Bus Tour Sunday, <u>June 23</u>, 1:00-5:00PM
- ☆ 4th Annual DⁱN^e 'N' S^tyL^e Fashion Show and Luncheon – <u>Sunday, August 18</u>



PUTIM IS COMING! PUTIM IS COMING! PUTIM IS COMING! Join Sisterhood at NHBZ's Purim Seudah on Thursday, March 21

Prioritize What's Important ~ Pekudei (*Exodus 38:21-40:38*) Pekudei includes an accounting of all the materials that went into the making of the Mishkan (portable Tabernacle), Moses giving his approval to the quality and exactness of construction, and the building of the Tabernacle, with all the various vessels located in their proper place.

Moshe teaches Betzalel the order of construction of the Mishkan starting with the Ark. Betzalel respectfully maintains that first one builds the home, then one makes the furnishings. Moshe replies that Betzalel is correct and the Almighty Himself had thus commanded Moshe, though Moshe conveyed instructions regarding the Ark first because of its primary importance. The Torah praises Betzalel for his intuitive understanding of the Almighty's will with the verse:

"And Betzalel, the son of Hur, of the tribe of Yehudah did all that the Almighty commanded Moshe" (Exodus 38:22).

Rabbi Yeruchem Levovitz comments that we see from here the importance of doing things in their proper order. One always needs to clarify his priorities and to have the organizational skills to do things in their proper order.

This is an important tool for accomplishing anything in life. One needs to know what he must do and then he must have an order of priorities. We will never have enough time to do everything we would like to do. By being aware of the order of importance of what you have to do, you will ensure that you will effectively accomplish the most possible within the limitations of the time allotted to you.

Each day make a list of the various tasks you need to complete. Then decide on a proper order in which to do them. If you don't prioritize and don't set aside the time you won't accomplish what's most important in life -- spending time with your family, growing as a human being, helping others or even preparing for the Seder. No one on his death bed ever wished he spent more time at the office.

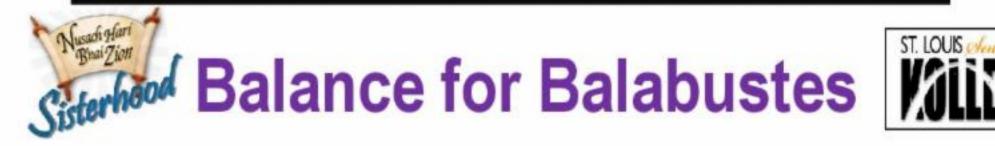
- Based on Growth Through Torah by Rabbi Zelig Pliskin



Delicions 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



Senior Kollel and Eishes Chayil Women's Division in Cooperation with Nusach Hari B'nai Zion Sisterhood present

"Balance for Balabustes"

Strength Training ~ Bone Health ~ Flexibility for Females ~

with Dr. Jill Abrams

Chiropractic Physician • Personal Fitness Trainer • Massage Therapist

Wednesday, March 13th

2:00 pm at NHBZ 650 N. Price Road Olivette, Missouri

Bring a Friend! Refreshments served!



For more info: office@stlkollel.com



Shabbat Children's Programming

March 9, 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 E*li 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!



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

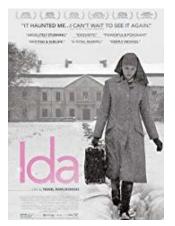
Nov. 11, 2019, 7:00 pm, hosted by Jackie & Craig Berkin



NHBZ Sisterhood Presents Girls Night Out Movie Night

Coming to a Theater Near You Wednesday, March 27 6:30pm

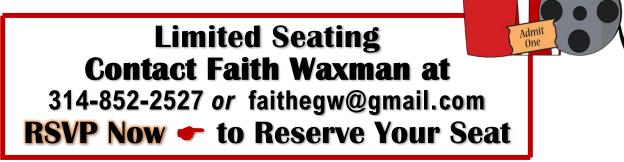
at Mansions on the Plaza, 8300 Delmar Blvd. Visitors may park at the main entrance circle or along Delcrest Ave. Theater-goers meet in the Lobby by 6:30.

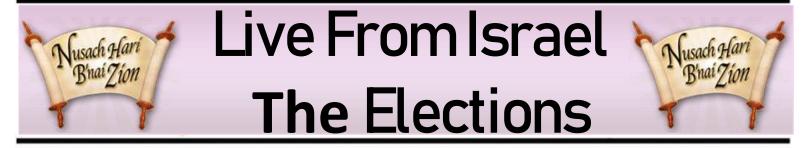


IDA (2014), a moving and intimate drama about a young novitiate nun in 1960s Poland who, on the verge of taking her vows, makes a shocking discovery about her past. A beautifully directed film, powerfully written and eloquently shot, *Ida* is also very personal and human. From acclaimed director Pawel Pawlikowski, *Ida* received a 4/4 review from Roger Ebert and a 96% rating on Rotten Tomatoes.

The discussion will be facilitated by movie buff **Susan Fadem**, freelance writer and organizer of a Movie Salon for 17 years, and previously editor of St. Louis Woman Magazine.

\$10 per person Includes Popcorn, Drinks & Snacks [PAYMENT IN ADVANCE RESERVES YOUR SEAT]





Sunday, March 31 3:30 pm via SKYPE





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

Jewish

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 ~



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.



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

March 16: "Making Life Fun Again" <u>10 am due to Synaplex</u>

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?"

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.

IN MEMORY OF	SENT BY				
Gloria Schnitzer, mother of Jeff & Terri Schnitzer	Ed & Helayne Levitt Amy & Denny Feit				
	Gary & Trudy Sudin				
	Jacob & Judy Levin				
	Jesse & Debbie Barash				
	Howard & Phyllis Loiterstein				
	Bob & Joni Kaiser				
Paula Horn	Menachem & Linda Szus				
Larry Seigel, father of Mark Seigel	Irwin & Arlene Fredman				
	Irwin & Anene i redinari				
IN HONOR OF	SENT BY				
Rachael Pevnick, naming of great-granddaughter	Libby Routman				
MAZELTOV – Anniversary or Birthday of:	SENT BY				
Rabbi Smason	Ed & Helayne Levitt				
	The Pepose-Feigenbaum Family				
	Jacob & Judy Levin				
Rachel Pevnick	Jacob & Judy Levin				
Sheryl Levine	Jacob & Judy Levin				
Sivya Smason	Jacob & Judy Levin				
Jeff Schnitzer	Jacob & Judy Levin				
Bob Kaiser	The Pepose-Feigenbaum Family				
Sally Amon	The Pepose-Feigenbaum Family				
Marsha Feenberg	The Pepose-Feigenbaum Family				
Jerry & Fran Cohen	Gloria Sirkin				
SIDDUR AND CHUMASH DEDICATION					
Jerry & Fran Cohen for their 68 th Anniversary	Larry and Shirley Hollander				
A SPEEDY RECOVERY TO	SENT BY				
Joni Kaiser	The Pepose-Feigenbaum Family				
Marsha Feenberg	The Pepose-Feigenbaum Family				
Murray Hochberg	Denny & Amy Feit				
THANKS TO	<u>SENT BY</u>				
Howard & Phyllis Loiterstein	Ed & Helayne Levitt				

NHBZ Shul Tributes, - February 2019

NHBZ CASH CARD ORDER FORM

WHAT IS SCRIP, AND HOW DOES IT WORK?

- 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
	Amazon.com	\$25.00	2.25%		
Orders & payments to NHBZ may be		\$100.00	2.25%		
made by check or cash only, and MUST	AMC Theatres	\$25.00	8.0%		
accompany your order form.	CVS	\$25.00	6.0%		
		\$100.00	6.0%		
Payments received after the 15th of the month will automatically be placed on the next order date.	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%		
**A complete list of participating businesses can be found at:		\$100.00	10.0%		
	Starbucks	\$10.00	7.0%		
ShopWithScrip.com		\$25.00	7.0%		
	Target	\$25.00	2.5%		
f you do not have access to a computer		\$50.00	2.5%		
or internet, please contact our office.	Walgreens	\$25.00	5.0%		
Please do NOT order directly		\$100.00	5.0%		
from the website.	Walmart/	\$25.00	2.5%		
	Sam's Club	\$100.00	2.5%		
Write-in - Other Listed Retailer 🕨 🕨					
YOU RECEIVE THE F					Total Ord





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WE NEED

YOUR HELP!