



NHBZ Shabbos & Yom Tov Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

October 5, 2019 - 6 Tishrei 5780

Shabbos Candle Lighting 6:21 pm Shabbat Ends 7:23 pm

Torah Portion: Vayelech Deuteronomy 31:1 - 31:30 Chumash pages 1094 - 1099
Haftorah: Hosea 14:2 -10, Micha 7:18-20 Chumash pages 1204 - 1205

Shabbos Shuvah

Erev Shabbos, October 4

- Mincha & Ma'ariv ~ 6:20 pm

Shabbos, October 5

- Shabbat Services ~ 9:00 am
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Richard Woolf**
 - Leyning: **Max Gornish**
 - Haftorah: **David Rubin**
 - Drasha: **Rabbi Ze'ev Smason**
 - Musaf: **Max Gornish**
- Learners' Service ~ 9:30 am ~ led by **Rabbi Yosef David**
- Babysitting and Junior Congregation ~ 10:00 am
- Starting Points ~ Led by **Rabbi Ze'ev Smason** ~10:15 am Topic: "What Excuses Are Holding You Back?"
- Mincha / Ma'ariv /Shalosh Seudos ~ 6:05 pm

This Week and Beyond

Minyan Times	Shabbos Oct. 5	Sun. Oct 6	Mon. Oct 7	Tues. Oct 8	Wed. Oct 9	Thurs. Oct 10	Fri. Oct 11	Shabbos Oct 12
Shachris	9:00 am	8:00 am	7:00 am	7:00 am	8:30 am	7:00 am	7:00 am	9:00 am
Mincha /Ma'ariv	6:05 pm	6:10 pm	6:10 pm	1:30 pm* 5:50 pm ^	4:25pm* 7:05pm+	6:10 pm	6:10 pm	5:55 pm

*Mincha ^Kol Nidre + Ma'ariv

**Birthdays- Susan Feigenbaum, Jordan Kadosh, Sallie Volotzky, Ina Makovsky
and David Morgensztern**

**Anniversaries- Jonathan & Naomi Shanker, Marvin & Sandra Greenberg,
Michael & Alana Minoff and Kenny & Barb Bressler**

YOM KIPPUR

Erev Yom Kippur - Tuesday, October 8

Mincha. 1:30 pm
Fast Begins Prior to Kol Nidre
Candle Lighting at home *.6:15 pm or earlier
(* **No Candle Lighting at NHBZ**)
Babysitting 5:30 pm – 9:00 pm
Take out Torahs 5:45 pm
Kol Nidre 5:50 pm
Learners' Service..... 6:00 pm
Ma'ariv Concludes.. .Approximately 9:00 pm

Yom Kippur - Wednesday, October 9

Shacharis. 8:30 am
Learners' Service..... 10:00 am
Babysitting & Tot Yom Tov 10:30 am to 1:00 pm
Junior Congregation 10:30 am to 1:00 pm
Drasha (Sermon)..... 11:45 am
Yizkor 12:15 pm
Musaf 1:00 pm
Mincha 4:25 pm
Neilah..... 5:55 pm
Ma'ariv 7:05 pm
Havdalah..... 7:20 pm
Shofar Sounded 7:25 pm

Fast Concludes After Shofar is Sounded

- **Sunday, October 6 ~ Sukkah Raising 9:00am**
- **Monday, October 14 and Tuesday, October 15 ~ Sukkot Services at 9:00 am**
- **Monday, October 14 ~ NHBZ KIDS SUKKAH Decorating contest and party 3:45 pm -5:00 pm** see flyer for details.
- **Wednesday, October 16 ~ 7:15 pm ~ NHBZ Sisterhood program In the Sukkah "Women in the Torah" Presented by Rebbetzin Chani Smason.** Light refreshments. This program is open to men and women.
- **Monday, October 21 ~ Simchas Torah ~ 9:00 am Services – 5:45 pm Mincha ~ 6:55 pm Hakofos, Parade of Torahs - 7:30 pm auction and free Spaghetti Dinner.** Please consider being a dinner sponsor for \$25.00 and RSVP to jeff@nhbz.org
- **Monday, October 21~ 3:45 – 5:00pm ~ Kinder-Kafot for Kids!** See flyer.
- **Shabbos, October 26 ~ New Member Shabbat ~ Meet our newest NHBZ members in a give-and-take during Kiddush luncheon.**

- **November 4 ~ 7:00 pm ~ “To the Source” with Rabbi Smason.** An ongoing weekly class covering contemporary Torah topics using classic and modern English and Hebrew texts. For Men and Women.
- **Friday Night, November 8 ~ Shabbat Dinner at NHBZ ~** RSVP by Monday, November 4. Adults \$18 / Children \$12.00.
- **Monday, November 11 ~ 7:30 pm ~ Home Discussion Group** topic ‘Medical Methods and Halacha’ hosted by **Jackie & Dr. Craig Berkin.** RSVP to the office for address.
- **Shabbat, November 16 ~ Synaplex with speaker Greg Yawitz,** incoming STL Jewish Federation president and developer. Luncheon to follow.



Need help choosing which Torah sections may be appropriate for you or your family? Call Rabbi Smason at 314-991-2100. He would be happy to help!

Parshas Vayelech

Vayelech opens with Moses walking through the Jewish camp on the final day of his life to say goodbye to his beloved people. He teaches them the mitzvah of *Hakel*, the once-in-seven-years gathering of the entire nation to hear the king read certain passages from the Torah. G-d commands that a special Torah, written by Moses, be placed by the Levites at the side of the Holy Ark to bear witness against Israel if they were to ever deviate from its teachings.

Shabbos Shuvah

The Shabbos between Rosh Hashanah and Yom Kippur is called *Shabbos Shuvah*, *Shabbos of Return* because its special *haftarah* reading begins with the words *Shuvah Yisrael* "Return O Israel," from the prophecy of Hoshea. It is also referred to as *Shabbos Teshuvah* because it falls during the Ten Days of Repentance.

Adult Learning at NHBZ

Every Monday 7:00 pm ~ beginning November 4 ~ “To the Source” with Rabbi Smason. An ongoing weekly class covering contemporary Torah topics using classic and modern English and Hebrew texts. For Men and Women.

Every Wednesday 12:15 pm ~ Study with Rabbi Smason- Study Pirkei Avos / Ethics of the Fathers. **Special NOTE : Rabbi Smason's Wednesday class will not meet for the remainder of October, and will resume on November 6.**

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:

October 5: "What Excuses Are Holding You Back?" (Yom Kippur)

October 12: "What Does It Mean to Live a Happy Life?" (Sukkot)

October 19: "Great Ideas Judaism Gave the World" (Simchas Torah)

October 26: "The Naked Truth: Relationship Lessons from Adam & Eve"

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

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

Every Monday ~ (after Minyan) ~ '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

~ This Week's Torah Trivia ~

Last Week's Question : Does the Torah espouse free will or just the automatic fulfillment of Mitzvot?

Answer: Look at Deuteronomy 30:19. " I have today set before you life and good, death and evil". Think about this and discuss.

This Week's Question: Who takes over from Moshe as Leader of Am Yisrael?

PARKING FOR THE HIGH HOLIDAYS NUSACH HARI B'NAI ZION

Please allow the most senior of our members and those with disabilities first use of the Shul's parking lot during the High Holidays.

REMINDER: ENTER BY FRONT DOOR ONLY THE LOWER LEVEL DOOR REMAINS LOCKED

We have arrangements with our neighbor, Logos School, to use the vacant spaces on their lower parking lot (nearest to NHBZ). There are only 25 spaces available during the Yom Kippur day services so this lot will fill quickly - Do not park on their upper lot (closest lot to Old Bonhomme) or you will be towed.

For evening services the Logos parking lot may be used in full. There is also parking on both sides of Old Bonhomme from Price Road east to 170 and there is parking on side streets, unless there are posted No Parking signs. Also, please do not block our neighbor's driveways or mailboxes



New Year Greetings

5780 ~ 2019

The NHBZ Sisterhood thanks the following for participating in this year's New Year Greeting campaign by wishing everyone in our NHBZ family Good Health, Happiness, and Prosperity in the New Year

L'Shana tova u'metuka

Caryn Alper
Joanna Alper
Lenny & Fran Alper
Jesse & Debbie Barash
and Toby Katz
Jackie & Craig Berkin
Sam & Shirley Bluestein and Family
Alan, Marcie, Nathan and Eliana Brook
June Cohen and Family
Don & Julie Eisenberg and Family
Teree Farbstein
Amy, Denny, Brian, Allison
and Andrew Feit
Devy & Jerry Goldenberg
Rhonnie & Stanley Goldfader
Sandy & Marvin Greenberg
Janet & Alan Haber
Fran & Harold Hoffman
Joni & Bob Kaiser and
Hanna, Lee and Nesya Mirowitz
Charlene and Michael Kass
Sally & Eliot Katz
Judy & Jacob Levin

The Liss Family
Nicole, Jason & Jack Loiterstein
Phyllis & Howard Loiterstein & Family
Linda Luks
Marcia & Hesh Lyons
Ina & Ron Makovsky
Faye, Brian & Scott McCary
Sally Needle
Ruth Novack Alper and Family
Betty Novick
Rachael Pevnick and Family
Debbie & Brian Sher and Family
Libby Sorkin Routman and Family
Terri & Jeff Schnitzer
The Smason Family
Trudy & Gary Sudin
Mr. & Mrs. Menachem Szus & Micky
Bobbie Tolpen and Family
Peggy & Jay Umansky & Family
Stella & Leonid Vladimirov
Bruce & Faith Waxman
Lisa Weiss & Family

Call the office to contribute to Sisterhood's New Year Greeting fundraising campaign for 5780
G'mar Chatima Tovah – May you be sealed in the Book of Life for a good year!



THE SISTERHOOD SCOOP OCTOBER



Volume 2

Number 38

6 Tishrei 5780

October 5, 2019

SHABBOS SHUVAH – the Shabbos between Rosh Hashanah and Yom Kippur – was given to Israel as a time for Torah study, prayer, and reflection on repentance. Rabbi Nachum Braverman writes, "On Rosh Hashana we make an accounting of our year and we pray repeatedly for life. How do we justify another year of life? What did we do with the last year? Has it been a time of growth, of insight and of caring for others? Did we make use of our time, or did we squander it? Has it truly been a year of life, or merely one of mindless activity? This is the time for evaluation and rededication. The Jewish process is called "teshuva," coming home - recognizing our mistakes between ourselves and G-d as well as between ourselves and our fellow man and then correcting them."

Wake Up / 5780 is Here



A Rosh Hashanah Message from Rabbi Jonathan Sacks

Continued from last week, Rabbi Jonathan Sacks outlines ten principles we learn from Judaism designed to bring more meaning, value, and joy to our lives. Below are the final four of the principles.

(7) Keep Shabbat. If Shabbat had not been created, someone would have made a fortune discovering and marketing it. Here is a one-day miracle vacation that has the power to strengthen a marriage, celebrate family, make you part of a community, rejoice in what you have rather than worrying about what you don't yet have, relieve you from the tyranny of smartphones, texts and 24/7 availability, reduce stress, banish the pressures of work and consumerism, and renew your appetite for life. It is supplied with wine, good food, fine words, great songs and lovely rituals. You don't need to catch a plane or book in advance. It's a gift from G-d via Moshe, and for more than 3,000 years it has been the Jewish private island of happiness. To get there all you need is self-control, the ability to say 'no' to work, shopping, cars, televisions and phones. But then, everything worth having needs self-control.

(8) Volunteer. Give of your time to others. There is no greater cure for depression than to bring happiness into the lives of others. Visit the sick. Invite someone lonely to your Shabbat or Yom Tov meal. Share your skills with someone who needs to acquire them. Join one of the many outstanding organisations in our community. Hebrew has a beautiful word for such acts: 'chesed', meaning love-as-deed, love-as-kindness. The great Jewish psychotherapist Viktor Frankl used to say, "The door to happiness opens outward," meaning that feeling low often comes from feeling alone. Bring the gift of your presence to someone else, and you will no longer feel alone.

(9) Create moments of joy. It can be as simple as a walk on a spring day, or watching an internet video of an old song that brings back warm memories, or paying someone an unanticipated compliment, or giving someone a spur-of-the-moment gift. There is a place in Judaism for osher/ashrei, "happiness," but the key positive emotion in the Torah and the Book of Psalms is simcha, "joy." Ivdo et Hashem besimcha... serve G-d with joy. Happiness often depends on external circumstances but you can experience joy even in tough times. Like sunshine piercing the clouds, joy liberates the spirit and breaks the hold of sadness. Let yourself, in Wordsworth's words, be "surprised by joy." Joy means opening your soul to the radiance of life, refusing to let age or time dull your sense of wonder.

(10) Love. Judaism was the world's first, and is still the greatest, religion of love. Love G-d with all your heart, soul and might. Love your neighbor as yourself. Love the stranger, for you were once strangers. Love is the alchemy that turns life from base metal to gold; that etches our days with the radiance of the Shechinah, the Divine presence. True happiness, whether in marriage or parenthood, friendship or career, is always the product of love. Where love is, there is G-d, for when we love others, G-d's love flows through us. To live you have to learn to love.

Do any of these things and slowly, gradually, you will begin to notice a change in your life. You will be less pressured, less anxious, less hurried and harried. You will find you have time for the things that are important but not urgent, which are what you most neglect now. The result will be more satisfaction, fulfillment, joy. Your relationships will be better, especially in the home. People will respect you more. You will feel yourself blessed. This may or may not add years to your life, but it will certainly add life to your years. You will then feel to the full extent what it is to be written into G-d's Book of Life.

I wish you and your families a Shana tova u'metuka. May this year this a sweet and blessed one for us all. – from Rabbi Jonathan Sacks



MARK YOUR CALENDARS

SAVE THE DATE ☆ SAVE THE DATE ☆ SAVE THE DATE

☆ **"Women in the Torah"** presented by Rebbetzin Chani Smason in the NHBZ Sukkah, open to men and women – **Wed., Oct. 16, at 7:15 pm**

☆ **Next Book Club book: "Waking Lions," by Israeli writer Ayelet Gundar-Goshen**
– **Monday, October 28, 7:15-8:45PM**

SISTERHOOD ELECTIONS ARE COMING....



Elections will take place Nov. 17
Any woman who would like more info about becoming an **Officer or Board Member** call Fran Alper: 314-993-4024, or: fran.alper@outlook.com



NHBZ KidZone

Sukkot – Sukkot - Sukkot

SUKKAH Decorating Contest

and SUKKAH Party

for children ages 1 thru 10

Contest Preparation: Make your favorite Sukkah decorations at home (put your name on them), and drop them off at the NHBZ office by the contest deadline **Monday, October 7, 2019**

Contest winners' prizes will be awarded
in three age categories at

The NHBZ KidZone SUKKAH Party

Monday, October 14, 2019

3:45 pm – 5:00 pm

All entries are guaranteed to win a prize!
You must be present to win!

FUN FOR ALL!
Lulav Shaking!
Story Telling!
Snacking!
Singing!





NHBZ KidZone

Shemini Atzeret - Simchat Torah

You have heard of Hakafot: the joyful procession in which we sing and dance with the Torah around the Bima on Shemini Atzeret and Simchat Torah

Now, the NHBZ KidZone presents

KiNder-KaFot

Hakafot for Children!

Monday, October 21, 3:45 pm – 5:00 pm

Shemini Atzeret afternoon

Children ages 1 thru 10 are invited and, of course, are welcome to attend regular hakafot at 6:55 pm

- ☆ **Sing & dance with the Torah**
- ☆ **March with flags**
- ☆ **Special food treats!**



Questions? Please call Jeff in the office at 314-991-2100, ext. 2



TO THE SOURCE

Rabbi Ze'ev Smason

A LEARNING PROGRAM

ENGLISH AND HEBREW TEXT

FOR MEN AND WOMEN

TOPICS INCLUDE:

Mitzvah of Writing a Sefer Torah Mitzvah of Tzedaka
Laws of Conversion Mitzvah of Honoring our Parents



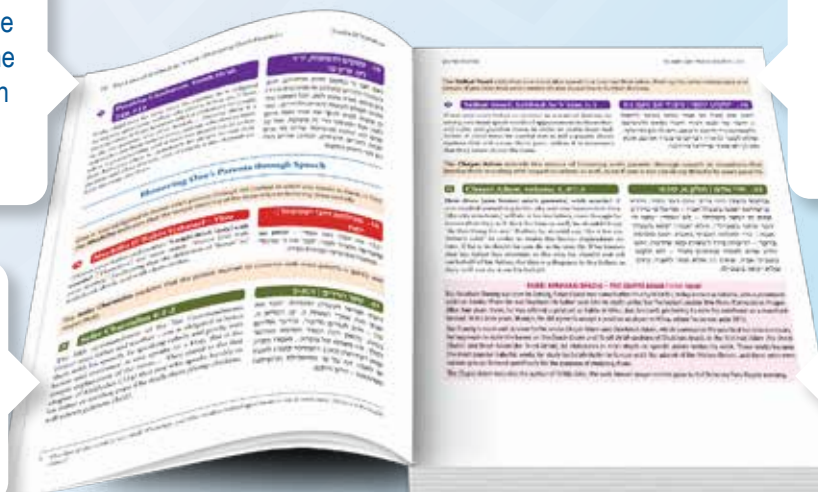
AN INTERNATIONAL PROGRAM WITH OVER 20,000 LEARNERS IN HUNDREDS OF COMMUNITIES ALL OVER THE WORLD

A systematic and concise learning method, from the Talmudic source through modern-day halachic application

Clear and concise introductions and a modern English translation alongside the original Hebrew text

Cover major topics of Torah learning once a week

Color-coded sections, icons and elucidation to guide the learner, in addition to in-depth essays and responsa to complement the learning



Mondays at 7:00 PM Starting Nov. 4th

NUSACH HARI B'NAI ZION 650 N. PRICE RD. ST. LOUIS, MO 991-2100



Torah Campaign Giving Levels

There are many ways to participate in the writing of the **NHBZ TORAH**. You can make dedications in honor of family members or friends, in memory of loved ones, to commemorate a special occasion, your birthday, an anniversary, Bnai Mitzvah, or life cycle event. Consider including your children and grandchildren in the writing of our Sefer Torah so that they, too, can fulfill the Mitzvah. When the Torah is nearly complete, we will have a completion and dedication ceremony at NHBZ on Sunday, December 8.

Please reserve the following dedications by circling your choice(s) and filling in your selections on the Order Form (prices are for each individual item, but you may select more than one of an item):

1. **One complete book of the Five Books of the Torah**..... **\$5400**
2. **Beginning or ending verses of the Torah** **\$5000**
3. **Special Torah Selections** **\$2500**

Suggestions:

Blessings for our Children

Shema Yisrael

The Ten Commandments

Az Yashir - Song at Splitting of the Sea

Birchat Kohanim - Priestly Blessings

Vayehi Binsoa - Prayer at the Ark Opening

Chazak - Final verse of one of the first 4 books

Hashem Hashem - G-D's 13 Attributes of Mercy

Your favorite or significant selection

4. **Weekly Torah Portions(s) – Sedra(s)** **\$1800**
5. **Yom Tov / Special Holiday Torah Portion(s)** **\$1000**
6. **Torah Sections - Aliya/ot or Maftir** **\$540**

Suggestion: Select one of the seven aliyot of a weekly Torah portion or the Maftir from a Bnai Mitzvot or wedding

7. **Torah Verses – Pasuk(im)** **\$180**

Suggestion: Select a verse that has a special meaning to you

8. **Letter(s) in the Torah** **\$36**

Suggestion: Select letters of a family name

The scribe always leaves a few letters of a new Torah incomplete so that he can finish them at a dedication ceremony. If you dedicate \$500 or more, you and your family will be entitled to 'inscribe' one of these unfinished letters (along with the scribe) at our dedication ceremony.



114th *Anniversary Banquet*

Honoring



HaKaras HaTov
Award
Teree Farbstein



Guests of Honor
Robert & Joni Kaiser



Israel Advocacy
Award
Rick & Marcy Cornfeld

Sunday, December 15, 2019

Clayton Plaza Hotel

7750 Carondelet Ave
Clayton, MO 63105

Hors d'oeuvres at 5:30PM / Dinner & Program at 6:30PM

\$125.00 per person

**RSVP by Nov. 15 to be entered in
the EarlyBird Raffle to win prizes**

Anniversary Dinner Committee: Sandie Abrams, Fran & Lenny Alper, Marsha Feenberg, Rhonnie Goldfader,
Dr. Eliot Katz, Bobby Levine, Jeff Miller, Robin Rickerman, Nancy Rush, Anna Rose Tendler

Don't miss out on NHBZ's biggest celebration of the year!

09.18.2019

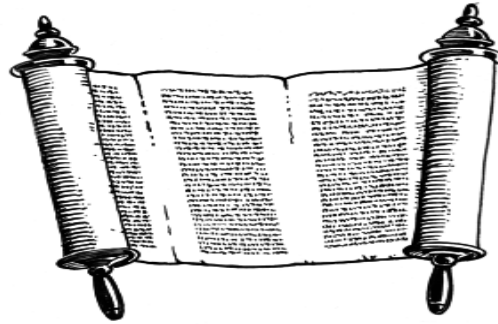
Phone: 314-991-2100, ext.2

Fax: 314-991-4809

Email: reservations@nhbz.org



Women in Torah



October 16, 2019

7:15 pm

In the Sukkah

*A Sisterhood program with speaker
Rebbetzin Chani Smason*

*Light refreshments will be served.
Men are welcomed!*

If you would like to be a sponsor, please contact the office at 991-2100 ext. 2



Shabbat Dinner

Friday Night November 8, 2019

- Services begin at 4:35 pm
- Welcoming Shabbat (Kabbalat Shabbat) at about 5:00 pm
- Program at 5:30 (TBA)
- Shabbat Dinner at 6:00 pm

Hear ye, Hear Ye

We are seeking sponsors for this event to supplement the cost. Become a sponsor for \$25

Adults: \$18.00 Kids, 4- 10: \$12.00 Kids, 3 & Under: Free
(\$72 Maximum per Family)

Make your reservations by calling 991-2100 ext 2.
Seating will be limited

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!