



# Shabbos Bulletin

## *Welcome to Nusach Hari B'nai Zion*

Affiliated with Union of Orthodox Congregations of America

<b>February 15, 2020 ~ 20 Shevat 5780</b>	<b>Candle Lighting 5:19 pm</b>	<b>Shabbat Ends 6:23 pm</b>
Parshas Yisro	Exodus 18:1 -- 20:23	Chumash pages 394 - 415
Haftorah	Isaiah 6:1-13	Chumash pages 1154-1155

### **Our Sponsors:**

This week's bulletin is sponsored by **Gary and Trudy Sudin** in honor of the visit of their children and grandchildren to St. Louis.

Shalosh Seudos is sponsored by **Louis and Rebecca Goldman** in observance of the Yahrzeit of Louis' mother, Judy Goldman z'l (Tova bat Shaul).

### **Erev Shabbos, February 14**

- **Mincha & Ma'ariv ~ 5:05 pm**

### **Shabbos, February 15**

- **Shabbat Services ~ 9:00 am**
  - Pesukei D'Zimra: **Howard Sandler**
  - Shacharis: **Mateo John**
  - Leyning: **Louis Goldman**
  - Haftorah: **Bruce Waxman**
  - Drasha: **Rabbi Ze'ev Smason**
  - Musaf: **Louis Goldman**
- **Learners Service with Rabbi Yosef David ~ 9:30 am**
- **Junior Congregation with Richard Woolf / Babysitting ~ 10:00 am**
- **Starting Points with Rabbi Ze'ev Smason ~10:15 am** *"The 10 Commandments: A Spiritual Guide to Personal Success"*
- **Mincha / Ma'ariv /Shalosh Seudos ~ 5:05 pm**
- **Shabbat ends ~ 6:23 pm**

### **This Week and Beyond**

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

**Happy Birthday to ~ Moshe Pinto, Stuart Klamen, Maxwell Pepose, Samuel Pepose, Morissa Pepose, Edward Levitt, Rebecca Kaiser Bromberg and Andy Epstein**

**Anniversaries- Mark & Natalia Wallman and Norman & Marilyn Liss**

**Shabbat Greeters: Howard Loiterstein and Phyllis Loiterstein.**

- **Shabbos, February 22 ~ Kiddush Luncheon and Mitzvah Adventure** program by the Education Committee Topic: *"Counting your Blessings; Important Early Davening Prayers"* speaker: **Rabbi Smason**.
- **Sunday, February 23 ~ PIZZA NIGHT RETURNS** with the Way Cool Balloons for the kids~ 5:00- 7:00pm ~ Join us for an all-you-can-eat buffet of Kosher pizza, pasta, salad, garlic bread, dessert and a beverage. \$12.00
- **Friday, February 28 ~ Shabbat Dinner at NHBZ** ~ Our first one of 2020. Make your RSVP now as we have sold out the past 2 dinners. Our speaker will be **Rabbi Avi Roberts**, *Director of YP Ignite*. See the flyer in this bulletin for details.
- **Monday Night March 9 ~ PURIM** begins ~ **MEGILLAH READING** at 7:15 pm
- **Tuesday, March 10 ~ PURIM Seudah** at 6:05 pm. RSVP for the Purim Dinner to [jeff@nhbz.org](mailto:jeff@nhbz.org) or 991-2100 ext. 2
- **Shabbos, March 14 ~ SYNAPLEX ~ Speakers and Kiddush luncheon** ~ see flyer in this bulletin

**RSVP NOW for the Feb. 28 Friday Night Shabbat Dinner and for the March 10<sup>th</sup> Purim Seudah (dinner)**

## **Parshas Yisro**

The weekly portion begins with Moses' father-in-law, Yisro, arriving at the Jewish people's camp in the desert, where he is greeted warmly by a large entourage. Yisro was inspired to join them when he heard about all of the wonders and miracles which G-d performed for the Jewish people during the Exodus from Egypt. Upon witnessing Moses serving as the people's sole judge from dawn until dusk, Yisro declares that this system will never work. He therefore suggests that subordinate judges be appointed to adjudicate the smaller cases. Moses agrees to this plan. The Jewish people arrive at Mt. Sinai and prepare to receive the Torah. Moses ascends the mountain and G-d tells him to convey to the people that they will be to Him a treasure from among the nations. After three days of preparation the moment of revelation finally arrives. Amid thunder, lightning and the sound of the shofar, G-d descends upon the mountain and proclaims -- with the entire Jewish people listening -- the Ten Commandments. Referred to in Hebrew as the Aseres HaDibros, a more accurate translation would be the Ten Sayings or the Ten Statements. One noteworthy feature of the revelation is that both before and since Sinai, no nation has ever made the claim that G-d spoke to an entire nation of millions of individuals. Moses then ascends the mountain to receive the remainder of the Torah from G-d, both the written and oral segments. The portion concludes with several mitzvos concerning the construction of the altar in the Temple.

**PURIM IS COMING !!!**

*Don't Miss the Purim Seudah  
- it is a mitzvah to attend!*

**Tuesday night, March 10**



**I WANT YOU . . .**  
To come in *costume*  
and/or perform a *Shtick*

**Costume Contest Categories:**  
*Children / Adults / Families  
or any kind of goofy group*

**What's a Shtick?**  
*A Skit – Game – Poem – Joke – Music  
to help us all be joyful on Purim  
~ Sign up to perform your Shtick! ~*

Call Bobby Levine now to schedule  
your Shtick in the Purim Program  
*(deadline is Friday, Feb. 28)*

Email: [bxlevine@charter.net](mailto:bxlevine@charter.net) or  
Phone: 314-602-1796

## Torah Trivia from the Parsha this week:

**Last week's question:** What exceptional item did Moshe take with him from Mitzrayim?

**Answer is:** The bones of Yoseph. Because Yoseph made his brothers swear that when they left Mitzrayim they would take his bones with them.

**This week's question :** What were the names of Moshe's wife and sons?

**Note: Rabbi Smason will be out of town Sunday, Feb. 16 -- Tuesday, Feb. 18**

## Adult Learning at NHBZ

- **Every Monday 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. **NOTE- No class February 17<sup>th</sup>.**
- **Every Wednesday at 12:15 pm ~ Study with Rabbi Smason- 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 22: "Guilt: Good in Small Doses or Always Toxic?"*

*February 29: "Get Back on Track: Strategies for Bouncing Back After Slipping-Up"*

*March 7: "Finding Joy: Is Happiness a Choice?"*

*March 14: "Haters and Critics: How to Deal with People Who Judge You"*

*March 21: (No Class from Rabbi Smason)*

*March 28: To Tell the Truth: Is Honesty Always the Best Policy?"*

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

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

**Every Monday ~ '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**

## In the Community

### **Attention All Jewish Undergraduate Students!**

Join The Network: Chabad on Campus for a delicious Shabbat dinner on Friday night March 6th at Nusach Hari B'nai Zion! Connect with other Jewish undergraduate students from the St. Louis area, engage in discussing interesting Jewish topics, and enjoy delicious Chinese food. Feel free to invite your friends!

When: Fridav. March 6th @ 7pm Contact Dodi Smason at [dodi@chabadoncampus.org](mailto:dodi@chabadoncampus.org) for more

**February 19 ~ "Caring for Ourselves and Our Community" ~** On behalf Taharath Israel and Sharsheret Supports we want let you know about a program created for the Orthodox women of our community. The program "Caring for Ourselves and Our Community" will be held at The J from 7:30 pm – 9:00 pm. **NHBZ Rebbetzin Chani Smason** will be one of the speakers. To register contact Tonia Levison, [stlouismikvah.com](http://stlouismikvah.com)

**March 2nd at 7:30 pm ~** MTI invites the entire community to an evening with the world renowned inspirational speaker Charlie Harary, who will speak on the topic of "The Eyes of Greatness-How to See the Invisible". Monday evening,. Light refreshments to follow. 1809 Clarkson Road in Chesterfield. Dedicated in memory of Greg Fox obm, commemorating his 4th yahrtzeit. There is no charge for this event. To RSVP or for any questions, please email [gregfoxevent@gmail.com](mailto:gregfoxevent@gmail.com) or call the Yeshiva at 636-778-1896 x108.





# THE SISTERHOOD SCOOP

## FEBRUARY 15



Volume 3

Number 6

20 Shevat 5780

February 15, 2020

### Your 2020 Sisterhood Dues Statement has been emailed to you

Please reply ASAP – Here's how:

1. Fill out the electronic Membership Form that was attached to your email statement; **email it back to us** – [sisterhood@nhbz.org](mailto:sisterhood@nhbz.org)
2. Mail your \$25.00 check, payable to "NHBZ Sisterhood," to NHBZ, 650 N. Price Road, Olivette, MO 63132. Or, call Laura at 314-991-2100, ext.3 to pay by credit card.

If you did not receive the email—call the office.

**Act now to support your NHBZ Sisterhood!**

### Next NHBZ Book Club

will meet **Monday, Feb. 24, 7:15-8:45 pm**, at the home of **Sallie Volotzky**. The book will be **"Inheritance: A Memoir of Genealogy, Paternity, and Love"** by Dani Shapiro. *People Magazine* calls it a profound and exquisitely rendered exploration of identity and the true meaning of family. **Linda Shore** will lead the discussion.

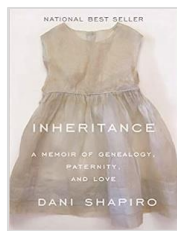
**All women are welcome!**

For more info or to RSVP

call **Terri Schnitzer**

@ **314-518-4107** or

[terrischnitzer@yahoo.com](mailto:terrischnitzer@yahoo.com)



### Next Movie Night

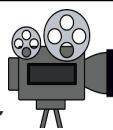
**Wednesday, March 4, 6:00pm**

**Mansions on the Plaza—8300 Delmar**

See the award-winning film **'FILL THE VOID'**

Space is limited. For more info call **Faith Waxman**

at 314-852-2527 or [faihegw@gmail.com](mailto:faihegw@gmail.com)



### MARK YOUR CALENDARS

SAVE THE DATE ★ SAVE THE DATE ★ SAVE THE DATE

★ **Next Book Club book: "Inheritance" by Dani Shapiro, at the home of Sallie Volotzky; – Monday, February 24, 7:15-8:45PM**

★ **Sisterhood's "Movie Night Out"**

– **Wednesday, March 4, 6:00PM at Mansions**

★ **NHBZ's Purim Seudah. Join our Shtick!**

– **Tuesday, March 10 at 6:15PM**

★ **Author Caroline Goldberg Igra – "Count to a Thousand" – Sunday, March 29, 3:00-4:30PM**

### Parshas Yitro

### The Importance of Simple Things

–Translated and Adapted by Moshe Wisnefsky from Lubavitcher Rebbe (Chabad.org)

*You must not ascend My altar on steps, so that your nakedness not be exposed over it. – (Exodus 20:23)*

The priests wore trousers under their tunics, so their bodies would not have been exposed to the altar even on a staircase. Nonetheless, since walking up a staircase gives the impression of exposing one's uncovered body, it is more modest to use a ramp. If G-d requires us to respect the "feelings" of unfeeling stones, all the more so does He require us to respect the feelings of our fellow human beings.

The requirement to show respect to the stones of the altar teaches us to safeguard the honor of other people even when they are not aware that they are being disrespected, even when we do not mean to offend them.

Thus, this last verse of this section of the Torah sums up the message of G-d's revelation at Mount Sinai: G-d is found in even the most mundane things. Our relationships with other people are part and parcel of our relationship with G-d. And in a positive sense, loving other people is in truth loving our Creator.

### NHBZ Sisterhood and Israel Committee

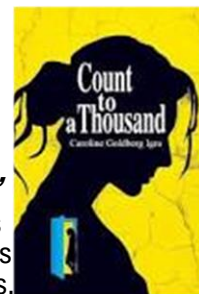
invite you to **"Meet the Author"**

**March 29, 3:00-4:30pm at NHBZ**

Meet author **Caroline Goldberg Igra** and hear

her speak about her book **"Count to a Thousand"**

Hear the story of an American expatriate who constructs a life in Israel – and the challenges that arise. The book is available in advance at NHBZ for \$15. Light refreshments.



### Caring for Ourselves and the Community

brought to you by Sharsheret Supports and Taharath Israel

A look at Jewish values and the implications for women's health and wellness. Discussions will include:

- **The Mikvah's Role in a Spiritual and Physical Balance** (led by Rebbitzin Chani Smason)
- **How to Care for a Family Member/Friend in Need** (led by Debbi Braunstein and Michelle Mufson)
- **How to Be Your Healthiest Healthy; Gatekeeper of Your Personal Health** (led by Cyndee Levy and Abigail Hoffman, MD)
- **KNOW the Facts, LEARN the Risks, TAKE Action** (led by Lynne Kipnis, Ph.d and Suzanne Mahon, Ph.d)

**Wednesday, February 19**

7:30 – 9:00pm

The J in Creve Coeur

FREE but RSVP requested

For more info:

[jccstl.com/caring](http://jccstl.com/caring)



SHARSHERET  
The Jewish Breast & Ovarian Cancer Community



TAHARATH ISRAEL  
טוהרית ישראל





650 N.PRICE



314-991-2100

# Pizza Night

SUNDAY, FEBRUARY 23RD

5:00-7:00 P.M.

BY SPECIAL REQUEST:  
Mike Geerlof &

**WAY COOL  
BALLOONS**  
WILL BE HERE!

Every Child  
Gets a Balloon!

**~All-You-Can-Eat Pizza Buffet ~**

**PIZZA, SALAD, GARLIC BREAD &  
PASTA, PLUS DESSERT & BEVERAGE**

Bring your family and friends to enjoy a  
delicious pizza dinner and schmoozing!  
Reservations are not needed.

**ADULTS: \$12 • KIDS 4-10: \$6  
3 & UNDER: FREE**





# Shabbat Dinner

## Friday, February 28, 2020

- Services (Mincha) begins at 5:30 pm
- Welcoming Shabbat (Kabbalat Shabbat)
- Shabbat Dinner at 6:30 pm by Chef Norma Rubin

*Please consider becoming a Shabbat dinner sponsor for \$25*

Guest speaker:

**Rabbi Avi Roberts**

*Director of YP Ignite*

## *“Purim: Read, Drink and Be Merry”*

Adults \$18.00 \* Kids 4-10: \$12.00 \* Kids 3 & Under N/C  
\$72 Maximum per Family \* RSVP by Monday, February 24 at Noon

(If space is available, RSVP's after deadline are \$22 adults / \$16 kids)

991-2100 ext 2 or Email [jeff@nhbz.org](mailto:jeff@nhbz.org)



*The NHBZ Education Committee*

# **Masks & Megillahs**

***Kids! Get Ready for Purim!***

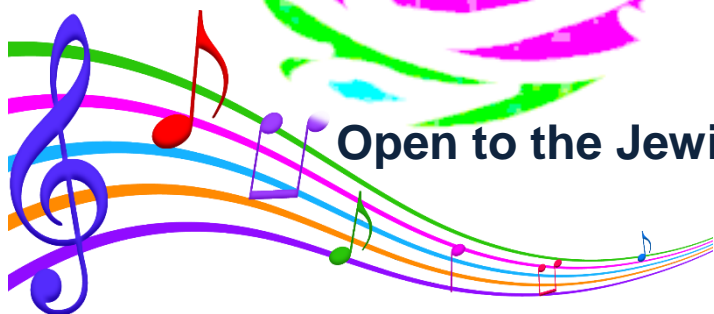
**Sunday, March 8, 2020**

**2:00 – 3:30 p.m.**

**650 North Price Road, Saint Louis, MO 63132**

**A fun filled afternoon for kids ages 2-10  
Have fun making MASKS, MEGILLAHS,  
HAMANTASHEN & GROGGERS  
STORY-TELLING, NOSHING & SINGING.**

***Prize for each child in costume  
Bring a can of food for the Food pantry***



**Open to the Jewish public at no charge**







# Join Us For Purim!

2020  
5780



**Monday March 9th**

Shachris: 6:45am | Mincha at 6:10pm  
Ma'ariv at 7:00pm

**Megillas Esther at 7:15pm**

**Tuesday March 10th**

Shachris: 6:30am | Mincha at 5:50pm

**Megillas Esther at 7:00 am**

Mincha at 5:50 pm • **SEUDAH** at 6:05 • Ma'ariv Following Meal

TO ENTER  
THE PURIM  
SCHTICK  
CALL:  
BOBBY  
602-1796

**The Delicious**

# SEUDAH

## Costume Contest & Schtick Nite

**The Delicious and Festive Meal**

will be served up by our own, fabulous Chef Norma, so you know it will be DELICIOUS!

More Seudah details to come. Dont miss out! ... Featuring Jackie's whiskey slush,  
ShushanSlush for the Kids & Hamentashen Dessert.

Of course, the **COSTUME CONTEST**: Prizes 3 categories - Children, Adults and Couples/family ...

**SCHTICK**: Skits, Games, Poems, Jokes, Musical Entertainment, (3-5 minutes max) Enter with  
the title of 'Your Schtick' to Bobby Levine to be scheduled into the evening's entertainment  
lineup! (rxlevine@charter.net) or 602-1796. **GET ON THE SCHTICK - Sign Up by Friday, March 6.**

**\$18 ADULT • \$10 CHILD (4-10)**

**\$50 MAX/Family, and children 3 & Under FREE.**



**RSVP BY MARCH 2ND**  
**314-991-2100 EXT: 2**







**Shabbat**

## Shabbos, March 14, 2020

8:30 am **Traditional Services** – in the sanctuary

9:15 am **Prayer Learners Service** – led by Rabbi Yosef David of Aish HaTorah St. Louis in the chapel

10:00 am **Starting Points** –led by Rabbi Ze'ev Smason topic:  
*"Haters and Critics: How to Deal with People Who Judge You"*

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

11:30 am

### Synaplex Breakout Sessions:

**"Are we 'United' or 'Untied'? It All Depends Where You Put the 'I' "** – **Rabbi Yaakov Berkowitz, St. Louis Kollel**

**"Strengthening Your Zionist Narrative : Education as a Tool for Empowerment" - Adam Blue, Midwest High School Coordinator for StandWithUs, an international Israel education organization that educates and inspires students and communities on hundreds of college campuses, high schools, and middle schools.**

12:30 pm **Kiddush / Luncheon** - in the Social Hall