



Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

February 8, 2020 ~ 16 Shevat 5780

Candle Lighting 5:11 pm

Shabbat Ends 6:15 pm

Parshas Beshalach Exodus 13:17 -- 17:16

Chumash pages 366-393

Haftorah: Judges 4:4 - 5:31

Chumash pages 1152-1154

Our Sponsors:

Thank you to our Tu B' Shevat program and lunch sponsors: **Anonymous, Leo Bressler, Dr. Faye and Brian McCary, Amy & Denny Feit, Irwin & Arlene Fredman, Joyce Hochberg, Fran Hoffman, Bob & Joni Kaiser, Dr. Eliot & Sally Katz, Ed & Helayne Levitt, Dr. Daniel & Marcela Morgensztern, Rachael Pevnick, Dr. David & Fran Reisler, Libby Routman, David & Norma Rubin, Dr. Jonathan & Naomi Shanker, David Stein, Jay & Peggy Umansky, Leonid & Stella Vladimirov, Richard & Mindy Woolf, Alan & Vivian Zarkowsky and Keith and Karen Zeff**

Shabbos Shira

Erev Shabbos, February 7

- Mincha & Ma'ariv ~ 5:05 pm

Shabbos, February 8

- Shabbat Services ~ 9:00 am

- Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Howard Sandler**
 - Leyning: **Michael Shapiro**

- Haftorah: **Dr. Naftali Kadosh**
 - Drasha: **No Drasha**
 - Musaf: **Michael Shapiro**

- 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 "Are You Suffering from 'Hurry-Sickness?' How to Stop and Smell the Roses"
- Tu B' Shevat Program and Kiddush Luncheon ~ Important See schedule for today's program on page 2 of this bulletin
- Tu B'Shevat Speakers: Rabbi Shlomo Eisenberg of the St. Louis Kollel and **Michael E. Wyssession, Professor of Earth and Planetary Sciences at Washington University.**
- Mincha / Ma'ariv /Shalosh Seudos ~ 4:55 pm
- Shabbat ends ~ 6:15 pm

This Week and Beyond

| Minyan Times | Shabbos Feb 8 | Sun. Feb 9 | Mon. Feb 10 | Tues. Feb 11 | Wed. Feb 12 | Thurs. Feb 13 | Fri. Feb 14 | Shabbos Feb 15 |
|-----------------|---------------|------------|-------------|--------------|-------------|---------------|-------------|----------------|
| 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* | 4:55 pm | 5:15 pm | 5:15 pm | 6:45 pm* | 6:45 pm* | 6:45 pm* | 5:15 pm | 5:05 pm |

* Ma'ariv only

Happy Birthday to ~ Sheryl Levine, Nathan Garmaise, Sally Amon, Marsha Feenberg, Rebbetzin Chani Smason, Scott McCary, Stella Vladimirov, Amanda Fredman and Bob Kaiser
Anniversaries- none

Shabbat Greeters: Bob & Joni Kaiser

- **Monday, February 10 ~ 7:00 pm ~ Home Discussion Group** at the home of **Howard & Phyllis Loiterstein**. The topic will be **"Kiddush/Challah, Candles (Shabbos and Yom Tov) and The Children's Blessing"** with **Rabbi Smason**. RSVP by February 7th to get the address, contact Jeff@nhbz.org or call the office 991-2100 ext. 2.
- **Tuesday, February 11 ~ Board meeting 7:00 pm**
- **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 Balloon Guy** 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.
- **Friday, February 28 ~ Shabbat Dinner at NHBZ** ~ Our first one of 2020. Make your RSVP early 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. Dinner, costumes and more..



~ Shabbat Schedule ~

Morning Shabbat Tefila / Prayer services: 9:00 A.M. -- 11:30 A.M. (approximate)
Following the conclusion of Tefila:

- 1) Congregants and guests invited to be seated at the various tables in our dining area.
- 2) Following Kiddush (blessing on the wine) and HaMotzei (blessing on the bread), with those seated having had a bit to eat and drink.....
- 3) Rabbi Eisenberg will make his presentation, including introducing the fruits and the reasons for Tu B'shvat. Approx. 15-20 minutes
- 4) Main meal will be served
- 5) Before dessert, Prof. Wyssession ~presentation, approx. 30 minutes plus Q&A
- 6) Dessert
- 7) Birkat HaMazon / Grace after Meals

The Home Discussion Group Returns!

When: February 10, 7:00 pm

Where: Home of Howard and Phyllis Loiterstein

Topic: "Kiddush/Challah, Candles (Shabbos and Yom Tov) and The Children's Blessing" with **Rabbi Smason**

RSVP and get the address contact Jeff@nhbz.org or call the office 991-2100

RSVP Now for the Feb. 28 Friday Night Shabbat Dinner!

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: rxlevine@charter.net or
Phone: 314-602-1796

Parshas Beshalach

As the Jewish people leave the land of Egypt, Pharaoh's heart is once again hardened. The Egyptian army pursues the former slaves, trapping them on the shores of the Red Sea. Moses raises his hand over the sea, miraculously parting the waters and allowing the Jewish people to pass through safely. Pursued by the Egyptians into the sea, Moses once again raises his hand and the waters come crashing down upon Pharaoh's army. Awed by this indisputable miracle, Moses leads the Jewish people in the Shir Shel Yam, a song of praise to G-d acknowledging a debt of gratitude for their remarkable salvation.

After traveling from the Red Sea, and following the miraculous sweetening of the bitter waters at Marah, the Jewish people complain to Moses and Aaron that they have no food to eat. G-d responds by providing a great test of faith; a daily ration of manna that would fall from the sky for forty years every morning, except for Shabbos. Some suggest that the manna was the greatest miracle the Jewish people ever experienced. A constant water source is also given when G-d commands Moses to strike a rock, miraculously causing water to flow from it. The portion concludes with the nation of Amalek's unprovoked sneak attack and the

Jewish people's victory.

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?

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 10th (due to Home Group) and February 17th.
- **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 15: "The 10 Commandments: A Spiritual Guide to Personal Success"

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

Torah Trivia from the Parsha this week:

Last week's question: How many plagues are mentioned in this Parsha? Which ones?

Answer is: 3 plagues. Locust, Darkness, Death of Firstborn

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

Every Shabbat

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

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: Friday, March 6th @ 7pm

Contact Dodi Smason at dodi@chabadoncampus.org for more information and/or to RSVP.(FREE of charge for all undergraduate Jewish students.)

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 on Wednesday, February 19th. The program “Caring for Ourselves and Our Community” will be held at The J from 7:30 pm – 9:00 pm. Topics will include ways women can be their “healthiest healthy”, ways to support family and friends facing illness, instruction on how to maintain your family health history, and the increased hereditary cancer risks facing the Jewish Community. **NHBZ Rebbetzin Chani Smason** will be one of the speakers. To register they can contact Tonia Levison, stlouismikvah.com



Pizza Night

Sunday, February 23

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

Special: The Balloon Guy for the Kids

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**





Shabbat Dinner

Friday, February 28, 2020

- Services (Mincha) begins at 5:30 pm
- Welcoming Shabbat (Kabbalat Shabbat) to follow
- 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: Free
(\$72 Maximum per Family) RSVP by February 23 991-2100 ext 2 or

Email jeff@nhbz.org



The NHBZ Education Committee

Masks & Megillahs

Kids! Get Ready for Purim!

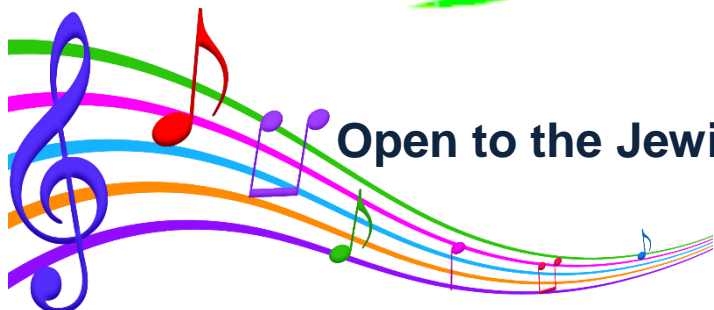
Sunday, March 8, 2020

2:00 – 3:30 p.m.

650 North Price Road, Saint Louis, MO 63132

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

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



Open to the Jewish public at no charge





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

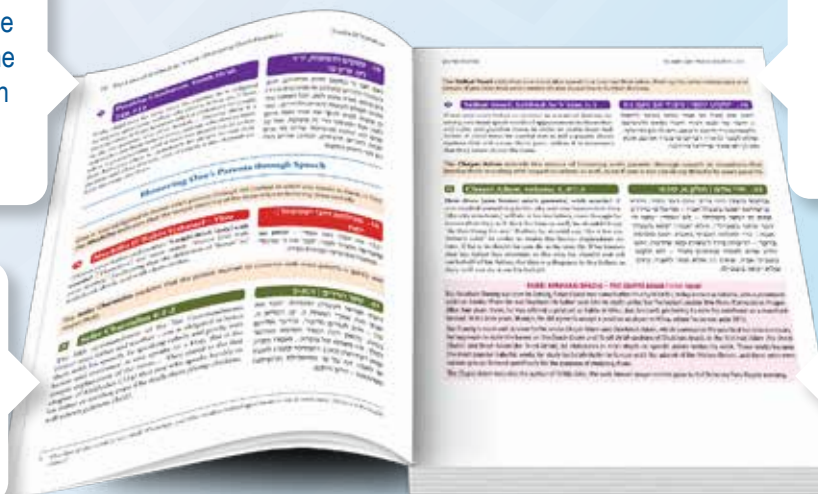


AN INTERNATIONAL PROGRAM WITH OVER 20,000 LEARNERS IN HUNDREDS OF COMMUNITIES ALL OVER THE WORLD

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

RSVP to jeff@nhbz.org / 991-2100
Mondays at 7:00 pm

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

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!