



Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

November 28, 2020 ~ 12 Kislev 5781

Candle Lighting 4:23 pm

Shabbos Ends 5:26 pm

Parshas: Vayeitzei: Genesis 28:10 -- 32:3
Haftarah: Hosea 11:7 - 12:14

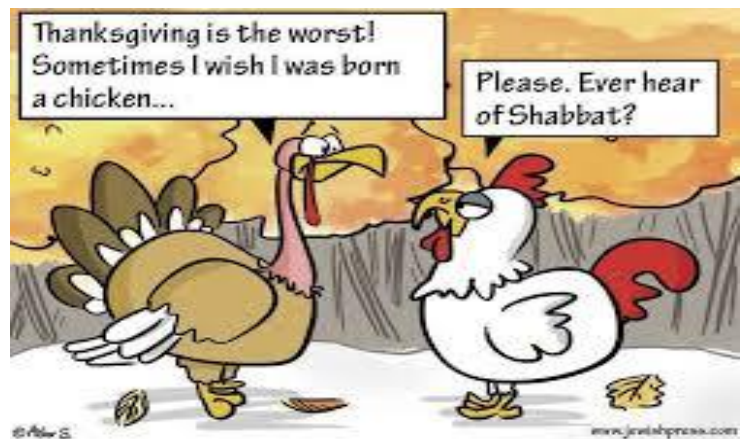
Chumash pages 144-169
Chumash pages 1139-1140

Erev Shabbos, November 27

- Mincha & Ma'ariv ~ 4:20 pm

Shabbos, November 29

- Shabbat Services ~ 9:00 am
- Mincha ~ 4:10 pm
- Parsha Deep Dive "Does G-d Have a Body?" with Rabbi Avi Okin ~ after Mincha
- Ma'ariv/Shabbos ends ~ 5:26 pm



Important: Information Concerning Shabbat Morning Services on Page 6
Don't forget to register to attend Shabbat services.

Davening Times

NEXT 4 DAYS	Wed Nov 25	Thurs Nov 26	Fri Nov 27	Shabbos Nov 28
Shachris	7:00 am	8:00 am	8:00 am	9:00 am
Mincha/Ma'ariv	N/A	4:20 pm	4:20 pm	4:10 pm
Ma'ariv Only	6:45 pm	N/A	N/A	N/A

Thanksgiving

NEXT WEEK	Sun Nov 29	Mon Nov 30	Tues Dec 1	Wed Dec 2	Thurs Dec 3	Fri Dec 4	Shabbos Dec 5
Shachris	8:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	9:00 am
Mincha/Ma'ariv	4:20 pm	N/A	N/A	N/A	N/A	4:20 pm	4:05 pm
Ma'ariv Only	N/A	6:45 pm	6:45 pm	6:45 pm	6:45 pm	N/A	N/A

Birthdays ~ Shirley Hollander, Sandy Greenberg, Dr. David Reisler, Gail Rose and Menachem Szus

This Week and Beyond

- **Sunday, November 29 ~ PIZZA NIGHT** ~ Nusach Hari B'nai Zion will have a Kosher Carry Out PIZZA NIGHT with pick-up from 4:00- 5:30 p.m. All pizzas are \$14 with your choice or combination of mushrooms, green peppers and onions. Orders are prepaid, order by Friday, November 27. Call 991-2100 Ext 2 or emailing jeff@nhbz.org.
- **Wednesday, December 9 ~ 7:15 pm ~ Rabbi Smason and Rabbi Okin** will present a Chanukah class via Zoom *"The Open and Hidden Miracles of Chanukah"* please join at: <https://us02web.zoom.us/j/295822730>
- **Wednesday, December 23 ~ 7:00 pm ~ Rabbi Smason** will speak on: *"Jumpstarting Change in a Pandemic New Year"* Please join through zoom video: <https://us02web.zoom.us/j/295822730>

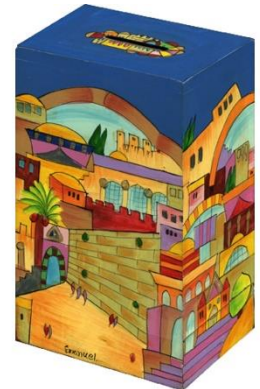
Join Rabbi Avi Okin between Mincha and Maariv on Shabbos afternoon as we thoroughly explore some of the mitzvos, themes, and lessons of that week's Torah Portion.

Yom Kippur Yizkor Tzedaka,

This year has been quite tough and some may have missed the opportunity for giving Tzedaka for Yom Kippur Yizkor. If you would like to do so, please send a payment to our shul or call Jeff at 314-991-2100 ext. 2 with your payment details or send an email to jeff@nhbz.org with your pledge. Thank you for your support for your shul.

The NHBZ Pushke Project Wants Your Pushke ~ December 1st

The Pushke project began in September and is now approaching the first pickup or delivery date. Please see the flyer in this bulletin and plan on making arrangements for your Pushke to be counted.



NHBZ Chanukah Baskets are Sold Out!

Thank you to everyone who purchased a Chanukah basket and made this program a successful fundraiser. Thank you to **Amy and Denny Feit** for spearheading the program and Amy for putting the baskets together.

Parshas Vayitzei

Jacob escapes from his wicked brother Esau and travels to Charan, where he will stay with his uncle Laban. While spending the night at the future site of the Temple, G-d appears to Jacob in a dream. Rich in symbolism and meaning, the dream depicts a ladder extending from heaven to earth upon which angels are ascending and descending. After arriving in Charan, Jacob meets Laban's daughter Rachel and agrees to work for Laban for seven years for her hand in marriage. When the wedding night finally arrives, Laban deceives Jacob by substituting his older daughter Leah in Rachel's place. After waiting a week, Jacob also marries Rachel, but not without being forced to commit to another seven years of labor. Over the next few years Rachel remains barren, while Leah gives birth to six sons and a daughter. Bilhah and Zilpah (the maidservants of Rachel and Leah respectively) each have two sons with Jacob. Finally Rachel also has a son, Joseph.



Jacob becomes very wealthy during his twenty-year stay with Laban, even though his father-in-law continually tries to swindle him. After seeking counsel with his wives, Jacob and his family flee from Laban, who pursues and confronts him, upset that he left without saying goodbye and arrogantly claiming that Jacob stole his idols. Eventually they sign a peace treaty and part ways.

NHBZ Board of Directors and Officers Election Results~

Mazel Tov to:

Officers for 2021

President: Menachem Szus
Vice President: Kenny Bressler
Vice President: Stella Vladimirov
Vice President: (open)
Vice President: (open)
Treasurer: Denny Feit
Secretary: (open)
Gabbi: Alan Zarkowsky

NHBZ Board of Directors

Term ends 12/31/2021

Rhonnie Goldfader, Stuart Klamen, Bobby Levine, Ed Levitt, Phyllis Silverman

Term ends 12/31/2022

Howard Loiterstein, Margo Tzadok, Richard Woolf, Caryn Alper, Nancy Belau Rush

Term ends 12/31/2023

Dr. Faye Cohen, Jennifer Hartranft, Marcie Brook (2 spots open)

Health guidelines for attending Minyanim:

Age Guidelines:

- a) Healthy individuals age 64 and under are welcome without additional restrictions.
- b) 65 - 74: Welcome only with a note or letter from their personal physician attesting that their health is good enough to reasonably assume the risk of a 45 minute (or for Shabbos, a three-hour) indoor prayer service held with medically-guided precautions. (please see back of bulletin for full health guidelines)
- c) Those 75 and over wishing to attend: Please contact Rabbi Smason directly at: Pepshort613@gmail.com or 314- 749-5271

Anyone 64 or younger with a comorbidity appearing on the following list may attend only with the physician's note attesting that their health is good enough to reasonably assume the risk of a 45 minute (or for Shabbos, a three-hour) indoor prayer service held with medically-guided precautions.

*People of all ages with underlying medical conditions, particularly if not well controlled, including:

* People with chronic lung disease or moderate to severe asthma

* People who have serious heart conditions

*People who are immunocompromised. Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications

*People with severe obesity (body mass index [BMI] ≥ 40)

*People with diabetes*People with chronic kidney disease undergoing dialysis*People with liver disease.



Pizza Night

Sunday, November 29, 2020

4:00 pm – 5:30 pm

Carry Out ONLY

ALL PIZZAS \$14.00

Choose from any one or combination of Mushroom, Green Pepper and Onion. Final price is still \$14.00!

**ALL orders are pre-paid! Order by noon Friday, Nov. 27~
email orders to jeff@nhbz.org (you will get an email order confirmation)or
pay online below**

All food under the supervision of Rabbi Ze'ev Smason

**You can also order by calling 314-991-2100, ext. 2.
A pick up time between 4:00 pm – 5:30 pm will be given to you
when you order.**

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





THE SISTERHOOD SCOOP

NOVEMBER 28



Volume 3

Number 39

12 Kislev 5781

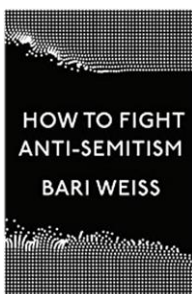
November 28, 2020

BOOK CLUB NEWS

The next ZOOM meeting of the NHBZ Sisterhood Book Club will be **Monday, Dec. 21, 7:15-8:45pm**. The book is: **"How to Fight Anti-Semitism,"** by Bari Weiss, who was the featured speaker at the recent JFed's Women's Philanthropy event and is the former op-ed staff editor for **The New York Times**.

Her important book is a concise argument against modern-day anti-Semitism.

The Guardian writes: *"Her childhood synagogue in Pittsburgh was the site of last year's Shabbat morning massacre. This passionate, vividly written, insightful book is her pained, fighting elegy."*



Save the date for the **February 22** book club meeting when we will read **"Noah's Wife,"** by Lindsay Starck, a gorgeously written, brilliantly introspective, fable-like novel reimagining Noah's Ark for our modern times.

To join Sisterhood's Book Club, or, to suggest a book to read, call **Terri Schnitzer 314-518-4107** terrischnitzer@yahoo.com

Possible upcoming books: **Finding Dorothy** by Elizabeth Letts; **Footprints on the Heart** by Jean Naggar

THE SOURCE OF CONFIDENCE AND JOY

'Light of foot, Jacob set out for the land of the people who lived to the east.' -Genesis 29:1

Even though Jacob was on his way to enter a spiritually dangerous environment, his joy in fulfilling his Divine mission and trust in G-d's protection permeated his entire being, down to his feet. Following Jacob's example, we can adopt the same joyful and confident attitude when we set out to tackle life's numerous daily, mundane activities, even though they may not seem as spiritual. The key is to make sure beforehand that, like Jacob, we are properly nourished (by studying the Torah), properly clothed (by observing G-d's commandments), and properly focused on our goal (of making the world into G-d's home). -chabad.org

VAYEITZEI: "Singing Despite the Blues"

- by **Simcha Levenberg** www.chabad.org

Jacob traveled to Charan. Charan made Detroit look like Putney, Vermont. It was a rough place. Like Vegas but with more slot machines, like New York, but with more aggression, like Washington D.C. but with more corruption.

To make matters worse, Jacob lived in his uncle's house. His uncle made John Gotti look like a saint. Get the picture? Yet the Midrash says that Jacob sang certain psalms (120-134) throughout the 20 years he lived there.

Does that make sense? Jacob was in a precarious position, in an unfriendly and disgusting city, and he walks around as if he is starring in a Broadway musical?

Jacob was in a difficult moment in his life. He, himself would have been the first to admit it, but he refused to get depressed or lose hope. He recognized that G-d's hand had guided him there. He knew he was in Charan for a purpose and upon completion of that goal, he would return home.

Therefore, even during the challenging moments in Charan he remained joyous, for he knew he was where he needed to be, doing what had to be done—and he was right. Twenty years later he left Charan with his entire family and quite a bit of gelt. Retroactively, he proved that all of his singing was justified and not the outgrowth of a bipolar disorder.

The world right now is a tough place to be. Anyone who can't see the problems should cut down on their meds. You don't have to be a bleeding heart liberal to recognize the issues in yourselves, your towns, and society at large.



Information Concerning Shabbat Services and Weekly Minyanim at NHBZ

Dear members,

In light of Covid-19 cases that are on the rise in our area and new restrictions established by St. Louis County, I requested guidance from physicians and a health professional who are members of NHBZ, whether protocol changes were advisable for the minyanim currently taking place within our synagogue building. I have included below their response which advises that due to the increased risk to the NHBZ community, all minyanim be limited to a maximum of 15 people.

To that end, the following procedure will be in place for Shabbos *morning* services, beginning this Shabbat, November 21.

1. Twelve men and three women will be eligible to attend.
2. Four of the twelve men automatically on each week's list will be Rabbi Okin, our Torah reader, our gabbai, and one gentleman who is an *avel* (a mourner).
3. Others interested in attending must sign up in advance by Thursday at 5:00 P.M. by emailing jeff@nhbz.org or by calling Jeff at 314 991-2100 x 2
4. If by Friday morning there are not 15 individuals who have pre-registered, our gabbai will contact members to fill in any remaining spots.

It is with a saddened heart that I compose this message, understanding that these new guidelines may preclude some of our dear members from attending Shabbos morning services. Nevertheless, I trust that the entire NHBZ community will understand the life-and-death health risk Covid-19 poses, and will be grateful for the informed guidance our synagogue's dedicated medical professionals have given us during these dangerous and trying times.

Rabbi Smason

=====

Dear Rabbi:

In light of trends in COVID-19 cases in St. Louis County since the beginning of October, which result in an increased risk of an infected individual attending an indoor function without yet being aware that they are infected, the medical committee met Sunday afternoon and considered a broad variety of possible policy changes, ranging from no change whatsoever to returning to the suspension of all indoor activities that was necessary last spring. After a discussion of the medical merit of the different options available, the committee is making the following recommendations:

- 1) All minyanim, morning and evening, weekdays and Shabbos, should be limited to 15 attendees.
- 2) The length of the Shabbos service should be reduced from three hours to two hours.

The other existing requirements - age restrictions, masking requirements, social distancing, affirmation by the attendees that they have not experienced any of the symptoms, monitoring temperature on weekday services, etc - must remain in place.

Continued....

The committee will continue to monitor the case rates and will revisit this recommendation as rates change. We all look forward to the time when the citizens of St. Louis county have taken all the steps possible for as long as necessary to reduce the case rate to the point that risks have returned to the level prior to the holidays.

Best Regards,

Dr. Alan Brook

Dr. Faye Cohen

Dr. Daniel Morgensztern

Dr. Adrian Shifren

Brian McCary





Make sure your **SOUND IS ON** and **CLICK BELOW** for important information about the Anniversary Virtual Event:

<https://youtu.be/7IDPwIY3U7A>

As a replacement for the banquet dinner, you will have an opportunity to dedicate volumes of our recently acquired

Artscroll Schottenstein Edition Talmud

as well as purchase Event Sponsorships and Journal Ads

Earlybird RSVP by December 10

All others RSVP by December 21

TALMUD DEDICATIONS

- ☐ I would like to dedicate an entire Artscroll Talmud (74 volumes).....\$18,000
- ☐ I would like to dedicate ___ Order(s) of the Talmud\$3,600 each
- ☐ I would like to dedicate ___ volume(s) of the Talmud.....\$125 each

Use back of this form for dedication text and/or name of Order selected – or call the office

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- ☐ Name Listing Only..... \$ 36



NHBZ Online Classes

Rabbi Smason will keep you connected during this challenging time. The classes listed below are easy to join and you can drop in on one without having previously attended. **All** classes are offered through Zoom video conferencing on your computer or smart phone (you do not need to download Zoom to see the class) **AND** through audio only on your telephone.

Instructions to attend a class:

***For Zoom video:** each class has a Zoom link- click on the link or copy and paste the link in your browser to join the class.

For audio through your telephone connect in 2 ways:

1. *Preferred option* - **Call 312- 626 - 6799** which connects you to the ZOOM audio number and will enable you to participate fully, except for the video. Toll Free.
2. Or call **314-325-8791** for our old audio connection. We encourage you to use the preferred option as this option will not be available soon.

1. Weekdays at 8:00 am (Sun. 9:00 am) New topic: **“Tehillim Tips; Insights Into Our Prayers”** with **Rabbi Smason**. Each session is planned to last 30 minutes or so.

Join by video at: <https://zoom.us/j/99013706617>

2. Monday - Friday: 2:30 - 3:00 pm ~ “King David: His Life, Times and Spirit” with **Rabbi Smason**. This class will offer an in-depth study of the King David through sources in the Book of Samuel and Psalms.

Join by video: <https://zoom.us/j/136785930>

3. Friday at 8:00 am ~ Rabbi Smason will discuss the **“Haftorah of the Week”**

Join by video at: <https://zoom.us/j/99013706617>

4. Sunday- Wednesday at 7:00 pm ~ Rabbi Smason will offer a **“Family Time Meeting”** offering a few words of inspiration, perhaps a story, and then together we will recite Tehillim and sing. Each session is planned to last 15 minutes or so.

Join by video : <https://zoom.us/j/295822730>

5. Every Monday at 7:30 pm ~ “To the Source” with **Rabbi Smason**. An ongoing weekly class covering contemporary Torah topics using classic and modern English and Hebrew texts.

Join by video at: <https://zoom.us/j/295822730>

NHBZ Online Classes (cont.)

6. Every Wednesday at 12:15 pm ~ Study with Rabbi Smason- Pirkei Avos / Ethics of the Fathers. Our long-running class offers contemporary, relevant insights based upon the timeless wisdom of the Torah.

Join by video at: <https://zoom.us/j/214068419>

7. Thursdays at 7:00 pm ~ Rabbi Smason will offer his popular "Starting Points" program -- a 45-minute discussion/presentation of relevant, contemporary topics. Titles and dates, below.

Join by video at: <https://zoom.us/j/295822730>

November 25 "Thanksgiving: An Attitude of Gratitude"

December 3 "What Have You Learned from the Pandemic?"

December 10 "Beauty: Is It Only in the Eye of the Beholder?"

December 17 "Chanukah: Do Miracles Still Happen?"

December 24 "Is the World Getting Better or Worse?"

December 31 "Welcoming 2021: How to Begin Getting Happier"



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