



# Shabbos Bulletin

*Welcome to Nusach Hari B'nai Zion*

Affiliated with Union of Orthodox Congregations of America

January 30, 2021 ~ 17 Shevat 5781

Candle Lighting 5:01 pm

Shabbos Ends 6:05 pm

Parshas: Beshalach Exodus 13:17 -- 17:16  
Haftarah: Judges 4:4 - 5:31

Chumash pages 366 - 393  
Chumash pages 1152-1154

## Shabbos Shirah

### Erev Shabbos, January 29

- Mincha & Ma'ariv ~ 5:00 pm

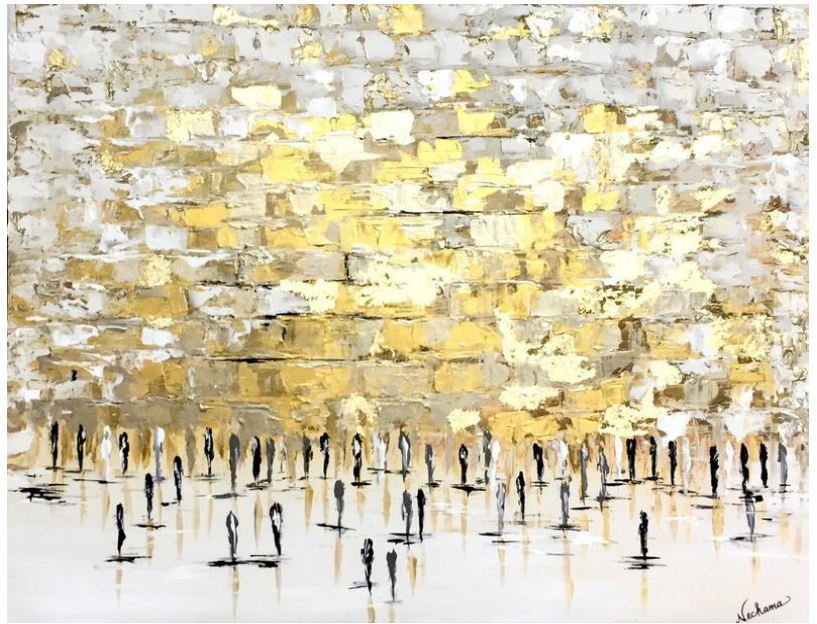
### Shabbos, January 30

- Shabbat Services ~ 9:00 am
- Mincha ~ 4:50 pm

Parsha Deep Dive with Rabbi Avi Okin  
"Learning About G-d's Personal Supervision."

- Ma'ariv/Shabbos ends ~ 6:05 pm

Important: Don't forget to register to attend Shabbat services. Call 991-2100 ext. 2 or [jeff@nhbz.org](mailto:jeff@nhbz.org) by 4pm Thursday.



## *Davening Times*

NEXT 4 DAYS	Wed Jan 27	Thurs* Jan 28	Fri Jan 29	Shabbos Jan 30
Shachris	7:00 am	7:00 am	7:00 am	9:00 am
Mincha/Ma'ariv	N/A	N/A	5:00 pm	4:50 pm
Ma'ariv Only	6:45 pm	6:45 pm	N/A	N/A

\*Tu B'Shevat

NEXT WEEK	Sun Jan 31	Mon Feb 1	Tues Feb 2	Wed Feb 3	Thurs Feb 4	Fri Feb 5	Shabbos Feb 6
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	5:05 pm	N/A	N/A	N/A	N/A	5:05 pm	4:55 pm
Ma'ariv Only	N/A	6:45 pm	6:45 pm	6:45 pm	6:45 pm	N/A	N/A

**Birthdays ~ Irwin Fredman, Andrew Berg, Rabbi Ze'ev Smason, Kerry Klarfeld, Paul Kleiman, Max Amon, Sivia Smason and Jeff Schnitzer**

## This Week and Beyond

- **Sunday, January 31 ~ 12:00 pm ~ Presentation:** “*Where in the World is Mt. Sinai: Alternative ideas of locating the mountain where civilization obtained its basis for a moral and legal code.*” by **Menachem Szus**.  
Join by video at: <https://us02web.zoom.us/j/9418716309>
- **Sunday, January 31 ~ 4:00- 5:30 pm Pizza Night Carry Out Only!** \$14 per pizza with your choice of one or all the topping: mushrooms, onions, and green peppers. **Super Bowl Special:** *Buy two or more and get \$1 off each pizza.* Don't eat Pizza? Buy one for our Chesed program! Order by Friday Jan. 29 at noon. Call 991-2100 ext 2 or [jeff@nhbz.org](mailto:jeff@nhbz.org)
- **Monday, February 8~ 7:00 om~ Zionist Movie Club ~** online, please see the flyer.
- **Monday, February 15 ~ 7:00-8:00 pm ~ Family Trivia Night ~** A program of the NHBZ Children & Young Families Committee. See the flyer for details.

**Join Rabbi Okin** and young men from all over Saint Louis for Torah and Camaraderie **Thursday Nights from 8-830 pm**. Sessions will begin virtually for a text-based and interactive learning session. If you are interested, join the Whatsapp group using this link:  
<https://chat.whatsapp.com/leuwWw6NTFIDC96XIXkRGv>

**NHBZ Young Family Corner**  
**Every Motzei Shabbos - CHILLZONE**  
**(see Flyer)**  
**Feb 15- Family Trivia Night**  
**Feb 21- Pre-Purim Event**  
**Mar 21- Pre-Pesach Event**  
**Mar 28- Pesach Event**

**You can watch** last weeks excellent presentation by **Dr. Isaac Amon:** “*The Sephardic Story: From King Solomon to the Ends of the Earth.*” on YouTube, click the link below to watch.  
[https://youtu.be/hrOWfhrh6\\_Q](https://youtu.be/hrOWfhrh6_Q)

**PURIM IS COMING!** Purim falls out on **February 25-26 this year**. Stay tuned for details of our Megilla readings, Purim Palooza and more, in next week's bulletin.

## **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.



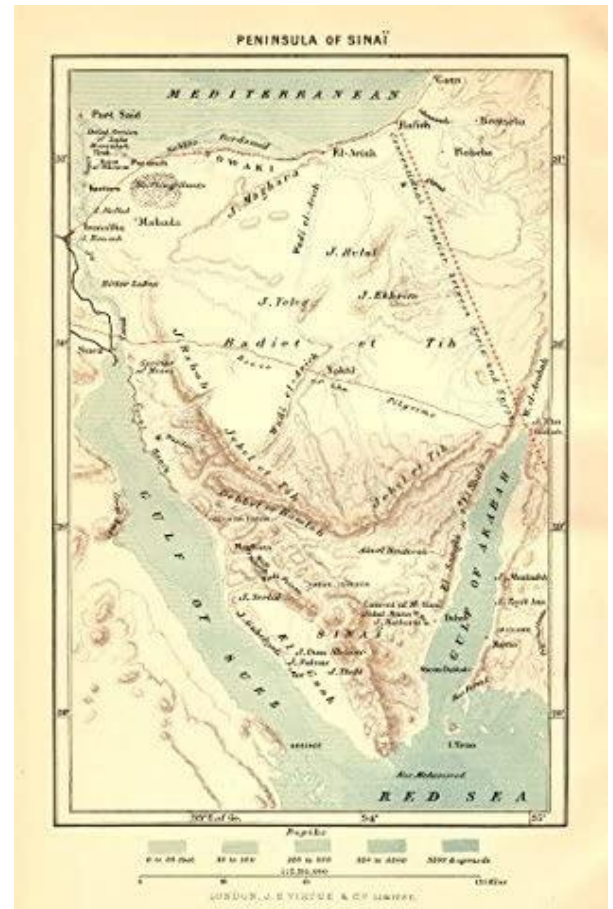
# Nusach Hari B'nai Zion Presents a Special Program

**Sunday, January 31, 2021  
12:00 Noon**



**Menachem Szus will speak on:**

***“Where in the World is  
Mt. Sinai:  
Alternative ideas of  
locating the mountain  
where civilization  
obtained its basis for a  
moral and legal code.”***



Join the video program click below:  
<https://us02web.zoom.us/j/9418716309>





# THE SISTERHOOD SCOOP

## JANUARY 30



Volume 4

Number 4

17 Shevat 5781

January 30, 2021

### Sisterhood Welcomes You!

All women are invited to join the NHBZ Sisterhood. There is no better time to get involved than **NOW** – at the beginning of our calendar year. Even though we are not yet meeting in person, *we need your input and help to plan for our re-entry*. Maybe you are interested in one of our standing committees...

- Membership
- Program Planning
- Education
- Fundraising

How about our Movie Nights, Book Club, or chesed projects? **We invite you to join us.**

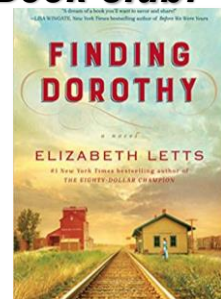
Sisterhood continues to fund the JFed's 'Passport to Israel' Program for our eligible members, as well as many other Synagogue activities. We are counting on you to **send in your annual dues for 2021**. **Send your check for \$25** – payable to NHBZ (write 'Sisterhood' in the memo line) or call the office to pay by phone, 314-991-2100, ext. 3.

For more information: email [sisterhood@nhbz.org](mailto:sisterhood@nhbz.org); Or contact **Fran Alper** at 314-993-4024 or [fran.alper@outlook.com](mailto:fran.alper@outlook.com); or call **Teree Farbstein** at 314-753-5035 or [tfarbstein2@gmail.com](mailto:tfarbstein2@gmail.com)

### You are invited to 'go clubbing' with us ... ...and join Sisterhood's popular **Book Club!**

The February selection is **"Finding Dorothy"**

by Elizabeth Letts, a richly imagined novel that tells the story behind *The Wonderful Wizard of Oz*, the book that inspired the iconic film, through the eyes of author L. Frank Baum's intrepid wife, Maud. The Book Club discussion will be held on Zoom **Monday, February 22, 7:15-8:45pm**. (RSVP to get link)



Mark your calendars for these upcoming Book Club discussions:

- ☐ **April 26 "The Last Kings of Shanghai"** by Jonathan Kaufman  
- discussion to be led by Linda Shore
- ☐ **June 28 "People of the Book"** by Geraldine Brooks  
- discussion to be led by Linda Luks

For more information call **Terri Schnitzer** at **314-518-4107** or email [terrischnitzer@yahoo.com](mailto:terrischnitzer@yahoo.com) to check out the Book Club!



### Why is Tu B'Shevat – the New Year for Trees in the Winter when nothing is growing?

#### **The Light at the End of the Tunnel**

If you are reading this in sub-zero weather, you may find comfort in the explanation of Rabbi Menachem Meiri (1249–c. 1310), who points out that the winter season extends from the month of Tevet until the month of Nissan. The 15th of Shevat is the midpoint between fall and spring. Once half the winter has passed, its strength is weakened, the cold is not as intense, and the budding process begins.

So, take heart. Yes, it may be smack in the middle of winter, but the 15th of Shevat marks a turning point, a time when under all that cold and snow the sap of the trees is rising, readying for spring. In a sense, the 15th of Shevat signifies that sometimes it is precisely from within the darkest and coldest moments of our lives that the new blossoms burst forth!

- by Yehuda Shurpin, [www.chabad.org](http://www.chabad.org)

### Beshalach: **Be Better or Be Bitter** -Rabbi Eli Scheller

**They came to Marah, but they could not drink the waters of Marah because they were bitter... (Ex. 15:23)**

Imagine that you walk into a school and you ask the first guy you see, "How is the food in this school?" He tells you it's inedible.

"How are the Rabbis?" he replies that they are all boring.

"What are the guys like?"

"They're all losers."

You ask the same questions to the next guy you bump into, and he says, "The food is excellent, the Rabbis are amazing, and the guys are great."

They are eating the same food and they have the same Rabbis! How do they have such different views?

It is human nature that when someone is embittered, he sees everything negatively. On the other hand when one is content everything seems great. This can be likened to someone looking at another and seeing that he has ketchup on his shirt. He then looks at someone else and sees that there is ketchup on his face. Then he looks at a third person and sees ketchup on him as well, until he finally takes off his glasses and realizes that the ketchup is actually on his glasses! Whatever state one is in, that is how he views things.

"The Jews came to Marah, but they could not drink the waters because they were bitter." In the plain sense the verse refers to the water and explains why the people could not drink it. The Kotzker Rebbe explains homiletically that the reference is to *the people--they\** were bitter. Because the people were bitter, they found fault with the water. (\*refers to the Eirev Rav (Egyptian converts) who were joined by the lesser among the people)



# **PIZZA NIGHT**

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***Sunday, January 31, 2021***

## **Super Bowl Special**

***Buy two or more and get \$1 off  
each pizza***

**(freeze one for Super Bowl Sunday)**

### ***Carry Out Only***

**Cheese Pizza \$14 plus your choice of  
mushrooms, onions or green peppers**

**Place orders by 12 noon Friday, January 29:  
email orders preferred to [jeff@nhbz.org](mailto:jeff@nhbz.org)  
or call  
314-991-2100, ext. 2**

**Pick up between 4:00- 5:30 pm**





# SAINT LOUIS

# CHILLZONE

A CHILLN' JEWISH PROGRAM FOR KIDS & TEENS  
**FREE!**



PIZZA!  
PRIZES!  
LEARNING

CHILLZONE  
.ORG

WHERE:  
RUNNING VIRTUALLY

WHEN:  
SATURDAY NIGHTS  
BEGINNING JANUARY 23RD  
7:30 PM

CONTACT:  
RABBI AVI OKIN

CHILLZONE@THEZONE.ORG

VIRTUAL:  
MEETING ID:  
916 8178 6912

FOR INFO:  
CHILLZONE@THEZONE.ORG

@CHILLZONEROX  
@CHILLZONEINTL





and

**StandWithUs**

**Save the Date!**

Join

Adam Blue from **StandWithUs**

and Rabbis Smason and Okin from **NHBZ**

for this timely and important presentation!



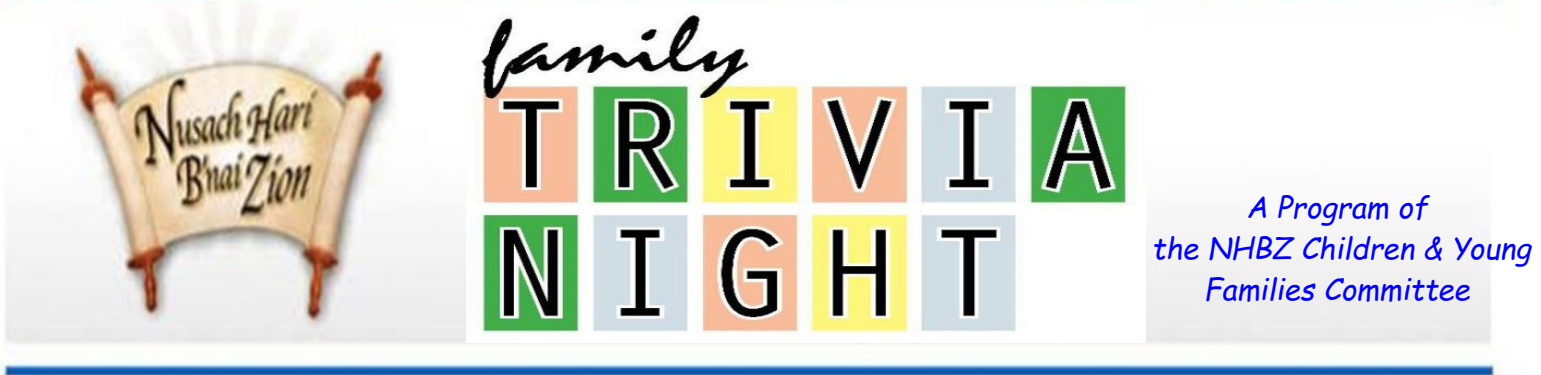
## What **Purim** Teaches Us about Combatting **Anti-Semitism**

**Wednesday, February 17, 2021**  
**7:30 to 8:30 p.m.**



Zoom link to be released closer to the event

There is no cost for this event..



*Join the NHBZ Young Family Committee for a fun virtual Trivia Night!*

*Spend quality time with your family while engaging in friendly competition with other families!*

***Monday, February 15, 2021***

***7 to 8 p.m.***

☺ *Teams/Families gather at home and log onto our  site.*

*(Make sure you mute your mic so you don't share your answers!)*

☺ *There will be 10 questions on a wide range of age appropriate topics.*

☺ *Each Team will write their answers on a piece of paper, and when done take a picture of their answer sheet. They will then send the picture to Rabbi Okin for scoring.*

***The Team with the most correct answers will win a \$25 giftcard!***

There is no cost for this event.

**Attendance is limited to 20 families so please register for the Zoom link early!**

Please RSVP to Rabbi Okin at [aviokin@nhbz.org](mailto:aviokin@nhbz.org).





## ZIONIST MOVIE CLUB DISCUSSION *OUTBACK RABBIS*



WITH SPECIAL GUEST  
**DANNY BEN-MOSHE**  
FILMMAKER

Joining us from Australia

**MONDAY, FEBRUARY 8, 2021**

5 p.m. PT | 6 p.m. MT | 7 p.m. CT | 8 p.m. ET  
(Tuesday, Feb.9) | 1 a.m. UK | 3 a.m. Israel | 12 p.m. Australia

CLICK [HERE](#) TO REGISTER

**PLEASE WATCH THE FILM BEFORE THE  
MEETING.**

It is available on Amazon Prime.  
It is also available from many public libraries for  
free via Hoopla.

**THANK YOU TO THE CO-HOSTS OF THE ZIONIST MOVIE CLUB  
DISCUSSION OF *OUTBACK RABBIS***





## **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>

January 21 "What Does It Mean to Be A Religious Jew Today?"

January 28 "The Golden Rules of Good Conversation"

February 4 "The Most Important Commandment Is .....?"

February 11 "What Makes a Mensch?"

February 18 "How to Fix Broken Friendships"

February 24 (Wednesday) Jew-Perstitutions: "Do You Believe in Luck?"

March 4 "What Three Ideas Have Most Shaped Your Life?"



### Do you shop on Amazon?

Sign up for Amazon Smile, and .5% of your qualified purchase will be donated back to the NHBZ.

#### How it works:

1. Visit [smile.amazon.com](https://smile.amazon.com)
2. Sign in to your Amazon account
3. Under "Pick your own organization", search for "Nusach Hari"
4. Select "Nusach Hari-Bnai Zion Congregation"
5. Start shopping! Every time you shop, sign into [smile.amazon.com](https://smile.amazon.com), and you will earn funds for Nusach Hari.