



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

January 15, 2022 • 13 Shevat 5782 • Candle Lighting 4:45 pm • Shabbos Concludes 5:49 pm

Parshas Beshalach
Haftorah

Exodus 13:17 – 17:16
Judges 4:4 – 5:31

Stone Chumash pp. 366 – 393
Stone Chumash pp. 1152 – 1154

Prayer

Shabbos, Friday, January 14

- 4:40 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 4:45 pm Candle Lighting

Shabbos, Saturday, January 15

- 9:00 am Shachris followed by Musaf

Pesukei D'Zimra: **Howard Sandler** Haftorah: **Moshe Pinto**
Shacharis: **Mateo John** Sermon: **Rabbi Ze'ev Smason**
Leyning: **Kenny Bressler** Musaf: **Menachem Szus**

- 4:30 pm Mincha, Shalosh Seudos, Ma'ariv
- 5:49 pm Shabbos concludes



Minyan Times January 13 – January 22, 2022

	Thu Jan 13	Fri Jan 14	Shabbos Jan 15	Sun Jan 16	Mon Jan 17*	Tues Jan 18	Wed Jan 19	Thu Jan 20	Fri Jan 21	Shabbos Jan 22
Shachris (am)	7:00	7:00	9:00	8:00	7:00	7:00	7:00	7:00	7:00	9:00
Mincha/Ma'ariv (pm)	--	4:40	4:30	4:45	4:45	--	--	--	4:45	4:35
Ma'ariv Only (pm)	6:45	--	--	--	--	6:45	6:45	6:45	--	--

*Tu B'Shevat

Call for Minyanim

Your attendance is needed. Check in with Rabbi Smason or Howard Sandler and commit to a time to help. Text message reminders for your minyan attendance available by providing the following information to minyan@nhbz.org: Name; cell number and carrier; and times for which you would like reminders.

Shabbos Mornings Kids' Programs

Every Shabbos, from 10:00 am until Kiddush is served, NHBZ offers programs for elementary and middle school students. Families do NOT need to be members of NHBZ to participate. See you Shabbos!

Siyum of Celebration – Next Shabbos, January 22

We are happy to announce that our Sunday morning Mishna class concluded Mesachta Nazir and also completed the study of Seder (Order) Nashim. We shall celebrate this at the conclusion of the morning service with a short siyum led by Rabbi Chanan Swidler. Mazel tov!

Congregation News

Mazel Tov on Simchas This Week! January 15 – January 21

Happy Birthday

Caryn Garriga	January 15
Abigail Sarah Bialecki	January 16
Yael Eva Minoff	January 16
Leonard Alper	January 21
Scott Gitel	January 21

HAPPY BIRTHDAY

Vacations and Office Closing – Begins January 13, 2022



Rabbi Smason is on vacation from Monday, January 17 through Friday, January 21, and Rabbi Okin is on vacation from Thursday, January 13 until Friday, January 21.

The Office will be closed from Noon, January 13 until Monday, January 24, 2022. We will respond to all messages upon our return. Stay healthy and warm!

Events

Coming Soon

- Shabbos, January 22 – Siyum of Celebration with Rabbi Swidler
- Shabbos, January 29 – Installation of Officers and Board Members

On-Going

- Online Classes – See listing on Page 6
- Every Shabbos, 9:15 am – Learners' Service with Rabbi David
- 10:00 am – Shabbos Morning Kids' Program
- 10:15 am – Starting Points with Rabbi Smason
- Mondays, 8:00 pm – St. Louis Kollel Amud-A-Week
- Wednesdays, 12:15 pm – Pirkei Avos Class with Rabbi Smason
- Thursdays, 7:00 pm – Mishmar Learning with Rabbi Okin (Resumes 1/27)
- Saturday Nights, 7:30 pm – ChillZone with Rabbi Okin (Resumes 1/22)
- Sunday mornings, After Shachris – Mishna learning with Rabbi Swidler



Eruv Hotline

Please check each week to see if the Eruv is up. The Eruv hotline number is 314-863-1811.

Got Books?



We are cleaning house and have some wonderful books looking for a new home. There are two (different) sets of Jewish Encyclopedia, books specific to certain holidays and much more! You will find them on a table just outside the Chapel; please help yourself to anything on that table! New items will be added bi-weekly, as we work our way through the stacks. Learn on!

NHBZ CLOSET CLEANING TIME

Gotta make room for the skeletons. It's time to clean out the upstairs coat closet!

Please take a moment during January and take home anything that belongs to you. Soon, there will be small, individual bins for you to use. Keep an eye out.

Come January 31, make no bones about it, everything is up for grabs! If it's not yet claimed, it is in grave danger of being donated. Forewarned is fore-armed.



NUSACH HARI B'NAI ZION • 650 NORTH PRICE ROAD • SAINT LOUIS MISSOURI 63132



**DOLLAR-A-DAY
PUSHKE CAMPAIGN**

Thank you for your continuing participation in the NHBZ Pushke campaign. You will recall that the program calls for the collection of the Pushkes every three months and our returning the now empty Pushkes back to you to continue the ongoing cycle of daily contributions. The fourth cycle is now set to conclude Monday, January 31. At that time or a few days before, please drop off your Pushke at the shul office. The contents will be emptied, credited to your account and the now empty Pushke immediately returned to you for continued future use. Please call in advance (314-991-2100, Ext 2) to schedule drop off or to arrange for us to pick-up the Pushke at your home. Another convenient option is to send in a cheque for the amount saved in the Pushke. All those returning Pushkes by Monday, January 31 will have their name entered in a drawing for a \$25 Target gift card to be held shortly after the return date.

GLOW OF SUCCESS – Double Header!

Sefer Torah Restoration

Thank you to our additional donors:
~ Dr. Eliot & Sally Katz and
~ In Memory of Janet Goldenberg



Saturday Night Pizza to Go

While ChillZone chilled, our very own Pizza Chef **Allan Swan** got his groove on, and we made 30 pizzas! Thanks to the volunteers who made it happen: **Bob Kaiser** as Mashgiach, veggie chopper and front door person, and **Nancy Rush** as veggie chopper, pizza topper and special delivery driver! Thanks to **Amy & Denny Feit** for their generous donation of 5 pizzas, for which the Chesed Committee found homes. We will do it again in February!

Rabbinic Search Committee Open Meeting, Wednesday, January 26, 7:15 pm

Please join us in the main Sanctuary on Wednesday, January 26 at 7:15 pm and learn about the search procedures we are using. Please come prepared to let us know:

- What is most significant to you in choosing our new Senior Rabbi?
- What characteristics and specific abilities are important to you?

This meeting is open to all Shul members. A Zoom link will be emailed prior to the meeting for those unable to attend in person.

Remember that you are always welcome to contact Alan Zarkowsky, Committee Chair at rabbisearch@nhbz.org or 314-805-1896 with your questions and comments.

Looking forward to meeting with you on Wednesday, January 26!

In the Community

St. Louis Jewish War Veterans

The St. Louis Jewish War Veterans, Post 644, will hold their January meeting via Zoom on January 16, 2022. Their guest speaker will be Eric Ross, Senior Associate Director for Jewish Community Outreach and Antisemitism of the ADL Southern Division. Interested non-members may sit in to hear from Mr. Ross. Mr. Ross' presentation will begin at 10:45 am. You may request a Zoom sign on link from Ellis Frohman at abpos@att.net.

Youth Programming

● Shabbos Morning Kids' Program

NHBZ offers Shabbos morning programs for elementary and middle school students. Programs offered from 10:00 am until Kiddush is served. All program content will be personally designed and coordinated by Rabbi Okin. Families do NOT need to be members of NHBZ to participate. Please contact Rabbi Okin at aviokin@nhbz.org with any questions. See you on Shabbos!



● ChillZone Saturday nights – **On hiatus 1/15/22**

Join kids from around St. Louis, 5th grade and up, at NHBZ at 7:30 pm on Saturday nights for pizza, fun, and prizes while exploring Judaic topics with Rabbi Okin. Come get in the ChillZone. (Teen Schmooze will resume in the Spring.)

On-going Covid Guidelines Shul Policy

NHBZ requires that all people attending tefila (prayer services), classes or other NHBZ programs and activities show proof of vaccination. You may show your vaccination card to Rabbi Smason whenever convenient for you both, or on Shabbos as you enter the shul. Once you have shown Rabbi Smason your vaccination card, there is no need to do so again.

Masks required of all attendees, age 3 and older. Children aged 12 and older have the same vaccination requirements as adults.

Learning at NHBZ

● Parashas Beshalach – By Rabbi Smason

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.

Ask Our Rabbis

Q: When saying Kaddish, we take three steps backwards and we bow to the right by the words Oseh Shalom, according to the Tehillat Hashem Siddur that we use at Nusach Hari. Yet, when we finish our Amidah, when we take our three steps back, we bow to the left by the words Oseh Shalom. Why is there a difference as to how we bow at Oseh Shalom?

A. The Shulchan Aruch (OC 123:1) says that when someone finishes their Amidah, they take 3 steps backwards and bow to the left and say "Oseh Shalom...", then bow to the right and say "Hu Yaaseh...", and then bow forward and say "V'al Kol Yisrael...". The reason for bowing to the left first, when right is considered to be a more spiritually significant direction in Judasim, is because we are departing from the presence of the Shechinah, God's Divine Presence, when concluding the Amidah. We bow to God's right side, which is to our left as we are facing Hashem, to give honor to Him when we are departing from Him.

Most other Nuscha'os, Tefillah versions, have the reciter of Kaddish bow in the same manner as one does when concluding the Amidah. However, the Tehillat Hashem Siddur, the version used by Chabad Chassidim and our shul, has the reciter of the Kaddish bow to the right when saying "Oseh Shalom...", and then to the left when saying "Hu Yaaseh...". According to the Sefer Minhagim p.16, this was the instruction of the last Lubovitcher Rebbe. This could be due to the fact that we are not facing the Shechinah during Kaddish, so our bowing should revert to the right side first.

● NHBZ Mishmar – **On hiatus 1/13 and 1/20/22**

Join Rabbi Okin and young men from all over St. Louis for Mishmar, an evening gathering of Torah and Camaraderie on Thursday Nights from 7:00pm – 7:30pm. ***We will meet in the back of the NHBZ sanctuary*** with a text-based and interactive learning session. If you are interested, please contact Rabbi Okin at aviokin@nhbz.org.

- **Rabbi Smason's Starting Points**

Join Rabbi Smason for a 45-minute presentation/discussion of relevant, contemporary topics every Shabbos at 10:15 am in the Feigenbaum-Pepose Multi-Purpose Room.

Upcoming topics:

January 15 Tips to Staying Positive in 2022

January 22 I'm Having Trouble Sticking With My New Year's Resolutions. Any Suggestions?



- **Rabbi Smason's Wednesday In-Person Class Service – On hiatus 1/19/22**

Same place and time, same health and safety protocols.

- **Rabbi David's Learners' Service**

Every Shabbos at 9:15 am. Just starting out? No worries. Rabbi David teaches the basics of Shabbos prayers.

- **Rabbi Smason's Shabbos Shoutout**

The complete list of Shabbos Shoutouts, with most recent listed first, can be found at https://www.youtube.com/playlist?list=PLI_MFI0zsmKIlmpR3KpHROrHDWIDNbqsN

- **Rabbi Okin's Torah Thoughts**

The complete list of Torah Thoughts, with most recent listed first, can be found at: https://www.youtube.com/playlist?list=PLI_MFI0zsmKJG-HuXMG1Ej2aUImqQHkJ-



NHBZ Online Classes

Rabbi Ze'ev 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 the Zoom application to see the class) AND through audio only on your telephone.

Instructions to Attend Classes

For audio through your telephone, connect in one of two 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* since this way might become unavailable soon.

For Zoom video, each class has a Zoom link shown underlined in blue below. Click or tap on the link or copy and paste the link into your browser to join the class.

List of Rabbi Ze'ev Smason's Zoom Classes – On hiatus 1/17 – 1/21/22

1. Weekdays, 8:15 am (Sun 9:15 am) ~ New topic "Tehillim Tips: Insights Into Our Prayers". Sessions are approximately 30 minutes.
Zoom video link: <https://zoom.us/j/99013706617>
2. Monday thru Friday, 3:00 pm - 3:30 pm ~ "King Solomon: His Wisdom, Wealth and Wives".
Zoom video link: <https://zoom.us/j/136785930>
3. Fridays, 8:15 am ~ Discussion of the "Haftorah of the Week"
Zoom video link: <https://zoom.us/j/99013706617>



THE SISTERHOOD SCOOP

JANUARY 15



Volume 5

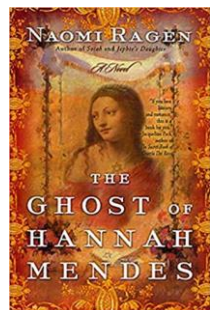
Number 3

13 Shevat 5782

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Book Club News

The next book club meeting will be on **Monday, January 24, 7:15-8:45 pm.** The discussion is currently scheduled to be virtual – on Zoom only. The book will be **“The Ghost of Hannah Mendes,”** a novel by



Naomi Ragen based on the true-life story of Dona Gracia Mendes who grew up in Spain and Portugal during the start of the Spanish and Portuguese Inquisitions. It fictionalizes Gracia’s descendants now living in the United States.

For more info contact

Terri Schnitzer, 314-518-4107

terrischnitzer@yahoo.com



Don't forget → Send in your 2022 dues now!
Send your check for \$25 – payable to NHBZ
(write ‘Sisterhood dues’ in the memo line)



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

Beshalach: Rationed Food for the Soul

This is the thing that the L-rd has commanded: *Gather of [the Manna] each one according to his eating capacity, an "omer" for each person, according to the number of persons, each one for those in his tent you shall take.* – *Exodus 16:16*

The story of the Manna seemingly reveals G-d's "Politically Correct" side. Every Jew, man and woman, senior citizen and small child, large and small, received the exact same portion of Manna—exactly one *omer* [an ancient measure] of the heavenly food.

One need not consult a nutritionist to realize that different people have different dietary needs based on their age, body mass, gender, metabolism, etc. Is distributing equal food portions G-d's way of demonstrating the importance of absolute equality amongst all humanity — even at the expense of common sense? Or is there a deeper significance to the strict rationing of the Manna?

Judaism is actually a strong proponent of different roles for different people. G-d did not create everyone equally; instead He created many types of people, each group perfectly suited for performing its G-dly mission on this world. However, there is a powerful common factor which all Jews share—a Divine soul. While this soul expresses itself differently in different people, the divine core of every Jew's soul is identical. Thus, those traits which emanate from the very essence of the Jewish soul are exactly alike in every member of the Jewish nation. The Manna represented one of these core soul-qualities – faith and unconditional trust in G-d – and therefore was evenly allocated to every Jew, regardless of his/her physical nutritional needs.

Our sages explain that besides the obvious benefits of having a "free lunch" for forty years, the Manna also presented the Jews with a daily opportunity to hone their faith "skills". Putting the leftovers of the Manna casserole into the freezer for another night was not allowed. Every night found the Israelites staring into a bare refrigerator and pantry; and out the window lay a great expanse of barren, foodless, desert sand. Their only source of hope was their faith in the A-lmighty's kindness, confidence that G-d would once again send sustenance from Heaven.

For forty years, the Jews' shopping list consisted of...faith in G-d. Their 401k plan was...faith in G-d. Their insurance was...faith in G-d.

For forty years, the faith-characteristic of the soul was exercised and polished every day. The Jewish soul always possessed this faith – it is a basic element of the Divine soul – but the "Manna Experience" brought this quality front and center. This faith was then passed on to all future generations, providing them – us – with the ability to trust in G-d no matter how empty the food cupboard or bank account may be.

– by Rabbi Naftali Silberberg, www.Chabad.org