



# NHBZ Weekly News

## Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

January 8, 2022 • 6 Shevat 5782 • Candle Lighting 4:38pm • Shabbos Concludes 5:41pm

Parshas Bo  
Haftorah

Exodus 10:1 – 13:16  
Jeremiah 46:13 – 46:28

Stone Chumash pp. 340 – 365  
Stone Chumash pp. 1151

### We thank our generous sponsor of this week's Weekly News

Rachael Pevnick in honor of her new great-granddaughter, the baby's parents, Brandon & Emily Pevnick, and grandparents Larry & Robin Pevnick. Mazal Tov!

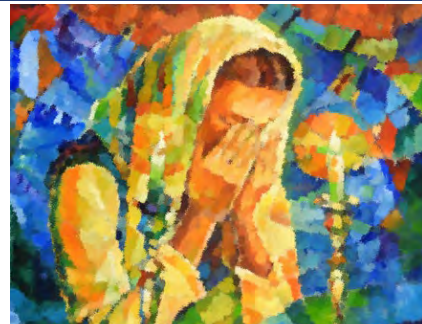
## Prayer

### Shabbos, Friday, January 7

- 4:30 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 4:38 pm Candle Lighting

### Shabbos, Saturday, January 8

- 9:00 am Shachris followed by Musaf  
Pesukei D'Zimra: **Howard Sandler** Haftorah: **Surprise Guest**  
Shacharis: **Rabbi Avi Okin** Sermon: **Rabbi Ze'ev Smason**  
Leyning: **Kenny Bressler** Musaf: **Rabbi Avi Okin**
- 4:25 pm Mincha, Shalosh Seudos, Ma'ariv
- 5:41 pm Shabbos concludes



### Minyan Times January 6 – January 15, 2022

	Thu Jan 6	Fri Jan 7	Shabbos Jan 8	Sun Jan 9	Mon Jan 10	Tues Jan 11	Wed Jan 12	Thu Jan 13	Fri Jan 14	Shabbos Jan 15
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)	--	4:30	4:25	4:40	4:40	--	--	--	4:40	4:30
Ma'ariv Only (pm)	6:45	--	--	--	--	6:45	6:45	6:45	--	--

### 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](mailto: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!



## NHBZ Tributes for the Month of December, 2021

### IN MEMORY OF

#### **Nina Grace Levine**

Ruth Bender  
Teree Farbstein  
The Simon Family  
Ricky & Karen Fox  
Tyler Duddy  
Leslie Gitel  
Karen Abrams Engman  
and Betty Abrams z'l  
Edna Pearlstein  
Sharon Smith  
Nancy & Jason Rush & Family  
Jay & Peggy Umansky  
Diane & Paul Gallant  
Sarah Beth Waxman Matt  
Debra & Joel Spigel  
Alla Grafman & Zina Bukler  
Dr. Arnold Brody  
Faith & Bruce Waxman  
Mimi & Marty Levy  
Feigenbaum/Pepose Family  
Jordan & Elaine Cherrick  
Michael & Susan Gartenberg

#### **Dr. Shawn Louis Berkin**

Gary Benson  
Mayer Taller  
Dr. Arnold Brody  
Feigenbaum/Pepose Family  
Faith & Bruce Waxman  
Nancy & Jason Rush & Family

#### **Elaine Abramson, Mother of Amy Feit**

Rachael Pevnick  
Debbie & Brian Sher  
Joni & Bob Kaiser  
Sharyn Levitt  
Mark & Susan Bronson  
Marvin Berger  
Libby Sorkin Routman  
Jerry & Susie Comensky  
Jay & Peggy Umansky  
Gary Benson  
Mark Ragin & Gail Rose  
Faith & Bruce Waxman  
Ed & Helayne Levitt  
Stacy Kress  
Feigenbaum/Pepose Family

### IN MEMORY OF (CON'T)

#### **Sandra Rotenberg**

Aleene Schneider Zawada

#### **Esther Price**

Deborah Finland

#### **Pamela Feigenbaum**

Faith & Bruce Waxman  
Ed & Helayne Levitt  
Nancy & Jason Rush & Family

#### **Robert Schnurman**

Libby Sorkin Routman  
Irwin Fredman

#### **Linda Cohn, Aunt of**

**Mindy Woolf**  
Feigenbaum/Pepose Family

#### **Gloria Waxman**

Feigenbaum/Pepose Family

### IN CELEBRATION OF

**Wedding of Abbie Barash  
daughter of Jesse & Debbie**  
Nancy & Jason Rush & Family  
Joni & Bob Kaiser

**Birth of Emma Zarkowsky  
Granddaughter of  
Alan & Vivian**  
Nancy & Jason Rush & Family  
Faith & Bruce Waxman

**Birth of Yonah Lev Waxman  
Grandson of Bruce & Faith  
Great-grandson of  
Marvin & Sandy Greenberg**  
Nancy & Jason Rush & Family  
Ed & Helayne Levitt  
Sandy & Marvin Greenberg  
Joni & Bob Kaiser

**Bat Mitzvah of Blake Leah  
Zarkowsky, Granddaughter  
of Alan & Vivian**  
Phyllis & Howard Loiterstein

### IN HONOR OF

#### **Fran & Lenny Alper**

Gloria & Gary Scheinkman  
Elaine Marion  
Sarah & Aaron Hoffman  
Ed & Helayne Levitt  
Jay & Peggy Umansky  
Marc Victor

#### **Alan Haber**

Heschel & Adinah Raskas  
Feigenbaum/Pepose Family

#### **Dr. Susan Feigenbaum and Dr. Jay Pepose**

Ed & Helayne Levitt

### IN CELEBRATION OF BIRTHDAYS

#### **Rhonnice Goldfader**

Ed & Helayne Levitt  
Lauri & Rob Roth  
Feigenbaum/Pepose Family

#### **Gary Sudin**

Feigenbaum/Pepose Family

#### **Dr. Michael Kass**

Feigenbaum/Pepose Family

#### **Dr. David Reisler**

Feigenbaum/Pepose Family

#### **Dr. Faye Cohen McCary**

Feigenbaum/Pepose Family

#### **Peggy Umansky**

Feigenbaum/Pepose Family

#### **Mindy Woolf**

Feigenbaum/Pepose Family



## From the Rabbinic Search Committee

As you know, several months ago Rabbi Smason informed the congregation of his intention to step down as Rabbi of NHBZ. We join all of our fellow members, and the community at large, in thanking Rabbi Smason for his remarkable leadership and all he has done for our Shul over the last almost 25 years.

The Rabbinic Search Committee has begun its task of seeking the next Rabbi of our Shul. We will actively seek the input of all members and, throughout the process, be as transparent as possible while maintaining the proper confidentiality required.

In the coming weeks, we will detail the process we are starting and invite members to meet with us to learn more about the process and tell us what you are looking for in our new Rabbi.

In the meantime, please feel free to contact us either by email: [rabbisearch@nhbz.org](mailto:rabbisearch@nhbz.org) or by calling Alan Zarkowsky, committee chair, 314-805-1896.

### Sefer Torah Restoration – GLOW OF SUCCESS

Thank you to our additional donors:

- ~ Hal & Ellen Rosen
- ~ Dr. Arnold Brody
- ~ Dr. David & Fran Reisler
- ~ Nicole Levay



## Youth Programming

### ● Shabbos Morning Kids' Program, Every Shabbos

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](mailto:aviokin@nhbz.org) with any questions. See you on Shabbos!



### ● ChillZone Saturday nights

Join children from around St. Louis, 5<sup>th</sup> 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 Bo – By Rabbi Smason

This week's portion begins with the eighth plague that G-d brings upon the Egyptians as the land is covered by locusts, destroying all the remaining crops. After the plague is removed at Pharaoh's behest, he once again refuses to set free the Jewish people, and the ninth plague of darkness encompasses the land. When that plague ends, Pharaoh becomes even more defiant about not freeing the slaves, at which point Moses warns Pharaoh about the upcoming tenth plague, the death of the firstborn. The Torah then interrupts the narrative with the first mitzvah given to the Jewish people as a nation -- the sanctification of Rosh Chodesh (the new month), beginning with the month of Nisan. G-d teaches Moses about the Korban Pesach (Passover offering) and the remainder of the laws of the Passover holiday, which Moses then transmits to the Jewish people.

At midnight of the appointed night the plague strikes, with every non-Jewish first-born dying, including Pharaoh's own son. Pharaoh awakes, running through the streets (presumably while still in his pajamas) to tell Moses that he now consents to send the Jewish people from his country. The children of Israel travel forth in a hurry with the great wealth they have just been given by the Egyptians. The Torah portion concludes with various mitzvos relating to the Exodus.

### Ask Our Rabbis

Q: Does one fulfill the *mitzva* of *bikur cholim* (visiting the sick) by “visiting” a sick person (*choleh*) by electronic means?

A: There is a consensus among rabbinic authorities that there is moral and *mitzva* value to “visit” not in person. On the other hand, they all say that if one can come in person, he or she should.

In order to appreciate both the value of a visit by telecommunication and the preference of in-person, we need to see the goals of *bikur cholim*. One of the main reasons for visiting the sick is to be moved by his condition and inspired to *daven* (*pray*) powerfully for him. Being there in person helps one feel the *choleh's* condition more acutely. Another major reason for visiting is seeing to his practical needs. Another element of an in-person visit is psychological encouragement, which often or usually works better in person than by electronic means.

To a lesser degree, the above-stated goals can be achieved through a visit via telecommunication. And as we have become painfully aware of during the current pandemic, an in-person visit to a *choleh* may be inadvisable or simply not possible due to health and safety protocols.

In sum: While we can use modern technology to help significantly in the mitzvah of *bikur cholim*, it should not turn into a replacement for an in-person personal fulfillment, when such a visit is possible.

## ● NHBZ Mishmar

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](mailto: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 8 Living Inspired: How Can We "Capture the Wow" in Our Lives?
- 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

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](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-HuXMG1Ej2aUImgQHkJ-](https://www.youtube.com/playlist?list=PLI_MFI0zsmKJG-HuXMG1Ej2aUImgQHkJ-)



## 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

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 8



Volume 5

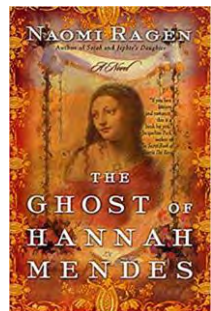
Number 2

6 Shevat 5782

January 8, 2022

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



## The Balancing Act of Freedom: *Knowing When to Be What*

A lot is going on in the Torah portion *Bo*: the unfolding of the last three plagues, the laws of Passover, and the leaving of Egypt. Yet, G-d said to Moses and Aaron: *“This month shall be for you the beginning of the months. It shall be for you the first of the months of the year.”* Embedded in these two cryptic lines is the command to sanctify the new moon (*Rosh Chodesh*) and also to ensure that Passover always occurs in the Spring.

In essence, in the middle of one of the biggest events in history, G-d commanded Moses to create a “calendar”—and not just any calendar—but a unique calendar based on both the lunar months and the solar year. In fact, the Jewish calendar is the only calendar based on both the sun and the moon. But these two systems (lunar and solar) are not in sync; thus, it requires adding an extra month some years and other adjustments to reconcile the two over a perpetual 19-year cycle. What was so important that it had to be commanded on the eve of leaving Egypt, and why make it so complicated?

The Hebrew word for Egypt is *Mitzrayim*, from the word *meitzar*, which means “narrow” or “constricted.” In leaving Egypt, the Jewish people were going from narrowness to expansion, from a bounded country to a limitless open desert, from slavery to freedom.

One of the hallmarks of being a slave is the inability to control anything, specifically time. When G-d commanded us to be in charge of publicly announcing the new moon (*Rosh Chodesh*/the new month), we were given the gift of being able to declare and sanctify time itself. And as the Jewish people were coming into their newly liberated status, it was important that they understood that freedom is not the same as a “free-for-all,” and that expansion and freedom requires a balanced approach.

Jewish mysticism teaches us that the differences between the sun and the moon are not just physical, but spiritual, and that the masculine spiritual energy of giving (the sun) and the feminine spiritual energy of receiving (the moon) are two cosmic forces that need to be brought into balance and harmony... We need both energies, both ways of being, but to be a free and fully functioning person, we need to know “when to be what.”

...There are times when we need an immediate solution to something—where there is a crisis, calling for fast and effective leadership in a top-down, strong way. And there are times when leadership serves by building consensus, collaborative brainstorming, building relationships and cultivating talent... There is a time to be active and a time to be passive; a time to be the conqueror and a time to be the cultivator.

When we left Egypt, we received the Torah, and we were tasked with being the light unto nations. We have to be conscious of our ability to receive and our strength to give. We must be conscious of our collective soul, as well as our individual missions, and to bring our families, our communities, the world, and ultimately ourselves, into a state of balance. When the whole world knows “when to be what,” the sun and moon will be equal. This is what freedom looks like, and this is why we were freed from Egypt—for the purpose of balance, harmony and ultimate redemption.

– adapted from *Hanna Perlberger*, [www.Chabad.org](http://www.Chabad.org)

## NUSACH HARI B'NAI ZION SISTERHOOD MISSION STATEMENT

to bring together the women of NHBZ, and other interested women, to serve and inspire our congregation, support our community, and enrich our lives through personal and spiritual growth in Torah values. Our activities further our commitment to Torah ideals, Jewish education, Zionism, and family.



Since 1950, the Sisterhood of Nusach Hari B'nai Zion has supplemented and enhanced the physical synagogue building as well as the spirituality of the congregation. Whether providing funds for new kitchens or beautifying landscapes, the women of the Sisterhood have banded together to enrich our shul and inspire each other.

**All women are welcome to join us!**





# CHILLZONE

2021 - 2022

[chillzone.org](http://chillzone.org)

[insta@chillzone\\_national](https://www.instagram.com/chillzone_national)

[fb@chillzoneintl](https://www.facebook.com/chillzoneintl)

## St. Louis

Girls & Boys  
5th grade & up

Saturday nights  
@ 7:30 pm

Need info? [chillzone@thezone.org](mailto:chillzone@thezone.org)

Rabbi Avi Okin: 862-438-4094

NHBZ  
650 N Price Rd  
St. Louis, MO 63132