



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

October 22, 2022 • 27 Tishrei 5783 • Candle Lighting 5:56 pm • Shabbos Concludes 6:58 pm

Shabbos Bereishis
Haftorah

Genesis 1:1 – 6:8
Isaiah 42:5 – 42:21

Stone Chumash pp. 2 – 29
Stone Chumash p. 1130

We thank our generous sponsors

- **Kenny & Barb Bressler. Larry & Risa Bressler and Menachem & Linda Szus** for today's Kiddush Luncheon in honor of

Leo Bressler's 100th Birthday

Prayer

Shabbos, Friday, October 21

- 5:50 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 5:56 pm Candle Lighting

Shabbos, Saturday, October 22

- 9:00 am Shachris followed by Musaf
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Dr. Eli Sutton**
 - Leyning: **Stuart Klamen**
- 10:00 am Kids' Program (downstairs)
- 5:40 pm Mincha, Shalosh Seudos, Ma'ariv
- 6:58 pm Shabbos concludes

Haftorah: **Eli Szus**
Sermon: **Rabbi Chaim Bogopulsky**
Musaf: **Eli Szus**



Minyan Times Oct 20 – Oct 29, 2022

	Thu Oct 20	Fri Oct 21	Shabbos Oct 22	Sun Oct 23	Mon Oct 24	Tues Oct 25*	Wed Oct 26*	Thu Oct 27	Fri Oct 28	Shabbos Oct 29
Shachris (am)	7:00	7:00	9:00	8:00	7:00	6:45	6:45	7:00	7:00	9:00
Mincha/Ma'ariv (pm)	5:50	5:50	5:40	5:45	5:45	5:45	5:45	5:45	5:45	5:30

*Rosh Chodesh Cheshvan

Sign Up for Text Reminders

You can receive text reminders of your scheduled minyan times! Email minyan@nhbz.org with your name, cellphone number and carrier, and the days and services (Shachris or Mincha/Ma'ariv) you will be attending our daily minyan.

Congregation News

Mazel Tov on Simchas This Week! Oct 23 – Oct 29, 2022

Happy Birthday

Jeffrey Scheer	Oct 24
Ellen Rosen	Oct 25
Marvin Greenberg	Oct 26
Robin Rickerman	Oct 27



Happy Anniversary

Lenny & Fran Alper Oct 29

Events

Coming Soon

- Sunday, October 30, 5-7 pm – Lion's Den All-You-Can-Eat PIZZA NIGHT
- Sunday, November 6, 1-4 pm – Family Game Day (See flyer for details!)
- Shabbos, November 12 – Synaplex Shabbat Returns! (Details coming soon!)
- Shabbos, December 2 – SAVE THE DATE: Shabbos Dinner at NHBZ

On-Going

- Every Shabbos
 - Learners' Service, 9:15 am – **ON HIATUS**
 - Shabbos Morning Kids' Program, 10:00 am (downstairs)
 - "Soul Building" with Rabbi David, 10:15 am – **ON HIATUS**
- Sunday Mornings, after Shachris – Mishna learning with Rabbi Swidler
- Mondays, 7:40 pm – St. Louis Kollel Amud-A-Week (after davening)

Lion's Den All You Can Eat Pizza Night, Sunday, Oct 30, 5 - 7pm

Mark your calendars and loosen your belts! All you can eat Pizza Night (with movies for the kids!) is October 30, 2022. Food and fun for the whole family!

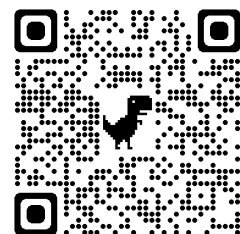
Adults \$15; Kids 4-10 \$7; Kids 3 and under FREE!
See flyer for details.

Please go to <https://www.nhbz.org/october-30th-pizza-night-pizza-volunteers-needed/> or use the QR code to volunteer*!

*Volunteers: We made the form even easier!

If a volunteer slot or shift is on the form, the job needs filling!
Come join the fun and volunteer for a Pizza Night Shift!

Everyone else, come and eat!



GLOW OF SUCCESS: Simchas Torah Dinner

A marvelous celebration, and a great time had by all!

Special thanks to **Jackie Berkin, Sally Needle** and **Anna Rose Tendler** for another delicious dinner!



Thanks to our generous sponsors: **Drs. Susan Feigenbaum & Jay Pepose, Joni & Bob Kaiser** and **Jennifer & Bryson Hartranft**

Shul Policy Reminders

FOOD: All food and beverages brought into the Synagogue must be inspected by a Mashgiach before sharing or consuming in the Shul. If you would like to consume or make an edible contribution (food, snacks, wine, etc.) to the Shul or a kiddush, please bring the sealed, unopened item in a bag and give to one of the Synagogue staff. We will be happy to have it checked in! Thank you for your cooperation.

WEEKLY NEWS: The weekly deadline for inclusion in the Weekly News is Tuesday, 12:00 pm. Please submit ready to print content to the Office for publication. Items received after the deadline will go in the following week's bulletin. Thank you for your cooperation.

KIDDUSH SPONSORSHIP: Please contact the Office at office@nhbz.org or (314) 991-2100, ext. 2, if you would like to sponsor Kiddush or Shalosh Seudos. We require 2 weeks' notice for luncheons, and ask for as much advance notice as possible for Kiddushim. Confirmation from the Office is required (to avoid conflicts). Thank you for your cooperation.

Thanksgiving Dinner for Olivette Police & Fire Departments

We continue our tradition of providing a Kosher Thanksgiving dinner as our way of saying "Thank You!" to the Olivette Police and Fire Departments. Once again, **Stella Vladimirov** heads the team of volunteers. Volunteers and sponsors (in any amount) requested and needed! Please see the flyer for details and how you can join this important project!

Learning at NHBZ

Parashas Bereishis

On the sixth day of Creation, after G-d created man, the Torah records that "G-d saw everything that He made - *vehinei tov meod* - and behold it was very good." G-d saw the completeness, the harmony that united everything that He had created. The Midrash interprets this verse to mean that both the *yeitzer hatov*, man's good inclination, and the *yeitzer hara*, man's evil inclination, are part of the complete goodness of this world. How can this be? How can the evil inclination be included in the statement, "*vehinei tov meod*"? After all G-d does not foist evil upon man.

In explaining the Midrash, Rav Yosef Dov Soloveitchik, zt"l, taught that everything G-d created was good, not evil. When man makes use of the gifts G-d set forth on the earth in their proper manner, they are good. But when we take those gifts to the extreme, when we aren't satisfied with good and try to make them very good, they can become evil.

Man's physical desire to eat is good and necessary; but when he goes to one extreme or the other, either gorging himself or fasting, he plays into the hands of the *yeitzer hara*. In all avenues of life, when we overdo or overeat or overreact, when we turn *tov* into *tov meod*, we turn ourselves over to the *yeitzer hara*.

Man, said Aristotle, should not feel or express great joy or great sorrow, since neither extreme is beneficial for him. In contrast to Aristotle's golden mean, which leaves man devoid of emotion, the Rambam understood that man needs to express great joy and great mourning in their proper times. Nevertheless, man must always be in control of his emotions.

When we view emotions from the Torah's viewpoint, explains Rav Yosef Dov Soloveitchik, zt"l, we cannot allow our emotions to run rampant. To sanction such behavior is to sanction excessive hate and self-abuse. The Torah requires us to control our emotions, not to squelch them. In mourning, we express sadness, but when Shabbos or the holidays arrive, we are required to limit our expressions of grief. The Torah commands us to regulate feelings of love, hate and sorrow. Emotions are only noble when controlled.

The Rambam, in describing the *etz hadaas tov vara* - The Tree of Knowledge that knew good and evil, explains that the knowledge the tree offered was the gamut of human emotion and drive, giving man the potential to either do the will of G-d or to go against His will. If we use this potential wisely, we will learn when to say when, practicing moderation in all areas of life and ensuring that we settle for *tov* and do not chase after *tov meod*.

Rabbi Emanuel Holzer
Rabbinical Council of America

Learning at NHBZ (con't)

- **Rabbi David's Learners' Service – On Hiatus**

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

- **Rabbi David's "Soul Building" Series – On Hiatus**

Every Shabbos at 10:15 am. Rabbi David teaches ways to deepen our understanding.



THE SISTERHOOD SCOOP

OCTOBER 22



Volume 5

Number 41

27 Tishrei 5783

October 22, 2022



Free Choice

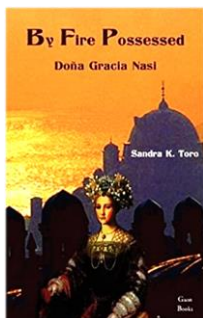
--from *Short Insights*, www.chabad.org/therebbe

The primary distinguishing feature which sets the human being apart from all other creatures is the free choice of action which the Creator bestowed upon us.

We can use this Divine gift either for self-destruction and the destruction of everything around us; or we can choose the right way of life, which would elevate ourselves and our environment to the highest possible perfection.

NHBZ Book Club News

The next book club meeting will be **Mon., Dec. 5**, at the home of **Vivian Zarkowsky**. The book selection is ***By Fire Possessed: Dona Gracia Nasi***, by Sandra Toro, a historical novel about the life of Doña Gracia Nasi, the intelligent and strong Jewish woman who saved thousands of Sephardic Jews from the Inquisition in the 16th Century. The Book Club usually meets on the **fourth Monday of odd-numbered months** at 7:15-8:45 PM. The first meeting in 2023 will be **Jan. 23**. The book is ***Israel: A Simple Guide to the Most Misunderstood Country on Earth*** by Noa Tishby. **All women are welcome!** For more information, contact **Fran Alper** at 314-993-4024 or fran.alper@outlook.com or sisterhood@nhbz.org.



The Gift of New Beginnings

This week's parshah is Bereishit, and the Torah reading contains the story of creation, beginning with the well-known line commonly rendered, "In the beginning, G-d created heaven and earth." But the Chassidic Masters have interpreted it to also mean: "G-d created beginnings." Not only did He create a new world, but He created the idea of new beginnings and new opportunities for all time.

Imagine if there was never a time or opportunity to start over again? Our lives would be significantly poorer for it.

According to the Midrash and Kabbalistic tradition, ours was not the first world G-d created. He created other worlds too, but... only when it came to our world does it say, "And G-d saw that it was good." This world found favor in His eyes. The others did not.

What does this tell us? We know that G-d does not make mistakes?...

I heard a beautiful answer in the name of Rabbi Joseph Dov Soloveitchik: Of course, G-d doesn't need to practice until He gets it right! By creating several worlds before ours, G-d was deliberately teaching us an important lesson for life. That it's OK to make a mistake. That we can start again. That there can be new beginnings.

Look at Adam and Eve. Their son Cain killed his own brother, Abel, wiping out a quarter of the world's population. Can you imagine how they felt? They gave birth to a murderer! They could have been forgiven for deciding not to bring any more children into the fledgling world. Instead, they went on to have another child, Seth, who became the forefather of Noah, Abraham, and all of us.

What if they'd given up hope? Where would we be? Would we, in fact, be? Thank G-d, they started over and rebuilt their family. Thank G-d, they made the correct decision—one that was based on the possibility of starting over, and the hope that they could do things better next time. If G-d could start over, then Adam and Eve could start over, and so can we.

This Shabbat, known as Shabbat Bereishit, is a time of new beginnings. It is the first Shabbat as we get back to the routine of the new year following the festive Yom Tov season. Most synagogues keep the white curtain over the ark and the white Torah mantles on for this Shabbat, as it is still connected to Yom Tov. It is a bridge into the new Jewish calendar year and is rich with opportunity and potential. It helps us infuse the new year with the inspiration of our High Holiday experiences.

Even if there may be areas of our lives which haven't quite gone the way we would have liked them to, we can be assured that it is not too late to try again. Don't be discouraged. Let's grasp this wonderful opportunity for a fresh start and a new beginning.

— adapted from **Rabbi Yossy Goldman**, www.chabad.org

Sunday, Oct 30th • 5:00-7:00 pm

Dine-In Buffet • Adults: \$15.00 ~ Kids 4-10: \$7.00 ~ Kids 3 & under: FREE

Cheese is Cholov Yisroel; pareve crusts available upon request. All food under the supervision of Rabbi Chaim Bogopulsky

NHBZ.ORG 314-991-2100

*Nusach Hari
B'nai Zion*

EAT ... EAT! IT'S KOSHER!

The Lion's Den Pizza Night

ALL YOU CAN EAT BUFFET

Includes Pizza, Pasta, Salad and Garlic Bread plus a Dessert and a Beverage

Returns!





Kosher Thanksgiving Police and Firefighters Feast

650 NORTH PRICE ROAD • ST. LOUIS, MO 63132 • 314-991-2100 • EMAIL: OFFICE@NHBZ.ORG • WWW.NHBZ.ORG

NHBZ loves the security and protection that the Olivette Police and Firefighters provide, and is grateful for their superior service!

Let's show our appreciation by cooking and serving a traditional Thanksgiving Dinner for Police Officers and Firefighters who must spend Thanksgiving on call at the station rather than at home with their families.

To make this happen, [We Need Sponsors](#) to defray the cost of the meal. Please consider becoming a sponsor for any amount of money. Contact office@nhbz.org or call 991-2100

[We Also Need Volunteers on Thanksgiving Day](#) to do the following: Deliver and serve the Thanksgiving Feast to the Police and Firefighters on Thanksgiving Day. Come and bring your kids or grandkids. Kids will be able to see Police and Fire Station, and talk to police officers and firefighters.

It will be lots of fun!



If you want to help and volunteer, Please contact Stella Vladimirov at (314) 540-4450



Family Game Day!

At NHBZ - November 6th, 2022

650 NORTH PRICE ROAD • ST. LOUIS, MO 63132 • 314-991-2100 • EMAIL: OFFICE@NHBZ.ORG • WWW.NHBZ.ORG

Sunday, Nov 6th



1:00-4:00 PM

**We will have Lots of Games available
or bring your own game.**

**We will have door prizes
and raffle tickets for sale!**

**Sign up with
our QR code:**



**Refreshments
provided.**

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