



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

PARSHAS VAYEISHEV

DECEMBER 20-21, 2024

19-20 KISLEV 5785

CANDLE LIGHTING 4:25 PM

SHABBOS CONCLUDES 5:28 PM

Sponsorships

This week's bulletin is sponsored by Sarah Beth, Asher, Rafi and Eleora Matt, Faith & Bruce Waxman, and Sandy and Marvin Greenberg in honor of Gavriel's birthday!

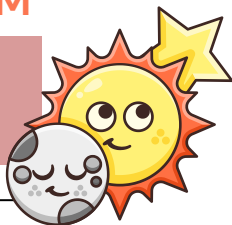
Kiddush this Shabbos is sponsored by Joni and Bob Kaiser in honor of the first yahrzeit of Joni's mother, Carolyn Koppel, Pearl Dina bat Rafael z"l.

Shabbos Programming

Soul Building with Rabbi David 10:00 AM
"The Buck Stops Here! Why It's Easier to Blame Than to Take Responsibility"

Childcare 10:00 AM-11:30 AM

Torah Portions



Torah Reading Genesis 37:1-40:23	198-220
Haftorah: Amos 2:6-3:8	1142-1143

Prayer Times

Friday, December 20

Mincha/Maariv 4:20 PM

Candle Lighting 4:25 PM

Shabbos, December 21

Shachris/Mussaf 9:00 AM

Drasha by the Distinguished Rabbi Miller

Mincha 4:00 PM

Shalosh Seudos and Learn after Mincha by Rabbi Nimchinsky

Shabbos Concludes 5:28 PM

Minyan Times December 22-28

	Sun Dec 22	Mon Dec 23	Tues Dec 24	Wed Dec 25 Chanukah Light 1	Thurs Dec 26 Chanukah Light 2	Fri Dec 27 Chanukah Light 3	Shabbos Dec 28 Chanukah Light 4
Shachris	8:00	7:00	7:00	8:00	7:00	7:00	9:00
Mincha/ Maariv	4:20	4:20	4:20	4:20	4:20	4:25	4:10

Congregation News

Yahrzeits Observed This Week

Thurs eve Dec 19- Fri Dec 20
19 Kislev - Carolyn Koppel

Sun eve Dec 22 - Mon Dec 23
22 Kislev - Harry Freistein

Fri eve Dec 20 - Sat Dec 21
20 Kislev - Isadore Chervitz
20 Kislev - Marvin Gitel
20 Kislev- Sam Lyss
20 Kislev- Henrietta Fredman
20 Kislev - Muni Mekel
20 Kislev- Walter Epstein
20 Kislev -Neal Klarfeld
20 Kislev - Hal Rosen
20 Kislev - Donald Niedelson

Mon eve Dec 23 - Tues Dec 24
23 Kislev- Shirley Goldenberg
23 Kislev -Charles Nathan
23 Kislev - Mollie Davis

Tues eve Dec 24 - Wed Dec 25
24 Kislev- Sarah (Sally) Lerman

Wed eve Dec 25- Thurs Dec 26
25 Kislev - Julius Abrams
25 Kislev- Annie Gelb

Happy Birthday!

Debbie Finland - December 21
Mindy Woolf - December 21
Gavriel Matt - December 21
Norman Liss- December 22
Marvin Lerner - December 23
Michael Kass - December 24
Gary Sudin - December 25
Richard Goldstein - December 26
Ben Winograd - December 26
Melanie Rush - December 26

Happy Anniversary!

Irl & Myra Solomon - December 21
Jay & Peggy Umansky - December 21
Howard & Phyllis Loiterstein - December 26

Congratulations!

Save the Date!

Sunday Shachris/Breakfast – December 22

Chanukah Party – December 29
Don't forget to RSVP

Mimi David's Masquerade Class
January 2nd, and January 16– 2:00 PM

Board Installation Lunch – January 18



Ongoing Classes

Sundays

Rabbi Swidler's "Learning Mishna"
after Shachris

Mondays

Partners in Torah
8:00-9:00 PM

Tuesdays

Rabbi Sentell's "Chumash in the
Original"
12:00-12:45 PM

Wednesdays

Rabbi Feigenbaum's "The Torah's
wisdom for our everyday life"
7:00 PM

Mondays-Thursdays

Rabbi Smason's "The Book of
Judges"
Zoom Class 3:00 PM

[https://us04web.zoom.us/j/78974795850?
pwd=tw7lIOVumZ8QelPxHvAp
YZsox8VUem.1](https://us04web.zoom.us/j/78974795850?pwd=tw7lIOVumZ8QelPxHvApYZsox8VUem.1)

Help Us Bring the Heat Back to the Dairy Kitchen!

Dear Friends,

Our beloved shul is in need of a vital upgrade—our dairy kitchen oven has officially cooked its last kugel. This well-loved appliance, after years of devoted service, is now beyond repair, leaving us struggling to maintain the quality and variety of events like **Pizza Night, Dairy Kiddushim**, and other cherished communal gatherings.

A new oven is not just a luxury; it's a necessity for sustaining the warmth and vibrancy of our shul's events. With your generous support, we can continue to bring our community together over delicious meals and create unforgettable memories.

Your donation will:

- Help us host larger and more frequent events.
- Ensure high-quality kiddushim and celebrations.
- Support the shul's mission to foster connection and community through food.

Double the impact:

In addition to enriching our community, your donation may also provide you with a tax benefit.

Let's make this happen together! Any contribution, big or small, brings us closer to our \$6,000 goal of outfitting the dairy kitchen with the reliable tools it needs.

Thank you for your generosity and for being a part of everything that makes our shul so special.

Warm regards,

Dan Winograd

President-elect Dan Winograd

P.S. Ready to give? Visit <https://nhbz.org/support-nhbz/> or send your support to 650 North Price Road, Saint Louis, Missouri, 63132! Every little bit helps us turn up the heat. 🔥





THE SISTERHOOD SCOOP

DECEMBER 21



Volume 7

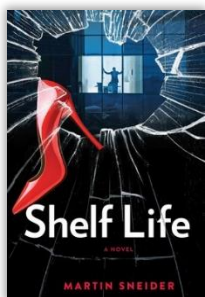
Number 44

20 Kislev 5785

December 21, 2024

NHBZ Book Club News

The Book Club is honored to host notable fashion retail legend, shoe maven, and member of NHBZ as the featured presenter for the January Book Club meeting! **Martin Sneider** will discuss his first novel, *Shelf Life*, a Jewish-American family saga about the rise of its fashion retailing empire and how it splits and impacts the family.



The Book Club will meet on Sunday afternoon, **January 26, 2025, at 3:30PM, at NHBZ**. This new time and date for January will allow Book Club members to get together during daylight and enjoy NHBZ's All-You-Can-Eat-Kosher-Buffer Pizza Night following the discussion!

Book Club dates for 2025

Sunday, Jan. 26, at 3:30PM prior to **Pizza Night!**

All subsequent Book Club dates meet on Monday nights, 7:15-8:45PM – locations TBA:

- March 24 – **Before the Storm**, James Shipman
- May 19
- July 28
- September 15
- November 24

For more information contact Fran Alper at: fran.alper@outlook.com or sisterhood@nhbz.org

VAYEISHEV: Don't Tell Me to Cheer Up

You are walking down the street when you pass an old friend whose head is down, a deep frown etched on her face. You instinctively say to her, "Cheer up," hoping to lift her spirits. Well, it won't. It will, however, make her angry, frustrated and more depressed. You are being an insensitive boor and you don't even know it. If that's all you've got to say, keep quiet and offer a friendly smile, not a trite comment. If I am going through a hard time, I don't want someone to tell me to be cheerful—I want someone to understand why I am miserable.

"Cheer up" implies that I have no reason for feeling bad. Let's face it: chances are that I'm not sad for the sheer fun of it. Something is obviously troubling me, causing me to be melancholy. Telling me to cheer up is effectively denying me the right to feel upset about it. Imagine the burden I now carry: I not only have a worrying problem, I'm not even allowed to feel bad about it!

It is also an insult to imply that becoming cheerful is simple and easy. It is like saying, "What's wrong with you? Pull yourself together." When someone is depressed—over finances, a troubled marriage, or whatever—the last thing they want is to be made to feel inadequate for feeling low. If it were that easy, they would have cheered up without your sage advice.

Take a leaf out of the book of the biblical Joseph. He was languishing in an Egyptian jail with two of Pharaoh's ministers, when one morning he notices they are in a foul mood. What does Joseph tell them? Does he tell them, "Chin up"? Actually, he doesn't *tell* them anything—instead he *asks* them a question: "Why are you sad today?" which is their cue to unburden themselves to Joseph.

Joseph did something very profound. He didn't tell them *how to feel*; instead he gave them an opportunity to talk about their problems. Joseph realized that in 99% of cases people are upset for a reason. The way to help them is to encourage them to talk about the problem and to help them work towards a solution.

So, on the next occasion that you are tempted to tell another to "cheer up,"... Here is a simple rule: when something is the matter with another person, it is almost always better for *them* to do the talking, not you. Whatever your huge brain conjures up will almost certainly be irrelevant, and potentially offensive.

When you ask someone, "How are you?" are you really prepared to wait for the answer? That is the real reason we say "cheer up"—it is quick and easy. We convince ourselves that with our nugget of wisdom we have done our part for humanity, while in reality the recipient of your brilliant aphorism is bursting inside, "I hate you for saying that!"

Remember, once the words have gone out, they cannot be put back in. Maimonides wisely advised not to say anything without reviewing it in one's own mind three or four, or more, times... and assiduously observe the rule: **if in doubt, say naught**. If you care, find time to listen. If you are not good at listening, offer a hug or—very Jewishly—a cake . . .

– *Rabbi Yossi Ives*, www.chabad.org



THIS CHANUKA, EISHES CHAYIL PRESENTS



LET YOUR LIGHT SHINE FORTH!

WITH MRS. ROCHEL HESS

JOIN US FOR AN UPLIFTING EVENT
OF FIRE AND CAMARADERIE!

HOT MELAVA MALKA | GAME SHOW | RAFFLE
WORDS OF INSPIRATION | CY ICE CREAM DESSERT

**Motzei Shabbos,
December 21**

**THE NEW JSU HOUSE
8037 DELMAR BLVD. | 8:15 PM**

SUGGESTED DONATION: \$10

SPONSORSHIP AVAILABLE: SILVER \$36 GOLD \$72

RSVP APPRECIATED EISHESCHAYIL@STLKOLLEL.COM



SUNDAY SHACHRIS

WITH AN ADDED BONUS OF YUMMY BREAKFAST

Start your Sunday off right, come for davening, stay for delicious food, and a Mishna class given by Rabbi Swidler!

Date: December 22, 2024

**Time: 8 AM Shachris followed
by Breakfast and Learning**

Location: Upstairs Sanctuary

Sponsorship opportunities still available
(\$25 Minimum)



RAISING HEALTHY CHILDREN IN A DIGITAL WORLD

THIS IS A
FREE
EVENT



THE DIGITAL
#CITIZEN
#SHIP PROJECT

Join us for a community-wide **FREE** conference with the Director of The Digital Citizens Project, Dr. Eli Shapiro, discussing one of the greatest issues facing our children today, the challenge of managing digital technology. Learn hands-on tools to create a healthy digital environment in your home.

DR. ELI SHAPIRO

Dr. Eli Shapiro is a licensed clinical social worker with a doctorate in education, a specialists certificate in Jewish educational leadership and is the creator and director of The Digital Citizenship Project. Dr. Shapiro is a graduate of the Azrieli school of Jewish Education and Administration, Wurzweiler School of Social Work, Touro College and holds two licenses in school administration through the Queens College post graduate Educational Leadership Program. Dr. Shapiro has presented to thousands of parents and school faculty in communities across North America and Israel and has lectured for internationally recognized organizations including, Agudath Israel of America, Consortium of Jewish Day Schools, International Conference of Chabad-Lubavitch Shluchim, Nefesh International, Prizmah - Center for Jewish Day Schools, Torah Umesorah and Yeshiva University.



EVENT DATE

Sunday, December 22, 2024
9:30 AM - 11:30 AM



LOCATION

JCC Staenberg Family Complex
Arts & Education Building Entrance
Performing Arts & Banquet Center Room
2 Millstone Campus Drive, St. Louis, MO 63146



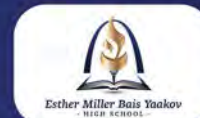
RSVP

Please Email: DCPSTL2024@gmail.com

**SPONSORSHIP OPPORTUNITIES
AVAILABLE, PLEASE EMAIL FOR
INFORMATION.**

**GOURMET
BREAKFAST
WILL BE SERVED!**

ST. LOUIS COMMUNITY SPONSORS:





AN INCREDIBLE EYE OPENING TWO DAY
**AISH HATORAH
SEMINAR**

Where Torah Is Relevant, Exciting And Uplifting, while It Helps Us Engage In Everyday Life.

DEC 25TH AND 26TH

When there is nothing else for a Jew to do.

10AM-3PM

LOCATED AT

Epstein Hebrew Academy
8645 Old Bonhomme Road
St. Louis MO 63132

COST FOR SEMINAR

Both days \$45

One day \$25

Children are free with Adult participation.

COST FOR LUNCH

Available with rsvp

Dec 25th- Kosher Chinese
\$22 an adult, \$15 per child

Dec 26th- Salad Bar
with Tuna, Egg or cheese options
\$16 an adult \$8 per child

FEATURING TWO GUEST SPEAKERS



Rabbi Burnham



Rabbi Feldheim

Experience deeply insightful and enjoyable presentations by two of the best presenters in The Jewish world. Come with the entire family, your children will have a fun time too!

Activities for children include Supervised day camp and babysitting, Giant bounce house, Mad science presentation, Chanukah projects. Free snacks and fun games with wonderful counselors from Kadimah High School. *Subsidies available upon request.*



Scan to sign up online or
Rsvp to cgoldstein@aishstl.com
or call 314-862-2474



Join us in the
**Nathanne Gitt Senturia
Young Children's Collection**

for
Storytime
at the
Library

Featuring
Mrs. Sarah Maddali

**FOR
AGES 2-6
AND
PARENTS!**



SUNDAY
12.29
2024

865 Wilner Dr.

11:30-12:00 PM

Open to both members and non-members.



HAPPY CHANUKAH



PIZZA

ICE CREAM

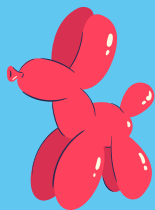
LATKES



BINGO

TRIVIA

PRIZES



**WAY COOL BALLOONS BY MIKE GEERLOF
MUSIC BY HOWARD**



AND SO MUCH MORE!

SUNDAY DECEMBER 29, 2024

12:00 - 3:00 PM

**ADULTS: \$15 CHILDREN AGED 3-12: \$8
\$50 CAP PER FAMILY**



PLEASE CONSIDER BEING A SPONSOR FOR \$36+

CLICK [HERE](#) TO RSVP BY DECEMBER 23, 2024



314-991-2100

**650 North Price Rd. St.
Louis, MO 63132**

NHBZ.ORG





December 5 & 19
January 2 & 16
February 6 & 27
March 6 & 20

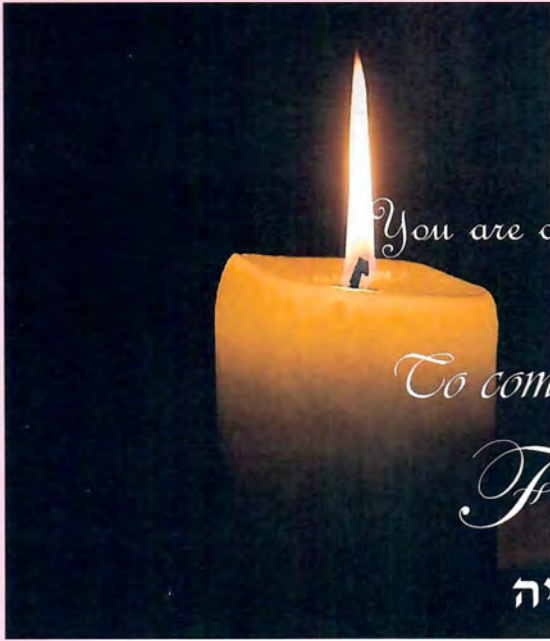
MASQUERADE WITH MIMI DAVID

Join us 2 times a month at 2pm for a deep dive into the book of Esther*. This text-based class will reveal the secrets of this famous story and uncover what really happened then...and how it resonates until today.

NHBZ
650 N. Price Rd

Sponsored by NHBZ
For More Information
Contact Mimi at 314-862-2474
or mimidavid@aishstl.com

*Please bring your own ArtScroll The Megillah The Jewish Women's Society of St. Louis



בסד

You are cordially invited to a shiur for

Women only

To commemorate the yartzheit for

Faye Schultz ז"ל

פיגא רבקה בת גדליה

Mrs. Mimi David

will speak on

"Taking Responsibility"

on Shabbos, **פרשת ויגש**

January 4, 2025

ד טבת

at 2:30 p.m. prompt

at the home of Lynda Cohen

8112 Teasdale Avenue

BLOOD DONORS SAVE LIVES



GIVE & GET YOUR
CHOICE OF A GIFT
CARD OR BONUS
POINTS TO SHOP
OUR REWARDS
STORE FOR OUR
NEW LONG SLEEVE
AND MORE!

St. Louis Jewish Community Blood Drive

Sunday, February 4 10:00 am - 4:00 pm

Young Israel Congregation 8101 Delmar Blvd

Masks optional. Appointments required.

To schedule an appointment, **scan QR code**,
call ImpactLife at 800.747.5401,
or go to [bloodcenter.org/group, grp #11448](https://bloodcenter.org/group,grp#11448)

