



March 29-30, 2024

כ' אדר ב' תשפ"ד

Candle Lighting 7:04 PM

### **Shabbat Parah**

שבת פרה

**Parashat Tzav** צו - Leviticus 6:1-8:36

Stone - p 568 Hertz - p 429 Etz Hayim - p 613

**Special Maftir** - Numbers 19:1-22

Stone - p 838 Hertz - p 652 Etz Hayim - p 880

**Haftarah** - Ezekiel 36:16-38

Stone - p 1216 Hertz - p 999 Etz Hayim - p 1287

Join us after services for **Kiddush**,  
sponsored by the Congregation

**Shabbat** ends 8:04 PM

## **TRADITIONAL CONGREGATION**

Rabbi Seth D Gordon – Rabbi.Gordon@yahoo.com

Marian S. Gordon, Executive Director – traditionalcong@gmail.com

### **IN-PERSON SERVICES**

Sunday - 8:30 AM

Tuesday - 6:30 PM

Thursday - 7:00 AM

**Shabbat** - 9:30 AM

### **Board of Directors:**

OPEN President

Ellis Frohman, Financial Vice President

Mark Weinstein, Ritual Vice President

Marty Levy/Mindy Strauss, Education Co-Vice Presidents

Chris Brown, Membership Vice President

Steven Puro, Administration Vice President

Steve Roufa/Justin Zeid, Building & Grounds Co-Vice Presidents

Ron Green, Fundraising Vice President

Barbara Levin, Treasurer

Mimi Levy, Secretary

Past Presidents:

Kenneth H. Bohm

Phil Brick

Boaz Roth

Members at Large: (terms end in July of year indicated)

Maureen Brodsky (2024)

Stanley Estrin (2026)

Bill Gold (2025)

Gary Golden (2026)

Stan Greenberg (2024)

Jack Heller (2024)

Sid Levin (2025)

Ari Levy (2024)

Carol Max (2025)

Florence Schachter (2026)

Lori Tesser (2026)

*We welcome new members!*

*If you or someone you know would like to receive membership information,  
please contact Chris Brown, Membership VP, at 636-288-5356*

## On This Week's Torah Portion - Tzav

Oblivious to her surroundings (a crowded boarding area in the Philly airport), the woman seated across from me loudly informed her husband in clear and unmistakable terms exactly what she expected from him. "Your job is to make me happy." "Your only job," she continued, adding a little oomph for emphasis, "is to make me happy. It is not my job to make you happy."

Judging by the blank look on the husband's non-reactive face and his utter lack of acknowledgement that she was even speaking to him, I gathered this was not a newsflash. By the looks of their worn-out elderly faces, I imagined that he had heard this directive hundreds of times, probably for decades.

With the hundreds of commandments given to us in the Torah that seemingly regulate our every move in order to serve G-d, one could conclude that G-d's essential message to the Jewish people could sound like the wife in the airport. "Listen up, people. Your job is to make Me happy. Your only job is to make Me happy. It is not My job to make you happy." One could kinda get that feeling, right? It's not that much of a stretch. But it would be wrong.

Previously in the storyline, we sinned with the Golden Calf (not good). But then we were forgiven, and we faithfully built the Tabernacle (good), which became the vehicle for the Divine Presence of G-d to connect with the Jewish people (really good). But now, in this week's Torah portion, Tzav, G-d is instructing Moses about the sacrificial offerings that the Jewish people will have to bring to atone for their sins—their future sins. The ones they haven't committed ... yet.

Wait a minute. This seems rather disaffirming, doesn't it? Imagine getting married and before you even check into your hotel on your honeymoon, you have to sit down for a lecture on conflict resolution, fair fighting and how to appease your spouse?

Things were just getting back on track with G-d. Couldn't we, as the Jewish people, just relax and enjoy our honeymoon a little while before being told about how we should atone for our sins—our future sins, that is? Does G-d really have to rub in the fact that making mistakes is inevitable? Did G-d really have to ruin the moment of reunification with this "buzzkill?"

You and every other person on the planet make mistakes, and you will continue to make mistakes until you are either dead or you lack capacity. Making mistakes is simply wired into the very mechanism of creation.

So here's another simple truth. You "make" mistakes; however, you yourself are not the mistake. And that's what Tzav is all about—where G-d is laying out the process of growth and teaching us about the "right of repair." Marriage expert John Gottman often talks about how a key factor in protecting marriages against divorce is for couples to learn the art of the repair attempt because it stops negativity from escalating, and it corrects a couple from heading off-course.

So, too, the laws of the sacrifices gave us a way to process mistakes, and to correct and rectify ourselves so that we could repair and restore our connection with G-d. We needed to know that from the onset or else we could get lost in self-condemnation, blame and shame. Otherwise, we could hyper-focus on our mistakes and think we are beyond repair, which leads to disconnection. Or we could focus our anger outwards and get caught in a downward negativity spiral.

And that kind of truth, that amazing gift, can't wait to be told. G-d was telling us something about fundamental human nature and relationships. We needed to understand that we are not perfect, and that we will certainly make mistakes, but the relationship will endure nevertheless. We need to be able to take risks, to be vulnerable and to be authentic; otherwise, we can become paralyzed by the constraints of perfectionism, which is a life-crippling syndrome.

In this week's Torah portion, G-d also instructs us to keep lit an eternal flame. Providing the means to process and metabolize and move through our errors is the vehicle for growth, and it frees us to maintain our connection with that which is eternal—our connection to G-d and to our own inner flame.

What G-d is really telling us, is that our job, our only job, is to connect with G-d, and in so doing, we will be connected with our truest, deepest selves. Appreciating the critical difference between making a mistake and being a mistake, and utilizing the "right of repair" will help get you back on track with keeping lit the eternal flame of your soul and living your life's true mission.

1. If you weren't scared of failure and making mistakes, what risks would you take right now in your life?
2. What do you fear will happen if you make mistakes, especially in your relationships? What are you most scared you will lose? When thinking more about it, is this based in any kind of reality? If so, is the relationship really solid to begin with?
3. List a few mistakes that you have made that you felt there was no way of repairing. Now rethink them and recognize that making mistakes is human and unavoidable. Write yourself a message acknowledging that while you made a mistake, you are not a mistake and forgive yourself. How does that make you feel when you tell yourself that you are not your mistake?

***Shabbat shalom,  
Hanna Perlberger***

*Hanna Perlberger is an author, attorney, spiritual teacher and coach*



**180**

**days of**

**CAPTIVITY. JEW HATRED. TERRORISM.**

*Free the hostages, fight antisemitism,  
and increase support for Israel.*

**WE NEED YOUR HELP TO SIGN**

**180,000 LETTERS**

**TO BE DELIVERED TO THE WHITE HOUSE ON APRIL  
3RD, MARKING THE 180TH DAY OF THE WAR.**

**SIGN YOUR LETTER NOW!**

**OU.ORG/180**





Purim comes and goes quickly, but preparing for our Mishloach Manot fund raiser takes many months of planning and many participants to make it successful.

We thank our chairpersons, **Nikki Goldstein** and **Mimi Levy**, for their creativity, devotion, leadership and many, many hours of hands-on “doing.”

Thank you to **David Holden**, who, even from Michigan, holds the key to personalizing each of the cards.

Thanks go to everyone who assembled the gift boxes and/or delivered them: **Ken Bohm, Christy Brick, Maureen Brodsky, Chris Brown, Stanley Estrin, Shelah Feldman, Arlene Fox, Ellis Frohman, Nanci & Bill Gold, Gary Golden, Paul Goldstein, Rabbi Seth & Marian Gordon, Ron Green, Marty Levy, Neal Neuman, Florence, Joe & Hannah Schachter, Mindy Strauss, Jeff & Noga Melnick, Steven Puro, and Dina Rinder.**

Special mention to our Royal Sponsors for their generous donations: **Joyce & Rich Becker, Ann & Ken Bohm, Anne & Chris Brown, The Farkas Family, Ellis Frohman, Arlene Fox & Sarah Sanders, Rabbi Seth & Marian Gordon, and Annette P. Heller, Trademark Attorney.**

*And*--many thanks to everyone who participated by gifting others and making this a very successful fundraising project--we couldn't do it without every one of you!!



## *We Sure Could Use More Items for Mother's Day...*

Help us make Mother's Day special for women in shelters  
(and their children, so they will be able to give a gift to their mother).

Please donate items for the  
**Florence Gaponoff Mother's Day Gift Bag Project**


(see page 8 for what is needed)

or help with a monetary donation so items can be purchased  
(checks payable to Traditional Congregation)

## *Thank you!!*



Bags of items donated to date; we need many more items to fill gift bags for the many women's shelters that we help with this project.



We are collecting  
for the 2024  
Florence Gaponoff Mother's Day  
Gift Bag Project!

These items are needed for  
women in shelters:

\***Monetary donations so  
needed items can be purchased**

\***Travel-size** shampoo,  
conditioner, body lotions,  
soap/body wash, deodorant,  
toothpaste, toothbrush, dental  
floss, etc.

\***Travel brush/comb**

\***Women's necklaces and  
bracelets in GOOD wearable  
condition (NO earrings or  
broken/tarnished items)**

To donate \$\$, send a check to  
Traditional Congregation or  
go to:

[https://www.traditional-  
congregation.org/donate](https://www.traditional-congregation.org/donate)

To donate travel-size items, bring  
them to Traditional and place in  
the wicker bin near the office.

*Thank you!*



# The Taboo Against “Next Year in Jerusalem” in the American Haggadah

**Professor Jonathan D. Sarna**

**Sunday, March 31**

**11:00 AM to 12:00 PM Eastern**

**Via Zoom**

Professor Sarna is University Professor and Joseph H. & Belle R. Braun Professor of American Jewish History at Brandeis University and Chief Historian at the Weitzman National Museum of American Jewish History

**Register at [utj.org/events/next-year-in-jerusalem](https://utj.org/events/next-year-in-jerusalem)**



The Union for  
Traditional Judaism





# The aftermath of Oct 7<sup>th</sup>

Program at Nusach Hari B'nai Zion Synagogue,  
650 N Price Rd

The program will take place in the Sanctuary, main entrance , upper level (South side).  
Overflow parking in the Logos School lot. (*off Bonhomme, steps required*).

**Sunday March 31 at 3:30 PM**

כ"א באדר ב' תשפ"ד

Please Arrive at 3:15 PM

Registration required—*register at [shavingisrael.org](https://shavingisrael.org)*

Security Provided

## PROGRAM:

- Opening remarks: Dr. Laura Goldmeier, President of Shaving Israel
- Shaving Israel in Israel after October 7th: an eyewitness report by Meira Ganel
- **FEATURED SPEAKER** Chris Hexter: My grandson Yair Hexter z"l gave his life defending Israel
- Closing remarks: Rabbi Ze'ev Smason, Midwest Regional Vice-President Coalition for Jewish Values, Rabbi Emeritus of Nusach Hari B'nai Zion

## REGISTRATION REQUIRED.

**Register on the Shaving Israel website**

Come for the program, stay for the pizza!  
Pizza night to NHBZ all you can eat pizza,  
pasta, and salad available for purchase

Shaving Israel  
P. O. Box 6991  
Chesterfield, MO 63006-6991



Israeli casualties of  
October 7th, 2023

How you can help during  
this difficult time

Donate



Donate on our website!

Visit our website to **register:**

<https://shavingisrael.org>



# GENETICS AND HEREDITARY CANCER: LET'S LEARN TOGETHER

**THURSDAY, APRIL 4, 2024**  
**LIGHT REFRESHMENTS 5:30PM**  
**PROGRAM AND Q&A 6:00 – 7:30PM**

**LOCATION:**  
**ST. LOUIS JEWISH COMMUNITY CENTER**  
**MIROWITZ PERFORMING ARTS CENTER**  
**2 MILLSTONE CAMPUS DR. 63146**



We are inviting you, your friends and family to learn together with the Hamsa Wellness Community, the Cancer Support Community of Greater St. Louis, and St. Louis Ovarian Cancer Awareness about hereditary cancers and genetic counseling. On Thursday, April 4 at 6pm at the J's Staenberg Family Complex, join genetic counselor Susan Jones, MS, CGC, and oncologist Dr. Shannon Grabosch, to better understand hereditary cancer risks and the impact on treatment and medical management.

Do you know...

- Where to learn about your hereditary risk of cancer?
- What questions to ask to help you understand your risk of developing a hereditary cancer?
- Who should consider counseling from a genetics counselor?

We have answers for these questions and many more at Genetics and Hereditary Cancer: Let's Learn Together!

For more information or to register visit our [event website](#).

See you there!

Debbi Braunstein  
The Hamsa Wellness Community, Director  
St. Louis Jewish Community Center  
314-442-3266 (O) 314-304-3633 (M)

## **PRAYER**

Not yet, O Lord  
The time is not right  
To play a pure harmonizing melody.

*Still the nights  
The rests are syncopated  
With the ugly groans of guns  
And dissonant explosions*

While still the enemies around us  
Kill our children in the buses  
And the elderly at home,  
We must adulterate our song  
With flares and flames  
Of deafening defensive shells.

*As in the days of Nehemiah,  
We will struggle with an ambidextrous tune:  
The trumpet and the drum on the right,  
The cannon and the rifle on the left.*

Until that day  
When we shall share the fig tree and the vine  
With our Arab neighbors,  
We shall make this disconcerting music.

*Help us, O Lord  
For our violins are eager,  
And our cellos wait for peace.*

**Danny Siegel**

## **THOUGHT FOR THE MOMENT OF SILENCE**

The answers you get depend upon the questions you ask.

**Thomas Kuhn**