



# NHBZ Shabbos Bulletin

*Welcome to Nusach Hari B'nai Zion*

Affiliated with Union of Orthodox Congregations of America

August 4, 2018 ~ 23 Av 5778

Candle Lighting 7:51 pm

Shabbat Ends 8:53 pm

Torah Portion: Eikev -- Deuteronomy 7:12 - 11:25  
Maftir: Isaiah 49:14 - 51:3

Chumash pages 980-997  
Chumash pages 1197-1199

## Thank you to our Sponsors:

Thank you to **Ed & Helayne Levitt** for sponsoring the Kiddush in honor of their 30th wedding anniversary and for sponsoring the cake in celebration of Ed's retirement!

Thank you to **Bob & Barbara Woolf** for sponsoring the bulletin in honor of **Richard, Mindy, Corey, and Evan Woolf**.

## Erev Shabbos, Friday, August 3

- Mincha & Ma'ariv ~ 7:00 pm

## Shabbos, August 4

- Shachris & Musaf ~ 9:00 am
  - Pesukei D'Zimra: **Menachem Szus**
  - Shacharis: **Menachem Szus**
  - Leyning: **Michael Shapiro**
  - Haftarah: **Moshe Pinto**
  - Drasha: **Rabbi Ze'ev Smason**
  - Musaf: **Michael Shapiro**
- Starting Points: Wisdom for Daily Living ~10:15 am ~ led by Rabbi Ze'ev Smason  
Topic: "Life Lessons My Grandparents Taught Me"
- Mincha/ Ma'ariv/ Shalosh Seudos ~ 7:30 pm

Mashgicha: Norma Rubin

Today's Shabbat Greeters: Menachem Szus & Margo Tzadok

## This Week and Beyond....

Minyan Times	Shabbos Aug 4	Sun. Aug 5	Mon. Aug 6	Tues. Aug 7	Wed. Aug 8	Thurs. Aug 9	Fri. Aug 10	Shabbos Aug 11*
Shachris	9:00 am	8:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	8:30 am
Mincha/Ma'ariv	7:30 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:25 pm

\*Rosh Chodesh Elul

Birthdays: Julie Eisenberg, Allan Swan, Jonah Shifren, and Edward Ziegelman

Anniversaries: Edward & Helayne Levitt, Dr. Stephen & Myra Radinsky, and Jeff & Terri Schnitzer

- **Wednesday, August 8 ~ 2:00 pm ~ Senior Kollel and The NHBZ Sisterhood** presents "Balance for Balabustes" with Jill Abrams at NHBZ. Exercise and more.
- **Shabbat, August 11 ~ Mitzvah Adventure and Baseball Themed Kiddush Luncheon**  
**Topics for the Mitzvah Adventure:**
  1. *Bikur Cholim* "How to Visit the Sick" by *Rabbi Ze'ev Smason*
  2. *Nichum Avelim* "How to Pay a Shiva Call" by *Rabbi Yitzchok Kowalsky, St. Louis Kollel*
  3. *Hachnasas Orchim* "How to Host Shabbos Guests" by *Alex Lyss*
- **Sunday, August 19 ~ NHBZ Sisterhood 3rd Annual 'Dine 'N' Style' Fashion Show and Luncheon.** Presenting Fall and Winter fashions from Orli's Boutique. A variety of vendors will participate in the Fashion Retail Market on the lower level of the synagogue with doors opening for shopping at 10:00am. Luncheon and Fashion Show begin at 12:00 noon. Cost \$20.00.
- **Sunday, August 26 ~ 10th Annual Rabbi Ride Around ~ 10:00 am -2:00pm**  
Where: Forest Park Shelter # 8. This year's ride is dedicated to Gino Bartali, a great Italian cyclist who saved hundreds of Jews during the Shoah. The RRA is a fun-filled picnic with balloons, face painting, kid's attendance prizes, a raffle, a bike themed silent auction and of course lunch.  
What you can do:
  1. Make a generous pledge per mile for the Rabbi's 50 mile ride.
  2. Attend to cheer Rabbi Smason on!
  3. Become a sponsor for \$100 to make the RRA a success!
- **Sunday, August 26 ~ Pizza Night**
- **Monday, August 20 and 27 ~ 7:45 pm ~ Holiday Study Classes taught by Rabbi Smason ~**  
Topic 1: Laws and Customs of Rosh Hashana- Aug. 20  
Topic 2: The Structure of the Rosh Hashana Machzor- Aug. 27  
You can attend one or both classes which will be held at the home Dr. Craig & Jackie Berkin.  
Please RSVP to 314-991-2100 or [jeff@nhbz.org](mailto:jeff@nhbz.org).

**Rosh Hashanah and Yom Kippur are quickly approaching.** By now you have received the Yizkor Book of Remembrance information forms to have your loved ones listed or their names read aloud during the Yizkor service.

**Please don't delay and return the form, call the office 991-2100 ext. 2, or email your list of names/or confirm "same list as last year" to [jeff@nhbz.org](mailto:jeff@nhbz.org)**

**Send in your Book of Remembrance information for Yizkor by August 22**

### **Important Notice about Tribute Cards and Shabbos Bulletin Sponsorship**

Beginning August 15<sup>th</sup> there will be a \$10.00 minimum donation for sending tribute cards and to sponsor the Shabbos bulletin will now be \$54.00.



**Lulav and Etrog Orders are now being taken until Tuesday, August 28.**

Please place your order now as we **cannot guarantee that more sets will be available** after that date. Order by email to: [jeff@nhbz.org](mailto:jeff@nhbz.org) or phone 991-2100 ext. 2.

**Basic Lulav & Etrog set = \$45**  
**Deluxe Lulav & Etrog set = \$6**

**Standard Lulav & Etrog set = \$55**  
**Premium Lulav & Etrog set = \$80**

**NHBZ Hidden Talents and Interests Survey: Fill out the Survey NOW for a chance to win a \$50 gift card.**

What are your interests? What are your talents? We want to know!

Please complete the recent survey on the Hidden Talents and Interests of our membership NOW to be entered into the \$50 raffle.

Why do we want to know this information? We hope to use this information to determine how you might be able to help the shul and to hopefully develop programming to meet the interests of our membership. It only takes 5 minutes. Please take the survey as soon as possible.

Questions: Please contact Jesse Barash at 314-440-3047 or at [jesse53james@yahoo.com](mailto:jesse53james@yahoo.com).



**KIDZONE News by Alana Umansky**

August 11<sup>th</sup> and 25<sup>th</sup> are the future dates for Tot Shabbat and Junior Congregation over the summer. Babysitting will be available the other weeks over the summer.

**Cash Cards**

**Orders are now being taken through August 15<sup>th</sup>.** Use the card for all your shopping needs. The order form is attached to this week's bulletin. You probably will be shopping at Amazon, Dierbergs, CVS, or Walgreens this month, so why not benefit NHBZ as you shop?

## **Parshas: Eikev**

Moses continues to encourage the Children of Israel to trust in G-d and in the prosperity and health which will follow if they keep the Torah. If they are careful to observe even those 'minor' mitzvos that are usually 'trampled' underfoot, he promises that they will be the most blessed of the nations of the Earth. Moses reminds them of their numerous transgressions in the desert, including the mystifying sin of the Golden Calf. Moses describes the bountiful Land of Israel filled with wheat, barley, grapes, figs and pomegranates, a land of oil-yielding olives and date-honey. He teaches the people the second paragraph of the Shema which stresses the fundamental doctrine of reward for keeping the mitzvos and the consequences of non-compliance. All that G-d requires of us, Moses says, is to love G-d, revere Him, and to observe His Torah. Easier said than done! Parshas Eikev concludes with the promise that G-d will provide the Jewish people with protection if they observe the laws of the Torah. Many are familiar with the famous phrase (found in this week's portion), "Man does not live by bread alone." The less-familiar second half of the verse says, ". . . but by all that comes from the mouth of G-d." This important idea teaches that physical nourishment and external pleasures aren't sufficient for a satisfied life. Every human being has spiritual needs that must also be met.

**Please Note: Rabbi Smason will not have his Wednesday class on August 8<sup>th</sup>**

### **Adult Learning at NHBZ**

**Every Wednesday 12:15 pm ~ Lunch & Learn with Rabbi Smason**

Study Pirkei Avos / Ethics of the Fathers.

**Every Shabbos ~ Starting Points: "Wisdom for Daily Living" with Rabbi Ze'ev Smason ~ A** program tailor-made for those, regardless of prior educational or observance level, interested in growing Jewishly. Each freestanding session (at 10:15 am every Shabbos, unless otherwise noted) explores a distinct Jewish concept in practical, understandable terms.

Join us to learn, explore, and raise your Jewish soul with the following eye-opening sessions:

August 4: "Life Lessons My Grandparents Taught Me"

August 11: "The Best Advice I Ever (and Never) Got"

August 18: "Wisdom vs Knowledge: Was High School Trig Really Necessary?"

August 25: "Five Polite Ways to Disarm Rude People"

Sept. 1: "How to Forgive When You Can't Forget"

**Every Shabbos ~ Tanach (Bible) Study** (3/4 hour before Mincha)

**Every Sunday ~ Mishna Learning** (after Shacharis) with **Rabbi Chanan Swidler**

Check out our new CASH CARD flyer in this issue.  
Why not help NHBZ when you shop? It's easy and convenient. Thank you to Bobby Levine for the new design!



# **2018 High Holiday Information 5779**

**Take Action Now – don't miss out on any of the following:  
call the office at 314-991-2100 ext. 2 or email [jeff@nhbz.org](mailto:jeff@nhbz.org)**

## **Seating for Rosh Hashana and Yom Kippur – Friday, August 31**

All members in good standing – Adult, Young Adult and Senior (but not Associate-Members) - are entitled to a reserved seat for Rosh Hashana and Yom Kippur. If you will be attending, but do not want to use your reserved seat, you may use an open, unreserved seat.

Family Membership entitles you to a reserved seat for all your children from Bar/Bat Mitzvah through age 24. Older children through age 29 should obtain a Young Adult membership.

Independent young adults age 18-29 are encouraged to obtain a Young Adult membership.

Please contact the office by **Friday, August 31** if

- You will not be using your reserved seat
- You would like a different seat from last year
- You would like to add a reserved seat for out-of-town relatives or friends (\$180 each)
- You would like to obtain a Young Adult Membership (\$190 each)

## **Sisterhood New Year Greetings – Tuesday, August 28**

The Sisterhood wishes you and your loved ones Health, Happiness & Prosperity in the New Year, and invites you to wish L'Shana Tova Tikatevu to everyone in our NHBZ family. Your name will be published in the **5778** Rosh Hashanah Bulletin for a \$5 minimum donation (no maximum). Call the office or mail in your check made out to NHBZ, and write 'Sisterhood Greeting' on the memo line, by **Tuesday, August 28** to be included in the bulletin.

## **Esrog and Lulav Order – Wednesday, August 29**

It is a mitzvah to have your own Esrog & Lulav for Sukkos. They can be purchased through our shul, and must be ordered in advance. We will be happy to order a set for you and have it ready for pick up at the shul in time for Sukkos. Complete sets will cost \$45, \$55, \$65 and \$80. These prices are subject to change as we get closer to the holiday. If you want the shul to order your set, please call the office, by **Wednesday, August 29**.

## **RSVP for Children's Lunches – Friday, August 31**

**Lunch for Children's Programming** is free, but an RSVP is encouraged. Please let us know how many of your children will be eating lunches and on which days by **Friday, August 31**.

## **RSVP for Simchas Torah Dinner - Friday, September 14**

Join us for a free Spaghetti Dinner on Erev Simchas Torah, Thursday, October 12, as well as the Auction for Simchas Torah Honors. The dinner is free, but please let us know if you plan to attend so we know how much food to buy and prepare. We also welcome dinner sponsors for \$25.

Please reply by **Friday, September 14**

## **Memorial Plaques**

Nusach Hari B'nai Zion is offering a unique opportunity to memorialize family members and friends. This year, through Yom Kippur, our normally priced memorial plaques of \$360.00 each will be available for \$600 for two memorial plaques. Please call the office to order your plaques – 314- 991-2100 ext. 2



# **Mitzvah Adventure Shabbat & Baseball-Themed Kiddush**

## **Shabbat, August 11, 2018**

- 8:30 am **Traditional Services** – in the sanctuary  
10:00 am **Starting Points** – in the chapel  
Topic: The Best Advice I Ever (and Never) Got  
*led by Rabbi Ze'ev Smason*



- 10:00 am **Children's Programming** – lower level  
Tot Shabbat for ages 1-6, babysitting for younger children,  
Junior Congregation for ages 7-12

### 11:15 am **'Chesed' Mitzvah Adventure**

Choose 2 of 3 Sessions, each presented at 11:15 and 11:45

1. **Bikur Colim** "How to Visit the Sick"  
*by Rabbi Ze'ev Smason*
2. **Nichum Avelim** "How to Pay a Shiva Call"  
*by Rabbi Yitzchok Kowalsky of the St. Louis Kollel*
3. **Hachnasas Orchim** "How to Host Shabbos Guests"  
*by Alex Lyss*

### 12:15 pm **Baseball-Themed Kiddush Lunch**

sponsored by

**Amy & Denny Feit** and **Joyce & Murray Hochberg**



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***For more information, call (314) 991-2100 extension 2***



# THE SISTERHOOD SCOOP AUGUST

Volume I

Number 22

August 4, 2018

## Preparing for Elul



Elul is the 12th and final month in the Jewish calendar. It connects the past year with the coming year — a time when we reflect on where we stand and where we should be going. As such, we sometimes anticipate the coming Holidays with anxiety or even a bit of dread. **Preparation** is the key to helping us counter that trepidation. Elul is not only the month of repentance, it is also the month of compassion and forgiveness. It follows the two previous months of Tammuz and Av — months of tragedies that were brought upon us through our sins. But on Rosh Chodesh Elul, Moses ascended to Mount Sinai for a third 40-day period until Yom Kippur, when he descended with the second tablets (luchot) and G-d's word of joyful, wholehearted forgiveness! These were days when G-d revealed to the Jewish people great mercy. Since then, this time has been designated as a time of mercy and forgiveness, an opportune time for teshuvah — repentance. The four letters of the name Elul are an acronym for the phrase in "Song of Songs" (6:3): "I am to my beloved and my beloved is to me." "I am to my beloved" — we approach G-d with a desire to return and connect. "And my beloved is to me" — G-d reciprocates with Divine expressions of mercy and forgiveness. This is the month when "the King is in the field." G-d, the King of all Kings, is accessible. All can approach Him, and He shines His countenance to all.

— adapted from chabad.org/librari/article cdo/aid/3922314

## Watch your mail for Sisterhood's New Year Greetings Fundraiser

Proceeds will benefit NHBZ's Passport to Israel Program and other Sisterhood projects. Help support your Sisterhood — please be generous!

Don't forget!! Book Club meets Mon. Aug. 27, 7:15pm at Mansions on the Plaza, 8300 Delmar

NHBZ Sisterhood presents the 3<sup>rd</sup> Annual



## Dine 'n' Style Luncheon & Fashion Show Sunday, August 19

Shopping opens at 10:00 AM

Luncheon & Fashion Show promptly at 12:00 Noon

## FALLING FOR FASHION

Featuring 2018 Fashions from *Orli's Boutique*, and new this year... Our '*Retail Market*' with lots of Shopping on the Lower Level, including:

**Jewelry, Fused Glass, Silk Scarves, Israeli Jewelry, Clothing, Accessories, Judaica Fabric Art, Purses, Books, Gifts & more...**

**Register NOW — \$ 20**

(by August 12, please)

Call: 314-991-2100, ext.3, or

Email: [FashionShow@NHBZ.org](mailto:FashionShow@NHBZ.org)

Visit: [nhbz.org/sisterhood/fashionshow](http://nhbz.org/sisterhood/fashionshow)



## Join NHBZ Sisterhood in Supporting the Rabbi-Ride-Around



**Sunday, August 26 - Forest Park Shelter 8**

Come to the Sisterhood Booth at the 10<sup>th</sup> Annual Rabbi-Ride-Around and help cheer on Rabbi Smason as he rides 50 miles. Stop by for a special Italian treat in tribute to the memory of Gino Bartali, the great Italian cyclist who saved hundreds of Jews during the Shoah.



# NHBZ CASH CARD ORDER FORM

## WHAT IS SCRIP, AND HOW DOES IT WORK?

**WE NEED  
YOUR HELP!**

- You purchase gift cards from NHBZ at face-value and NHBZ receives a percentage of your purchase from each card as listed below. It's that simple.
- Orders are due on the 15th of each month, and the cards are usually available to pick up in the office within 5 business days.
- Just fill out a form and mail or drop off at the office with your payment. **Fill Out: (All areas in red )**  
(questions? Call Laura at 991-2100 x:3)

► **YOUR NAME:** \_\_\_\_\_ **PHONE#:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

POPULAR CASH CARDS PURCHASED:	RETAILER	DENOMINATION	% TO NHBZ	QUANTITY	TOTAL
<p>Orders &amp; payments to NHBZ may be made by check or cash only, and <b>MUST</b> accompany your order form.</p> <p>Payments received after the 15th of the month will automatically be placed on the next order date.</p> <p><b>**A complete list of participating businesses can be found at:</b> <b><a href="http://ShopWithScrip.com">ShopWithScrip.com</a></b></p> <p>If you do not have access to a computer or internet, please contact our office. Please do <b>NOT</b> order directly from the website.</p> <p>Write-in - Other Listed Retailer ►</p>	Amazon.com	\$25.00	2.25%		
		\$100.00	2.25%		
	AMC Theatres	\$25.00	8.0%		
	CVS	\$25.00	6.0%		
		\$100.00	6.0%		
	Dierberg's	\$25.00	2.5%		
		\$100.00	2.5%		
	Home Depot	\$25.00	4.0%		
		\$100.00	4.0%		
	Macy's	\$25.00	10.0%		
		\$100.00	10.0%		
	Starbucks	\$10.00	7.0%		
		\$25.00	7.0%		
	Target	\$25.00	2.5%		
		\$50.00	2.5%		
	Walgreens	\$25.00	5.0%		
		\$100.00	5.0%		
	Walmart/ Sam's Club	\$25.00	2.5%		
		\$100.00	2.5%		

**YOU RECEIVE THE FULL VALUE ON THE CASH CARDS!  
IN ADDITION, NHBZ RECEIVES THE % INDICATED.** ►

**Total Order:**



**NHBZ MEMBERS,  
WE NEED YOUR HELP.**



**shopwithscrip.com**

# FREE MONEY FOR THE SHUL!

And Please Remember To Use Your Schnuck's Card for NHBZ credit!!





# NHBZ Sisterhood presents the 3rd Annual

## DINE 'N' Style Fashion Show & Luncheon **FALLING FOR FASHION**

**Sunday, August 19**

**Nusach Hari B'nai Zion**  
**650 North Price Road, Olivette**

**Registration Now Open – \$20**  
*(RSVP by August 12, please)*

- ♦ call NHBZ – 314-991-2100, ext. 3
- ♦ email [FashionShow@nhbz.org](mailto:FashionShow@nhbz.org)
- ♦ visit [nhbz.org/sisterhood/fashionshow](http://nhbz.org/sisterhood/fashionshow)



**Shopping opens at 10:00 AM**  
**Luncheon & Fashion Show promptly at 12:00 NOON**

In addition to **Orli's Boutique**  
visit our lower level "Retail Market" featuring:  
**Artisan Jewelry, Creative Design Jewelry, Israeli Jewelry**  
**Fashionable Headscarves, Fused Flameworked Glass**  
**Silk Scarves, Purses, Accessories, Gifts, and more...**



# New Year Greetings

*fundraiser*

The NHBZ Sisterhood  
wishes you and your loved ones  
Health, Happiness & Prosperity in the New Year

**Our Sisterhood invites you to wish *L'Shana Tova Tikatevu*  
to everyone in our NHBZ family.**

Make your check payable to NHBZ,  
and write '*Sisterhood Greeting*' on the memo line.  
(\$5 minimum, please – no maximum!)

Names will be published in the 5779 Rosh Hashanah Bulletin.

Send your contribution, along with the form below, by **August 28** to:

NHBZ Sisterhood  
650 North Price Road  
St. Louis, MO 63132

Or, you may email your greeting information directly to [laura@nhbz.org](mailto:laura@nhbz.org)

FOR QUESTIONS, CALL THE NHBZ OFFICE, 314-991-2100, EXT. 3

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**NHBZ SISTERHOOD NEW YEAR GREETING ~ FOR ROSH HASHANAH 5779 BULLETIN**

Name \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Amount enclosed \$ \_\_\_\_\_ (\$5 minimum – no maximum!)

Please list my name(s) as follows:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_







**JOIN US**  
**Sunday August 26, 2018**



**JOIN US (and tell all your friends) For**  
**The RALLY and PICNIC & MORE**

**Rabbi Smason Rides 50 Miles on the Forest Park Bike Trail.**

**The Ride begins at 10:00 AM**

**Plus Fun Kids Activities • Way Cool Balloons™ • RAFFLE Prizes at 1:00**

**Delicious Picnic Lunch at NOON!**

**RAFFLE: PLEDGES OF 25¢/MILE TO \$1.00/MILE (\$12.50 - \$50.00) = 1 FREE RAFFLE TICKET AWARDED FOR EACH ADDITIONAL \$50.00 PLEDGED, ANOTHER RAFFLE TICKET IS AWARDED. (2 TICKETS FOR \$100, 4 FOR \$200 ETC.) YOU NEED NOT BE PRESENT TO WIN!**



**GINO BARTALI**  
1914 - 2000

**Call 314-991-2100 ext. 2**  
**TO PLEDGE/SPONSOR Rabbi Smason**

**This year's Rabbi Ride Around is dedicated to the memory of Gino Bartali, a Great Italian cyclist who saved 100's of Jews during the Shoah.**





# ***Home Study Class***

## ***Two Self-Contained Sessions***

THE LATEST IN A SERIES OF TALKS AT THE HOMES OF OUR MEMBERS & FRIENDS

***taught by Rabbi Ze'ev Smason***

# **Rosh Hashana**

## ***Laws and Customs***

**Monday, Aug. 20, 7:45 pm**



## ***Structure of the Machzor***

**Monday, Aug. 27, 7:45 pm**

**at the home of Dr. Craig and Jackie Berkin**

***light refreshments will be served***



Please RSVP to **Jeff** at **314-991-2100** or [jeff@nhbz.org](mailto:jeff@nhbz.org)

We will provide the address and phone number at the time of your RSVP.





# **Starting Points:**

## ***Wisdom for Daily Living***

Join us for these sessions designed for those who are interested in growing Jewishly, regardless of education or level of observance. Each session explores Jewish concepts in practical, understandable terms.

Sessions are held every Shabbat at 10:15 in the NHBZ chapel on the lower level, unless otherwise noted.

### **Schedule for July & August, 2018**

**July 28:** "How to Discuss Politics Without Losing Friends"

**August 4:** "Life Lessons My Grandparents Taught Me"

**August 11:** "The Best Advice I Ever (and Never) Got"

**August 18:** "Wisdom vs Knowledge: Was High School Trig Really Necessary?"

**August 25:** "Five Polite Ways to Disarm Rude People"

**September 1:** "How to Forgive When You Can't Forget"

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**For questions, call Jeff in NHBZ's office at (314) 991-2100, ext. 2**



ST. LOUIS *senior*



# Balance for Balabustes

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Senior Kollel and Eishes Chayil Women's Division  
in Cooperation with Nusach Hari B'nai Zion Sisterhood  
present

## "Balance for Balabustes"

Strength Training ~ Bone Health  
~ Flexibility for Females ~

with

***Dr. Jill Abrams***

Chiropractic Physician • Personal Fitness Trainer • Massage Therapist

**Next Class: Wednesday, August 8th**

**2:00 pm**

**at NHBZ**

**650 N. Price Road  
Olivette, Missouri**

**Bring a Friend!  
Refreshments served!**



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***For more info: [office@stlkollel.com](mailto:office@stlkollel.com)***