



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

Shabbos

August 15, 2015
30 Av 5775

Torah Portion:

Parshas Re'eh: Deuteronomy 11:26 – 16:17

Stone Chumash pages 998-1023

Maftir:

Numbers 28:9-15

Stone Chumash page 890

Haftorah:

Isaiah 66:1-24, 1 Samuel 20:18, 42

Stone Chumash pages 1208-1210

Candle Lighting ~ 7:39 p.m.

Shabbos Concludes ~ 8:40 p.m.

Our Generous Sponsors This Shabbos . . .

~ Thank You to "Pop-Star" **Linda Carton** for sponsoring soda and a special cake today in honor of her husband **Gene** celebrating his 75th birthday! **HAPPY BIRTHDAY GENE!!!**

~ Thank You to **Shirley & Sam Bluestein** for sponsoring Shalosh Seudos today in memory of beloved father and mother **Hyman Max Mindel, ר"צ**, and **Esther Mindel, ר"צ**.

Shabbat Shalom!

Erev Shabbos, Friday Night, August 14, 2015

- Mincha & Ma'ariv (7:00 pm)

Shabbos, August 15, 2015

- **Shachris & Musaf** (9:00 a.m.) ~ *Thank You For Leading Davening*
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Menachem Szus**
 - Leyning: **Moshe Leib Cohen**
 - Haftorah: **Lenny Alper**
 - Drasha (Sermon): **No Drasha Today**
 - Musaf: **David Rubin**
- **Tefillah/Prayer Learners' Service** ~ **Rabbi Yosef David** is on Summer Break, returning in late August.
- **Learners' Service** ~ (10:15 am) Led by **Rabbi Ze'ev Smason** in the Rivkin Chapel.
- **Kiddush and Lunch 'n Learn** ~ (After Musaf) Lunch 'n Learn in honor of August Birthdays and Wedding Anniversaries. **Rabbi Smason** will speak on the topic: "Embracing Change: *Outreach To Couples Who Are Intermarried.*"
- **Bon Appetit** ~ We place a plate of rolls on each table at every Shabbos Luncheon ~ 1.) To enable each person to make or hear *Ha'Motzi* (the blessing on bread) over *Lechem Mishne* (two rolls or loaves of bread), and 2.) To enable each person to eat the minimum amount required when *Ha'Motzi* is made or heard; namely, one roll. **Please be seated while Rabbi Smason says Kiddush and makes HaMotzi.**
- **Mincha, Shalosh Seudos, Maariv** ~ (7:15 pm)
- **Rosh Chodesh Elul** ~ Shabbos & Sunday, August 15 & 16.
- **Dedication of Memorial Plaques** ~ The Dedication of Memorial Plaques for **Norvel Levine, ר"צ**, and **Joyce Levine, ר"צ**, beloved parents of **Bobby Levine**, will be held on Sunday, August 23rd, 10:00 a.m., in the Feigenbaum-Pepose Learning Center, in the Lower Level of Nusach Hari B'nai Zion.

KidZone!!!

- **Next Shabbos August 22 ~ Children's Services** ~ 10:00 a.m. to 12:00 noon in the Youth Lounge for kids 5-11 years of age. A wonderful Youth-Led Learning Service where the children will learn the prayers we say and the songs we sing during services in the Main Sanctuary, PLUS the weekly *Parsha* (Torah portion), Israel fun-facts, and social time with snacks. The Children's Service will be held two times each month, AND plans for High Holiday services are in the works! Stay tuned for more exciting details!!!

SIMCHAS

MAZEL TOV ON YOUR SIMCHAS August 15-21. **Happy Birthday to Marcie Brook, Mike Elbaz, Nesya Leia Freidman, Carl Goodman, Leonid Golynskiy, Bobby Levine, Michael Morgensztern, David Rubin, Rosalind Rosen, Nancy Rush, and Leonid Vladimirov! Happy Anniversary to Bob & Sandie Abrams (50th), Alan & Janet Haber, Ephraim & Michelle Mufson, David & Norma Rubin, Carl & Gloria Sussman, and Reuven & Margo Tzadok!** Show your friends you care ~ send a tribute. Shul: Gloria Waxman 314-872-3296; Sisterhood: Phyllis Silverman 314-434-2482; Libby Needle Fund: Sally Needle 314-991-2575; For Chesed Fund: Drop by the office for a Pack of Cards.

*Please be sure to read Rabbi Smason's Beyond Twelve Gates in this Bulletin:
"John Urschel: The NFL's Unusual 'Mathlete'!"*

When You Need Rabbi Smason ~ When you or a loved one becomes ill, and is hospitalized, please have a family member or friend contact Rabbi Smason on his cell phone as soon as possible . . . 314-749-5271.
Mi Shebarach List ~ Prayers said for a *Refuah Shelayma* (Speedy Recovery) for your loved ones and friends. Please call 314-991-2100, ext. 2, by 10 a.m. Friday mornings to include the names on our list to be read on Shabbos.

Special Message . . .

ש"ס

Dear Friends,

Norma, Yitzchak, and I look forward to seeing you at our Kiddush at Nusach Hari on Shabbat morning, August 22, 2015. The Kiddush is to thank Hashem, you our friends, Rabbi Smason, and the entire Shul for making possible our marriage on August 21, 2011. We are so grateful for your support and friendship as you were first introduced to Norma and Yitzchak, and then learned to love them as I do. Each time we have this Kiddush, I attempt to give a little talk, but I become so overcome with emotion that I am unable to do so. I hope you will bear with me as I share my thoughts with you, briefly. I feel the message is important, for reasons which I hope will become clear below.

As many of you know, I had no wife before Norma, and had no children before Yitzchak, but I never prayed for a wife and children. I suspect that many of you have been raised to believe as I did, that it is important to pray for others, but it is somehow wrong to pray for yourself. But in July, 2009, I found myself at the Kotel, and I decided (at the age of 53) that it was time to write a note on my own behalf.

As you probably also know, the Kotel is the outer wall of the Temple complex. Sadly, Jews are not permitted to pray on the Temple Mount, where the Temple actually stood. But over history, Jews have placed their prayers in the cracks of the Western Wall. When King Solomon dedicated the Temple he built, he prayed that all our prayers would go from there in a direct line straight to Hashem. While standing there, at that Holy spot, how could I not pray?

And so I did. I wrote a prayer to Hashem, to bring me a wife and son so that I could walk in His ways and fulfill His mitzvot, including those concerning the Jewish home and Jewish family.

Leaving out a lot of unbelievable and miraculous events (We can talk about them another time!), let me just tell you that in July, 2010 – almost exactly one year later - I found myself at the Kotel again, where Norma agreed to marry me. When she did, I immediately placed another prayer in the Wall. This one thanked Hashem, saying, "Baruch Atah Hashem, Shomeah Tefila" - Blessed are You, Hashem, who hears our prayers.

Shabbat Shalom, David Rubin



Back-to-School Sales for KIDS are ON!!!

Help us make all kids feel good on the first day of school with the BRIGHT, SHINY, NEW school supplies they need and deserve!! PLEASE BRING SUPPLIES TO THE OFFICE BY MONDAY, AUGUST 17, and get in on the action! 3-Ring-Binders - Paper - Crayons - Scissors - Glue & Glue Sticks - Black Pens - Red Pens - Pencils - Colored Pencils - Zippered Pen/Pencil Pouches - Erasers - Sharpeners - Markers~Assorted Colors -Scotch Tape - Spiral Notebooks - Lined Index Cards - Mini Notebooks - Backpacks - Calculators - Boxes of Tissues - and the world of other school supplies you see. THE "BACK-TO-SCHOOL-SALES ARE ON!!!" Please bring in the supplies, or write a check to NHBZ, or call Sandie to place a donation on your credit card, 314-991-2100, ext. 2. Let's make a great first-day of school for every kid!!! BIG THANKS to Lenny & Fran Alper, Sam & Shirley Bluestein, Gene & Linda Carton, Bob & Joni Kaiser, Kerry & Sandy Klarfeld, Morris & Estelle Kram, Howard & Phyllis Loiterstein, Sally Needle, NHBZ Sisterhood, Moshe Pinto, Jeff & Terri Schnitzer, Mayer Taller, Victor & Anna Rose Tandler, Menachem & Linda Szus, and Marian Walters for donating School Supplies for the kids!!!

Shul News . . .

- **Tomorrow -- Sunday, August 16 ~ Shaving Israel** ~ "Shaving Israel" is an organization that educates about the needs of the Israeli Defense Force troops who are away from their family support systems. Funds are raised for the purchase of toiletries, personal items and food vouchers from ISRAELI SUPPLIERS. Please join us for a complimentary Program & Dessert Reception at NHBZ on Sunday, August 16, 1:00-3:00 p.m. Speakers on the short program: **Erez Haluf**, a former IDF officer who served in Border Patrol and Israeli Special Forces; **Laurie Walker**, a current Shaving Israel Board Member, and volunteer who brings the much needed items to the IDF bases. For monetary donations make checks payable to Shaving Israel, or charge your gift on www.shavingisrael.org. If you are unable to attend the program, please send your contribution to: Shaving Israel, PO Box 6991, Chesterfield, MO 63006-6991. Please join us, on August 16, and help support the brave men and women of the IDF.
- **Monday, August 17 ~ Deadline to Order Cash Cards for August!!!** Thank you to the following members and friends who ordered Cash Cards last month: **Lenny & Fran Alper, Byron Brownstein, Gene & Linda Carton, Dr. Faye Cohen & Brian McCary, Don & Julie Eisenberg, Stan & Rhonnie Goldfader, Bob & Joni Kaiser, Jacob & Judy Levin, Dr. Shayna Scribner, Lana Weinbach, Richard & Mindy Woolf, and Alan & Vivian Zarkowsky!** Please help raise money for NHBZ and place your order for August! The order form is attached to this week's bulletin. Every order makes a difference to our shul.
- **Tuesday, August 18 ~ Sisterhood Lunch & BINGO PARTY** ~ Tuesday, August 18th, 12:00 noon in our NHBZ Social Hall. Men & Women of ALL Ages are invited to come and enjoy a **Delicious Lunch, Bingo, Attendance Prizes, and Jewelry for sale by Diva's Jewels!!** \$7.00 donation; RSVP to **Rachael Pevnick**, 314-395-6017, or **Linda Carton**, 314-991-5371. **We hope to see you!!!**
- **Thursday, August 20 ~ New Class Series Continues** ~ Join us to learn how the message of *Tehillim* (Psalms) can transform your life. "*Growth Through Tehillim*," a new class series, led by **Rabbi Ze'ev Smason**, on Thursdays, August 20, 27, and September 3, 7:30 p.m., at Nusach Hari B'nai Zion. *Suggested donation* -- \$25 for the 4-part series.
- **Shabbos, August 22** ~ Thanks to **Norma and David Rubin** for sponsoring lunch in honor of their Wedding Anniversary.

- **Sunday, August 23 ~ Save the Date!** Sisterhood Program, Sunday, August 23, 11:15 a.m. Debbie Zorensky, owner of the *Center for Mind, Body and Spirit*, will speak on “Effects of Stress.” Join us for our first program of our revitalized Sisterhood. Open to all. Details to follow.
- **Sunday, August 30 ~ All-You-Can-Eat Pizza Buffet ~ 5:00 to 7:00 p.m. Credit Card Payments Accepted!!!** Bring your family and friends to enjoy a delicious dinner of pizza, pasta, salad and garlic bread, dessert and beverage! Reservations are not needed - just show up, eat to your heart’s content, have fun schmoozing and have a great time!!! Plus a movie for the kids every month!!!! ***Are you new to NHBZ, looking to meet more members...sign up to help on our Pizza Buffet Line! It’s a great way for everyone to say “Hi.”*** (Please place carry-out orders by 10:00 a.m. on Sunday morning, August 30, 314-991-2100, ext. 2. Pick up time for carry out pizzas is 4:30-4:45 p.m.)
- **Tuesday, September 1 ~ Women’s Home Study Group ~** The Women’s Home Study Group has been on Summer Break! The monthly study group, which meets at the home of Jackie Berkin on the first Tuesday of each month, will resume on Tuesday, September 1st.
- **Tuesday, September 8 ~ **SISTERHOOD NEW YEAR GREETINGS** ~** Our Sisterhood wishes you, your family and friends a Healthy & Happy New Year ~ 5776! *L’Shana Tova Tikatevu!* Your support of this project enables Sisterhood to provide funds for “Passport to Israel” for our kids! Asking a minimum donation of \$5.00, they “appreciate larger donations as they grow the Sisterhood of the Future.” *The list of your New Year Greetings will appear in our Rosh Hashana Bulletin.* Please use the attached flyer, and send your contributions to NHBZ, 650 N. Price Road, 63132, **no later than Tuesday, September 8;** make checks payable to **NHBZ Sisterhood.** Thank you very much for your help and generosity.
- **Tuesday, September 8 ~ 7:00 p.m. at NHBZ!** Here’s your chance to learn recipes and techniques with your hands-on participation. Everyone will take home enough dough to make two challas. \$18.00 per person. Space is limited so please RSVP early!!! To register call 314-991-2100, ext. 5.
- **The NHBZ Women’s Emergency Tehillim Circle ~** The following women have made the commitment to be “on call” to say Tehillim for individuals whenever an **emergency** situation occurs at Nusach Hari B’nai Zion: **Julie Eisenberg**, Chairperson, **Debbie Barash**, **Shirley Bluestein**, **Marcie Brook**, **Linda Carton**, **Teree Farbstein**, **Dr. Susan Feigenbaum**, **Mimi Fizel**, **Rhonnie Goldfader**, **Joyce Hochberg**, **Sandy Kahn**, **Joni Kaiser**, **Sandy Klarfeld**, **Sarah Klein**, **Svetlana Kogan**, **Lori Laird**, **Cindy Looney**, **Phyllis Loiterstein**, **Beverly Magencey**, **Marcela Morgensztern**, **Laura Rader**, **Nancy (Belau) Rush**, **Mimi Sabol**, **Dr. Shayna Scribner**, **Phyllis Silverman**, **Peggy Umansky**, and **Mindy Woolf**. We say the prayers at home. Please call **Julie Eisenberg**, 314-695-5615, or **Sandie Abrams**, 314-991-2100, ext. 2., if you would like to participate. We will ask you to provide your phone number(s) and email address so we can get word to you as soon as an emergency arises.
IMPORTANT NOTE: This **NHBZ EMERGENCY Tehillim Circle** is separate from the ongoing Tehillim we are saying for our dear friend Michelle Mufson. Although some of the women listed above are part of both groups, the Emergency Circle truly stands “on call” and ready to act immediately, within the special circumstances of the Emergency element of this group. As soon as Rabbi Smason learns of a critical, **emergency situation in our shul**, he will alert Julie Eisenberg, give her the name of the person in crisis, and emails will go out immediately so we can begin saying Tehillim.

In The Community . . .

- **Millstone Campus Men’s Mikvah ~** Due to the long-awaited improvements being made to the Millstone Campus mikvahs, the men's mikvah will not be available for use on Erev Shabbos for the next several weeks, until further notice.
- **Wednesday, August 19 ~** The next Sharsheret Supports Friendship Circle. The Sharsheret Supports Friendship Circle offers support to women in the St. Louis Jewish community who have been diagnosed with breast cancer or ovarian cancer, and are anywhere along their treatment path – before, during, or post treatment. At each session, there is a brief educational component followed by an opportunity to share and connect with other program participants. The group is led by Kathy Bearman, LCSW, and meets the third Wednesday of the month at the JCC in Creve Coeur at 7:00 - 8:30 pm. Newcomers are always welcome! The free program is sponsored by Sharsheret Supports, a project of Nishmah, and is open to the Jewish community. Light Kosher refreshments will be served. For more information, please contact Ann Fingerhood at Sharsheretsupports@jccstl.org or by calling (314) 442-3266.

- **Wednesday, September 2** ~ "Save the Date". Rabbi Paysach Krohn, world renowned author and lecturer, will give a pre-Rosh Hashana presentation, 7:30 p.m. at the U. City Shul. Topic: "Becoming a Person of Blessing" ~ support & encourage others, maintain a positive role at home. \$10.00/person, \$18.00/ couple.
- **A Call for Help from the Jewish Food Pantry** ~ The Jewish Food Pantry is in desperate need of volunteers. The amount of food they are receiving is growing, but the number of people to organize all of the donations is NOT keeping up! To help or for questions, call **Julie Eisenberg** at 314-494-8437.
- **Women's Community Tehillim Group** ~ WOMENS' TEHILLIM GROUP: will meet Sunday August 16 and Sunday August 23 at the home of Marcia Esrig, 958 Briarwood Lane at 9:15 am. If you cannot participate in person, please call 314-727-5520. On August 30, the group will return to meeting at the home of Jan Adelman, 8032 Amherst Ave., 314-863-5438, to say Tehillim in the *zchus* (merit) of a *refuah shelayma* (full & speedy recovery) for the *cholim* (the ill people) in our community. The Tehillim hotline for names and updates: 314-441-6460. If you have questions, please call **Julie Eisenberg** at 314-494-8437.
- **Tomchei Shabbos On-Going FOOD DRIVE!!** *Tomchei Shabbos* (Supporters of the Sabbath) is maintained through contributions of food and money, and was established by the Vaad Hoer, which discreetly provides families in our community with Shabbos & Yom Tov meals. Bring a bag of non-perishables to our office or, for home pick-up, please call **Sally Needle**, 314-991-2575. To make a donation go to www.ovkosher.org.

*Welcome to Beyond Twelve Gates by Rabbi Ze'ev Smason
Parshas Re'eh August 15, 2015*

"John Urschel: The NFL's Unusual 'Mathlete'!"

John Urschel is widely known for being the smartest player on the NFL's Baltimore Ravens. That's what makes his choice in cars even more confounding to his teammates. John proudly drives a used 2013 Nissan Versa -- a strong candidate for the humblest vehicle in the Ravens' parking lot -- even though his rookie contract was a four-year, \$2.364 million deal. What is a 6-foot-3, 308-pound NFL lineman doing in a compact car? John's explanation for driving his \$9,000 used "dream car": "It's great on gas. It's surprisingly spacious. And you know what the best feeling is? You're driving into a parking deck, it's near full and you're on the first level and there is that space that everyone has passed because they said, 'No, we can't park in there.' And I take my Versa and I just go right in there. I'm on the first level, parking lot full and everyone else is parking on the upper deck where the car is getting hot. I'm not even taking the stairs." So, how many offensive lineman can it fit? "It only needs to fit one," John said with a smile.

John Urschel certainly knows his numbers. He earned a bachelor's degree from Penn State in three years and spent his senior year getting his master's degree in mathematics while teaching integral vector calculus trigonometry during the fall semester. He's been interviewed by Rolling Stone, the New York Times and National Public Radio, and has shared his insights on simplifying complex data with the National Security Agency. The NFL lineman recently spent a morning with students in Maryland as part of a Discovery Education event, telling them the joys of math and science. John Urschel has had numerous papers published in journals, including his latest one, "A Cascadic Multigrid Algorithm for Computing the Fiedler Vector of Graph Laplacians." (ed. note: 'Huh?') The humble "mathlete" lives on less than \$25,000 a year to help save money, and even took on a roommate last year to mitigate the cost of the home he leased during the season. "I'm very much a hermit. I do my football. I do my math, and I like to keep to myself," he says. "As social as I'll get on the weekends is probably doing some math in Starbucks with other people."

Humility is not only a calming and healing attribute, but enables us to act more easily with respect toward others. The humble person doesn't feel the need to appear stronger, wiser, wealthier or better than others in any way. Instead of seeking honor, humility frees us to honor others. And paradoxically, in the end we become honored anyway, as Ethics of the Fathers (4:1) teaches: *"Who is honored? He who honors others, as it is said: 'For those who honor Me will I honor, and those who scorn Me will be degraded' (I Samuel 2:30).*

Parshas Re'eh -- Deuteronomy 11:26 - 16:17

Moses informs the Jewish people that we each face a choice; choose to observe G-d's directions for living (i.e. the Torah) and receive blessings, or choose to ignore G-d and experience estrangement and its consequences.

Moses then turns to describing a number of religious, civil and social laws relevant once the Jewish people enter the Promised Land. Included in this listing are:

- Don't imitate the ways of the nations surrounding you
- A false prophet who attempts to entice you to idolatry should be put to death
- Since the Torah is complete and perfect, nothing may be added to or subtracted from it
- Self infliction of wounds on the body as a sign of mourning is prohibited
- As a holy people, refrain from eating non-kosher food
- Be particularly warm-hearted and charitable. Many laws and guidelines concerning tzedaka (righteous giving) are found in this week's portion
- The three pilgrimage festivals (Passover, Shavous and Sukkos) are opportunities to ascend (make aliyah) to Jerusalem and the Temple to celebrate our blessings

Rabbinic Ruminations

Google had an M&M problem. In company offices, employees were eating too much of the free candy. So, with a strategy known as *Project M&M*, a special ops force of behavioral science PhDs conducted surveys of snacking patterns, collected data on the proximity of M&M bins to any given employee, consulted academic papers on food psychology, and launched an experiment. The experiment: What if the company kept the chocolates hidden in opaque containers but prominently displayed dried figs, pistachios and other healthful snacks in glass jars? The results: Over the course of seven weeks, their 2000 employees at the New York offices consumed 3.1 million fewer calories.

As the Google example highlights, by avoiding temptation or, at the very least, minimizing exposure to triggers of temptation, it is easier to promote and sustain behavior change. B.J. Fogg PhD, founder and director of the Persuasive Technology Lab at Stanford University, theorizes that behavior is fueled by three components, and each must be present for a behavior to occur. They are: 1. Motivation 2. Ability 3. Trigger. By definition, motivation requires willpower and willpower is hard to maintain. Ever have the experience of waking up in the morning motivated to eat well, but by evening losing your motivation and gobbling up half a quart of ice cream? It is a lot easier to make a task easy and simple. As described above in the Google example, simply remove the trigger: Without the visual trigger of colorful M&Ms, employees were less tempted to consume them.

Teshuva is on the forefront of our collective minds as we approach the High Holidays. Often translated as 'repentance', *tshuva* literally means 'return'; a return to G-d and to the best version of ourselves. An integral component of *tshuva* is *azivas hachet* -- "abandoning" or desisting from sin. Rosh Hashana and Yom Kippur present all of us, adults and children alike, with a great opportunity to turn over a new leaf and come closer to G-d. Perhaps this year we can establish a personally-tailored Project M&M to bring about meaningful long-term change in at least one area of our life.

Quote of the Week

True forgiveness is when you can say: Thank you for that experience. -- *Oprah Winfrey*

Joke of the Week

A would-be Romeo was seated next to an attractive woman on a coast-to-coast flight. Summoning all of his nerve, he said, "What type of man attracts you?"

"I've always been drawn to Native American men," she said. "They're so in tune with nature."

"I see," the man said, nodding.

"But then," she continued. "I really go for Jewish men who put women on a pedestal, and I can hardly resist the way Southern men treat their ladies with such respect."

"Please allow me to introduce myself. My name is Running Bear Goldstein, but all my friends call me Bubba."

MINYAN! IT'S GOOD FOR US & GOOD FOR YOU, TOO!!!

| This Week At a Glance | Shabbos August 15 | Sunday August 16 | Monday August 17 | Tuesday August 18 | Wed. August 19 | Thurs. Aug. 20 | Friday Aug. 21 | Shabbos August 22 |
|----------------------------------|----------------------|---------------------|---------------------|----------------------|-------------------|-------------------|-------------------|----------------------|
| Shachris | 9:00 am | 8:00 am | 7:00 am | 7:00 am | 7:00 am | 7:00 am | 7:00 am | 9:00 am |
| Mincha/Ma'ariv | 7:15 pm | 7:00 pm | 7:00 pm | 7:00 pm | 7:00 pm | 7:00 pm | 7:00 pm | 7:05 pm |
| | | | | | | | | |

NHBZ Event Planner

(Check **“Shul News . . .”** for time, date or location changes.)

Call the office, 314-991-2100, ext. 2, to confirm the date and time of any event.

All events will be at NHBZ unless otherwise noted.

WEEKLY at NHBZ

SHABBOS

- Tefillah Class (9:30 am) led by Rabbi Yosef David in the Rivkin Chapel. **(On Summer Break!)**
- Child Care (10:00 am – Noon) for kids 3 & under in the Children’s Room.
- Learners Service (10:15 am) led by Rabbi Ze’ev Smason in the Rivkin Chapel.
- Shabbos Tanach (Bible) (One hour before Mincha)

SUNDAY

- Mishna Learning (after Shacharis) with Rabbi Chanan Swidler, of Aish HaTorah
- “Mystical Moments” with Rabbi Max Weiman (between Mincha & Maariv.)
- Tanya (8:00 pm) with Rabbi Shaya Mintz, of the St. Louis Kollel

MONDAY

- Mah Jongg (Mondays, 4-6:00 pm) NHBZ Lower Level. Proceeds benefit The NHBZ Chesed Fund.

WEDNESDAY

- Rabbi Smason's Lunch & Learn (12:15-1:00 pm) Studying Pirkei Avos

SEMI-MONTHLY at NHBZ

- Women’s Tefillah Class (2nd & 4th Mondays) 3:15 pm with Rabbi Smason at NHBZ. **(On Summer Break!)**

MONTHLY at NHBZ

- Irvin Alper Social Club (First Sunday) 5:00 pm.
- Mussar Mondays (First Monday) 7:00-7:45 pm. at the home of Richard & Mindy Woolf.
- Women's Home Study Group (First Tuesday) 2:30 pm with Rabbi Shaya Mintz, of the St. Louis Kollel, at the home of Jackie Berkin. **(On Summer Break!)**
- Morris Lenga Yiddish Club (First Thursday) 7:30 pm at NHBZ.
- Sisterhood (Third Tuesday)
- Dine-In Pizza Night (Last Sunday) 5:00 – 7:00 pm
Place Carry-Out Pizza orders by 10:00 am, 314-991-2100, ext 2. Pick up time 4:30 – 4:45 pm.

NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn

The Deadline to submit new information to appear in our Shabbos Bulletin is Wednesday each week, NO LATER THAN 12:00 noon, please. That will allow the time needed to make changes. The bulletin is printed first thing every Thursday morning.