



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

February 7, 2015
18 Shevat 5775

Torah Portion:
Haftorah:

Parshas Yisro: 18:1 – 20:23
Isaiah 6:1-13

Stone Chumash pages 394-415
Stone Chumash pages 1154-1155

Thanks to Irwin & Rosalind Rosen for sponsoring this Shabbos Bulletin in honor of the birthday of their daughter Sheryl Levine! **HAPPY BIRTHDAY, SHERYL!!!**

Thanks to Norman & Marilyn Liss for sponsoring this Shabbos Bulletin in honor of their 64th Wedding Anniversary! *Happy Anniversary, Norman & Marilyn!!!*

Thanks to Menachem & Linda Szus for sponsoring this Shabbos Bulletin to welcome Dana and Sammy Sutton visiting in St. Louis! **WELCOME TO DANA & SAMMY!!!**

Erev Shabbos, Friday Night, February 6, 2015

- **Mincha & Maariv** (5:05 pm)
- **Candle Lighting** (5:10 pm)

Shabbos, February 7, 2015

- **Shachris & Musaf** (9:00 am) ~ *Thank You For Leading Davening*
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Dr. Ethan Schuman**
 - Leyning: **Rabbi Tzvi Perlman**
 - Haftorah: **Alan Haber**
 - *Drasha* (Sermon): **Rabbi Ze'ev Smason**
 - Musaf: **Dr. Ethan Schuman**
- **No Tefillah/Prayer Learners' Service Today** ~ Rabbi David's Learners' Service will return on February 21.
- **Learners' Service** ~ 10:15 am, led by **Rabbi Ze'ev Smason** in the Rivkin Chapel.
- **Installation Shabbos and Lunch In Honor of February Birthdays & Anniversaries** ~ (Following Musaf) Thanks to everyone celebrating February Birthdays & Wedding Anniversaries, and to the Officers and Boards of Directors of our Shul, Sisterhood and Irvin Alper Social Club for sponsoring the luncheon today. **Rabbi Ze'ev Smason** will conduct the Installation of Officers during lunch.
- **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, Ma'ariv** ~ (4:55 pm)
- **Shabbos Concludes** ~ (6:14 p.m.)

Wish List!

A small table, to be placed between the chairs, in Rabbi Smason's office. We are looking for a table similar in size to the small tables in our lobby. Got something? Please call Sandie, 314-991-2100, ext. 2.

Meetings

- **The Irvin Alper Social Club Get-Together** ~ This Sunday, February 8th, 3:00 p.m. in the NHBZ Social Hall. Everyone is welcome – come shmooz and play cards!!! A light supper will be served. Please call Ruth Alper, 314-569-2877.
- **Board of Directors Meeting** ~ This Tuesday, February 10. Ma'ariv at 6:45 pm, Meeting, 7:00 pm.
- **Executive Committee Meeting** ~ Tuesday, February 24. Ma'ariv at 6:45 pm, Meeting, 7:00 pm.

“What’s Up” at NHBZ?



NHBZ Coming Events

- **Rabbi Smason in Israel ~ Rabbi Smason** will visit his family in Israel from Monday, February 16 through Wednesday, February 25. **Rabbi Yosef David**, of Aish HaTorah, will “take over” for **Rabbi Smason** on Shabbos, February 21st, and will conduct the Learners’ Service and deliver the *drasha* (sermon).
- **Need a Pushka Pick-Up?** Did you fill your NHBZ Pushka but have no way to bring it to the office during the week? We’ll do a Pushka Pick-Up at your home! Just call Sandie, 314-991-2100, ext. 2, and we’ll do a Pushka-Swap . . . we’ll bring you a new, empty Pushka and trade for the one you have filled!!!
- **Calling All Mah-Jongg Mavens! Or Would You Like to Learn?** Help our Chesed Fund by having fun playing Mah Jongg every Monday, 4:00-6:00 p.m., at NHBZ!! Please join us in the Teen Lounge (lower level). Only \$3.00 cover! Proceeds will benefit The Nusach Hari B’nai Zion Chesed Fund. Questions? Call Debbie Barash, 314-993-4954. **See you on Monday!!!**
- **Luncheon & Guest Speaker ~ Next Shabbos February 14 ~** Thanks to **Dr. Susan Feigenbaum** for sponsoring lunch in honor of her husband **Dr. Jay Pepose** in celebration of his 60th Birthday! We will have a special presentation from Guest Speaker **Daniel Mael**, who will speak on the topic, “*TRUTH PATROL: The Perils of Being Pro-Israel on Campus!*” Daniel will discuss his experiences as a pro-Israel, free-speech activist on campus today. He is a student and campus journalist at Brandeis University, the alma mater of Dr. Jay Pepose and Dr. Susan Feigenbaum. His outspoken, passionate rhetoric has led to appearances as a pro-Israel voice on numerous news outlets, including Fox News & BBC.
- **Lion’s Den Pizza Night ~ All-You-Can-Eat Pizza Buffet ~ Sunday, March 1st, 5:00-7:00 p.m.** (Because of conflicting community events on the last two Sundays in February, we have rescheduled our February date. The “February” pizza night will be on March 1st; the March pizza night will be on the regular last Sunday of the month, March 29th.) **Are you new to NHBZ, looking to meet more members...sign up to help on our Pizza Night Buffet Line! It’s a great way for everyone to say “Hi.”** Bring your family and friends to enjoy a delicious dinner of pizza, salad, pasta and garlic bread!!! Reservations are not needed . . . just show up, eat to your heart’s content, have fun schmoozing, and have a great time! Plus an extra bonus ~ we have a movie for the kids every month!!!! (Please place carry-out orders by 10:00 a.m. on Sunday morning, 314-991-2100, ext. 2. Pick up time for carry out pizzas: 4:30-4:45 pm before the start of our buffet.)

SIMCHAS

MAZEL TOV ON SIMCHAS February 7-13. **Happy Birthday to Max Amon** (Feb. 4), **Sally Amon, Francine Attoun, Paul Kleiman** (Feb. 4), **Sheryl Levine, Scott McCary, Shirley Osheroff, Rebbitzen Chani Smason, Alice Sudin, and Stella Vladimirov!** **Happy Anniversary to ~ Norman & Marilyn Liss!** 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.

Credit Card Payments ~ Credit Card Payments come with fees charged to Nusach Hari B’nai Zion. In order to bring those fees down, we respectfully ask that you make a **minimum payment of \$10.00** whenever using your credit cards for one or a combination of purposes. We thank you very much for helping us lower our expenses, and for your continued generosity.

amazon smile AND Nusach Hari B’nai Zion!

From Menachem Szus, Fund Raising Chairman:

We would like to draw your attention to the fact that our shul can receive 1/2 percent of each purchase that you make at no cost to you. **Amazon Smile will donate to the shul all year long**, not just for holidays!

Here’s how:

1. Go to your Amazon Account

2. Scroll down to Settings
 3. Click on Change Your Charity
 4. In the "Or pick your own charitable organization" box, type in Nusach Hari-Bnai Zion and click Search
 5. On the next screen simply click on the Select button next to "Nusach Hari-Bnai Zion Congregation" listing.
- When you make a purchase do so through smile.amazon.com. After this, every time you make a purchase on smile.amazon.com, Amazon will **automatically donate** to our shul.

NHBZ CLASS SERIES ~ MEMBERS & ALL FRIENDS ARE WELCOME!

Women's Tefillah Class ~ Led by **Rabbi Ze'ev Smason**. The class meets on the 2nd and 4th **Monday afternoons** each month at 3:15 p.m. at NHBZ. Next class – This Monday, February 9.

NEWS & FEATURES

- **Kashrus Alert ~ Gerber Baby Food:** Not all Gerber products are certified by the Orthodox Union. The Orthodox Union certifies some Gerber 2nd Food products in 3.5 ounce jars and 4 ounce aseptic cups. As always, consumers are urged to look for the OU symbol before purchasing Gerber baby food.
- **Myseum! My Jewish Museum!!!** The **St Louis Jewish Community Inclusion Initiative** is sponsoring this event, along with many other Jewish organizations, this Sunday, Feb 8th, 4:00-6:00 pm, at *Myseum, 283 Lamp and Lantern Village in Town & Country*. An afternoon of interactive fun for families with pre-school and up to 5th graders (siblings welcome). The event is open to the entire Jewish community. The **St. Louis Inclusion Initiative** happily announces that they will have a respite room and a quiet room available for children with special needs, along with a staff person in the room. For more information contact: Rinat Kisin, 314-442-3801; CAJE, 314-442-3760; or go to www.CAJESTL.ORG.
- **Personal Invitation** ~ Sunday, Feb. 8, 7:00 P.M., **Rabbi Menachem Nissel** will deliver a lecture on the topic of "Reincarnation." Rabbi Nissel, born and educated in Britain, is a popular teacher in many seminaries in Yerushalayim (Ohr Somayach, Ohr Yerushalayim), serves as Rabbinic Advisor to NCSY, and he lectures worldwide to vast audiences on a variety of topics. The occasion of Rabbi Nissel's lecture is the first yartzheit of **Rabbi Ephraim Greenblatt**, ז"ל, beloved father of **Rabbi Menachem Greenblatt** of Agudas Israel St. Louis. The lecture will take place at Agudas Israel, 8202 Delmar.
- **"Monday Movie Night Series"** ~ The Saul Brodsky Jewish Community Library's "Monday Movie Night Series" will continue with a screening of *David: One Boy, Two Faiths*, this Monday, February 9, 2015 at 7:00 pm. In this award-winning film, 11-year-old Daud, the son of the Imam of a Brooklyn mosque, is inadvertently mistaken for a Jew as he befriends a group of orthodox Jewish boys. An unlikely friendship develops between two boys, both of conservative religious backgrounds, who find commonality in each other. The film will be shown at the Jewish Federation Kopolow Building, 12 Millstone Campus Drive. Snacks and drinks will be served. Admission is \$5.00 per person; free to Friends of the Library. Reservations are required. For more information or to make a reservation, call 314-442-3720 or email Brodsky-library@jfedstl.org
- **Sh'ma! Listen** ~ February 16, 7:00 pm, at the Kopolow Building. "*How It Broke, How to Fix It: The Crisis of Israel Democracy and What To Do About It.*" Gershom Gorenberg, senior correspondent for The American Prospect and a columnist for Haaretz, will describe the development of Israel democracy and policies that might undermine it, and will discuss what can be done to preserve and renew the Israeli republic. For details or to RSVP, contact Joan Wolchansky, JWolchansky@CAJESTL.org or 314-442-3760.
- **St. Louis Kollel's Jewish Unity Live** ~ Sunday, February 22. In today's turbulent times coming together as a community and celebrating what has given us our unique identity over the millenniums, takes on more and more importance. The St. Louis Kollel's Jewish Unity Live brings together the community under the banner of Torah which we hold proudly and so dearly. This year one of the special awards will be given to **Leslie Sabol**. Leslie has demonstrated over the years his commitment to spiritual growth and Torah learning. He has taken advantage of every opportunity to attend classes and shiurim. Leslie will be awarded the Torah Champion award. The event will take place at Busch Stadium in the Red Bird Club on February 22. The program begins at 7pm and will feature a gourmet Ball park themed menu which will include Romanian Hot dogs from Chicago. To register please call the Kollel.
- **No-Cost Trip to Israel** ~ Accepting Applications for a No-Cost Trip to Israel at RubinIsrael.org through April 11. Join 27 to 45 year old St. Louisans who have never been to Israel. Ten spots are available for

potential community leaders who want to see Israel in a fun and meaningful way. The trip will be held September 11-17. Jewish Federation will hold two information sessions - Tuesday, March 11, and Wednesday, April 2, both at 7 pm at Jewish Federation Koplou Building, 12 Millstone Campus Drive. The 10-day trip brings together a diverse group of young adults for a life-changing journey, packing in activities that help them experience Israeli culture, food, nightlife, innovation, nature and history. For additional information about the trip or application process, contact Mindee Fredman at mfredman@jfedstl.org.

- **Are You CPR Certified?** If you are **currently CPR certified** with an **Up-To-Date Certificate**, please call our office to register your name: 314-991-2100, ext. 2.
- **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 Tehillim Group** ~ A group of women in the community, including several members from Nusach Hari B'nai Zion, gather each Sunday morning to say the entire book of Tehillim, in the *zchus* (merit) of a *refuah shelayma* (a full and speedy recovery) for the *cholim* (the ill people) in our community. The group meets on Sundays, 9:15 a.m., at the home of Jan Adelman, 8032 Amherst Ave, (314) 863-5438. If you cannot participate in person, please call 314-727-2811. The Tehillim hotline phone number for names and updates: (314) 441-6460. If you have any questions, please call **Julie Eisenberg** at 314-494-8437. Thanks to all for your continued support and prayers. Klal Yisroel needs you very badly.
- **Tomchei Shabbos On-Going FOOD DRIVE!!** Tomchei Shabbos means "Supporters of the Sabbath." *The "Barbara Mendelson Tomchai Shabbos Fund"* was established, by the Vaad Hoer of St. Louis, to help support Jews suffering severe economic distress, by providing the families in our community with their Shabbos and Yom Tov meals in a discreet and dignified manner. A special kosher food pantry is stocked to provide them with food essentials, chicken and meat. **Pick up a bag** at our NHBZ office; help make the Food Drive a Big Success!!! For questions or home pick-up, please call Sally Needle, 314-991-2575. Tomchai Shabbos is maintained through contributions of food and money. To make a donation go to www.ovkosher.org – click on HOME tab, then Vaad Hoer Community Services, then Tomchai Shabbos.
- **Ohr Pesia ~ Women's Torah Learning Program** ~ New 6 week classes, which are only one hour long. To register and for details go to ohrpesia.biillite.com OR email to ohrpesia@gmail.com.

Reminders

- **Extremely Important Message!** 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 ASAP . . . 314-749-5271.** Rabbi Smason is very sensitive to the needs of all our members ~ each and every one of you. He wants to be able to help you as quickly as possible and in any way he can. Please keep Rabbi Smason's cell phone number handy in your wallet, and give it to your family and friends, so you and they will have easy access at all times.
- **SHABBOS HALACHAS (Laws of Shabbos)** An *eruv* is an enclosure, constructed according to halacha (Jewish law), as a way to permit Jewish residents or visitors to carry certain objects outside their own homes on Shabbos and Yom Kippur. The St. Louis *eruv* encompasses parts (but not all) of Olivette, U. City and Clayton. We respectfully request that **SHABBOS BULLETINS, FOOD, or any other item not be removed** from the synagogue by those who do not live within the *eruv*. Questions? Ask Rabbi Smason.
- **How To Donate STOCK ~ Have you ever thought of making a donation to Nusach Hari B'nai Zion in the form of Stocks?** It's something to consider, and very easy to do!!! Just call Rick Williams, our stock broker at Edward Jones, 314-846-8968, and tell him, or his assistant Kelly, that you would like to donate x-number of shares of stock to our shul; Rick or Kelly will take it from there, guiding you along the way. They will notify us of your generous donation – (it is our policy to sell the stock right away, and they will send a check to the shul.) Any questions, call Laura Krueger, our business manager, 314-991-2100, ext. 3. Laura's hours are Monday, Wednesday and Friday, 9:30 a.m. to 2:30 p.m.
- **Sponsorships** - If you would like to sponsor a Kiddush or Luncheon, Soda, Shalosh Seudos, this Bulletin, or Something Unique in honor of a special occasion, or in honor or memory of a loved one, please call 314-991-2100, ext. 2, to make arrangements.

- **Tributes** - Show your friends you care; a tribute is a donation in honor of a birth, a birthday, an anniversary, a healthy recovery, or in memory of a loved one, or for any reason to show you care; tributes will be listed in this bulletin monthly. For Shul Tributes call Gloria Waxman, 314-872-3296; for Sisterhood call Phyllis Silverman, 314-434-2482; for Libby Needle Fund call Sally Needle, 314-991-2575; for Chesed Fund Tributes come by the office and pick up a package of cards!
- **Mi Shebarach List** ~ Prayers will be said for a Refuah Shelayma for your loved ones and friends. Please call the office, 314-991-2100, ext. 2, by 10:00 a.m. Friday mornings so we can include the names on our Mi Shebarach list for Shabbos. We need the names of the person who is ill AND his/her mother's name in Hebrew, or in English if Hebrew names are unavailable. Your contributions are greatly appreciated.
- **Memorial Plaques** ~ Memorial plaques are lovingly mounted in our new building. Remember your loved ones with a plaque; prices are \$180 and \$360. Please call the office for details, 314-991-2100, ext. 2.
- **Shalosh Seudos, The 3rd Meal of Shabbos** ~ To sponsor Shalosh Seudos on Shabbos, which takes place between Mincha and Ma'ariv, please call the office to make arrangements. We are very grateful to those of you who sponsor the Third Meal in honor of family members, to celebrate special occasions, or as you observe the yahrzeits of your dear loved ones. To make arrangements call our office at 314-991-2100.
- **Buy a Brick Online or by Phone** ~ Our website now accepts online donations for the Brick and Planting Campaign; go to <http://www.nhbz.org/dedications.asp> or call the office at 314-991-2100.
- **Synagogue Honors** ~ It is customary to make a donation to the shul for Aliyos or other honors received.

*Beyond Twelve Gates by Rabbi Ze'ev Smason
Parshas Yisro February 7, 2015*

Welcome to Beyond Twelve Gates

Sam Smith's "Stay With Me" has sold nearly four million copies worldwide, making it one of the most successful singles of 2014. It's also up for both Best Pop Performance and Record of the Year at the 2015 Grammy Awards. But upon the release of "Stay With Me" in April 2014, a number of listeners were quick to note the distinct resemblance to Tom Petty and the Heartbreakers' 1989 classic "I Won't Back Down" -- specifically, the melodies of the respective choruses. Without drama, Sam Smith granted Tom Petty and his original co-writer credit for writing the track. The settlement reportedly included a 12.5% writing credit to both Petty and singer-composer Jeff Lynne. (compare the songs: skip to 30 seconds)

<https://www.youtube.com/watch?v=nvITJrNJ5IA> <https://www.youtube.com/watch?v=pB-5XG-DbAA>

For his part, Tom Petty praised Sam Smith for quickly addressing what he called a "musical accident" -- i.e., the similarities between two songs. In a statement to Billboard, Petty said, "Let me say I have never had any hard feelings toward Sam. All my years of songwriting have shown me these things can happen. Most times you catch it before it gets out the studio door but in this case it got by. Sam's people were very understanding of our predicament and we easily came to an agreement." Petty also strongly denied the scattered reports that the songwriting snafu ever inspired legal action. "The word lawsuit was never even said and was never my intention," Petty said. "Sam did the right thing and I have thought no more about this. A musical accident no more no less. In these times we live in this is hardly news. I wish Sam all the best for his ongoing career. Peace and love to all." Unlike many similar songwriting cases that have turned ugly publicly, when the similarities were pointed out to Sam Smith he didn't try to fight it and amicably dished out royalties and attributed credit.

Three of the most difficult words to say in the English language may be: I was wrong. We regularly meet people who can't bring themselves to admit mistakes -- particularly when the consequences have financial ramifications. Ethics of the Fathers (5:10) teaches that one of the seven things that characterizes a wise person is the ability to acknowledge the truth and admit mistakes. If we can find the spiritual strength to say "I'm sorry", and "I was wrong", the quality of our lives and of our relationships will improve dramatically.

Parshas Yisro Exodus 18:1 -- 20:23

The weekly portion begins with Moses' father-in-law, Yisro, arriving at the Jewish people's camp in the desert, where he is greeted warmly by a large entourage. Yisro was inspired to join them when he heard about all of the wonders and miracles which G-d performed for the Jewish people during the Exodus from Egypt. Upon

witnessing Moses serving as the people's sole judge from dawn until dusk, Yisro declares that this system will never work. He therefore suggests that subordinate judges be appointed to adjudicate the smaller cases. Moses agrees to this plan. The Jewish people arrive at Mt. Sinai and prepare to receive the Torah. Moses ascends the mountain and G-d tells him to convey to the people that they will be to Him a treasure from among the nations. After three days of preparation the moment of revelation finally arrives. Amid thunder, lightning and the sound of the shofar, G-d descends upon the mountain and proclaims -- with the entire Jewish people listening -- the Ten Commandments. Referred to in Hebrew as the *Aseres HaDibros*, a more accurate translation would be the Ten Sayings or the Ten Statements. One noteworthy feature of the revelation is that both before and since Sinai, no nation has ever made the claim that G-d spoke to an entire nation of millions of individuals. Moses then ascends the mountain to receive the remainder of the Torah from G-d, both the written and oral segments. The portion concludes with several mitzvos concerning the construction of the altar in the Temple.

Rabbinic Ruminations

If you're looking to drop those numbers on the bathroom scale, it's okay to think about eating your favorite candy bar. In fact, go ahead and imagine devouring every last bite -- all in the name of your diet -- with the key word being "imagine." A study published in "Science" ([Morewedge et al., 2010](#)) shows that when you imagine eating a certain food, it *reduces* your actual consumption of that food. This flies in the face of the old assumption that thinking about something desirable increases cravings for it and its consumption. In fact, when you think about eating something, maybe you trick your mind into thinking it is satisfied, that it has received that candy bar.

Researchers tested the effects of repeatedly imagining eating something against its actual consumption. In one of several experiments, people imagined performing 33 repetitive actions, one at a time. A control group imagined inserting 33 quarters into a laundry machine (an action similar to eating "M&M'S"). Another group imagined inserting 30 quarters into a laundry machine and then imagined eating three M&M'S, while a third group imagined inserting three quarters into a laundry machine and then imagined eating 30 M&M'S. Then, all participants ate freely from a bowl filled with M&M'S. Those who imagined eating 30 M&M'S ended up eating far fewer candies than those in the other groups did. This result was backed up by another experiment using different numbers, but came to the same conclusion: those who imagined eating 30 candies ate fewer than others.

It seems from the above-stated study, the very process of imagining eating a food also starts the process of getting bored or tired of it. Applying this insight to our spiritual lives, through the power of imagination each of us has the ability to transform our inner world. A prominent rabbi once said, "*Adam*" is from the same root as *dimyon* (imagination), and the aleph is extra. The advantage of humanity over all other creatures is our power of imagination. (Rabbi Bunim of Przysucha, 1765-1827, Poland). The term "image of G-d" refers to our inner endowment as a creative being. Definitely some food for thought, wouldn't you say?

Quote of the Week

I hate vacations. I hate them. I have no fun on them. I get nothing done. People sit and relax, but I don't want to relax. I want to see something. *Sit down and have a massage, have a spa, have a cupcake* -- I go nuts. If I want to relax, I go home. -- *Paul Theroux, Travel Writer*

Joke of the Week

As the rabbi began to say the *mishabayrachs* (get-well prayers) one Shabbos morning, he was handed a note to be read to the congregation.

The note said, "Chaim Goldberg having gone to sea, his wife requests the prayers of the congregation for his safety."

The rabbi picked up the slip and read aloud, "Chaim Goldberg having gone to see his wife, requests the prayers of the congregation for his safety."

The Deadline to submit new information to appear in our Shabbos Bulletin is Wednesday each week, at 12:00 noon. The bulletin is printed first thing every Thursday morning.

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

This Week At a Glance	Shabbos Feb. 7	Sunday Feb. 8	Monday Feb. 9	Tuesday Feb. 10	Wed. Feb. 11	Thurs. Feb. 12	Friday Feb. 13	Shabbos Feb. 14
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	4:55 pm	5:15 pm	5:15 pm				5:15 pm	5:00 pm
Ma'ariv Only				6:45 pm	6:45 pm	6:45 pm		
Events – see times in Event Planner Box	<i>Parshas Yisro ~ February Lunch & Learn and Installation Shabbos!</i>	<i>Irvin Alper Social Club, 3:00 pm</i>	<i>Mah Jongg Game, 4-6 pm, benefits our Chesed Fund!</i>	<i>Board of Directors Meeting, 7:00 pm</i>	<i>Rabbi Smason's Lunch & Learn, 12:15 pm</i>		<i>Erev Shabbos</i>	<i>Parshas Mishpatim, Shabbos Shekalim Lunch in honor of the 60th birthday of Dr. Jay PePose!</i>

NHBZ Event Planner (Check "Coming Events" for time, date or location changes.)
Call the office at 314-991-2100, ext. 2, to confirm the date and time of any event.

WEEKLY at NHBZ

SHABBOS

- Tefillah Class (9:30 am) led by Rabbi Yosef David in the Rivkin Chapel. *(The next class will be on Shabbos, February 21st.)*
- 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) (30 minutes 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

- Women's Tefillah Class (2nd & 4th Mondays) 3:15 pm with Rabbi Smason at NHBZ. (Next class This Monday, February 9)
- Mah Jongg (Mondays, 4-6:00 pm) Proceeds will benefit The NHBZ Chesed Fund.
- Mussar Mondays (1st Monday of each month.) Monday, March 2nd, 7:00-7:45 pm.

WEDNESDAY

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

MONTHLY at NHBZ

- Irvin Alper Social Club (First Sunday) at 5:00 pm. No meeting in February. March meeting will be on March 8th instead of the usual first Sunday.
- 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.
- Morris Lenga Yiddish Club (First Thursday, 7:00 pm) at NHBZ.
- 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 pm. (Next pizza night will be Sunday, **March 1st**.)
- Sisterhood (Third Tuesday) No meeting in February. (Next meeting, March 17.)

NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn