



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

January 3, 2015
12 Teves 5775

Torah Portion:
Haftorah:

Parshas Vayechi: Genesis 47:28 – 50:26
I Kings 2:1-12

Stone Chumash pages 268-289
Stone Chumash pages 1145-1146

Erev Shabbos, Friday Night, January 2, 2015

- **Mincha & Maariv** (4:30 pm)
- **Candle Lighting** (4:33 pm)

Shabbos, January 3, 2015

- **Shachris & Musaf** (9:00 am) ~ *Thank You For Leading Davening*
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Dr. Ethan Schuman**
 - Leyning: **Max Gornish**
 - Haftorah: **Kenny Bressler**
 - *Drasha* (Sermon): **Rabbi Ze'ev Smason**
 - Musaf: **Dr. Ethan Schuman**
- **Tefillah/Prayer Learners' Service** ~ 9:30 am, led by **Rabbi Yosef David** in the Rivkin Chapel.
- **Learners' Service** ~ 10:15 am, led by **Rabbi Ze'ev Smason** in the Rivkin Chapel.
- **Kiddush** ~ (After Musaf)
- **Mincha, Shalosh Seudos, Ma'ariv** ~ (4:20 pm)
- **Shabbos Concludes** ~ (5:37 p.m.)

Meetings

- **Board of Directors Meeting** ~ Tuesday, January 13, 2015! Ma'ariv at 6:45 pm, Meeting, 7:00 pm.
- **Executive Committee Meeting** ~ Tuesday, January 27. Ma'ariv at 6:45 pm, Meeting, 7:00 pm.



“What's Up” at NHBZ?

NHBZ Coming Events

- **Rabbi Smason Out of Town** ~ **Rabbi Smason** will be in Los Angeles for a conference and a family visit from January 20th through the 26th. **Rabbi Chaim Eisen** will be our guest speaker on Shabbos, January 24th, and will speak on the topic, “*The Nature of Nature and Miracles.*” Rabbi Eisen is a graduate of the Yeshivat Hakotel in Jerusalem, and studied science and general philosophy at Columbia University of New York. Along with his traditional background in religious studies, he holds a degree in biophysics from Columbia, having graduated summa cum laude with membership on the Dean's List and in the Phi Beta Kappa honor society. He has been teaching, editing, and publishing Judaica professionally for over thirty years.
- **Thanks for Sponsoring Our Guest Speaker** ~ Thanks to **Joni & Bob Kaiser, Phyllis & Howard Loiterstein, and Peggy & Jay Umansky** for sponsoring **Rabbi Yitzchak Feldheim**, our Guest Speaker last Shabbos, December 27th.
- **Calling All Mah-Jongg Mavens! Or Do You Want 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!!!**
- **Young Parents' Mussar Mondays** ~ The NHBZ Children's and Young Families' Committee is proud to announce its latest program ~ **Mussar Mondays** to be held on the first Monday of each month led by our own **Rabbi Ze'ev Smason**. Next get-together this coming Monday, January 5, 7:00 to 7:45 p.m., at the home of **Richard & Mindy Woolf**. We will get together to study from *Pirkei Avot*, Ethics of our Fathers, and apply some valuable lessons to our everyday lives. This monthly event is open to both members **and** non-

members! Please come and invite your friends. Light refreshments will be served. See the attached flyer for details!

- **Family and KidZone Shabbos Dinner ~ EVERYONE is WELCOME!!!** Hey Kids!!! Please ask your parents, very nicely, to call Sandie, 314-991-2100 ext. 2, and make reservations for our Shabbos Dinner on Friday evening, Jan. 9! EVERYONE COME -- individuals, couples, and families with all age children to enjoy this Shabbos dinner at NHBZ - please call Sandie to make your reservations, too!!! **Mindy Woolf**, KidZone Chef, will prepare the menu and dinner for the KidZone Kids; **Julie Eisenberg**, Head Chef, will create the menu and dinner for the Adults!!! We have special plans FOR EVERYONE to have fun ~~ singing and dancing ~~ and having a delightful and exciting Family AND KidZone Time!!! Adults: \$12.00; Kids 4-10: \$8.00; Kids 3 & Under FREE! Be A Sponsor for \$25.00 and help us keep our dinner costs low . . . Thanks to sponsors (so far) **Bob & Sandie Abrams, Dr. Eldad & Danielle Bialecki, Aida Greenberg, Alan & Janet Haber, Bob & Joni Kaiser, Dr. Eliot & Sally Katz, Mordecai & Beverly Magency, Dr. Daniel & Marcela Morgensztern, Mark Ragin & Gail Rose, Dr. Jonathan & Naomi Shanker, Gary & Trudy Sudin, Jay & Peggy Umansky, and Richard & Mindy Woolf!!! MAKE YOUR RESERVATIONS ~ WE WANT EVERYONE TO JOIN US!!!**
- **Next Synaplex and Lunch ~** Shabbos, January 17. Three Synaplex breakout sessions will begin at 11:00 a.m. **Rabbi Ze'ev Smason** will speak on the topic, "What You Can Do in Memory of a Departed Loved One;" **Dr. Joseph Schraibman**, professor of Spanish at Washington University, will speak on the topic: "Jewish Latinos: Their Heritage & Culture;" Dr. Schraibman's fields of interest include 19th and 20th century Spanish Literature, the Three Religions in Spain, Literature, and the Inquisition in Spain, Latin-America, Portugal and Brazil;" and **Rabbi Joey Rosenfeld, LMSW**, will speak on the topic, "Exodus: The Psychology of Slavery" And for the kids: **Youth Programming** for kids 4 and over; and **Tot Shabbat!!!** Lunch in honor of January Birthdays and Wedding Anniversaries following Synaplex sessions.
- **Lion's Den Pizza Night ~ All-You-Can-Eat Pizza Buffet ~ Sunday, January 25, 5:00-7:00 p.m. 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 is 4:30-4:45 p.m. before the start of our buffet.)

SIMCHAS

MAZEL TOV ON SIMCHAS January 3-9. **Happy Birthday To Stanley Goldfader, Nina Levine, Joel Manesberg, Dr. Jay Pepose, Mimi Sabol, Avraham Smason, and Sidney Weisberg! Anniversaries ~ None This Week,** 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 Package of Cards.

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.

WISH LIST!

We have very frequent power outages at the shul . . . so everything goes down from our server to the elevator!!! We require Battery Backup devices to keep the operations and server running and prevent data loss. We are badly in need of several UPS's - Uninterruptible Power Supplies for our server and some other devices. Our computer systems, including the server, enable us to efficiently manage our shul by producing the Shabbos bulletin, our accounting, a variety of printed material, the yahrzeit reminders, and more. If you would like to contribute . . . HERE IS OUR WISH LIST: **WE STILL DON'T HAVE AS MANY AS NEEDED!**

1. APC Smart-UPS 1500VA LCD 120V - it runs about \$600 for our server

2. a few APC Back-UPS 350's running about \$90 each.

Thanks to **Dr. Erol & Sally Amon, Andy & Ellen Berg, Irwin & Roz Rosen, and Jeff & Terri Schnitzer** for responding to our Wish List!!! Please call Sandie, 314-991-2100, ext. 2, or go to sandieabrams@hotmail.com.

NHBZ CLASS SERIES ~ MEMBERS & ALL FRIENDS ARE WELCOME!

- **Women's Tefilla Class** ~ Led by **Rabbi Ze'ev Smaison**. The class meets on the 2nd and 4th **Monday afternoons** each month at 3:15 p.m. at NHBZ. Next class – Monday, January 12, 2015.

NEWS & FEATURES

- **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.
- **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.
- **Employment Opportunities** ~ Community-Wide Lifeline Employment Program Seeking New Participants!!! Are you currently unemployed or underemployed and need some assistance in finding a job? The Jewish Family & Children's Service is seeking participants for their Lifeline 2 Program for individuals who have held professional or managerial type positions in the past, but have recently lost their jobs due to poor economic conditions, company downsizing, or other unforeseen circumstances. The Lifeline Program provides employment related support and resources to Jewish professionals in career transition. Services include: > Confidential one-on-one career marketing/coaching support; > Development of career goals based upon individual skills and abilities; > Networking Strategies; > Preparation of career marketing materials; > Implementation and management of a successful career marketing campaign; > Post-employment consultation. To apply for the program or for further information, call **Ken Schwartz**, Outreach Specialist, at 314-812-9320.
- **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* for the cholim in our community. They meet at the home of Jan Adelman, 8032 Amherst, Sundays at 9:15 am. If you cannot participate in person, call 314-863-5438. There is a new 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 right now.
- **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 3 and 6 week classes starting Jan. 4th! Classes are one hour. To register and details go to ohrpesia.bililite.com OR email to ohrpesia@gmail.com.

- **Young Israel Blood Drive** ~ Sunday, January 11, 2015, 10:00 a.m. to 4:00 p.m. To make an appointment, visit www.redcrossblood.org (code YIJS) or call 1-800-RED CROSS. Walk-in donors are welcome, however appointments take priority. Harvey Kornblum Jewish Food Pantry Drive – Non-perishable items needed: please bring peanut butter, canned tuna – beans - fruits and vegetables!
- **SH'MA ~ LISTEN!** Speaker Series – Israel Edition, Monday, January 12, 7:00 p.m. See the attached flyer for details.
- **Save the Date** ~ The St. Louis Jewish Book Festival of the JCRC will honor Dr. Martin Luther King's legacy of peaceful change on Wednesday, January 14, 2015, at the Jewish Community Center Staenberg Building. With an eye on current events, NBC legal analyst and trial lawyer Lisa Bloom will discuss ways to bring about positive change in our community. At the conclusion of an audience Q&A session, Bloom will sign her most recent book, "*Suspicion Nation: The Inside Story of the Trayvon Martin Injustice and Why We Continue to Repeat It.*"
- **Internship for College Students** ~ Jewish Federation Internship Program (College Students): The program pairs Jewish students with St. Louis businesses or non-profit organizations based on the students' interests, provides a mentor in the community, has a leadership development series, and comes with a \$4,000 stipend. The link to the website is <http://www.jfedstl.org/the-internship-experience/> The deadline to apply is January 15th, 2015.
- **Myseum! My Jewish Museum!!!** The **St Louis Jewish Community Inclusion Initiative** is sponsoring this event, along with many other Jewish organizations, on 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. Please see the attached flyer for details and registration form. Contact: Rinat Kisin, 314-442-3801; CAJE, 314-442-3760; or go to www.CAJESTL.ORG.

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 Kiddush, 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.

President's Message from Lenny Alper

Do you have some ideas to improve the shul? Would you like to see them carried out? Well, you can. Here is how join a committee!

As we start a new calendar year, it is a good time to consider joining a synagogue committee. Most of what gets accomplished at the shul is through the work of a committee, and you don't need to be a Board member to join a committee. In fact, we don't have nearly enough Board members to populate all the committees and do all the work that needs to get done. This is a good time to join a committee because many of them are starting their plans for 2015, and you can get involved from the beginning.

Here is a brief list of committee opportunities - Anniversary Dinner, Building, Chesed, Children and Family, Fund Raising, Israel, Landscaping, Logistics, Membership, Outreach, Pizza Night, Publicity, Rabbi Ride-Around, Religious, Rental, Safety and Security. Every one of you has skills that can help NHBZ. If you haven't served on a committee, give it a try. It's very satisfying,....and fun, too.

Volunteering is not just good for the shul; it is good for you. Here are some of the benefits of volunteering: you can learn or develop new skills, teach your skills to others, build self-esteem and self-confidence, make new friends, and improve your health.

If you would like to join one of these committees, or propose a new committee or idea, please let me know.

*Beyond Twelve Gates by Rabbi Ze'ev Smason
Parshas Vayechi January 3, 2014*

Welcome to Beyond Twelve Gates

Two families are thanking G-d that they missed their bookings on doomed AirAsia flight QZ 8501 from Surabaya, Indonesia to Singapore, which lost contact with air traffic control over the Java Sea earlier this week. A sick family member saved the lives of Chandra Susanto, his wife and their three children. The Susanto family was booked on the plane to visit Mr. Susanto's father. "My father became ill so we had to cancel our flight," Chandra Susanto said. "It was a difficult decision to make because my son Christopher (age 10) was so disappointed. He had been looking forward to the holiday for a long time." The Susanto family learned they had narrowly averted disaster only when a terrified sister phoned to see if they were okay. "I am very thankful to G-d for his mercy for me and my family," the relieved father said. "But I am so sad and very sorry for the people on the plane. Our lives have changed. We are so grateful. We have an opportunity to be the best people we can and to help others. We are so thankful to G-d."

It was a missed email that spared Ari Putro Cahyono and nine of his family members. The Cahyono family had tickets on flight QZ 8501, which was originally set to take off at 7:30 A.M. local time. The departure time on the flight was rescheduled to 5:20 A.M., but Mr. Cahyono never read the email alerting him of the change. He and his family showed up at the airport at 5:30 A.M. – 10 minutes after the fateful flight took off. The upset family, unwilling to give up on a holiday in Singapore, was trying to negotiate a later flight when an airport official brought them the news of the flight they missed. "It was a miracle (from G-d) that happened to my family ..."

What blessings in your life should you thank G-d for?

Parshas Vayechi Genesis 47:28 -- 50:26

The final portion of the first book of the Torah describes Jacob's actions immediately preceding his death in Egypt. Jacob makes Joseph swear to bury him in the land of Israel, and then gives Joseph's two sons, Menashe and Ephraim, a special blessing. Notwithstanding Joseph's protest, Jacob insists on giving the younger Ephraim the right-hand position of primacy during the blessing (is this the origin of 'my right-hand man'?). Jacob then proceeds to give each of his other sons their individual blessings in accordance with their own unique character traits and life purpose. Jacob passes away at the age of 147. He then is brought by his sons and accompanied by a great procession of Egyptian royalty to the land of Israel where he is buried in *M'aras HaMachpelah* (The Tomb of the Patriarchs). Upon returning to Egypt, Joseph's brothers fear that he will finally take revenge now that their father is dead. However, Joseph reassures them that he bears no hard feelings. The portion concludes with Joseph's death and the Jewish people's promise to carry his bones with them to Israel when they are finally redeemed.

Rabbinic Ruminations

Can mental power lead to muscle power? Research suggests that simply *imagining* exercising muscles can have a similar effect to hitting the gym. Although mental imagery has long been used in sports, a recent study published in the journal *Neurophysiology* ([Clark et al., 2014](#)) is the first to show that mental imagery can slow or even stop muscle loss resulting from inactivity. In the study, healthy people had their hands and wrists immobilized in a cast for four weeks. During this time one group did no exercise, while another imagined strong muscle contractions in their wrists. They did this for just 11 minutes, five times a week. The other group just sat still for the same amount of time. When the casts were removed, among those who did no mental exercise, muscle strength reduced by 45%, but among those who carried out the mental imagery, the loss of strength was only 24%

In a 2003 study, researchers at a Cleveland clinic showed that muscle strength can be improved by up to 35% with just mental imagery training ([Ranganathan et al., 2003](#)). Thirty young, healthy volunteers participated in the study. The first group was trained to perform "mental contractions" of a muscle in the little finger; the second group performed mental contractions of an elbow muscle; the third group was not trained but participated in all measurements and served as a control group. Finally, several volunteers performed physical training of a little finger muscle. At the end of training it was found that the 'mental training' groups increased their muscle strength by an average of 24.25%, compared to a 53% increase for the physical training group. The control group showed no significant changes in strength for either finger or elbow measurements.

The Torah teaches that the mind is the seat of *chochmah*, wisdom. The Musar Movement, founded by Rabbi Yisrael Salanter in the middle of the nineteenth-century, encouraged the use of our mind for meditative practices of introspection and visualization that could help to improve moral character. Mentally rehearsing the way you would like to deal with difficult situations offers the prospect of creating behavior consonant with your goals and spiritual aspirations. If mental power can build muscle, it can certainly help to improve our character, and to create a closer relationship with the Almighty.

Quote of the Week

What we are is G-d's gift to us. What we become is our gift to G-d. -- *Eleanor Powell*

Joke of the Week

The High Holidays were finally over and the rabbi's wife dropped into an easy chair saying, "Boy, am I ever tired." Her husband looked over at her and said, "I've lost count of the services and the number of sermons I had to deliver. Why are you so tired?"

"Dear," she replied, "I had to listen to all of them."

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 Jan. 3	Sunday Jan. 4	Monday Jan. 5	Tuesday Jan. 6	Wed. Jan. 7	Thurs. Jan. 8	Friday Jan. 9	Shabbos Jan. 10
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	4:20 pm	4:35 pm	4:35 pm				4:35 pm	4:25 pm
Ma'ariv Only				6:45 pm	6:45 pm	6:45 pm		
Events – see times in Event Planner Box	<i>Parshas Vayechi Good Shabbos to Everyone!</i>	<i>R.S.V.P. for Family & KidZone Shabbos Dinner this coming Friday Night!!!!</i>	<i>Mah Jongg Game, 4-6 pm, benefits our Chesed Fund; “Mussar Mondays” 7:00 pm at the home of Richard & Mindy Woolf</i>	<i>BUY CASH CARDS</i>	<i>Rabbi Smason’s Lunch & Learn, 12:15 pm.</i>		<i>Erev Shabbos Family & KidZone Shabbos Dinner!!</i>	<i>Parshas Shemos</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

- Tefilla Class (9:30 am) led by Rabbi Yosef David in the Rivkin Chapel.
- 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 Shachris) 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 Tefila Class (2nd & 4th Mondays) 3:15 pm with Rabbi Smason at NHBZ. (Next class Monday, January 12)
- Mah Jongg (Mondays, 4-6:00 pm) Proceeds will benefit The NHBZ Chesed Fund.
- Mussar Mondays (1st Monday of each month.) Next Class, This Monday, January 5th, 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.
- 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, Sunday, January 25th.
- Sisterhood (Third Tuesday)

NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn