



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

Shabbos

July 11, 2015

24 Tammuz 5775

Torah Portion:
Haftorah:

Parshas Pinchas: Numbers 25:10 – 30:1
Jeremiah 1:1 – 2:3

Stone Chumash pages 876-899
Stone Chumash pages 1192-1193

Candle Lighting ~ 8:09 p.m.

Shabbos Concludes ~ 9:12 p.m.

Shabbat Shalom!

Erev Shabbos, Friday Night, July 10, 2015

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

Shabbos, July 11, 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: **Brent Waxman**
 - *Drasha* (Sermon): **Rabbi Ze'ev Smason**
 - Musaf: **Alan Haber**
- **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 ~** (After Musaf)
- **Mincha, Shalosh Seudos, Ma'ariv ~** (7:50 pm)
- **Tomorrow ~ Sunday, July 12 ~ Special Gifts Brunch ~ Thanking everyone who made Special Gifts Pledges or already gave their contributions!** (10:00 am)
- **Tomorrow ~ Sunday, July 12 ~** (7:30 pm) Second Informational meeting for NHBZ trip to Israel. In mid-November, Nusach Hari B'nai Zion is taking a long overdue trip to Israel . . . and we want you to join us! This second informational meeting regarding our Israel trip will give you the opportunity to sign up! Deposits must be received by July 31. Space for the trip is limited, so come join us at the meeting Sunday night, and join us in November as we travel to Israel! See the attached flyer for more details about the trip!

SIMCHAS

MAZEL TOV ON YOUR SIMCHAS July 11-17. **Happy Birthday to Judy Levin** (July 4), **Ileana Abrams, Esther Levine, Ron Makovsky, Danny Sallis, Irena Scheer, Naomi Shanker, Saul Sudin, and Anna Rose Tandler!** **Happy Anniversary to Linda & Dan Fleshman!** 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:
"Dorit, The Porcupine's Prickly Problem!"*

- **Monument Dedication ~** The monument dedication for **Allen Sabol**, א"ל, beloved father of **Leslie Sabol**, will be held on Sunday, July 19th, 10:00 a.m., at Chesed Shel Emes Cemetery on Olive and Hanley. Rabbi Menachem Greenblatt will officiate.

THE THREE WEEKS!!!

The Three Weeks ~ The days between Shiva Asar B'Tammuz, the 17th day of Tammuz, The Fast of Tammuz, and the 9th of Av, *Tisha B'Av*, are times of sadness for our people because they commemorate events which led to the destruction of our First and Second Temples in Jerusalem. We act as semi-mourners — we do not have weddings, attend concerts, get haircuts, or buy new clothes (unless needed for immediate use). For a list of observances - see the *Kitzur Shulchan Aruch*, Chapters 122-124.

Friday, July 17 ~ The Nine Days Begin ~ The Nine Days are observed from the 1st of Av (Friday, July 17), through the 9th of Av (Sunday, July 26). In addition to acting as semi-mourners, we do not eat meat or drink wine, except for Shabbos.

Motzai Shabbos, July 25 ~ Tisha B'Av (The Fast of Av) ~ Mincha services on Saturday evening, July 25, will be at 7:00 p.m. The fast will begin at 8:18 p.m. Maariv will begin at 9:05 p.m. Services will conclude at about 10:00 p.m.

Sunday, July 26 ~ Tisha B'Av Day ~ Morning services on Sunday, July 26, will begin at 8:00 a.m. Tallis & Tephillin are not worn at Shacharis. Selected Kinos will be recited. We will wear tallis & tephillin at Mincha, on Sunday evening, July 26, at 7:45 p.m. The Torah is read and Haftorah will be recited. The fast concludes Sunday night at 9:01 p.m. If you are in good health, it is a mitzvah to fast on Tisha B'Av.

Sunday, July 26 ~ The Holocaust Museum & Learning Center will commemorate Tisha B'Av, Sunday, July 26, 2:00 p.m. at the J.Fed. Kopolow Building, with the screening of "*Nicholas Winton. The Power of Good*," a 2002 documentary. The film tells the inspiring story of Nicholas Winton, whose heroic actions in 1938 led to a rescue operation that saved over 650 Jewish children (running time 64 minutes). **Rabbi Ze'ev Smason** will lead a discussion following the screening. This program is free of charge and open to the public although reservations are appreciated. For information or to RSVP please call 442-3711 or email agoldfeder@jfedstl.org.

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.

Shul News . . .

- **New Torah Mantles and Paroches (Ark Cover) for the High Holidays! The weeks have slipped away quickly . . . and, THE DEADLINE TO PLACE YOUR ORDER IS ONLY ONE WEKK AWAY ~ ON MONDAY, JULY 20th!!!** We need some new white Torah Mantles, and a new white Paroches, for the High Holidays! It has been decades since we have had new, beautiful, white Mantles to adorn our Sifrei Torahs for the month of holidays that are soon approaching -- Rosh Hashana, Yom Kippur, Sukkos and Simchas Torah. All of our thirteen mantles are threadbare and yellowed with age; they are definitely not up to the standard and quality we expect and demand for our precious Torahs. This is an opportunity to dedicate a High Holiday Mantle, or the new Paroches, in memory of, or in honor of, someone near and dear to you. Please speak with **Menachem Szus** if you would like to dedicate a Mantle for \$5,400.00, or the new *Paroches* (curtain covering the Holy Ark) for \$18,000.00. The company will ship the Mantles and Paroches, embroidered with your heartfelt message, within 5-6 weeks of receiving an order. Erev Rosh Hashana is Sunday, Sept. 13th, so please begin the ordering process as soon as possible. The weeks have slipped away quickly . . . and, THE DEADLINE TO PLACE YOUR ORDER IS ONLY ONE WEKK AWAY ~ ON MONDAY, JULY 20th!!! Please call Menachem, 314-629-8741. The name of your loved one, with your special message, will be lovingly displayed on all the Yomim Noraim far into the future of our shul. A "Big Thank You" to **Dr. Susan Feigenbaum and Dr. Jay Pepose** and to **Mr. Leo Bressler**, who will be dedicating new Torah Mantles for the High Holidays. **Do YOU have someone you would like to honor?**
- **Monday, July 13 ~ This month**, The NHBZ Children's and Young Families' Committee Mussar Mondays will be held on the **SECOND** Monday, of the month, at the home of **Richard & Mindy Woolf**, led by our own

Rabbi Ze'ev Smason. Join us on Monday, July 13, 7:00 to 7:45 p.m. We explore the most popular and pertinent teachings from *Pirkei Avot*, Ethics of our Fathers, and apply them to our everyday lives. This monthly event, which usually meets on the first Monday of the month, is open to all young parents, couples and individuals, both **members and non-members!** Please come and invite your friends. Light refreshments will be served. Babysitting is available.

- **Tuesday, July 14** ~ Board of Director's Meeting. **Mincha & Ma'ariv at 7:00 pm, Meeting, 7:35 pm.**
- **Wednesday, July 15** ~ **Deadline to Order Cash Cards for July!!!** Thank you to the following members and friends who ordered Cash Cards last month: **Dr. Alan & Marcie Brook, Dr. Faye Cohen, Don & Julie Eisenberg, Bob & Joni Kaiser, Kerry & Sandy Klarfeld, Dr. Shayna Scribner, Lana Weinbach, and Richard & Mindy Woolf!** Please help raise money for NHBZ and **place your order for July!** The order form is attached to this week's bulletin. Every order makes a difference to our shul.
- **Friday Night, July 17** ~ **Deadline to RSVP for Dinner ~ This Tuesday, July 14th!!!** The Ari Weekend begins with Friday Night Shabbos Dinner, commemorating the yahrzeit and celebrating the life of **Rabbi Isaac Luria**, "The Holy Ari", founder of modern Kabbalah and author of "*Nusach H'Ari*," (the liturgy we daven at our shul). Mincha at 6:15 p.m., *Kabbalat Shabbat* (Welcoming the Sabbath) at 6:30 p.m. **Julie Eisenberg** will be chairperson and head chef for the dinner. Adults: \$18.00; Kids 5-10: \$10.00; Kids 4 & Under: FREE! Reservations are a MUST!!! Please call 314-991-2100, ext. 2. ***(If you would like to be one of Julie's helpers, please call Julie at 314-695-5615, or 314-991-2100, ext. 2. Julie will be cooking on Thursday evening at 7:00 p.m., and Friday morning at 9:30 a.m.)***
- **Shabbos, July 18** ~ Lunch & Learn celebrating July Birthdays and Wedding Anniversaries, Synaplex Shabbat, and Ari Weekend! Regular Services: 8:30 a.m.; Children's Programming: 10:00 a.m.; Learners' Service at 10:00 a.m. in the Rivkin Chapel, led by **Rabbi Ze'ev Smason**. Break out Synaplex Sessions begin at 11:15 a.m. followed by lunch. Synaplex speakers and topics: **Rabbi Ze'ev Smason: "10 Things Parents Can Do To Bring Judaism Alive for Kids."** **Chief Richard F. Knox**, Olivette Chief of Police: "*Ferguson - One Year Later: The Impact on Police and Community Relations.*" **Rabbi Hershey Novack** of Chabad on Campus: "*Secret Insights of the Borders & Boundaries of the Ari.*"
- **Shabbos, July 18** ~ **Pre-Mincha Class ~ Rabbi Yitzchok Kowalsky**, of the St. Louis Kollel, will speak on the topic, "Preparing For Moshiach," at 6:45 p.m. – one hour before Mincha.
- **Shabbos, July 18** ~ Thanks to **Esther Levine** for sponsoring Shalosh Seudos in memory of her beloved husband Ben Mayer, ב"ר.
- **Shabbos, July 18** ~ **During Shalosh Seudos ~ Rabbi Kowalsky** will speak on the topic, "Gimme Shelter: The Cities of Refuge."
- **Sunday, July 19, 11:00 am** ~ **SISTERHOOD RALLY!!!** *Sisterhood: "The Solidarity and Bonding of Women, Based on Shared Experiences, Concerns and Religion!"* See attached flyer for details!
- **Sunday, July 19** ~ **All-You-Can-Eat Pizza Buffet** ~ 5:00 to 7:00 p.m. **(The last Sunday of the month is July 26 (Tisha B'Av – THE FAST OF AV) 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, July 19, 314-991-2100, ext. 2. Pick up time for carry out pizzas is 4:30-4:45 p.m.)
- **Tuesday, July 28** ~ Executive Committee Meeting. **Mincha & Ma'ariv at 7:00 pm, Meeting, 7:35 pm.**
- **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, **Sandie Abrams, Debbie Barash, Shirley Bluestein, Marcie Brook, Linda Carton, Teree Farbstein, Dr. Susan Feigenbaum, Mimi Fiszal, Rhonnie Goldfader, Joyce Hochberg, Sandy Kahn, Joni Kaiser, Sandy Klarfeld, Sarah Klein, Svetlana Kogan, Lori Laird, Cindy Looney, Phyllis Loiterstein, Beverly Magency, Marcela Morgensztern, Laura Rader, Nancy (Belau) Rush, Mimi Sabol, Dr. Shayna Scribner, 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.
- **Tomorrow ~ Sunday, July 12** ~ Commemorating the ninth yahrzeit of Sarah Adelman, ב"ת, The Sarah Adelman Memorial Fund Lecture will be on Sunday July 12, 2015 at 7:00 P.M. at Young Israel. Guest Speaker Professor Nechama Klapper, chair of the Psychology Department of Lander College for Women, will speak on the topic, “Making Marriage Work in Current Times”. This is a community-wide lecture with a minimum donation of \$18.00 per family. The Sarah Adelman Memorial Fund supports programs to help educate the community about dealing with psychological and social issues. Needy children in the St. Louis Jewish Orthodox community requiring counseling are supported by the fund.
- **Wednesday, July 15** ~ Aish HaTorah Raffle Drawing – Grand Prize, \$50,000!!! For details, deadlines, or to get your tickets go to st.louis@aish.com or www.aishstlouis.net, or call Claire at 314-862-2474.
- **Mon-Tues-Wed, July 20-21-22** ~ Eishes Chayil of the St. Louis Kollel presents its Annual Women’s Yarchei Kallah. Mrs. Sara Aliza Scheinberg will lead “three days of inspirational learning” preceding Tisha B’Av. Her topic: “Miriam, Aharon & Moshe: Siblings, Leaders, and Our Nations Icons.” Studying the life story and legacy of the greatest family of all time, at Young Israel, 10:30 a.m. to 12:00 noon each day; \$30.00 for all three classes, \$10.00 per class. For Details and to Sign Up: http://www.donorperfect.com/sign_up_for_yarchei_kallah.
- **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** ~ Meets each Sunday at 9:15 a.m., at the home of Jan Adelman, 8032 Amherst Ave, 314-863-5438, to say Tehillim in the *zechus* (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 Pinchas July 11, 2015*

“Dorit, The Porcupine’s Prickly Problem!”

Some Israeli zookeepers have a prickly problem. Workers at the Ramat Gan Safari Park uncovered evidence of a porcupine love affair between a captive female and a wild male. Dorit the porcupine has been living at the Safari Park in Israel for eight years since being orphaned as a baby. Unable to survive in the wild, she lives alongside three eagle owls. Staff were baffled when they found porcupine droppings outside her enclosure, and after a spiky creature was spotted on the other side of the wire, they feared the worst, thinking Dorit had made a break for freedom. A night-time camera proved otherwise. "The mystery was solved," the zoo said in a statement. "Dorit has a secret boyfriend."

The camera footage showed a large male porcupine visiting Dorit each night for a few hours of one-on-one time, separated only by the enclosure's bars. Staff were surprised by his consistent interest because it wasn't mating season, and they didn't know how he got into the safari park. "If he's hiding inside the park, he's doing it very efficiently," spokeswoman Sagit Horowitz said. The discovery has left them with a dilemma over whether to let the pair unite. In the meantime, the droppings keep piling up, suggesting that Dorit's persistent male suitor hasn't lost interest yet. (See a video of Dorit's mystery boyfriend at: <https://www.youtube.com/watch?v=ImOVd-r0cWw>.)

An important tool for success in living is persistence. King David said, "Place your hope in G-d, strengthen yourself and He will place courage in your heart, and place your hope in G-d" (Psalms 27:14). Citing this passage, the Talmud says, "If a person sees that he has prayed but has not been answered, he should go back and pray again, as it says "Hope in G-d...and hope in G-d". Nothing in the world can take the place of persistence.

Parshas Pinchas Numbers 25:10 - 30:1

In last week's Torah portion we found the Jewish hero Pinchas saving the day for the Jewish people by publicly executing the Jewish tribal head, Zimri, and his Midianite girlfriend, Kazbi. Those two had desecrated the Name of G-d and His Torah by having relations in plain view of Moses and the entire Jewish leadership. This week, Pinchas is rewarded for sanctifying the Name of G-d and is granted the blessing of peace and priesthood (Kehuna). Pinchas' zealous response saves the Jewish people from a plague which had broken out in the camp. Five righteous daughters of Tzelofchad file a claim with Moses: In the absence of a brother, they request their deceased father's share in the Land of Israel.

Moses asks G-d for a ruling. The Almighty responds that the claim of these five women who so dearly love the Land of Israel is, indeed, just. Moses is told that he will ascend a mountain to view the Land that the Jewish people will soon inherit, though he will not be allowed to enter. Moses asks G-d to appoint a successor. Do you know who is chosen? Joshua, Moses' dedicated assistant and student. The Torah portion concludes with a lengthy description of the special offerings brought on various festivals. These sections are also read from the Torah throughout the year on the appropriate holidays.

Rabbinic Ruminations

Is it best to live in the mountains, by the ocean, on the plains? The answer seems to depend upon whether you're an introvert or extrovert. In a series of studies

(<http://www.sciencedaily.com/releases/2015/02/150227181329.htm>), researchers tested whether there is a link between personality and where you choose to live. Results showed that introverts tend to live in mountainous regions -- areas viewed as being more peaceful and calm. Extroverts, meanwhile, tend to prefer flat, open areas, which are viewed as more exciting, sociable and stimulating. The study found that when people want to socialize with others, they prefer the ocean far more (75%) than mountains (25%). In contrast, when they want to be alone, they choose mountains (52%) as much as the ocean (48%).

Shige Oishi, lead researcher in one study, says that individuals should consider their personalities more closely when choosing a place to live; "Some cities and towns have geography that is more accommodating for some people than for others...if you know you're introverted, then you may be rejuvenated by being in a secluded place, while an extrovert may be rejuvenated more in an open space." Dr. Wiebke Bleidorn, who led another study, said: "Individuals low on openness to experiences had significantly lower self-esteem in open cities, like New York City, but relatively higher self-esteem in cities that score relatively lower on openness to experience, for instance, Tuscaloosa, Alabama." In other words, people may have higher self-esteem when their personality matches the region or city.

What's so great about living in Israel? Multiple reasons are suggested. Israel is the only country in the world where1) Bank robbers kiss the mezuzah as they leave with their loot. 2) Kids read Harry Potter in Hebrew. 3) Patients visiting physicians end up giving the doctor advice. 4) One is unlikely to be able to dig a cellar without hitting ancient archaeological artifacts. 5) Making a call to G-d is a local call. But what's best of all about living in Israel? For the Jewish people, Israel is home.

Quote of the Week

Life isn't about finding yourself. Life is about creating yourself. -- *George Bernard Shaw*

Joke of the Week

During a recent hot spell in St. Louis, a bum collapsed on the street. Immediately a crowd gathered and began offering suggestions.

"Give the poor man a drink of whiskey," a little old lady said.

"Give him some air," a man cried out.

"Give him some whiskey," she cried again.

"Give him some water," another man said.

"Give him some whiskey," the old lady said yet again.

Several other suggestions were made, and the bum suddenly sat up and hollered, "Will all of you be quiet and listen to the little old lady?"

Important Note About New Memorial Plaques

To receive new Memorial Plaques for:

Rosh Hashana (Sept. 14)

Yom Kippur (Sept. 23 - Yizkor)

Shemini Atzeres (Oct. 5 - Yizkor)

We must receive your order by:

July 14, 2015

July 21, 2015

August 3, 2015

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

This Week At a Glance	Shabbos July 11	Sunday July 12	Monday July 13	Tuesday July 14	Wed. July 15	Thurs. July 16	Friday July 17	Shabbos July 18
Shachris	9:00 am	8:00 am	7:00 am	7:00 am	7:00 am	7:00 am	6:45 am	8:30 am
Mincha/Ma'ariv	7:50 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	6:15 pm	7:45 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.