



# NHBZ Shabbos Bulletin

*Welcome to Nusach Hari B'nai Zion*

Affiliated with Union of Orthodox Congregations of America

Shabbos

July 4, 2015

17 Tammuz 5775

Torah Portion:

Parshas Balak: Numbers 22:2 – 25:9

Stone Chumash pages 856-875

Haftarah:

Micah 5:6 – 6:8

Stone Chumash pages 1189-1190

*Candle Lighting ~ 8:11 p.m.*

*Shabbos Concludes ~ 9:14 p.m.*

## Our Generous Sponsors This Shabbos . . .

~ Thank You to **Fran & Lenny Alper** for sponsoring Kiddush & Lunch today in honor of the July birthdays of **Joanna, Fran and Caryn**, and the **100<sup>th</sup> Birthday of Uncle Ralph Shower!** **A Very Happy & Healthy 100<sup>th</sup> Birthday to Uncle Ralph!!!!** **And, Happy Birthday, today, to Fran!!!!**

~ Thank You to **Dr. Craig & Jackie Berkin** for sponsoring this week's Shabbos Bulletin in honor of their son **Rabbi Heath Berkin** publishing his third Sefer, "Ramchal on the Parsha Vayikra."

~ Thank You to **Gary, Trudy & Alice Sudin** for sponsoring Special Cakes for Dessert in honor of their children, grandchildren, and great-grandchildren visiting St. Louis ~ **Lyle, Neeli, Elisheva, Gavi, and Donnie Sudin; Dena, Yehuda, Malkie, and Naama Schupper;** and **Saul & Elke Sudin!** **Welcome to the Family!!**



## **SHABBAT SHALOM!**

**Erev Shabbos, Friday Night, July 3, 2015**

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

**Shabbos, July 4, 2015**

- **Shachris & Musaf** (9:00 a.m.) ~ **Thank You For Leading Davening**
  - Pesukei D'Zimra: **Howard Sandler**
  - Shacharis: **Dr. Ethan Schuman**
  - LeYning: **Stuart Klamen**
  - Haftarah: **Kenny Bressler**
  - Drasha (Sermon): **Rabbi Ze'ev Sason**
  - Musaf: **Dr. Ethan Schuman**
- **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 Sason** in the Rivkin Chapel.
- **Kiddush & Lunch** ~ (After Musaf)
- **Welcome** ~ to out-of-town family who have traveled to St. Louis to celebrate with **Uncle Ralph: Marty and Denise Ferman** from Huntington Woods, MI; **Jeffrey Ferman** from Seattle, WA; **Jackie Ferman** from New York, NY; and **Daniel Ferman** from Ann Arbor, MI. **We welcome all visitors to Nusach Hari B'nai Zion!!!**
- **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'Motzei* (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'Motzei* is made or heard; namely, one roll. **Please be seated while Rabbi Sason says Kiddush and makes HaMotzi.**
- **Mincha, Shalosh Seudos, Ma'ariv** ~ (7:55 pm)

***Special Gifts Appreciation Brunch ~ Sunday, July 12<sup>th</sup>!!! Please call our office, 314-991-2100, and make your Special Gift Pledge to reserve your place at the brunch! We want the opportunity to say 'Thank You' to you for helping Your Shul, and treat you like Kings and Queens with an elegant, delectable, scrumptious, tasty, 'really yummy' brunch buffet. If you are unavailable on July 12<sup>th</sup>, your contribution to the Special Gifts Campaign is still greatly needed and very much appreciated!***

# SIMCHAS

**MAZEL TOV ON YOUR SIMCHAS** July 4-10. **Happy Birthday to Fran Alper, Caryn Alper, Frieda Smason Aaronson, Jane Lyss, Mark Ragin, Bobbie Ring, and Boris Yasinev! Happy Anniversary to Loren & Ileana Abrams, Lary & Judy Baker, Kurt & Sandy Kahn, Lou & Shirley Osheroff, and Dr. Milton & Sally Tofle!** 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:  
"The 92-Year-Old Elementary School Student!"*

- **Monument Dedication** ~ The monument dedication for Zina Podokshik, ז"ל, beloved mother of Svetlana Kogan, will be held tomorrow, Sun., July 5, 11:00 a.m., Chevra Kadisha Cemetery, North & South and Page.
- **Monument Dedication** ~ The monument dedication for Allen Sabol, ז"ל, beloved father of Leslie Sabol, will be held on Sunday, July 19<sup>th</sup>, 10:00 a.m., at Chesed Shel Emes Cemetery on Olive and Hanley. Rabbi Menachem Greenblatt will officiate.
- **Sunday, July 5<sup>th</sup> ~ The Three-Weeks Begin** ~ The 3-weeks, the days between Shiva Asar B'Tammuz, the 17<sup>th</sup> day of Tammuz, The Fast of Tammuz, and the 9<sup>th</sup> 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. Because 17 Tammuz falls on Shabbos, we observe the fast day tomorrow - Sunday, July 5<sup>th</sup>. The fast will begin at 4:27 a.m. and will conclude at 9:11 p.m. 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 1<sup>st</sup> of Av (Friday, July 17), through the 9<sup>th</sup> 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 Kinot will be recited. We will wear tallis & tephillin at Mincha, 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.

**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!** 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. 13<sup>th</sup>, so please begin the ordering process as soon as possible. The weeks seem to slip by so quickly!!! 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 a new Torah Mantles for the High Holidays. **Don't YOU have someone you would like to honor?**

- **Dedicated Mishnayos** ~ Every Sunday morning, after minyan, **Rabbi Chanan Swidler**, of Aish HaTorah, leads our Mishnayos Shiur ~ a group of men learning Mishnayos in the merit of a *Refuah Shelayma* (a full and speedy recovery for individuals) and in memory of our departed loved ones. They have begun learning from a new book ~ The Schottenstein Mishnah Volume One; they ordered five copies of the book, all of which have now been dedicated for this important, age-old Jewish Tradition. *May your loved one be bound up in the bond of eternal life. May HaShem be filled with compassion to restore the health of your loved ones.* Thanks to **Bob & Sandie Abrams** for dedicating a book in memory of their beloved cousin **Irwin Mitchell**, and to **Menachem & Linda Szus** for dedicating a book in honor of **Leo Bressler**, and the late **Geraldine Bressler, נ"ל**, and in honor of **Adam & Sonia Szus**. And, thank you to **Dr. Craig & Jackie Berkin** for dedicating the remaining three books in memory of their beloved brother **Barry Pessin**.
- **Sunday, July 12 ~ Special Gifts Brunch . . . please send your Special Gift or make your pledge by phone, 314-991-2100, so we can say 'Thank You' to you at the brunch!**
- **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** ~ 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 314-991-2100, ext. 2.)**
- **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 ~ 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!"* Flyers in the lobby 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.)

- **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.
- **Sunday, July 12** ~ Commemorating the ninth yahrzeit of Sarah Adelman, ב"ד, 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](mailto:st.louis@aish.com) or [www.aishstlouis.net](http://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](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](http://www.ovkosher.org).

*Welcome to Beyond Twelve Gates by Rabbi Ze'ev Smason  
Parshas Balak July 4, 2015*

*“The 92-Year-Old Elementary School Student!”*

She grew up in Kenya under colonial rule, when women didn't get an education. Now in her 90s, Priscilla Sitienei is attending elementary school -- and inspiring a generation. She started five years ago as a kindergartner at a boarding school near Eldoret, a large city in western Kenya. Now in fourth grade, the nonagenarian, who attends school with six of her great-great-grandchildren, said, "I had grandchildren and great-grandchildren who shunned school. That made me mad. I decided I have to show them that education is important." Priscilla's exact age is unclear, but she says she was born around 1923, when a famine plagued her hometown. Growing up, relatives told her she barely survived that famine as a toddler, which gave her a rough estimate of her birth year. If confirmed by the Guinness World Records, she would be the oldest pupil in elementary school.

Priscilla worked as a traditional midwife for decades, having helped deliver some of her own classmates, who are aged between 10 and 14. She says there's still a lot to learn. "My favorite subject is math. Now that I'm in school, I know the right dosage to give the women who I help deliver their babies." Priscilla got married at a young age, and focused on raising her 10 children. "In my time, educating a woman was considered a waste of time and money." With great enthusiasm she describes her love for school and her fellow pupils. "They call me 'Gogo,' " she says, using the word for grandmother in her local Kalenjin tribe. 'Gogo' has a special dorm room tucked away in a corner, where she doles out wisdom to her protégés. Outside her door is a sign that says *Education has no age limit*. Priscilla confronts children who are not in school and asks them why. "They tell me they are too old. I tell them, 'Well I am at school and so should you.' I see children who are lost, children who are without fathers, just going round and round, hopeless. I want to inspire them to go to school."

Rabbi Akiva started learning Torah when he was well into his adult years. He was a successful businessman, running the operation of his future father-in-law's herds. He believed anyone could come and learn about Judaism regardless of their age or background. Rabbi Akiva, at age forty, said: "If a rock, though extremely hard, can be hollowed out by water, how much more so should it be possible for Torah, which is compared to water, to change my heart, which is soft! I will begin to study it, and try to become a Torah scholar." *Education has no age limit*. Why not start now?

*Parshas Balak Numbers 22:2 - 25:9*

This week's portion shifts from the Jewish people's travels in the desert to the story of Bilam, the anti-Semitic prophet who attempted to curse the Children of Israel. Hired by Balak, the king of Moav, Bilam embarks upon a journey to the Israelite encampment. An angel brandishing a sword blocks Bilam's path, causing his donkey to repeatedly swerve off the road. Unable to see the angel, Bilam responds by striking the donkey three times. Miraculously, G-d causes the donkey to speak to Bilam -- shades of Mr. Ed, the talking horse in the 1960's TV show! Bilam's eyes are uncovered, and the humiliated prophet sees the angel standing in the path. The angel reminds Bilam that he may only speak the words that G-d places in his mouth. Upon arrival near the Jewish camp, Bilam repeatedly attempts to curse the people; each time G-d prevents him from doing so, but instead he ends up uttering several sets of praises, much to Balak's dismay. The Torah portion concludes with the Jewish men's debauchery with the promiscuous daughters of Moav and Midian, and the public immoral act of Zimri (a prince of the tribe of Simeon) with a Midianite princess. Pinchas, Aaron's grandson, zealously responds by piercing them to death with a spear, halting a plague from G-d which had broken out in the camp.

*Rabbinic Ruminations*

People just love to talk. Guess what people's favorite topic is? *Me, Me, Me*. On average, people spend 60 percent of conversations talking about themselves -- and this figure jumps to 80 percent when communicating via social media platforms such as Twitter or Facebook. Why, in a world full of ideas to discover, develop, and discuss, do people spend the majority of their time talking about themselves?

Recent research suggests a simple explanation: Because it feels good. In a new [study](#) published in Proceedings of the National Academy of Sciences, Harvard University researchers conducted a series of experiments to assess how much people liked talking about themselves and why. In one study, they scanned people's brains while those people either revealed personal information about themselves or judged the personalities or opinions of others. Yet another study explored whether people wanted to share their answers with others or keep them to themselves. No matter the test, the researchers found the results pointed the same way: Humans get a biochemical buzz from self-disclosure. Talking about oneself activates the same areas of the brain that light up when eating good food, taking drugs and engaging in intimacy. Simply put, self-disclosure is gratifying. It is a neurological buzz.

Although brain chemistry may account for the inclination to talk about *Me, Me, Me*, next time you find yourself deep in conversation, be sure to listen, too. American psychiatrist Karl Menninger said, "*Listening is a magnetic and strange thing, a creative force. The friends who listen to us are the ones we move toward. When we are listened to, it creates us, makes us unfold and expand.*" Odds are, if you let the other person talk a lot about themselves, they will think *you* are fascinating. Not only that; listening is a chesed, and strengthens relationships. As Rabbi Shimon ben Gamliel would say: "All my life I have been raised among the wise, and I have found nothing better for the body than silence." (Ethics of the Fathers 1:17).

### *Quote of the Week*

When you get little, you want more. When you get more, you desire even more. But when you lose everything, you realize little was enough. -- Author Unknown

### **Joke of the Week**

Peter, a Coca-Cola salesman, returns home from his assignment in Israel very disappointed. He immediately goes to see his boss. He says,

"I got to Israel, and I decided to convey our message to the Israelis via a picture poster campaign. Although having no text on it, this poster was able to put across our message using just three images. The left hand picture, the first image, showed a man lying in the hot desert sand, totally exhausted and close to fainting. The middle picture, the second image, showed the man drinking Coca-Cola. And the right hand picture, the third image, showed the man totally refreshed and happy. We printed tens of thousands of the posters and got them displayed all over Israel."

"That should have worked very well for us," says the boss. "What went wrong, Peter?"

"I didn't realize that Jewish people read from right to left." (*Thanks to Pam Feigenbaum*)

#### ***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!!!

<b>This Week At a Glance</b>	<b>Shabbos July 4</b>	<b>Sunday July 5</b>	<b>Monday July 6</b>	<b>Tuesday July 7</b>	<b>Wed. July 8</b>	<b>Thurs. July 9</b>	<b>Friday July 10</b>	<b>Shabbos July 11</b>
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	7:55 pm	7:50 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:50 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. **(No class Wed., July 1)**

### SEMI-MONTHLY at NHBZ

- Women’s Tefillah Class (2<sup>nd</sup> & 4<sup>th</sup> 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.***