



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

Shabbos

July 5, 2014

7 Tammuz 5774

Torah Portion:
Haftorah:

Parshas Balak: Numbers 22:2 – 25:9
Micah 5:6 – 6:8

Stone Chumash pages 856-875
Stone Chumash pages 1189-1190

Thanks to Les & Mimi Sabol for sponsoring this Shabbos Bulletin to say “Thank you to everyone for all the calls and tribute cards in honor of Les’ Refuah Shelayma. We appreciate your thoughtfulness and your good wishes!”

Erev Shabbos – Friday Night, July 4, 2014

- **Mincha & Ma’ariv** (7:00 pm)
- **Candle Lighting** (8:11 pm)

Shabbos – July 5

- **Shachris & Musaf** (9:00 am) ~ *Thank You For Leading Davening*
 - Pesukei D’Zimra: **Howard Sandler**
 - Shacharis: **Menachem Szus**
 - Leyning: **Aryeh Needle**
 - Haftorah: **Kenny Bressler**
 - *Drasha* (Sermon): **Rabbi Ze’ev Smason**
 - Musaf: **David Rubin**
- **Kiddush** ~ (After Musaf) Thanks to **Lary & Judy Baker** for their very generous donation to our Kiddush Fund.
- **Mincha, Shalosh Seudos, Ma’ariv** (7:50 pm) Thanks to **Sarah Klein** for sponsoring Shalosh Seudos this evening in memory of her beloved mother Mati Griner, ב"ט.
- **Shabbos Concludes** (9:14 pm)

Shiny, New NHBZ Pushkehs

Presenting NHBZ’s Shiny, New Pushkehs! *Our rabbis teach that tzedakah and acts of kindness are the equivalent of all the mitzvos of the Torah.* Please come by our office and pick up your new pushkeh (tzedakah/charity box)!! Fill up your pushkeh!!! The tzedakah in your pushkeh will total all or part of your contribution toward admission to a Pushka Dinner that we will schedule down the road. The shul is adopting this idea from our Sisterhood that, in years past, had prepared a yearly Pushkeh Dinner to help raise money for their coffers. *We want to say a BIG “Thank You” to Dr. Jay Pepose and Dr. Susan Feigenbaum for generously sponsoring the purchase of our new pushkehs, and “Thank You” to Bobby Levine for creating the beautiful pushkeh covers.*

New Landscaping Committee Forming

Do You Have a Green Thumb?! OR, Do you have a background in Landscaping? Please join this new committee to help create and develop the landscaping plans for our NHBZ property. Please call Mark Ragin, 314-324-0774.

Be Our Rep on the Vaad Kashrus Committee?

Are You Interested?! "We would like to have a representative from NHBZ to sit on the Kashrus Committee of the Vaad Hoer. Are you interested? Please contact Rabbi Smason, 314-991-2100, ext. 1, or pepshort613@gmail.com

Meetings

- **Board of Directors Meeting** ~ This Tuesday evening, July 8. Minyan is at 7:00 pm; Meeting at 7:30 pm.
- **Executive Committee Meeting** ~ Tuesday, July 22. Minyan is at 7:00 pm; Meeting at 7:30 pm.

NHBZ Coming Events

- **Kiddush & Lunch** ~ Next Shabbos, July 12, will be sponsored by **Selwyn & Freda Brook**, from South Africa, in honor of the Bat Mitzvah of their granddaughter **Eliana Brook**, daughter of **Dr. Alan & Marcie Brook**. Eliana will deliver a D'var Torah after the conclusion of services.
- **Synaplex & Lunch** ~ July 19 ~ Three Synaplex breakout sessions – Classes TBA! Plus - **Youth Programming** for kids 4 and over; and **Tot Shabbat**. Lunch in honor of July Birthdays and Wedding Anniversaries following Synaplex Sessions.
- **Lion's Den Pizza Night ~ All-You-Can-Eat Pizza Buffet ~ Sunday, July 27, 5:00-7:00 p.m.** 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.) **WE TAKE CREDIT CARD PAYMENTS!!!**
- **Ari Weekend** ~ Commemorating the yahrzeit of Rabbi Isaac Luria, "The Holy Ari", founder of modern Kabbalah and author of "Nusach H'Ari," (the liturgy we daven at our shul). **Friday evening, August 1:** An evening of soul-soaring music, and dinner for the whole family – Mincha at 6:15 pm outdoors on the **Kaiser Terrace, Kabbalat Shabbat** (Welcoming the Sabbath) at 6:30 pm, followed by a festive Shabbos dinner ~ the menu will include **grilled** chicken: RSVP, 314-991-2100, ext. **5**; Adults \$18.00, Kids 5-10 \$10.00, Kids 4 & under FREE! **Shabbos morning, August 2:** Regular services 9:00 a.m., Children's programming 10:00 a.m., Learner's Service 10:15 p.m. led by **Rabbi Smason**, and Kiddush and Lunch 'n' Learn, at the conclusion of services, will be free and open to the public. **Rabbi Levi Landa**, Director of Programming of Chabad of Greater St. Louis, will be our Special Guest Speaker, and will speak on the topic, "Viewing the World Through Kabbalah Tinted Glasses!"
- **Kiddush & Lunch** ~ on Shabbos, August 9th, will be sponsored by **Rachael Pevnick and Family** in memory of their beloved husband, father and grandfather **Ted Pevnick**, ב"ר, on the observance of his first yahrzeit.

SIMCHAS

- **MAZEL TOV ON SIMCHAS** July 5-11. **Happy Birthday to Frieda Smason Aaronson, Caryn Alper, Jane Lyss, Mark Ragin, Genny Rondberg, Boris Yasinev, and Jessica Fadem (July 2nd)! Happy Anniversary to Lary & Judy Baker, Louis & 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 Package of Cards.

CLASS SERIES ~ MEMBERS & ALL FRIENDS ARE WELCOME!

- **Learn to Lead Davening** ~ led by our Chazzan **Dr. Ethan Schuman** on **Sunday mornings**, at 9:00 a.m. after morning minyan.
- **Teachings of Chassidism – Please note date changes** ~ Rabbi Yosef Landa, Regional Director of Chabad of Greater St. Louis, has arranged with our Education Committee to present the following class at NHBZ: "**Transformational Teachings from the World of Chassidut.**" The series will continue on July 6, 13 & 20, on **Sunday mornings** at 10:00 a.m. Nearly 300 years ago, Rabbi Israel Baal Shem Tov founded the Chassidic movement. The teachings of Chassidism went on to captivate, inspire and illuminate millions of Jewish lives, among them the most learned and righteous among our people. In these sessions with Rabbi Yosef Landa we will explore some applied concepts of Chassidic thought -- transformational ideas sure to enrich the life of every Jew, Chasid or non-Chasid, empowering them to attain greater spiritual heights.

- **Women's Tefila Class** ~ Led by **Rabbi Ze'ev Smason**. The class meets on the 2nd and 4th MONDAYS of the month at 3:15 p.m. Monday afternoons. Next class is Monday, July 14. The focus is the structure and deeper meaning of the Shabbos morning service and prayers, and how prayer can be used as a basis for our own communication with G-d. All women welcome.
- **"Chassidic Insights into the Weekly Parsha"** ~ Led by **Rabbi (Chaplain, Major) Avraham Cohen** - "*Chassidic Insights into the Weekly Parsha*." Study will delve into esoteric thought, but is entirely accessible for those at any level of Jewish education and background. Wednesday evenings at 7:30 p.m., after minyan, in the NHBZ Chapel. Rabbi Cohen can be reached at 301-787-5538 for further questions.

Reminders

- **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*. For questions, please see Rabbi Smason.
- **Become Energized!!! Sponsor Your Own Solar Panel!!!** The 2014 price is just \$216 for the year. Your sponsorship will appear on the lobby monitor with an individual display with your personal or business name. Sponsor a panel for yourself, your friends, your business, or dedicate one in honor of a loved one. If you are interested in sponsoring a solar panel, please call 314-991-2100, ext. 2 and we will send you the form to complete with your own wording for your message!
- **Buy and Use Cash Cards** – call the office ASAP to order your cards and **earn free money** for NHBZ! Orders are placed twice per month – on or as close to the 15th and 30th.
- **HEADS UP! Schnucks E-Scrip Card - \$1,435.80 in 2013!!!** If you have been using your Schnucks E-Scrip Card when you shop, we Thank You VERY Much! NHBZ received \$1,435.80 **Easy Money** last year from Schnucks based on your purchases, and **NO EXTRA CHARGE TO YOU!!!** Please remember to hand your e-Scrip card to your checker every time you shop - and make your shopping trip count!!! **TO NHBZ Members AND Non-Members Alike** -- if you don't have an e-Scrip card, please contact the office: sandieabrams@hotmail.com or 314-991-2100, ext. 2, and "shop" for Nusach Hari B'nai Zion!!!
- **Sponsorships** - If you would like to sponsor Kiddush, Soda, Shalosh Seudos, this Bulletin, or something unique in honor or in 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 \$150 and \$275. Please call the office for details, 314-991-2100, ext. 2.

<i>Important Note About New Memorial Plaques</i>	
<i>To receive new Memorial Plaques for:</i>	<i>We must receive your order by:</i>
<i>Rosh Hashana (Sept. 25th)</i>	<i>July 7, 2014, THIS WEEK</i>
<i>Yom Kippur (October 4th - Yizkor)</i>	<i>July 28, 2014</i>
<i>Shemini Atzeres (October 16th - Yizkor)</i>	<i>September 11, 2014</i>

- **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.

NEWS & FEATURES

- **Garden of Eden Volunteer Opportunities** ~ The Garden of Eden is on the grounds of the JCC, North of the A & E building. For information, contact: Myra Rosenthal at myrasue@sbcglobal.net or Lesley Levin at 314-691-6035.
- **Kashrus Advisory ~ Philadelphia Cream Cheese Spreads** ~ will retain OK Kosher Certification. After announcing that the new Bacon Cream Cheese Spread contains actual bacon, Philadelphia brand has made adjustments to the following Cream Cheese Spread flavors, to ensure they will remain kosher certified: Original Fat Free, Strawberry Fat Free, Milk Chocolate, Chipotle, Caramel White Chocolate, Dark Chocolate, 2x Protein Original, 2x Protein Honey, Pumpkin Spice, and Brown Sugar & Cinnamon. As previously communicated, the new bacon variety will not carry a kosher symbol on the package.
- **The Sarah Adelman Memorial Lecture ~ Dr. Jerry Lob**, clinical psychologist in private practice in Chicago, will be the featured speaker to commemorate the eighth Yahrzeit of Sarah Adelman, ז"ל. Dr. Lob's presentation "*Finding Calm, Even Joy, in Difficult Times*" will take place at the Young Israel Synagogue, 8101 Delmar Blvd., on Sunday afternoon, July 27, at 1:30 p.m. He lectures and writes extensively on psychology, relationships, parenting, education, and Jewish thought. He earned his smicha in 1984. Minimum requested donation is \$18 per family; other categories: Guarantor \$500 or more, Benefactor \$250-\$500, or Sponsor \$100-\$250. The primary focus of The Sarah Adelman Memorial Fund is to provide financial support to needy families in the Orthodox community, whose children require assistance in obtaining counseling services. The Fund is also designed to support community awareness involving mental health issues, and to help needy families in the Orthodox community to defray the cost of a wedding.
- **Jewish Federation of St. Louis** ~ is seeking nominations for two annual awards. The 2014 Fred A. Goldstein Memorial Service Award recognizes outstanding professional leadership. Nominees must be employed by a St. Louis Jewish organization and currently working in a direct service, professional or managerial role. The 2014 David N. and Roselin Grosberg Young Leadership Award recognizes volunteer leaders in the Jewish community who are 40 years and younger. Nominees must demonstrate active Jewish Federation leadership and commitment to Federation's annual Community Campaign. Nominations can also highlight involvement in other Jewish community organizations and the St. Louis community at large. For both awards, the deadline for nominations is Monday, July 28. Nominations (in the form of letters of recommendation) are invited from the entire Jewish community. Submit letters of recommendation to Marci Mayer Eisen, director of the Millstone Institute, 12 Millstone Campus Drive, St. Louis, MO 63146 or email meisen@jfedstl.org. For more information, call 314-442-3810.
- **SLIC, St. Louis Israel Connection** ~ A group that puts on events for young adults to educate them about Israel. **Rabbi Ze'ev Smason** will speak at an event at 3 Kings, July 31st at 7:00 about Tisha B'Av and the significance of it to the Jewish people and Israel from a historical perspective. Rabbi Smason's topic will be, "*Today's Meaning of Tisha B'Av.*" *All young 20-and-30-somethings are encouraged to join SLIC and attend this discussion. It promises to be an engaging and interesting discussion, indeed!*
- **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.

- **Tomchei Shabbos Cookbook Project** ~ Preparations for our cookbook, dedicated in memory of Merle Hartstein, are in full swing! Please share your Shavuot recipes (including meat!) by sending them to: tomcheishabboscookbook@gmail.com. If you would like to help on the cookbook please call Bryna Kandel at 569-5001 or email tomcheishabboscookbook@gmail.com.

President's Message

WE 
VOLUNTEERS

A [study](#) by [UnitedHealth Group](#) and the [Optum Institute](#) finds that volunteering is linked to better physical, mental and emotional health. The survey of more than 3,300 U.S. adults reveals that 76% of U.S. adults who volunteer say that volunteering makes them feel physically healthier, and 78% report that volunteering lowers levels of stress compared to those who do not volunteer.

We always need volunteers to help around the shul. If you are interested in landscaping, being a Shabbos greeter, or working at Pizza Night, please let me know. If you are computer literate, we have many projects that need your skills. If you have any special skills or interests that could benefit the shul, I would love to hear from you. Call me at home (314-993-4024) or flag me down in person. Don't be left out – join the team, and help build our success.

Don't forget the Ari Weekend on August 1st and 2nd. Please join us as we commemorate the Yahrzeit of Rabbi Isaac Luria, "The Holy Ari," founder of modern Kabbalah and author of the "Nusach H'Ari" siddur that we use. On Friday evening, August 1, at 6:30 pm, we will welcome Shabbos outdoors on the Kaiser Terrace, followed by Shabbos dinner. On Saturday morning, August 2, we will have a Lunch'n'Learn, featuring special guest speaker, Rabbi Levi Landa, Director of Programming of Chabad of Greater St. Louis. This is an opportunity to learn about the heritage that inspired the founding of our shul.

Lenny Alper

*Beyond Twelve Gates by Rabbi Ze'ev Smason
Parshas Balak July 5, 2014*

Welcome to Beyond Twelve Gates

Landon Michelson, a 22-year-old amateur playing in the U.S. Open sectional event in Florida this past June, had caught a bit of luck. He wasn't even in the field of 55 players going for four spots at the U.S. Open when another golfer pulled out of the qualifier and left a spot open for an alternate. That belonged to Landon, who went out in the 36-hole qualifier and shot two outstanding rounds of 1-under 71s. However, Landon mistakenly signed his scorecard for a second-round 70 instead of a 71. That presented to the young golfer a great dilemma: Inform officials of his mistake, knowing the consequences meant not only a penalty but also missing out on his dream to play in the U.S. Open, or keep quiet and live with the knowledge that you cheated the game you love.

Michelson admitted the error, pointing to a senior project he completed while at Rice about Blayne Barber, the young man who disqualified himself from the second stage of PGA Tour Q-School back in 2012 when he didn't know if he had brushed a leaf out a bunker during his second round. "If you think about it, I'm like the 1,000th-ranked amateur in the world," Landon said. "Going to the U.S. Open, it would be so much to me. Getting clothing sponsors, club sponsors ... everything would have been so much easier."

All of us regularly face situations when we're forced to choose between doing the right thing, or to make ethical compromises with promises of great gain. How do we decide what is right, and more importantly, what is right for us in our unique situation? Living with integrity means keeping in the forefront of our mind the following Torah teaching: "*The signature of the Holy One, blessed be He, is truth.*" Let us strive to become individuals of outstanding honesty and integrity.

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

Summer is here, and for many, vacation season. What's the best part of taking a vacation? Scientists questioned over 900 test participants about their happiness before and after a trip and what they found surprised them. The most happiness wasn't experienced after or even during the trip, but beforehand. According to the study's lead author: "Vacations do make people happy. But we found people who are anticipating holiday trips show signs of increased happiness."

Having something to look forward to isn't just a subjective experience of positive expectations, it creates positive changes in the brain too. As highlighted in *The Happiness Advantage*, people who just thought about watching their favorite movie raised their endorphin level by 27 percent. Indeed, anticipation is a powerful mood booster. Anticipating future rewards can actually light up the pleasure centers in your brain as much as the actual reward will. Given the benefits of anticipation, put a trip on the calendar and consider the following:

Research: Study guidebooks, learn about the area and immerse yourself in future travel plans.

Prep: If planning a physical adventure – hiking in the rainforest, climbing Taum Sauk Mountain (hint: it's in Missouri), white water rafting, prepare your body beforehand. If planning a trip to Israel, brush up on your Hebrew so you can order a felafel, *eem charif!*

Travel more: If you have two weeks of vacation a year, take two separate weeks rather than taking it all at one time. Better yet, take several long weekends. Studies show you will remember and appreciate different shorter experiences rather than one long one. If getting out of town isn't an option, try a staycation: research and compile all the things you wish you could do in your hometown.

Living with joy (*b'simcha*) means to experience pleasure in the 'now', and to experience the joy of potential pleasure (see Ethics of the Fathers 6:6). May you have an enjoyable, safe summer.

Quote of the Week

It's never too late to be who you might have been. – *Mary Anne Evans, English novelist who wrote under the pen-name George Eliot (1819 - 1880)*

Joke of the Week

Can someone please explain why

If money doesn't grow on trees, why do banks have branches?

What disease did cured ham have?

Why do we say we "slept like a baby" when babies wake up every hour and a half?

Why do we yell "Heads up!" when we should be yelling "Heads down!"

Why is it called the Department of the Interior when they are in charge of everything outdoors?

Why is it called quicksand when it sucks you down very, very slowly?

How did the "Keep Off the Grass" sign get there in the first place?

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 July 5	Sunday July 6	Monday July 7	Tuesday July 8	Wed. July 9	Thurs. July 10	Friday July 11	Shabbos July 12
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	7:50 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:50 pm
Events – see times in Event Planner Box	<i>Shalosh Seudos by Sarah Klein in memory of beloved mother Mati Griner.</i>	<i>“Learn to Lead Davening” with Dr. Ethan Schuman, 9:00 am; “Transformation- tional Teachings from Chassidut” with Rabbi Yosef Landa, 10:00 am</i>	BUY CASH CARDS!	BUY CASH CARDS!	<i>Rabbi Smason’s Lunch & Learn, 12:15-1:00 pm “Chassidic Insights Into the Weekly Parsha”, 7:30 pm</i>	BUY CASH CARDS!	<i>Erev Shabbos</i>	<i>Kiddush & Lunch in honor of Eliana Brook on becoming a Bat Mitzvah!</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.

<u>WEEKLY at NHBZ</u>	<u>WEDNESDAY</u>
<p>SHABBOS</p> <ul style="list-style-type: none"> - Child Care (10:00 am – Noon) kids 3 & under in the Children’s Room - Learners Service (10:15 am) led by Rabbi Ze’ev Smason in the Chapel - Shabbos Tanach (Bible) Study Group (45 minutes before Mincha) <p>SUNDAY</p> <ul style="list-style-type: none"> - Mishna Learning (after Shachris) with Rabbi Chanan Swidler, of Aish HaTorah - “Learn to Lead Davening” (9:00 am) with Dr. Ethan Schuman after morning minyan - “Transformational Teachings from the World of Chassidut” (10:00 am) with Rabbi Yosef Landa. No class June 29. Classes continue July 6, 13 & 20. - “Mystical Moments” with Rabbi Max Weiman (between Mincha & Maariv.) - Tanya (8:00 pm) with Rabbi Shaya Mintz of the St. Louis Kollel <p>MONDAY</p> <ul style="list-style-type: none"> - Women’s Tefila Class (2nd & 4th Mondays) 3:15 pm with Rabbi Smason at NHBZ (Next class: <u>Monday, July 14.</u>) 	<ul style="list-style-type: none"> - Rabbi Smason's Lunch & Learn (12:15-1:00 pm) Studying Pirkei Avos. - “Chassidic Insights into the Weekly Parsha” (7:30 pm, after Minyan) Rabbi (Chaplain, Major) Avraham Cohen. <p style="text-align: center;"><u>MONTHLY at NHBZ</u></p> <ul style="list-style-type: none"> - Irvin Alper Social Club (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, 7:30 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. - Sisterhood (Third Tuesday) - RAP with the RABBI will resume in the fall. <p style="text-align: center;"><u>NHBZ Signature Events</u></p> <ul style="list-style-type: none"> - Synaplex Shabbos - Shabbos Lunch & Learn