

NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

March 1, 2014 29 Adar I 5774

Office Phone 314-991-2100 Chapel Phone: 314-991-2100

Webpage: www.nhbz.org

Torah Portion: Parshas Pekude: Exodus 38:21 – 40:38 Stone Chumash pages 530-541
Maftir: Parshas Shekalim: Exodus 30:11-16 Stone Chumash page 484
Haftorah: II Kings 11:17 – 12:17, pages 1212-1214; and I Samuel 20:18, 42; page 1214

Erev Shabbos - Friday Night, February 28, 2014

- Mincha & Ma'ariv (5:30 pm)
- Candle Lighting (5:34 pm)

Shabbos, March 1

- Shachris & Musaf (9:00 am) ~ Thank You For Leading Davening
 - Pesukei D'Zimra: **Howard Sandler** Haftorah: **Kenny Bressler**
 - Shacharis: Menachem Szus Drasha (Sermon): Rabbi Ze'ev Smason
 - Leyning: Max Gornish Musaf: Sammy Chervitz
- Kiddush and Lunch & Learn ~ (After Musaf) Thanks to Dr. Eliot & Sally Katz and Mark Ragin & Gail Rose for sponsoring Kiddush & Lunch today to celebrate the 90th birthday of their wonderful mother Rose Ragin. And, thanks to "POP-Stars" Bob & Joni Kaiser for sponsoring the soda today in honor of their friend Mati Elmaleh's birthday!! HAPPY BIRTHDAY ROSE!!! HAPPY BIRTHDAY MATI!!!
- Mincha, Shalosh Seudos, Ma'ariv (5:20 pm)
- Shabbos Concludes (6:38 pm)
- Rosh Chodesh Adar II ~ Sunday & Monday, March 2 & 3.

Meetings

- Board of Directors Meeting ~ Tuesday, March 11.
- Sisterhood Spring Membership Luncheon ~ Tuesday, March 18.

NHBZ COMING EVENTS

- Lunch & Learn and Synaplex Shabbat ~ Next Shabbos, March 8th. Lunch & Learn in honor of March Birthdays and Wedding Anniversaries. Speakers: Rabbi Ze'ev Smason: The 7 Habits of Supremely Happy People; Rabbi Shlomo Soroka (of the St. Louis Kollel): Purim & Drinking: What's the Message in the Bottle?; Bob Millstone, Past President, Jewish Fed: Challenges Facing the St. Louis Jewish Community; Youth Programming: For kids 4 and over; and Tot Shabbat. Lunch at noon, following the Synaplex Sessions.
- Special Pre-Mincha Shabbos Class ~ "The Other Purims (over 100) You Never Heard Of" presented by Dr. Ethan Schuman next Shabbos, March 8, at 4:40 p.m.
- Chocolate & Wine for Young Couples & Singles!!! You are invited to indulge yourself... Wine & Chocolate Pairings, Saturday night, March 8, 7:45 p.m., at the home of Richard & Mindy Woolf, \$10/person, in advance. Please RSVP no later than Wednesday, March 5, to Mindy at 239-2327 or mwoolf2002@gmail.com. Space is Limited ~ so Call Early!!!
- Antiques Rocalshow ~ Sunday, March 9 ~ 5:00 p.m. Nusach Hari B'nai Zion Sisterhood and The Irvin Alper Social Club invite everyone to bring a treasure from your home and join us for an Interesting ~ Funny ~ Surprising evening! Values will be determined by Art Ressel. Mr. Ressel, with more than 50 years of experience, is a member of the "Certified Appraisers' Guild of America", Host of KTRS Radio's "Antiques & Collectibles", and Key Appraiser on Channel 9's "Trash & Treasures" Appraisal Fairs. Admission \$10.00

includes dinner. All profits will benefit the Passport to Israel Program. Come and support our NHBZ kids!!! Reservations REQUIRED! Reservations REQUIRED! Reservations REQUIRED! Reservations REQUIRED! Reservations Required Reservations R

• PURIM ~ Purim commemorates the salvation of the Jewish people in Ancient Persia from Haman's plot to kill all Jews in a single day. Here are some of the mitzvahs and customs of Purim at NHBZ:

<u>Give Charity to the Poor</u> (Mitzvah of Matanot l'Evyonim): Od Yosef Chai - For several years, NHBZ has collected money to give to Od Yosef Chai, an organization that distributes money to the poor in Israel. Please make checks payable to the Rabbi's Charity Fund and bring or send them to our office. The deadline is **Thursday, March 13.**

<u>Hasta LaPasta Purim Palooza</u> ~ Buy special "pasta groggers" for \$4 each. Use the boxes of pasta as groggers during the reading of Megillas Esther, after which they will be donated to the Jewish Food Pantry in our community; proceeds will benefit the NHBZ Chesed Fund and the Rabbi's Charity Fund. Pay in advance, or buy them in shul when you arrive for Megillah reading on <u>March 15</u>.

<u>Send Gifts to Friends</u> (*Mitzvah of Mishloach Manot*) Fulfill the mitzvah of Misloach Manos! Give actual gifts of food to at least two friends, then send our **PURIM CARDS** to everyone else!! All proceeds will benefit our NHBZ Chesed Fund. Cards may be purchased in our office at \$10.00 per pack of 5 cards with envelopes, or \$25 for three 5-packs.

- Purity ~ Reading of Megillas Esther ~ Saturday night, March 15, at 8:30 p.m., and Sunday morning, March 16, at 8:30 a.m. We have 24 new Megillos Esther! A very big THANK YOU to Sarah Klein for donating twenty-four new, much needed Megillos Esther for Purim!!! We will place a plaquette in twelve of the new booklets from Mrs. Klein dedicated in memory of her beloved grandparents HaRav Mordecai Yosef & Fradie Baum and Ze'ev & Sarah Griner; the plaquettes in the remaining twelve booklets will be dedicated in honor of her grandchildren Avi Jordan Klein, Hannah Sasha Klein, and Rachel Klein.
- PURIM SEUDAHIIII Sunday, March 16, 6:00 p.m. SHARP!!! Michelle Mufson & Sheryl Levine, chairpersons; Reuven Tzadok will prepare a Delicious, Authentic Persian Feast Complete with Whiskey Slush!!! Adults: \$15; Kids 4-10: \$8; Kids 3 & under: Free; Family Max: \$45. RSVP by March 3, 314-991-2100, ext. 2.
- Sisterhood Luncheon ~ Tuesday, March 18, for the Spring Membership Luncheon. Lunch is FREE to paid members, \$7.00 for Guests.
- RAP with the RABBI Teen Group! Sunday, March 30,10:00 a.m. with Rabbi Smason, for young men and women; at Starbucks on Olive & Price, with complimentary drinks to all participants! RAP with the RABBI meets regularly on the last Sunday of the month! All teens are welcome!
- Lion's Den Pizza Night ~ All-You-Can-Eat Pizza Buffet ~ Sunday, March 30, 5:00-7:00 p.m. Bring your family and friends to enjoy a delicious pizza dinner and schmoozing, and a movie for the kids!!! Reservations are not needed. Just show up and have a great time!!!! (Please place carry-out orders by 10:00 a.m. on Sunday morning, 314-991-2100, ext. 2.) Come and try our sensational New Jalapeno Pizza!!!
- SMILE!!! Be a Part of Our Family Album ~ We invite all our members to make NHBZ's new photo membership directory complete!!! There will be NO CHARGE or purchase requirement to get your family portrait taken for the directory. Photo sessions will be held at NHBZ in May. Stay tuned for details!!!

CLASS SERIES

- "Introduction to the History of the Jews" ~ How have the Jews conquered both time and space over the past 4,000 years? Join Menachem Szus for a fascinating course on the history of the Jewish people on <u>Sunday mornings</u>, at 10 A.M. at NHBZ. Last class will be tomorrow Sunday, March 2nd.
- Bi-Monthly Women's Tefila Class ~ Led by Rabbi Ze'ev Smason, the class meets on the 2nd and 4th MONDAYS of the month, <u>NEW TIME</u>: 3:15 p.m. <u>Monday afternoons</u>, Next class, Monday, March 10, at NHBZ. The focus of our class 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" ~ Rabbi (Chaplain, Major) Avraham Cohen is
 offering a class on Chassidic Insights into the Weekly Parsha from the sefer, Me'or V'Shemesh. Study will

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delve into esoteric thought, but on the other hand is entirely accessible for those having limited Jewish educational backgrounds. This ongoing class meets on <u>Wednesday evenings</u> at 7:00 p.m. in the NHBZ Chapel. Try it -- you'll like it! Rabbi Cohen can be reached at 301-787-5538 for further questions.

SIMCHAS

MAZEL TOV ON SIMCHAS March 1-7. Happy Birthday to Shirley Bluestein, Pearl Figus, Lila Greenberg, Janet Haber, Randi Hirsch, Sidney Starr, Herb Subovitz and Victor Tendler! Happy Anniversary to ~Andy & Betty Epstein and Gary & Trudy Sudin! 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 Card Pack.

Reminders

- NHBZ Membership Dues ~ Take advantage of the 5% Discount when you pay your dues in full (one or more payments) on or before March 31st!
- Become Energized!!! Sponsor Your Own Solar Panel!!! The 2014 price of just \$216 for a full 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!
- <u>Buy and Use Cash Cards</u> call the office ASAP to order your cards and <u>earn free money</u> for NHBZ!
 Orders are placed twice per month on the 15th and 30th.
- HEADS UPI 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 <u>Easy Money last year from Schnucks based on your purchases</u>, and <u>NO EXTRA CHARGE TO YOU!!</u>! Please remember to hand your e-Scrip card to your checker every time you shop and make your shopping trip count!!! If you don't have an e-Scrip card, please contact the office: sandieabrams@hotmail.com or 314-991-2100, ext. 2.
- **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, extension 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.
- 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.
- 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.
- 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 as you observe the yahrzeits of your dear family members.
- Mishna Study ~ Learning Mishnayos in memory of a loved one or for a Refuah Shelayma for a person who is ill is an age-old Jewish Tradition. The word Mishna (learning) is closely related to the word Neshama (soul), and we believe that learning Mishnayos in someone's name acts as a Spiritual Elevation for that person or that person's soul. Our NHBZ Mishnayos Shiur learns every Sunday following morning minyan, carrying on this tradition by dedicating the Mishnayos to our loved ones. You may dedicate Mishnayos for 1 year: \$250; 6 months: \$150; 3 months: \$96; 1 month: \$50. 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 one.

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• *Memorial Plaques* ~ Memorial plaques from our former location 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.

NEWS & FEATURES

- Kashrus Alert from the OU LesserEvil Super 4 White Bean, Quinoa, Lentil, Chia Cheesy Nacho snacks are certified by the Orthodox Union as an OU D Dairy product. This product contains dairy, as indicated in the ingredient and allergen statements. Some packaging was printed with a plain OU, without the D Dairy designation. Corrective actions have been implemented. Yummy Snack Chips Cheddar Flavor bears an unauthorized OU D symbol. The Orthodox Union does not certify this cheese product. Corrective actions have been implemented.
- ◆ Kollel Purim Wine Sale ~ Now through Purim, 10% of each purchase of 12 bottles or more, of wine or grape juice, goes to your designated shul. We recommend NHBZ!!! ⑤ Expanded selection. Purim Special Mini 6 oz. Grape Juice, \$1.99. For details or to order now: 314-726-6047 or office@stlkollel.com. Make sure you tell the Kollel to credit NHBZ for 10% of your total when you place your order!!!
- Mazel Tov to the Rabbis of the St. Louis Kollel ~ Upon Completion of Mesechtes Pesachim. Sunday Morning Learning Seder at 9:15 a.m.: "Mishloach Manos and Matanos L'evyonim." Special Shiur With Rabbi Shaul Katz, of Lakewood, NJ, at 11 a.m. at Agudas Israel. Coffee and pastries will be served. Sponsored by Dr. Dov and Tziona Zeffren In Memory of Dov's Parents Dr. Lester and Mrs. Matilda Zeffren.
- Ohr Pesia Series ~ Nusach Hari B'nai Zion will host a series on the Aspects of Purim in the "Feigenbaum-Pepose Learning Center," continuing tomorrow, March 2 and Sunday, March 9, at 8:00 p.m. Speakers: Rabbis Yosef David, Shaya Mintz, Eli Shapiro, and Shmuel Wasser. Fee: \$20.00; please add a \$10.00 one-time-only yearly registration fee to cover administration costs. Go to www.ohrpesia@gmail.com to register, or visit at the website www.ohrpesia.bililite.com to check out additional classes for this term.
- Bikor Cholim Purim Arts & Crafts Workshop at NHBZ ~ Sunday, March 2, 10:00-11:30 a.m. Bikor Cholim invites children ages 3-7 to enjoy arts, crafts, songs, treats, music & more in the Feigenbaum-Pepose Learning Center!! Parents are welcome, and adult supervision will be available for drop-off to the lower level entrance. For details: Daniela Hermelin at 314-974-0747, or Miriam Florans at 314-863-8038.
- Missouri Torah Institute ~ 7th Annual Dinner honoring Dr. & Mrs. Michael Shapiro, celebrating the First Graduating Beis Medrash class. Guest Speaker: HaRav Akiva Grunblatt, shlita. Sunday March 2nd, 2014.
- Jew in the City ~ NCSY and EHA invites you to an inspiring and entertaining evening with Allison Josephs, founder of Jew In The City, an organization that is breaking down stereotypes about religious Jews and offering a humorous, meaningful look into Orthodox Judaism. Sunday, March 9, 7 pm, Epstein Hebrew Academy. "Finding G-d in Hawaii: A Childhood Existential Crisis, A Search for Meaning, and the Life-Changing Answers Found in a Tropical Rain Forest." Dairy Dessert Reception \$18.00 suggested donation. Contact: FHA@eha.org or 314-862-5661.
- Tomchei Shabbos!! Families need extra assistance with non-perishable food. Please pick up a bag available at NHBZ in the office, and fill it with your choices of non-perishable food items. Monitary donations are always welcome! For more details, or to arrange pick-ups at your home, call Sally Needle at 991-2575.
- Tomchei Shabbos Cookbook Project ~ Details on recipe categories and recipe submission
 information will be available shortly. If you would like to help on the cookbook please call Bryna Kandel at 5695001 or email tomcheishabboscookbook@gmail.com.

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 Community-Wide Yom HaShoah Commemoration ~ Sunday, April 27, at United Hebrew Congregation. "Bearing Witness For Those Who Cannot: Testimony From the Holocaust" featuring testimonies by St. Louis Survivors recounting their experiences during this tragic period of history.

Beyond Twelve Gates by Rabbi Ze'ev Smason Parshas Pedukei February 28, 2014

Welcome to Beyond Twelve Gates

How do Y'all, Youse, and You All, talk? What does the way you speak say about where you're from? A fascinating series of maps depicting regional variation in American dialects was recently published by Joshua Katz, a graduate student in statistics at NC State University. The maps are based on responses from more than 10,000 Americans on questions like: "What do you call the insect that flies around in the summer and has a rear section that glows in the dark?"

Across the United States, most respondents answered that they use the terms "lightning bug" and "firefly" interchangeably. A substantial number of people use only "firefly" or "lightning bug." However, the unusual term "peenie wallie" is used by 0.02 percent of Americans to describe the small luminescent beetle. Do you call the end of a loaf of bread the heel, crust, or end? Do you pronounce the first syllable of *lawyer* to rhyme with *boy* or to rhyme with *flaw?* Do you call a sweet carbonated beverage *soda*, *pop*, *coke*, *soft drink*, *fizzy drink* ...or something else?

Our choice of words tells others where we're from -- and how we value others. Words are powerful vehicles for many acts of kindness. But words can also cause much pain. Choose your words carefully; your power of words can have a profound effect on the lives of many people.

Parshas Pekudei Exodus 38:21 -- 40:38

This week we read the final portion of Exodus, a book which began with the Jewish people enslaved to Pharaoh in Egypt and now ends with the completion of the construction of the Mishkan in the desert. Exodus is known as 'the Book of Redemption'; redemption was achieved not only through our escape from slavery, but also through receiving the Torah on Mt. Sinai which gave purpose to that freedom. The climax of that salvation was when G-d rested His presence amongst the Jewish nation when the Mishkan was completed.

Parshas Pekudei begins with a complete accounting of the gold, silver and copper contributed by the people for use in the Mishkan. Following Moses' inspection and approval of the many utensils and unassembled parts, Moses sets up the Mishkan on Rosh Chodesh Nissan as each part is anointed and arranged in its proper location. When the Mishkan is finally complete with every vessel in place, a cloud descends upon it, indicating that G-d's glory was resting there. Whenever the cloud moved away from the Mishkan, the Jewish people would follow it. At night the cloud was replaced by a pillar of fire.

Rabbinic Ruminations

In Jewish tradition a *golem* is most widely known as an artificial creature created by mystical powers, often to serve its creator. The most well-known story of the golem is connected to Rabbi Judah Loew, the Maharal of Prague (1513-1609). It was said that he created a golem out of clay to protect the Jewish community from a blood libel. However, the golem ran amok and threatened innocent lives, so the Maharal removed the Divine Name, rendering the golem lifeless.

The *Golem effect*, named in 1982, is a psychological phenomenon in which lower expectations placed upon individuals either by supervisors or the individual themselves lead to poorer performance by the individual. A corollary of the *Golem effect* is the *Pygmalion effect*, whereby the greater the expectation placed upon people, the better they perform. The *Golem effect* and the *Pygmalion effect* are forms of self-fulfilling prophecy. People will take the belief they have of themselves (negative or positive) and attribute traits of the belief with themselves and their work.

A recent study of patients undergoing heart transplants underscores how impactful positive images of the future can be. A patient's positive expectations before surgery predicted better health and quality of life after

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surgery. Echoing the power of expectations to shape outcome, a student in an educational study said, "When people say you're dumb, you feel dumb, you act dumb. But when you're on top and you're told you can do no wrong, you can't. You have the classroom in the palm of your hand, and you go."

Ultimate success depends upon G-d's blessings. With that said, a person's expectations, both optimistic and pessimistic, can play a role in the outcome of an experience. The catastrophic failure of the spies sent to scout out the land of Canaan is partially attributed to their 'Grasshopper Complex'; "... we were like grasshoppers in our eyes, and so we were in their eyes." (Numbers 13:33). But if you see yourself as talented, capable and important, your self-concept will open up powers and talents that would have otherwise remained dormant.

Quote of the Week

Smile every chance you get. Not because life has been easy, perfect, or exactly as you had anticipated, but because you choose to be happy and grateful for all the good things you do have and all the problems you know you don't have. -- Author Unknown

Joke of the Week

A man left his cat with his brother while he went on vacation for a week. When he came back, he called his brother to see when he could pick the cat up. The brother hesitated, then said, "I'm so sorry, but while you were away, the cat died."

The man was very upset and yelled, "You know, you could have broken the news to me better than that. When I called today, you could have said he was on the roof and wouldn't come down. Then when I called the next day, you could have said that he had fallen off and the vet was working on patching him up. Then when I called the third day, you could have said he had passed away."

The brother thought about it and apologized.

"So tell me. How's Uncle Joe doing?" asked the man.

"He's on the roof and won't come down."

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.

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

This Week At a Glance	Shabbos March 1	Sunday March 2	Monday March 3	Tuesday March 4	Wed. March 5	Thurs. March 6	Friday March 7	Shabbos March 8
Shachris	9:00 am	8:00 am	6:45 am	7:00 am	7:00 am	7:00 am	7:00 am	8:30 am
Mincha/Ma'ariv	5:20 pm	5:35 pm	5:35 pm	-	-	-	5:35 pm	5:25 pm
Ma'ariv Only				6:45 pm	6:45 pm	6:45 pm		
Events – see times in Event Planner Box	Lunch sponsored by Eliot & Sally Katz and Mark Ragin & Gale Rose In Honor of Rose Ragin	Rosh Chodesh Adar II CLASS: "Introduction to the History of the Jews" 10:00 am ~ last class in this series.	Rosh Chodesh Adar II	BUY CASH CARDS	Lunch & Learn w/ Rabbi Smason, 12:15 pm; CLASS: Chassidic Insights 7:00 pm		Erev Shabbos	Lunch & Learn in honor of March Birthdays & Anniversaries; Synaplex Shabbat Wine & Chocolate, 7:45 pm

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

- Child Care (10:00 am Noon) kids 3 & under in the Children's Room
- Youth Programming (10:15 am 11:00 am) children 4-8, in the Youth Lounge.
- Learners Service (10:15 am) led by Rabbi Ze'ev Smason in the Chapel
- Shabbos Tanach (Bible) Study Group (30 minutes before Mincha)

SUNDAY

- Mishna Learning (after Shachris) with Rabbi Chanan Swidler of Aish
- "Introduction to the History of the Jews" with Menachem Szus (10:00 am) Last classs March 2.
- 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)
 NEW TIME: 3:15 pm with Rabbi Smason

WEDNESDAY

- Rabbi Smason's Lunch & Learn (12:15-1:00 pm) now studying Pirkei Avos.
- "Chassidic Insights into the Weekly Parsha" (7:00 pm) Rabbi (Chaplain, Major) Avraham Cohen

MONTHLY at NHBZ

- 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 home of Jackie Berkin.
- Morris Lenga Yiddish Club (First Thursday, 7:30 pm)
- 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 (Last Sunday of the month, 10:00am *at Starbucks*)

NHBZ Signature Events

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- Synaplex Shabbos
- Shabbos Lunch & Learn

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