

NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

May 16, 2015 27 Iyar 5775

Office Phone 314-991-2100

Webpage: www.nhbz.org

Rabbi Smason: 314-749-5271

Torah Portion: Haftorah:

Parshas Behar/Bechukosai: Leviticus 25:1 – 27:34 Stone Chumash pages 696-723

Jeremiah 16:19-17:14

Stone Chumash page 1179

Candle Lighting ~ 7:48 p.m. Shabbos Concludes ~ 8:51 p.m.

Our Generous SponsorsThis Shabbos . . .

Thank You to **Howard Sandler** for sponsoring this Shabbos Bulletin in honor of his newest grandson – that's grandson #10!!! The Boys Team is now tied on the scoreboard with the Girls Team . . . Howard's 10 granddaughters!!! Mazel Tov to **Howard** and the proud parents **Avi & Sheryl Lopin** of Brooklyn, NY!

Thanks to Julie Eisenberg for sponsoring this Shabbos Bulletin in honor of her husband **Don Eisenberg** celebrating his birthday!!!

Thanks to Svetlana Kogan for sponsoring this Shabbos Bulletin in honor of her graduation from UMSL with a B.S. Degree in Business Administration, and in memory of her mother **Zina Podokshik**..

Thanks to Svetlana Kogan for adding a special treat to Shalosh Seudos this evening in memory of her mother **Zina Podokshik** on the observance of her yahrzeit.

Shabbat Shalom!

Erev Shabbos, Friday Night, May 15, 2015

Mincha & Ma'ariv (7:00 pm)
 Shabbos, May 16, 2015

- Shachris & Musaf (9:00 a.m.) ~ Thank You For Leading Davening
 - Pesukei D'Zimra: Howard Sandler Haftorah: Daniel Chayet
 - Shacharis: Ed Lyss Drasha (Sermon): Rabbi Ze'ev Smason
 - Leyning: Sammy Chervitz & Eitan Oberlander Musaf: Alan Haber
- No Tefillah/Prayer Learners' Service or Learners' Service Today ~ Rabbi Yosef David's and Rabbi Ze'ev Smason's Learners' Services will resume next Shabbos, May 23rd, in the Rivkin Chapel.
- Mazel Tov to Daniel Chayet on Becoming a Bar Mitzvah Today ~ And Mazel Tov to Daniel's parents Sergio & Nancy (Lisker) Chayet, and his grandparents from Mexico Yolis & Ruben Chayet and Sarita Lisker!!! And, remembering Daniel's beloved grandfather Dr. Moisés Lisker, 5%, always in our hearts.
- Daniel Moisés Chayet, (Moshe Zalman ben Shaul) is a native Chicagoan. Together with his parents, Sergio and Nancy, and his older sister, Natalie, Daniel moved to St. Louis in 2005. Daniel graduated Forsyth School last year and is now attending Ladue Middle School. Daniel and his family are thankful to Rabbi Smason and the congregation for their warm reception. The Chayets are honored to share this special occasion with family and friends from near and far. May it always be in health and simchas. Nancy & Sergio Chayet.
- Welcome and Mazel Tov ~ to all of Daniel's out-of-town relatives who have traveled long distances to celebrate with him: Drs. William and Stella Bierzwinsky, Mexico; Mauricio and Wendy Bierzwinsky and Family, Mexico; Raquel Bierzwinsky, New York; Ruben and Yolis Chayet, Mexico; Eduardo and Lea Chayet and Family, Mexico; Arturo and Aline Chayet and Family, Mexico; Herb and Brenda Ehrlich, El Paso; Shari Ehrlich, New York; William and Jennifer Ehrlich and Family, El Paso; Luis and Cecilia

Hurtado and Family, Cincinnati; Ana Kahan, Palm Beach; Daniel and Shana Kahan, Palm Beach; Kim Kamen, Dallas; Sarita Lisker, Mexico; Drs. Bernard and Heidi Lisker and Family, Washington DC; Paul Lisker, Boston; Claire Lisker, Philadelphia; Rubén and Suzanne Lisker, San Diego; Enrique and Sharon Lisker and Family, Miami; Keith and Julie Radner and Family, Chicago; Hillel and Mónica Sverdlin and Family, Mexico; Eduardo Sverdlin, Boston; Alain and Becky Schwartz and Family, Mexico; Anna Tarakanova, Boston; Billy and Ruthy Vainer, Costa Rica; and Salomón Wollenstein, Mexico. Welcome to Nusach Hari B'nai Zion!!!

- Kiddush & Lunch ~ Mazel Tov to Daniel Chayet and his family. Daniel, his family, and invited guests
 are asked to please remain upstairs for a luncheon prepared in Daniel's honor. All others are cordially invited
 to our lower-level Feigenbaum-Pepose Learning Center for Kiddush.
- Mincha, Shalosh Seudos, Ma'ariv ~ (7:35 pm) We will not have a Tanach Study Group before Mincha this afternoon. The Tanach Study Group will resume next Shabbos, May 23rd, one hour before Mincha.
- Shabbos Concludes ~ (8:51 pm)
- Rosh Chodesh Sivan ~ Tuesday, May 19

Please be sure to read Rabbi Smason's <u>Beyond Twelve Gates</u> in this Bulletin: "NY Mets Pitcher Buddy Carlyle: A Truly Good Buddy!"

SIMCHAS

MAZEL TOV ON SIMCHAS May 16-22. Happy Birthday to Jane Kadosh, Eleanor Kaiser, Zachariah Mantinband, Mark Wallman, Sarah Beth Waxman! Happy Anniversary to ~ Dr. Mordecai & Beverly Magencey (May 12)! 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.

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...

- ◆ CALL US WITH YOUR GRADUATES! Before you know it, Graduation Time will be upon us! Do you have a graduate in your family? Please contact Sandie, 314-991-2100, ext. 2, or email www.sandieabrams@hotmail.com, and give us your graduates' names, schools, universities and degrees earned, so we can wish you and your graduates a big Mazel Tov in our Graduation Shabbos Bulletin! This year, Graduation Shabbos will be on June 13, when our Kiddush will be in honor of all the graduates.
- Thanks to Lorraine & Jordan Cherrick ~ For their contributions to our library: The JPS Bible Commentary Haftarot: In loving memory of Muriel Mindis (Miriam bat Ya'akov), dear mother of Lorraine Cherrick, given by Lorraine, Jordan and Rachel Cherrick. And, The 3 volume set of Levi Berditchev: In loving memory of Philip Mindis (Peretz ben Mordecai HaLevi), dear father of Lorraine Cherrick, given by Lorraine, Jordan and Rachel Cherrick.
- ◆ Thanks to Our Members and Friends ~ For contributing to the ad for Emunah Jerusalem, in Israel, in honor of Rabbi Aaron and Pearl Borow: Bob & Sandie Abrams, Lenny & Fran Alper, Sam & Shirley Bluestein, Kenny and Barb Bressler, Leo Bressler, Lance & Debbie Finland, Irwin & Arlene Fredman, Alan & Janet Haber, Larry & Shirley Hollander, Bob & Joni Kaiser, Sarah Klein, Bobby Levine, Mark Ragin & Gail Rose, Irwin & Rosalind Rosen, Alice Sudin, Gary & Trudy Sudin, Menachem & Linda Szus, Leonid & Stella Vladimirov, Marian Walters, and Alan & Vivian Zarkowsky.

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- Sunday, May 17 ~ Yom Yerushalayim ~ Jerusalem Reunification Day
- Monday, May 18 ~ Cash/Gift Cards will be ordered!!! Thank you to the following congregants who ordered Cash Cards last month: Dr. Alan & Marcie Brook, Gene & Linda Carton, Don & Julie Eisenberg, Stanley & Rhonnie Goldfader, Alan & Janet Haber, Bob & Joni Kaiser, Rabbi Ze'ev & Chani Smason, and Richard & Mindy Woolf! We have attached a form to this week's bulletin . . . take a couple of minutes to fill it out and order your Cash Cards this month, at absolutely no extra charge to you!!! Please help raise money for NHBZ and place your order by Monday, May 18. Every order makes a difference to our shul!
- Tuesday, May 19 ~ Sisterhood Mother's Day Luncheon & Bingo Party! RSVP to Rachael, 314-395-6017
- Motzai Shabbos, May 23 ~ Erev Shavuos ~ Scrumptious Buffet Dinner at 9:15 p.m. followed by Early-Bird Learning at 10:30 p.m. Shavuos will be celebrated on Sunday & Monday, May 24 & 25. Yizkor will be recited on Monday, May 25. Be a Shavuos Dinner Sponsor for \$25.00; and RSVP for dinner reservations, 314-991-2100, ext. 2. Adults: \$12.00; Kids 4-10: \$5.00; Kids 3 & Under: FREE. Thank you VERY much to our Sponsors who have stepped up (as of May 1st): Bob & Sandie Abrams, Jesse & Debbie Barash, Sam & Shirley Bluestein, Kenny & Barb Bressler, Gene & Linda Carton, Don & Julie Eisenberg, Teree Farbstein, Dr. Susan Feigenbaum & Dr. Jay Pepose, Irwin & Arlene Fredman, Stanley & Rhonnie Goldfader, Alan & Janet Haber, Bryson & Jennifer Hartranft, Bob & Joni Kaiser, Dr. Eliot & Sally Katz, Howard & Phyllis Loiterstein, Dr. Mordecai & Beverly Magencey, Dr. Daniel & Marcela Morgensztern, Mark Ragin & Gail Rose, Dr. David & Fran Reisler, Leslie & Mimi Sabol, Shayna Scribner, Gary & Trudy Sudin, Mayer Taller, Richard, Mindy, Corey & Evan Woolf, and Boris & Alla Yasinev!!! Early-Bird Learning Speakers and Topics: Rabbi Ze'ev Smason, "I Am To My Beloved: Marriage Lessons from Shavuos" (the kick-off to the new class series ~ The Secrets to a Successful Jewish Marriage!); Menachem Szus, "Halacha, Mesorah, Minhag (Law, Tradition, Custom): How Do They Work?"; and Richard Woolf, "The Boycott, Divestment and Sanctions (BDS) Movement: Past, Present & Future!" After All Night Learning, we shall have a morning minyan starting at 5:10 a.m.
- Tuesday, May 26 ~ Executive Committee Meeting. Mincha & Ma'ariv at 7:00 pm, Meeting, 7:35 pm.
- Thursday, May 28 ~ First date in the series of classes on Thursday nights, 7:00-8:30 p.m. ~ The Secrets to a Successful Jewish Marriage! See the attached flyer for dates and topics.
- Sunday, May 31 ~ All-You-Can-Eat Pizza Buffet ~ 5:00 to 7:00 p.m. New scanners will accept Credit Card Payments!!! 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." 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!!!! (Please place carry-out orders by 10:00 a.m. on Sunday morning, May 31, 314-991-2100, ext. 2. Pick up time for carry out pizzas is 4:30-4:45 p.m.)
- Shabbos, June 6 ~ Thanks to Bob & Joni Kaiser and Dr. Susan Feigenbaum & Dr. Jay Pepose for sponsoring lunch in honor of their Wedding Anniversaries!
 30-years for Joni & Bob, 36 for Susan & Jay!
- Tuesday, June 9 ~ Board of Director's Meeting. Mincha & Ma'ariv at 7:00 pm, Meeting, 7:35 pm.
- Thursday, June 11 ~ "Above and Beyond," a movie about the creation of the Israeli Air Force in 1948, will be shown at Plaza Frontenac at 8:00 p.m., under the sponsorship of the Jewish Film Festival. We have a group, already signed up, from NHBZ attending. Tickets at the door, if still available, will be \$12.00.
- Shabbos, June 13 ~ Lunch in honor of June Birthdays and Wedding Anniversaries, AND Graduation Shabbos!!! Parents or Grandparents of the Graduates have traditionally helped to sponsor the Kiddush with their kind contributions of \$25.00. We thank our "Graduation Angels" for helping create a lovely Kiddush!
- Sunday, June 14 ~ The First NHBZ KidZone Community Family BBQ!!! 5:00-7:00 p.m. at Irv Zeid Park. Mark your calendars and save the date!!!
- 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: Julie Eisenberg, Chairperson, Sandie Abrams, Debbie Barash, Shirley Bluestein, Marcie Brook, Linda Carton, Teree Farbstein, Dr. Susan Feigenbaum, Mimi Fiszel, Rhonnie Goldfader, Joyce Hochberg, Sandy Kahn, Joni Kaiser, Sandy Klarfeld, Svetlana Kogan, Lori Laird, Cindy Looney, Phyllis Loiterstein, Beverly Magencey, Marcela Morgensztern, Laura Rader, Nancy (Belau) Rush, Mimi Sabol, Shayna Scribner, Peggy Umansky, and

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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.

<u>IMPORTANT NOTE</u>: This <u>EMERGENCY Tehillim Circle</u> 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 community, he will alert Julie, give her the name of the person in crisis, and emails will go out immediately so we can begin saying Tehillim.

In The Community . . .

- Kashrus Alert ~ The following single serve coffee K cups under the PapaNicholas brand are dairy and bear an unauthorized cRc: Hazelnut Cappuccino, Dutch Cocoa, Cappuccino. Corrective measures are being taken.
- 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, May 17 ~ Jewish War Veterans Memorial Service ~ During the program, beginning at 11:00 am. at the Jewish Federation Building, 12 Millstone Campus, Rabbi Ze'ev Smason will lead the Invocation and will give the Memorial Day Address. Before the beginning of the program, at 9:00 a.m., the Jewish War Veterans Honor Guard Details will be at the flagpoles of all our Jewish cemeteries to bring the flags to half-mast, then ceremonially place a new flag and salute each identified war veterans' final resting place. More than 4,500 American flags will be placed.
- Tuesday, May 19 ~ Sh'ma: Listen ~ Speaker Series ~ 7:30 p.m. at the Kopolow Building. Miri Eisin will speak on the topic, "Domestic and Regional Challenges Israel Faces at 67." For details or to RSVP, contact Joan Wolchansky, JWolchansky@CAJESTL.org or 314-442-3760.
- Wednesday, May 27 ~ The Mark Raiffie Memorial Lecture featuring Nili Couzens, "Positively You: The Secret to Energizing Your Life," at 7:30 p.m. at The Aish Firehouse, 457 N. Woods Mill Rd., Chesterfield, MO 63017. Nili Couzens has lectured in Israel, South Africa, Central America, and cities and universities across the United States. Cost: Free. For details or to RSVP call 314-862-2474 or email cwolff@aish.com.
- 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 ~ A group of women gather each Sunday at 9:15 a.m., at the home of Jan Adelman, 8032 Amherst Ave, 314-863-5438, to say Tehillim in the zchus (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 Hoeir, 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.

President's Message from Lenny Alper

- On behalf of Nusach Hari B'nai Zion Congregation, I wish a mazel tov to the Lisker and Chayet families upon the Bar Mitzvah of Daniel Chayet.
- Thanks to all those who contributed toward the NHBZ ad in the Emunah Jersalem dinner ad journal honoring Rabbi Aaron and Rebbitzen Pearl Borow. I'm sure they will appreciate it very much.
- Please sign up for our Scrumptious Shavuos Buffet Dinner at 9:15 p.m. on May 23, followed by Early-Bird Learning at 10:30 p.m. Shavuos will be celebrated on Sunday & Monday, May 24 & 25. Yizkor will be recited on Monday, May 25. Be a Shavuos Dinner Sponsor for \$25.00; and RSVP for dinner reservations, 314-991-

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2100, ext. 2. Adults: \$12.00; Kids 4-10: \$5.00; Kids 3 & Under: FREE. After midnite we will feature all night learning. After All night learning, we will have a morning minyan starting at 5:10 a.m.

 I look forward to seeing you at the showing of "Above and Beyond" on Thursday, June 11, and the NHBZ KidZone Community Family BBQ on Sunday, June 14.





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Welcome to Beyond Twelve Gates by Rabbi Ze'ev Smason Parshas Behar/Bechukosai May 16, 2015

"NY Mets Pitcher Buddy Carlyle: A Truly Good Buddy!"

About 90 minutes before most road games, New York Mets relief pitcher Buddy Carlyle can be found in the outfield, giving one early-arriving fan a memory for life. While his teammates take batting practice, Buddy stands on the edge of the warning track and scans the bleachers for a child who catches his eye. When he finds the right candidate, he lobs a baseball over the fence and into the kid's outstretched glove. It is not just a souvenir -- not yet, anyway. Buddy expects a return throw from the boy or girl. Then he tosses it back, again and again, until it becomes clear to everybody just what is happening.

Buddy Carlyle's intent is clear: To leave a lasting memory with an act of kindness."If you can just give somebody one memory of a game it's kind of cool," Buddy said. "I don't think people ever really forget that. I know I wouldn't if I was a kid. Rather than just throw them a ball. They always get taken aback when I asked them to throw it back." As the game of catch proceeds, nearby fans often reach for their smartphones to start snapping pictures and recording videos. They're watching a major-league pitcher play a legitimate game of catch with a kid in the seats. See for yourself: https://www.youtube.com/watch?v=Q7sxKTc3hw0) "It's something that's easy for me to do," Buddy said with a shrug. "I figure it's something they'll always remember."

The Talmud says that *chesed* (kindness) is greater than *tzedaka* (charity), because unlike *tzedaka*, *chesed* can be done for both poor and rich, both the living and the dead, and can be done with money or with acts. Buddy Carlyle's kindness has amassed a legion of devoted fans, a group comprising kids he has played catch with through the years -- and their parents. Psalm 89:3 says, "*The universe is built on kindness* ... " Kudos to Buddy Carlyle -- a true universe builder.

Parshas Behar /Bechukosai Leviticus 25:1 -- 27:34

Behar focuses primarily on mitzvos concerning the land of Israel, beginning with the command to observe a Sabbatical (Shemitta) year. During the Sabbatical year one's fields are to remain uncultivated every seventh year, refraining from the normal cycle of planting and harvesting. Similarly, the land in Israel is to remain unworked in the Jubilee (Yovel) or 50th year, at which time ownership of all land automatically returns to its ancestral heritage. A quote found on the Liberty Bell, "And you should sanctify the fiftieth year, and proclaim liberty throughout the land ..." is taken from the passage describing the Jubilee year. Behar also speaks about the poor and downtrodden. Not only are we commanded to give them tzedaka and do acts of loving kindness for them, but ideally provide them with the means to raise themselves out of their poverty-stricken state.

Bechukosai, the last Torah portion in the book of Leviticus, begins by briefly listing some of the blessings and rewards that the Jewish people will receive for diligently learning and following the Torah. The Portion then shifts to the subject matter which has made it famous -- G-d's admonitions and warnings of the consequences if the Jewish people abandon the Torah. Step by step, the Torah describes the tragedies which will befall the Jewish people if they abandon observance of the Torah, providing an eerie account of what has been part of our history

to this day. There is good news, however; *teshuva* (return or repentance) is possible at any time to avert an otherwise harsh decree. The book of Leviticus concludes with a brief discussion of tithes.

Rabbinic Ruminations

Debra Meyerson was hiking near Lake Tahoe four years ago when a stroke destroyed part of the left side of her brain, leaving her literally speechless. It happens to more than 150,000 Americans a year. But now Meyerson is learning to talk again through *singing therapy* -- an approach that trains the undamaged right side of her brain to "speak." Specifically, it's a region that controls singing. Former Congresswoman Gabrielle Giffords, who has had a version of *singing therapy*, astounded everyone by her ability to speak again following the trauma of a would-be assassin's bullet that tore through the speech center in her left brain. For more than 100 years, it has been known that people who can't speak after injury to the speech center on the left side of the brain *can* sing.

In addition to helping stroke victims, there are at least seven other benefits of listening to music. 1. Music is Powerful: When we listen to our favorite songs dopamine is released by two distinct areas of the brain -- one involved with intense pleasure and the other involved with anticipation. 2. Music is Social: When people get together and hear the same music -- such as in a concert hall -- it tends to make their brains synch up in rhythmic ways, inducing a shared emotional experience. 3. Music Helps Prevent the Flu: Listening to soothing music has been shown to increase antibodies important for immunity. 4. Music is Physical: It enhances a workout and has been shown to increase physical performance. 5. Music Reduces Stress and Anxiety. 6. Music Enhances Memory. 7. Music Makes us Happy. Music improves mood. Even sad music has been shown to help people feel better. Who doesn't like to sing at least occasionally?

The Bible and Talmud are replete with sources in which music and song play a major role. After the splitting of the Red Sea, Moses led the Jewish men in song, and Miriam likewise led the women. Music has been used throughout history as an aid to Jewish prayer and study. The use of music was greatly emphasized by the Baal Shem Tov and is an important component in the teachings of the Chassidic movement. And in Jewish history, music and song have been employed as an instrument to bring people together in an effective and powerful expression of community. King David said, "My heart is steadfast, O G-d, my heart is steadfast: I will sing and make melody." (Psalm 57:7) Whatever the reason -- let your soul sing!

Quote of the Week

Some years ago, the great boxer, Muhammad Ali, was asked by a ghetto youth how he could quit school and start a boxing career since he had bad grades. Ali smiled at the young man and said in his poetic fashion:

Stay in college and get the knowledge,

And stay there till you're through,

Cause if G-d can make penicillin out of moldy bread,

He can sure make something out of you.

Joke of the Week

Once there were two brothers, each with a farm on the opposite side of the same hill. The first had a family - wife, sons, and daughters. The second lived by himself. It came to be that, during the harvest, the first brother said to himself, "We have so many mouths to feed whereas my brother has only but himself." So late at night, he would sneak over the hill to his brother's farm and take bags of grain.

Now, at about the same time, the second brother said to himself, "My brother has a wife, sons, and daughters to help during the harvest while I have no one to help." So late at night, he would sneak over the hill to his brother's farm and take bags of grain.

One night, they happened to run into each other and each saw what the other was doing. They instantly realized what was happening, and yelled at each other and beat each other up.

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And it is on that hill that the Knesset was built.

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

This Week At a Glance	Shabbos May 16	Sunday May 17	Monday May 18	Tuesday May 19	Wed. May 20	Thurs. May 21	Friday May 22	Shabbos May 23
Shachris	9:00 am	8:00 am	7:00 am	6:45 am	7:00 am	7:00 am	7:00 am	9:00 am
Mincha/Ma'ariv	7:35 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:40 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.
- 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.

<u>SEMI-MONTHLY at NHBZ</u>

 Women's Tefillah Class (2nd & 4th Mondays) 3:15 pm with Rabbi Smason at NHBZ.

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.
- 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.

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NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn

The Deadline to submit new information to appear in our Shabbos Bulletin is Wednesday each week, <u>NO LATER THAN 12:00 noon, please.</u> That will allow the time needed to make changes. The bulletin is printed <u>first thing</u> every Thursday morning.