



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

Shabbos

November 1, 2014

8 Cheshvan 5775

Torah Portion:
Haftorah:

Parshas Lech Lecha: Genesis 12:1 – 17:27
Isaiah 40:27 – 41:16

Stone Chumash pages 54-77
Stone Chumash page 1133

"Farewell to Miriam Kapelusz! Miriam is relocating from St. Louis to Atlanta, Georgia, tomorrow – November 2nd, to live near her daughter Ruth Levison. Miriam, everyone at Nusach Hari B'nai Zion thanks you for your friendship and generosity over the years, and wishes you good health and happiness in your new home. Lech L'Sholom, Miriam, and Kol Tuv ~ All the Best!

"Thank You" to Robert and Deborah Hollander for sponsoring the beautiful floral arrangements that adorn our Bimah this Shabbos. They are to Wish a Happy Birthday to Larry Hollander, Robert's father, in honor of Larry's 80th Birthday with wishes for many more years of good health and happiness, and In Honor of Robert celebrating his 50th Birthday! Happy Birthday to Larry and Robert!!!

Erev Shabbos, Friday Night, October 31, 2014

- **Mincha & Maariv** (5:40 pm)
- **Candle Lighting** (5:44 pm)

Shabbos, November 1, 2014

- **Tefillah/Prayer Learners' Service** ~ 9:30 am, led by Rabbi Yosef David in the Rivkin Chapel.
- **Learners' Service** ~ 10:15 am, led by Rabbi Ze'ev Smason in the Rivkin Chapel.
- **Shachris & Musaf** (9:00 am) ~ *Thank You For Leading Davening*
 - Pesukei D'Zimra: **Alan Zarkowsky**
 - Shacharis: **Menachem Szus**
 - Leyning: **Moshe Leib Cohen**
 - Haftorah: **Kenny Bressler**
 - *Drasha* (Sermon): **Rabbi Ze'ev Smason**
 - Musaf: **Alan Haber**
- **Mincha, Shalosh Seudos, Ma'ariv** (5:25 pm)
- **Kiddush** ~ (following Musaf) Thanks to **Miriam Kapelusz** for sponsoring a Strawberry-Glaze-Whipped Cream Cake for Kiddush as she says "good-bye" to her friends at Nusach Hari B'nai Zion! Thanks to **"POP-Star" Mimi Fizel** for sponsoring the soda today as a fond farewell to her friend Miriam! And, thanks to **Tobie Dobin** and **Sandy & Brandon Schwartzburt** for enhancing Kiddush, with fresh fruit platters, in honor of their good friend Miriam!
- **Shabbos Concludes** ~ (6:46 p.m.)
- **Daylight Saving Time ENDS** ~ Set your clocks **BACK** one hour before retiring tonight. **DON'T BE LATE FOR MINYAN ON SUNDAY – 8:00 AM CENTRAL STANDARD TIME!**

“What Was Up” on Sunday?



In addition to our monthly **Lion's Den Pizza Night in the evening**, the other event that was UP was the taking-DOWN of our shul Sukkah, a big job for which we give GREAT THANKS TO **Bob Kaiser, Eliyahu Scheinberg, and Menachem Szus** for a job very well UN-DONE!

WISH LIST! Wish #1:

We have very frequent power outages at the shul . . . so everything goes down from our server to the

elevator!!! We require Battery Backup devices to keep the operations and server running and prevent data loss. We are now badly in need of several UPS's - Uninterruptible Power Supplies for our server and some other devices. Our computer systems, including the server, enable us to efficiently manage our shul by producing the Shabbos bulletin, our accounting, a variety printed material, the yahrzeit reminders, and more. If you would like to contribute . . . HERE IS OUR WISH LIST:

1. APC Smart-UPS 1500VA LCD 120V - it runs about \$600 for our server
2. a few APC Back-UPS 350's running about \$90 each.

Thanks to **Dr. Erol & Sally Amon, Andy & Ellen Berg, Irwin & Roz Rosen**, and **brand new donors Jeff & Terri Schnitzer** for responding to our Wish List!!! **Can we count YOU in, too? We can count Erol & Sally Amon in TWICE! They are donating \$200.00 more for our UPS units. Thank You, Erol & Sally!!! Thank You Jeff & Terri!!!** Call Sandie, 314-991-2100, ext. 2, or go to sandieabrams@hotmail.com.

WISH LIST! Wish #2 – Granted!

We found our sponsoring angel!!! A very big THANK YOU to **Miriam Kapelus** for contributing the \$200.00 needed to buy the buffer/floor cleaner we asked for on our Wish List. Miriam will be leaving St. Louis on Sunday, November 2nd, to live in Atlanta, Georgia, near her daughter. She is giving this lovely donation as a farewell gift to Nusach Hari B'nai Zion. **Thank You, Miriam!!!**

Meetings

- **NHBZ Semi-Annual Shul Meeting & Election of Officers** ~ Next Sunday, November 9th, 11:00 a.m. in the Feigenbaum-Pepose Learning Center, Lower Level. Refreshments will be served.
- **The Irvin Alper Social Club** ~ Second Sunday, November 9th, 5:00 pm, in the NHBZ Social Hall.
- **Board of Directors Meeting** ~ Tuesday, November 11. Ma'ariv at 6:45 pm, Meeting at 7:00 pm.
- **Sisterhood Lunch & BINGO PARTY** ~ Tuesday, November 18th, 12:00 noon in our NHBZ Social Hall. Men & Women of ALL Ages are invited to come and enjoy a **Deee-licious Lunch, Bingo, and Attendance Prizes!** \$7.00 donation; RSVP to Rachael Pevnick, 314-395-6017. **We hope to see you!!!**



“What’s Up” at NHBZ?

NHBZ Coming Events

- **Calling All Mah-Jongg Mavens!** help our Chesed Fund by having fun playing Mah Jongg every Monday, 4:00-6:00 p.m., at NHBZ!! Please join us in the Teen Lounge (lower level). Only \$3.00 cover! **Proceeds will benefit The Nusach Hari B'nai Zion Chesed Fund.** Questions? Call Debbie Barash, 314-993-4954. **See you on Monday!!!**
- **Israeli Artwork** ~ The piece of artwork in our lobby is by Israeli Artist Shemuel A. Katz. It is number one of 950 prints; Nusach Hari B'nai Zion is selling it for \$299.00. Interested? Please call Sandie, 314-991-2100, ext. 2.
- **Synaplex and Lunch n' Learn** ~ Shabbos, November 15. Three Synaplex breakout sessions will begin at 11:00 a.m. Our speakers and topics: **Rabbi Ze'ev Smason**, “*The ABCs of Jewish Ethics: Seven Moral Principles that Changed the World*,” **Reuven Tzadok**, “*The Yom Kippur War: 40 Years After*.” The 3rd speaker and topic TBA. And for the kids - **Youth Programming** for kids 4 and over; and **Tot Shabbat!!!** Lunch in honor of November Birthdays and Wedding Anniversaries following the Synaplex Sessions.
- **Lion's Den Pizza Night** ~ **All-You-Can-Eat Pizza Buffet** ~ **Sunday, November 23, 5:00-7:00 p.m.** **Please note the change of date to November 23rd, NOT the LAST SUNDAY of the month!** 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 AT THE DOOR!!!**
- **Anniversary Banquet** ~ At the 560 Music Center, 560 Trinity at Delmar in University City, on Sunday, December 14th. We are pleased to announce our Guest of Honor **Mark Ragin**, and Woman of Valor Award

recipient **Sandra Abrams!** Please send in your journal ads and greetings to our honorees. Each year, we publish a commemorative journal in conjunction with our Anniversary Celebration, and we ask you to send in your greetings and congratulations to our honorees, to Nusach Hari B'nai Zion, and to Rabbi Ze'ev and Chani Smason. We have mailed the Dinner Invitations, and the ad forms and information. Please return the Ad Forms no later than **December 4**. When you return your Ad Forms by **November 14, your name(s) will be entered into an EarlyBird Raffle with GREAT PRIZES!!!** Please see the ad form for details. And, return your Response Card with your reservations for the Banquet. Special plans are in the works! More details to follow, so stay tuned!!!

SIMCHAS

- **MAZEL TOV ON SIMCHAS** November 1-7. **Happy Birthday to Jeff Baker, Ethan Belau, Rabbi Aaron Borow, Gaelyn Hartranft, Nanette Holtzman, Jeremiah Mantinband, Naama Schupper, and Carl Sussman. Anniversaries ~ None This Week!**
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.

NHBZ 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.
- **Women's Tefilla Class** ~ Led by **Rabbi Ze'ev Smason**. The class meets on the 2nd and 4th **Monday afternoons** each month at 3:15 p.m. at NHBZ. Next class – Monday, November 10.

NEWS & FEATURES

- **Kashrus Alert ~ Smart Beat Fat Free** UPC # 033776051556 Lactose Free UPC# 033776051808 Date Codes: MAY2815CA, JUL0215CA and JUL3015CA. The OU D-Dairy symbol was inadvertently omitted from these production dates. The products, with the above listed UPC #'s and date codes, are in fact OU D-Dairy certified even without the OU D-Dairy symbol. Subsequent packaging has been corrected.
- **Books of Tehillim ~ Julie & Don Eisenberg** have donated 50 Sifrei Tehillim -- Books of *Tehillim* (Psalms) -- to be used for the recitation of Tehillim in the merit of a *Refuah Shelaymah* (full recovery) for our dear friend **Michelle Mufson**. If you would like to join those reciting daily Tehillim for Michelle, please contact Julie at 314-494-8437 or juliecooks@icloud.com. There are only a few books left, so if you need of a book of Tehillim for reciting Tehillim, please inform Julie, who will then contact Sandie and tell her you will be picking one up at the office.
- **"Thank You" to Gayle Levy** for donating brand new, cozy fleece blankets for our ladies who get **COLD** during services! How very sweet of Gayle to think of such a nice thing to do. **Thanks, Gayle!**
- **Are You CPR Certified?** If you are **currently CPR certified** with an **Up-To-Date Certificate**, please call our office to register your name: 314-991-2100, ext. 2.
- **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 available to organize all of the donations is NOT keeping up! To help or for questions, call **Julie Eisenberg** at 314-494-8437.
- **Healthy Eating 101** ~ For Women Only - Wednesday, November 5, 8:00 p.m. at the U-City Shul. Get back on track after all the holiday meals!!! Learn to survive social eating without gaining weight!!! Healthy recipe demo, reading food labels, and cooking techniques by Esti Asher, Registered Dietitian, member of The Academy of Nutrition and Dietetics, and 'Certified Medical Clown'. Sponsored by Eishes Chayil of the St. Louis Kollel, and the U-City Shul. \$5.00 suggested donation. For questions, sponsorship opportunities, or to RSVP: skowalsky@stkollel.com.
- **Blood Drive at Aish HaTorah** ~ You can help save up to three lives in about an hour! The need is ongoing but the supply is not. American Red Cross Blood Drive on Sunday, November 16th, 1:15-5:15 pm

at the Aish HaTorah Learning Center, 457 N. Woodsmill Road in Chesterfield. To make an appointment go to www.redcrossblood.org and enter the sponsor code: AHJLC. Please bring a valid photo ID.

- **“In a Time of Open Miracles: What Can We do?”** The 12th Annual Yahrzeit ‘Rachel Imeinu’ Video -- Worldwide Event. The video, *“In a Time of Open Miracles: What Can We Do?”*, one hour long with footage of miracles from Operation Protective Edge this past summer, will be shown Wednesday, Nov. 19, 7:00 pm at the St. Louis Kollel, 8200 Delmar. Donation requested. For information, contact Lynda Cohen, 314-862-0025.
- **Vaad Supervised Thanksgiving Buffet at the Hyatt Regency Hotel** ~ Thursday, November 27, 2:00 to 7:00 p.m. An extravagant buffet with a variety of Soups, Salads, Entrees - Whole Roasted Turkey w/Homemade Gravy, Beef Brisket w/Caramelized Onion Jus, and Sides - Challah Bread Dressing, Root Vegetables - to name just a few, and Assorted Cakes, Pies and Tarts. Adults: \$35.00; Kids 12 & under: \$15.00. Prices include tax and complimentary parking. For reservations call 314-342-4655. **Reservations and pre-payment were requested by October 31st.** Minimum 150 guests required or event is subject to cancellation. (If you are interested, call to find out if the event is still on or off.)
- **Jewish Women on a Journey** ~ February 8-17, 2015. An amazing & inspiring Israel trip. Target group is women 45ish - 60ish who don't have children at home. Led by same great educators on the JWRP St. Louis trips: Mimi David & Chana Greenwald; Madrichot: Peggy Umansky & Jill Starr. Inexpensive & partially subsidized at only \$3,000 including airfare! Open House, Monday, Nov 3rd @ 7:30 pm, at the home of Jill Starr, 11014 Martin Grove, Creve Coeur, 63141. For more information, please call 314-862-2474 or email jwsociety@hotmail.com
- **Women's Tehillim Group** ~ A group of women in the community, including several members from Nusach Hari B'nai Zion, who asked for this announcement to run in our weekly bulletin, gather each Sunday morning to say the entire book of Tehillim, in the *zechus* (merit) of a *refuah shelayma* for the cholim in our community. They meet at the home of Jan Adelman, 8032 Amherst, Sundays at 9:15 am. If you cannot participate in person, call 314-863-5438. The Tehillim hotline (names and updates) is: 314-995-7119. If you have any questions, please call **Julie Eisenberg** at 314-494-8437.
- **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.

Reminders

- **Extremely Important Message!** 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 ASAP . . . 314-749-5271.** Calling the office sometimes delays the time in which Rabbi Smason receives the information. Rabbi Smason is very sensitive to the needs of all our members -- each and every one of you. He wants to be able to help you as quickly as possible and in any way he can. Please keep Rabbi Smason's cell phone number handy in your wallet, and give it to your family and friends, so you and they will have easy access at all times.
- **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*. Questions? Ask Rabbi Smason.
- **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 \$180 and \$360. Please call the office for details, 314-991-2100, ext. 2.
- ***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.

President's Message from Lenny Alper

Did you ever wonder how the officers of NHBZ are elected?

Do you want to have a say in the future direction of NHBZ?

Do you want to express your opinions to the Board of Directors?

You are invited to attend the Semi-Annual Meeting and Election of Officers next Sunday, November 9, at 11:00 am. Refreshments will be served.

Twice a year, in May and November, we hold a Membership meeting to give a 'state of the shul' report. This is an opportunity for you to interact directly with the Rabbi, President and other officers and Board members about the business of the shul. If you would like to give your opinion, make suggestions or just listen, this is your chance.

At the November meeting, we also elect officers and members of the Board of Directors. Here is how the election works. We have a nominating committee that consists of all past presidents. That committee deliberates throughout the year, and comes up with a proposed slate of officers that is presented to the Board in October. At the November Membership meeting, the slate is nominated, and other nominations are accepted from the floor. Those members who attend the meeting have the privilege of voting. The Officers and Board members take office on January 1.

We have eight officers and fifteen Board members. Officers serve for one year, and can be re-elected. Board members serve for three years, with one third of the Board up for election each year. Here is the slate of nominees for next year:

2015 NHBZ NOMINEES

Officers:

President	<i>Lenny Alper</i>
Vice President	<i>Richard Woolf</i>
Vice President	<i>Bobby Levine</i>
Vice President	<i>Kenny Bressler</i>
Vice President	Open
Treasurer	<i>Don Eisenberg</i>
Secretary	<i>Shayna Scribner</i>
Gabbai	<i>Alan Zarkowsky</i>

New Board Members:

<i>Lauren Brenner</i>
<i>Marcie Brook</i>
<i>Dr. Faye Cohen</i>
<i>Stanley Goldfader</i>
<i>Joni Kaiser</i>
Open (2-Year Term)

Continuing Board Members:

<i>Fran Alper</i>	<i>Robin Rickerman</i>
<i>Byron Brownstein</i>	<i>Phyllis Silverman</i>
<i>Larry Chervitz</i>	<i>Gary Sudin</i>
<i>Harold Hoffman</i>	
<i>Michelle Mufson</i>	
<i>Fran Reisler</i>	

*Beyond Twelve Gates by Rabbi Ze'ev Smason
Parshas Lech Lecha November 1, 2014*

Welcome to Beyond Twelve Gates

You've heard of the Powerball Lottery. But have you heard of the Speed Camera Lottery? In 2011, a contest called the 'Fun Theory' was devised by an advertising firm for Volkswagen Sweden. The contest yielded concepts to enhance environmental protection, strengthen speed-limit adherence, and to boost public transportation ridership. The winning idea, devised by San Francisco resident Kevin Richardson, was the Speed Camera Lottery.

Mr. Richardson's winning idea was comparably low on novelty but high on behavioral science. Every car driving on the highway had its license plate recorded by a speed camera. If you sped you got a ticket in the mail. However, the twist was that the money you paid did not go to the government, but to the other drivers on that road that drove safely. Those drivers who drove within the speed limit were entered into a lottery, with the winner receiving a check for approximately \$3000 worth of Swedish Kroners! The Speed Camera Lottery demo in Stockholm produced compelling results: The average speed before the installation of the Speed Camera Lottery sign on a multi-lane street was 32 kilometers an hour (about 20 mph). That figure dropped to 25 kilometers an hour (15.5 mph) during a three-day test.

An effective way to success is success itself. If you want your child or student to succeed, help them succeed. Start with small accomplishments. Focus on what he or she is already doing right, and your child will proceed in that direction. Positive reinforcement is a self-fulfilling prophecy -- and in a sense, a 'Fun Theory.' To quote the Tanya (an early work of Hasidic philosophy), A little bit of light dispels a great deal of darkness.

Parshas Lech Lecha Genesis 12:1 -- 17:27

Abraham was called by G-d to leave his homeland, his father's house, and his position of status and prosperity to travel to the land that G-d would show him. Upon arrival with his wife Sarah and nephew Lot in the land of Israel, they discover it to be ravaged by a horrible famine. Traveling to descend to Egypt for a temporary stay, the immoral Egyptians immediately capture Sarah and take her to the Egyptian king. G-d responds by afflicting the king and his household with a debilitating plague until he releases her. Guess what the plague was?

Back in the land of Israel, Lot parts ways with Abraham, with Lot relocating to the fertile plains of Sodom. Abraham subsequently rescues the kidnapped Lot by miraculously defeating four kings and their armies. Through a Covenant, G-d promises Abraham that his descendants will be as numerous as the stars in the sky. Because she had no children, Sarah gives her maidservant Hagar to Abraham as a wife, and their son Yishmael is born. At the age of 99 Abraham circumcises himself, his son Yishmael, and the other male members of his household.

Rabbinic Ruminations

The first comprehensive survey of what Americans are afraid of has revealed that at the top of the list of personal fears isn't 'snakes' or 'public speaking', but 'walking alone at night.'

The full top 5 list of personal fears is:

- Walking alone at night.
- Becoming the victim of identity theft.
- Safety on the Internet.
- Being the victim of a mass/random shooting.
- Public speaking.

People in the Chapman University survey were asked separately about fear of crime, and the researchers were surprised by the results. Despite evidence to the contrary, Americans do not feel like the United States is becoming a safer place. The Chapman Survey on American Fears asked how they think prevalence of several crimes today compare with 20 years ago. In all cases, the clear majority of respondents were pessimistic; and in all cases Americans believe crime has at least remained steady.

Dr. Edward Day, who led this part of the study, said:

“What we found when we asked a series of questions pertaining to fears of various crimes is that a majority of Americans not only fear (serious) crimes, but they also believe these crimes (and others) have increased over the past 20 years. When we looked at statistical data from police and FBI records, it showed crime has actually decreased in America in the past 20 years. Criminologists often get angry responses when we try to tell people the crime rate has gone down.”

It has been said that 'fear is a darkroom where negatives develop.' While it is prudent to protect ourselves against real dangers, we have a confounding habit of worrying about remote possibilities. Fear can paralyze us and rob us of the joy of living. Realistically, there are few monsters that warrant the fear we have of them. But while there are many things in the world that can make us afraid, there is much more in our faith in G-d that can make us unafraid. It would be wise to remember the words of Isaiah (41:13), "For I am the L-rd your G-d who takes hold of your right hand and says to you, Do not fear. I will help you."

Quote of the Week

We'll be remembered for our love, not our opinions. -- *Bob Goff (Contemporary Author and Speaker)*

Joke of the Week

A man writing at the post office desk was approached by an older fellow with a post card in his hand.

The older man man said, "Sir, I'm sorry to bother you but could you address this post card for me? My arthritis is acting up today and I can't even hold a pen."

"Certainly sir," said the younger man, "I'd be glad to."

"He wrote out the address and also agreed to write a short message and sign the card for the man.

Finally, the younger man asked, "Now, is there anything else I can do for you?"

The older man thought about it for a moment and said, "Yes, at the end could you just add? . . .
"P.S.: Please excuse the sloppy hand-writing."

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 Nov. 1	Sunday Nov. 2	Monday Nov. 3	Tuesday Nov. 4	Wed. Nov. 5	Thurs. Nov. 6	Friday Nov. 7	Shabbos Nov. 8
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	5:25 pm	4:35 pm	4:35 pm				4:35 pm	4:20 pm
Ma'ariv Only				6:45 pm	6:45 pm	6:45 pm		
Events – see times in Event Planner Box	<i>Farewell to Miriam Kapelusz!</i> <i>Daylight Saving Time Ends! Set clocks BACK one hour before retiring!</i>	<i>“Learn to Lead Davening” w/Dr.Ethan Schuman, 9:00 am.</i>	<i>Mah Jongg Game, to benefit our Chesed Fund, 4:00-6:00 pm.</i>	<i>Women’s Shiur, 2:30 pm at the home of Jackie Berkin</i>	<i>Rabbi Smason’s Lunch & Learn, 12:15 pm.</i>	<i>BUY CASH CARDS</i> <i>Yiddish Club, 7:30 at NHBZ</i>	<i>Erev Shabbos</i>	<i>Irvin Alper Social Club on Nov. 9th.</i> <i>Next Shabbos, Nov. 15 ~ Synaplex Shabbat!</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.

WEEKLY at NHBZ

SHABBOS

- Tefilla 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) (45 minutes before Mincha)

SUNDAY

- 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
- “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) 3:15 pm with Rabbi Smason at NHBZ.
- Mah Jongg (Mondays, 4-6:00 pm) Proceeds will benefit The Chesed Fund.

WEDNESDAY

- Rabbi Smason's Lunch & Learn (12:15-1:00 pm) Studying Pirkei Avos.

MONTHLY at NHBZ

- Irvin Alper Social Club (First Sunday) Next meeting (2nd Sunday), November 9th, at 5:00 pm.
- 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. **Pizza Night on the 23rd – NOT THE LAST SUNDAY**
- Sisterhood (Third Tuesday)

NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn