



# NHBZ Shabbos Bulletin

*Welcome to Nusach Hari B'nai Zion*

Affiliated with Union of Orthodox Congregations of America

**Shabbos**

Sept. 13, 2014  
18 Elul 5774

**Torah Portion:**  
**Haftorah:**

**Parshas Ki Savo: Deuteronomy 26:1 – 29:8**  
**Isaiah 60:1-22**

**Stone Chumash pages 1068-1085**  
**Stone Chumash pages 1201-1202**

## Erev Shabbos – Friday Night, September 12, 2014

- **Mincha & Ma'ariv** (6:55 pm)
- **Candle Lighting** (6:56 pm)

## Shabbos – September 13<sup>th</sup>

- **Shachris & Musaf** (9:00 am) ~ *Thank You For Leading Davening*
  - Pesukei D'Zimra: **Howard Sandler**
  - Shacharis: **Dr. Ethan Schuman**
  - Leyning: **Moshe Leib Cohen**
  - Haftorah: **Bruce Waxman**
  - *Drasha* (Sermon): **Rabbi Ze'ev Smason**
  - Musaf: **Dr. Ethan Schuman**
- **Tefillah/Prayer Learners' Service** ~ 9:30 am, led by Rabbi Yosef David in the Chapel.
- **Learners' Service** ~ 10:15 am, led by Rabbi Ze'ev Smason in the Chapel.
- **Kiddush & Lunch** ~ Thanks to **Linda & Gene Carton** for enhancing and expanding Kiddush with a luncheon today in memory of beloved mother **Sarah Kalmes**, ב"ה, on the observance of her first yahrzeit.
- **Mincha, Shalosh Seudos, Ma'ariv** (6:35 pm) Shalosh Seudos is sponsored this evening in memory of **Abram Dobin**, ב"ה, beloved father of Brian Dobin, Tobie Dobin, Sandy Schwartzburt, Sharon Weinmann, and the late Aaron Dobin, ב"ה, commemorating his first yahrzeit.
- **Shabbos Concludes** ~ (7:58 pm)



## **“What's Up” on Sunday ?**

### **Rabbi Smason's SIXTH Annual RABBI RIDE-AROUND TOMORROW!!! ~**

Rabbi Smason will be 'rolling out' his annual 50-mile bicycle ride TOMORROW, September 14, in Forest Park!! If you haven't made a pledge to become a sponsor for Rabbi Smason's Ride Around the Park ~ it's never too late ~ EVEN AFTER SUNDAY!!! Call our office, 314-991-2100, ext. 2, to make your pledge. **And please come to cheer Rabbi Smason on, and enjoy a Picnic-In-The-Park!** We will meet at Pavilion #6, SW corner of the park by Clayton Road & Hwy. 40. Rabbi Smason begins his Ride at 10:00 a.m.; For those who have ordered a box lunches, the Picnic-in-the-Park will begin at 12:30 p.m. New this year: **GUESS RABBI SMASON'S RIDE TIME!!!** 50% of the pot will go to the winner, or split if we have multiple winners. Submit your guesses (with payment of \$5.00) before the ride; OR, for each new sponsor you bring for at least 25c per mile, you may submit one guess!

## **WISH LIST!**

Our computer systems, including a server, enable us to efficiently manage our shul by producing the Shabbos bulletin, our accounting, the production of various printed material, the yahrtzeit reminders, and more. Just like everyone else, we are plagued by power outages; we require Battery Backup devices to keep the operations and server running smoothly and to prevent data loss. We are now badly in need of several UPS's - Uninterruptible Power Supplies for our server and some other devices. 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.

Please let us know if you can help. Call Sandie, 314-991-2100, ext. 2, or go to [sandieabrams@hotmail.com](mailto:sandieabrams@hotmail.com).

Thanks to **Dr. Erol & Sally Amon, Andy & Ellen Berg, and Irwin & Roz Rosen** for being the first to respond to our Wish List!!!

## **Meetings**

- **Sisterhood Lunch & Bingo** ~ Tuesday, September 16, at 12:00 noon.
- **Executive Committee Meeting** ~ Tuesday, September 30. Minyan at 6:25 pm, Meeting at 7:00 pm.
- **Board of Directors Meeting** ~ Tuesday, October 21. Minyan at 5:50 pm, Meeting at 7:00 pm.



## **“What’s Up” at NHBZ?**

### **NHBZ Coming Events**

- **Thanks to Everyone For Coming Together to Form Our Landscaping Committee ~ Judy Baker, Marcie Brook, Bob Kaiser, Bobby Levine, Linda Luks, Jim Pollock and Jeff Schnitzer!!! Do YOU Have a Green Thumb OR NOT?!** You can still join this committee, and help create plans and develop our NHBZ landscaping. Thanks to our NHBZ Sisterhood for an extremely generous pledge for the sprinkler systems needed before any new plantings can be made. Please call Chairman **Mark Ragin**, 314-324-0774, to add your name and ideas!
- **Calling All Mah-Jongg Mavens!** Would you like to 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.** Lessons available; seating is limited. We hope to see you every Monday! Questions? Call Debbie Barash, 314-993-4954. **See you on Monday!!!**
- **Sisterhood Lunch & BINGO PARTY** ~ This Tuesday, September 16<sup>th</sup>, 12:00 noon in our NHBZ Social Hall. Men & Women of ALL Ages are invited to come and enjoy a **Dee-licious Lunch, Bingo, and Attendance Prizes!** \$7.00 donation; RSVP to Rachael Pevnick, 314-395-6017. **We hope to see you!!!**
- **“My Father Was a Nazi”** could be the Working Title when Nusach Hari B'nai Zion presents an evening with **Dr. Bernd Wollschlaeger**, son of a high-ranking Nazi who was decorated with Germany's Iron Cross by Adolph Hitler, himself! Come hear Dr. Wollschlaeger's compelling story, **“Against All Odds Change is Possible.”** Dr. Wollschlaeger's journey began at age 14, when he learned of his father's involvement during the years of Nazi rule. His quest to learn more about the Jews led him to a former Jesuit priest and many Holocaust survivors, from a trip to Israel and back to Germany where he completed medical school. He eventually succeeded in fulfilling his dream – his strong desire and decision to convert to Judaism! He moved to Israel and enlisted in the Israel Defense Forces as a medical officer; he is now a family physician in private practice in Florida. Please join us on Sunday, September 21<sup>st</sup>, to hear Dr. Wollschlaeger tell his fascinating story, and meet him at a dessert reception following his presentation. Seating is limited. Ticket sales are going quickly, so advanced purchase is recommended for guaranteed seating. Admission -- \$10.00. Please call Susan “Shayna” Scribner, 314-913-1200, to secure your seats at the presentation.
- **Grillin' in the Hut** ~ On Sunday, October 12<sup>th</sup>, Chol Hamoed Sukkos. We'll be grilling up some juicy quarter-pound Hamburgers and tasty Hot Dogs with all the fixin's . . . onions, shredded lettuce, pickles, sauerkraut . . . PLUS creamy Potato Salad, “Homemade” oil & vinegar Cole Slaw, and much more! Come and relax with family and friends, and enjoy a fun dinner that **WE** cook for **YOU**, during these busy and wonderful Yomim Tovim!!!
- **Lion's Den Pizza Night ~ No Pizza Night in September!**
- **Next Lion's Den Pizza Night ~ All-You-Can-Eat Pizza Buffet ~ Sunday, October 26, 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!!!**

- **Save the Date!!!** The Nusach Hari B'nai Zion Annual Dinner celebrating our 109th Anniversary on Sunday, December 14, 2014. We are pleased to introduce our honoree **Mark Ragin**, and Woman of Valor Award recipient **Sandra Abrams!** Please be sure to mark your calendars, and start thinking about your ads and greetings to our honorees in our journal. More details to follow, so stay tuned!!!

## **SIMCHAS**

- **MAZEL TOV ON SIMCHAS** September 13-19. **Happy Birthday to Jackie Berkin, Louise Givon, Marcela Morgensztern, Noa Simon, Bob Schnurman, and Suzanne Tendler!** **Happy Belated Birthday to Fran Hoffman** (Sept. 10). **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 4<sup>th</sup> **Monday afternoons** each month at 3:15 p.m. at NHBZ. The Tefilla Class will be taking a break during the Chagim. Next class - Monday, October 27.

## **NEWS & FEATURES**

- **Lulav and Esrog orders!!!** The ordering deadline is upon us. Sorry for the short ordering time. We usually get an email much sooner with order and delivery dates!!! Please DO NOT mark your calendars!!! Instead, PLEASE **PLACE YOUR ORDERS!!!** The deadline to place your orders is in just ONE WEEK on Monday, September 22nd; so either email your order to [sandieabrams@hotmail.com](mailto:sandieabrams@hotmail.com) OR call the office, 314-991-2100, ext. 2. Prices are the same as last year: \$45, \$55, \$65, and \$80. Our Lulavim and Esrogim will be delivered to our shul the day after Yom Kippur, Sunday, October 5<sup>th</sup>. **We have received a nice list of orders --- Thanks to those who have responded promptly!**
- **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.
- **Sisterhood New Year Greetings** ~ It's not too late to add your name(s) to wish a Shana Tova to everyone on Sisterhood's New Year Greetings List! Please call Esther Gelb, 314-567-1683.
- **A Call for Help from the Jewish Food Pantry** ~ The Jewish Food Pantry is in desperate need of additional 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! If you can help, or you have questions, please call **Julie Eisenberg** at 314-494-8437.
- **NHBZ's Pushka Project!** *Our rabbis teach that tzedakah (charity) and acts of kindness are the equivalent of all the mitzvos of the Torah.* Do YOU have one of our pushkas? NO?! Then please come by our office and pick up your new *pushka* (charity box)!! Fill up your pushkeh!!! The tzedakah in your pushka will total all or part of your contribution toward admission to a Pushka Dinner that we will schedule down the road, date TBA. The shul is adopting this idea from our Sisterhood that, in years past, had prepared a yearly

Pushka 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 pushkas, and "Thank You" to [Bobby Levine](#) for creating the beautiful pushka covers.

- **Pushka "Rules" ~** Dr. Susan Feigenbaum Shares her Three Rules for filling a Pushka FAST!!!
  1. When you ask for a blessing, **put money in the pushka;**
  2. When you have been given a blessing, **put money in the pushka;**
  3. When your family members leave change on the counters, **put the money in the pushka.**
- **Women's Tehillim Group ~** A group of women in the community, including several members from Nusach Hari B'nai Zion who asked for running this announcement in our weekly bulletin, gather each Sunday morning to say the entire book of Tehillim, in the zchus of a refuah shelayma for the cholim in our community. We meet at the home of Jan Adelman, 8032 Amherst, Sundays at 9:15 am, starting September 14, and continuing indefinitely. If you cannot participate in person, call 314-863-5438. The Tehillim hotline (names and updates) is: 314-995-7119.
- **Kashrus Alert ~ Twining Chai Latte Black Tea** in K-Cup packs are certified by the Orthodox Union as an OU D - Dairy product. This product contains milk as indicated on the cup's label. Some labels and outer boxes were printed without the D - Dairy designation. Corrective measures have been implemented. **Poppy's Chicken Soup**, in small cups made for use in brewing machines, bear an unauthorized OU. This product does not contain chicken but does contain dairy. Corrective measures are being implemented.
- **Ohr Pesia Classes ~** "Yom Kippur and The Book of *Yonah* (Jonah) – Finding Teshuva." The second (and final) class will be taught by Mimi David this Sunday, September 14<sup>th</sup>, 8:00 p.m. in the NHBZ Teen Lounge. The fee for classes, \$10.00. This story, which we read every Yom Kippur, is about far more than a big fish that swallows a man. The most curious part is actually at the very end, where a tree miraculously sprouts overnight — and then dies just as quickly. What we learn from this seemingly insignificant episode will transform the way you look at Yom Kippur and the power of *teshuva* (repentance).
- **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](http://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.
- **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 Gift/Cash Cards** – call the office for details ASAP and to order your cards! **Earn free money** for NHBZ! Orders are placed twice per month – on or as close to the 15<sup>th</sup> and 30<sup>th</sup>. Get gift certificates from Amazon.com, or gift/cash cards to use at Sam's, Walgreens, CVS, Talbots, gas stations – BP, Mobil, Shell and Sinclair, Macy's, Starbucks and so many more places with whom you do business!
- **HEADS UP! Schnucks E-Scrip Card - TOTAL - \$1,435.80 in 2013!!!** *Let's run that number up in 2014!!!* 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](mailto: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.
- **Shalosh Seudos, The 3<sup>rd</sup> 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**

If you have not made a pledge to sponsor Rabbi Smason on the Rabbi Ride-Around, please do so as soon as possible, even afterwards! He is getting closer to his pledge goal, but needs your help to put it over the top. Please come to cheer Rabbi Smason on – see him without a suit and tie – and enjoy a Picnic-In-The-Park! See details in this bulletin.

On Sunday, September 21, I hope to see you here for "An evening with Dr. Bernd Wollschlaeger." This program is unparalleled for NHBZ and has the potential to draw many people, from the community, to our synagogue – Jews and non-Jews. I look forward to your participation. Please see details in this Bulletin.

For Rosh Hashana and Yom Kippur, we will display the reserved seating chart in the lobby, along with an alphabetical cross-reference listing to help you find your seat. Before entering the Sanctuary, please find your

name and seat number on the cross-reference, and then look up your seat number on the chart to find its location. Greeters will be available to help you if needed.

For the next few weeks, we will need volunteers to help set up and take down seating and dining configurations for the Evening with Dr. Wollschlaeger, Rosh Hashana/Yom Kippur, and Sukkos. Here is the list of times when we need volunteers:

- Thursday, September 18, 7:30 pm: Set up Sanctuary and Social for the Dr. Wollschlaeger speech
- Sunday, Sept. 21, 10:00 am: Set up Feigenbaum-Pepose Multi-Purpose room for Dr. Wollschlaeger dinner
- Monday, September 22, 10:00 am: Set up Sanctuary for Rosh Hashana (RH)
- Day and time to be announced: Set up Feignbaum-Pepose Multi-Purpose Room for RH Learner's Service
- Sunday, October 5, 9:00 am: Sukkah Raising AND Set up Sanctuary and Social Hall for Sukkos

TO VOLUNTEER, Please call me (314-993-4024) or the office (314-991-2100, ext. 2), OR email to [sandieabrams@hotmail.com](mailto:sandieabrams@hotmail.com).

## *Beyond Twelve Gates by Rabbi Ze'ev Smason Parshas Ki Savo September 13, 2014*

### *Welcome to Beyond Twelve Gates*

How do ants survive floods? Many species of ants make their homes underground in a complex network of passageways and chambers. During floods or heavy rainstorms (hello, St. Louis and Phoenix!), these passageways will fill up with water and force the ants to evacuate their homes. Instead of scattering individually, some ants have the unique ability to gather together as a colony and form rafts on the surface of the rising waters using their own bodies. A layer of ants on the bottom of the raft serves as a base for the rest of the colony to "comfortably" mill around on. Due to the tightly knit "weave" of the ants, water cannot penetrate the raft allowing the ants to stay dry. This water-tight nature provides the raft with the buoyancy force necessary to float. The ants can remain in the raft formation for weeks if necessary or until the flood waters subside and they are able to establish their colony in a new underground home.

Research on ants living in the floodplains of Switzerland show that some ants work together to protect the queen by strategically placing larvae, pupae and worker ants at the bottom of the 'raft.' Young ants are more buoyant than worker ants, and the team discovered the young insects have a lower risk of dying at the bottom of the boat. The queen is placed in the center of the raft to shield her from water and other danger. "Placing young on the base of the raft is a very efficient means of creating a highly buoyant raft," said study leader Jessica Purcell, an ecologist at the University of Lausanne in Switzerland, "and they achieve all this at minimal cost in terms of mortality."

Judaism teaches that one can learn good traits from animals. The Talmud says, "Had the Torah not been given, we could have learned modesty from the cat, honest labor and industriousness from the ant, fidelity from the dove, and consideration for ones mate from the rooster." Let's add another trait we can learn from ants: cooperation for mutual benefit.

### *Parshas Ki Savo Deuteronomy 26:1 -- 29:8*

The parsha begins by describing the annual mitzvah for farmers in Israel to bring their *bikurim*, or first fruits, to the Kohen in the Temple. The donor was then to recite a prayer of thanksgiving, recalling how G-d had delivered his ancestors from Egypt and brought the new generation into a land flowing with milk and honey.

Moses then teaches two special mitzvos, which the Jewish people are to perform upon entering the land of Israel. First, they are to inscribe the entire Torah on twelve large stones. Second, the twelve tribes are to ratify their acceptance of the Torah in the following manner; six tribes were to stand on Mt. Gerizim, representing the blessings, while the remaining six tribes were to stand on Mt. Eival, signifying the curses. The Levites were to stand in the valley between, reciting blessings and curses which will apply respectively to those who observe and defy the Torah.

The parsha concludes with a recounting of the wonderful blessings G-d will bestow upon the Jewish people for remaining faithful, and a chilling prophecy of what might happen if the Jewish people do not follow the Torah.

### *Rabbinic Ruminations*

Have you ever wondered how long you might live? Lifestyle choices, particularly diet, exercise and smoking habits, play an undisputed role in determining not only how long one will live, but also how well one ages. Research reveals an equally important and surprising factor that contributes to living a long and good life—having a lot of friends. In fact, studies show that social connections—friends, family, neighbors and colleagues—improve our odds of survival by a staggering 50%.

A recent study put the importance of friendship into perspective. Research shows that having few friends and low social interaction is equivalent to smoking 15 cigarettes a day, more harmful than not exercising, equivalent to being an alcoholic, and twice as harmful as obesity. Friendship is a "social vaccine" that enhances both our physical and mental health. According to a study in the American Sociological Review close personal friendships are declining in the United States. The study indicates as many as 25% of Americans have no close personal confidants outside their family and the average number of confidants per citizen has dropped from 4 to 2 since 1985. According to the study: Americans' dependence on family as a safety net went up from 57% to 80%, their dependence on a partner or spouse went up from 5% to 9% and fewer friendships have reduced their psychological well-being.

There are many ways through which friends and family influence health in positive ways. When someone is connected to a group and feels responsibility for other people, that sense of purpose and meaning translates to taking better care of themselves and taking fewer risks. Friends are important for children to develop emotionally and socially. Having a wide circle of friends is the key to midlife well-being and an active social network is critical for older adults too. Bottom line: Cultivate friendships throughout your life. Treasure the ones you have and make new ones, as Ethics of Our Fathers (1:6) teaches, ".....acquire a friend ..."

### *Quote of the Week*

I do not feel obliged to believe that the same G-d who has endowed us with sense, reason, and intellect has intended us to forgo their use. - *Galileo Galilei (1564-1642)*

### **Joke of the Week**

Two friends are in a bank when armed robbers burst in. While several of the robbers take the money from the tellers, others line up the customers, including the friends, and proceed to take their wallets, watches, etc. While this is going on, the first friend jams something into the second friend's hand. Without looking down, the second friend whispers, "What is this?" To which the first friend replies, "It's that \$50 I owe you -- BETTER LATE THAN NEVER!"

*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!!!

<b>This Week At a Glance</b>	<b>Shabbos Sept. 13</b>	<b>Sunday Sept. 14</b>	<b>Monday Sept. 15</b>	<b>Tuesday Sept. 16</b>	<b>Wed. Sept. 17</b>	<b>Thurs. Sept. 18</b>	<b>Friday Sept. 19</b>	<b>Shabbos Sept. 20</b>
<b>Shachris</b>	9:00 am	8:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	9:00 am
<b>Mincha/Ma'ariv</b>	6:35 pm	6:45 pm	6:45 pm	6:45 pm	6:45 pm	6:45 pm	6:45 pm	6:25 pm
<b>Ma'ariv</b>								
<b>Events – see times in Event Planner Box</b>	<i>Lunch by Linda &amp; Gene Carton in memory of Sarah Kalmes;</i>  <i>Shalosh Seudos in memory of Abram Dobin, אבֿרָם דובין.</i>	<i>“Learn to Lead Davening” with Dr. Ethan Schuman, 9:00 am.</i>  <i>Rabbi Ride Around &amp; Picnic in the Park!</i>	<i>Mah Jongg Game, to benefit our Chesed Fund, 4:00-6:00 pm.</i>	<i>Sisterhood Lunch &amp; BINGO PARTY! 12:00 noon!</i>	<i>Lunch &amp; Learn with Rabbi Smason, 12:15-1:00 pm.</i>	<b>BUY CASH CARDS!</b>	<i>Erev Shabbos</i>	<i>Selichos 12:30 AM Sunday.</i>  <i>Do you have tickets for Dr. Wollschlaeger’s Presentation?</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 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 Chapel
- Shabbos Tanach (Bible) Study Group (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 (2<sup>nd</sup> & 4<sup>th</sup> Mondays) 3:15 pm with Rabbi Smason at NHBZ. The class will take a break for the Chagim. (Next class: Mon., Oct. 27.)
- 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)
- 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. (No Pizza Night in September.)
- Sisterhood (Third Tuesday)
- RAP with the RABBI will resume in the fall.

#### NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn