



# NHBZ Shabbos Bulletin

## Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

*Shabbos*  
Oct. 17, 2015  
4 Cheshvan 5776

**Torah Portion:** Parshas Noach: Genesis 6:9 – 11:32  
**Haftorah:** Isaiah: 54:1-10

**Stone Chumash:** pages 30-53  
**Stone Chumash:** pages 1131-1132

*Candle Lighting ~ 6:04 p.m. Shabbos Concludes ~ 7:05 p.m.*

### **Our Generous Sponsor This Shabbos . . .**

*~ Thank You to Leo Bressler for sponsoring this Shabbos Bulletin In Honor Of the Wedding Anniversary of Kenny and Barb Bressler! Mazel Tov to Kenny & Barb!!!* ❤️

## **Shabbat Shalom!**

**Erev Shabbos, Friday Night, October 16, 2015**

- **Mincha & Ma'ariv** (6:05 pm)

**Shabbos, Saturday, October 17, 2015**

- **Shachris & Musaf** (9:00 a.m.) ~ *Thank You For Leading Davening*
  - Pesukei D'Zimra: **Ed Lyss**
  - Shacharis: **Dr. Ethan Schuman**
  - Leyning: **Michael Shapiro**
  - Haftorah: **Louis Goldman**
  - *Drasha* (Sermon): **Rabbi Ze'ev Smason**
  - Musaf: **Dr. Ethan Schuman**
- **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.
- **Kiddush** ~ (After Musaf)
- **Mincha, Shalosh Seudos, Maariv** ~ (5:45 pm)

### *Dear Friends,*

As you surely know by now, Israel is once again facing harrowing attacks on its citizens; this time from within. Over the past two weeks, numerous attacks have taken place against innocent Israeli citizens, men, women, children, elders, rabbis, and people who have nothing in common other than their citizenship (Israeli) and religion (Jewish). While we can certainly pray for them, and strongly encourage you to join us in praying for Israel and its citizens' well-being, we also want to encourage you to consider giving directly to organizations on the ground helping address the aftermath of these horrible attacks.

One such organization is The Koby Mandell Foundation, which aims to create a Jewish response to the impact of terror and tragedy— helping bereaved mothers, fathers, widows, orphans and siblings re-build their lives. **Please make your checks payable to The Rabbi's Charity Fund;** Rabbi Smason will forward our total NHBZ contributions to the Koby Mandell Foundation.

Stay tuned as the Israel Committee and Nusach Hari B'nai Zion continue to monitor the situation in Israel, provide you with updates on the situation, inform you of communal responses and alert you of opportunities to assist our Israeli brethren in their time of need.

*Nusach Hari B'nai Zion Israel Committee*

In response to the recent wave of terror in Israel, the St. Louis Jewish community will gather for the recitation of Tehillim on Sunday, October 18, at 7 P.M. at U City Shul, 700 N and South Road, 63130.

# SIMCHAS!

**MAZEL TOV ON YOUR SIMCHAS** October 17-23. **Happy Birthday to Murray Baker and Libby Sorkin Routman!** **Happy Anniversary to Kenny & Barb Bressler** (Oct. 11)! 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; Chesed Fund: Drop by the office for a Pack of Cards.

*Please be sure to read Rabbi Smason's Beyond Twelve Gates in this Bulletin:  
"When Is the Best Time to Use Your Smartphone?"*

**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 . . .

### *The Power of Tehillim* ~

A new Facebook group has formed, led by **Rabbi Smason**. Thoughtful recitation of Tehillim (Psalms) has the power to change the world -- and to change us. This new group is for sharing thoughts or raising questions about anything related to Tehillim that is important and meaningful to you. To join, or for further information, contact Rabbi Smason in person, or at [Pepshort613@gmail.com](mailto:Pepshort613@gmail.com), or 314 991-2100 x1.

**Wanted:** Sisterhood members to help join in the revitalization of our **"Sisterhood of the Future."** If you would like to be part of designing our activities, or in getting new members to grow our group, we invite you to join either our programming or membership committees. Organizational meetings will be held very soon (dates to be announced). Please contact **Linda Carton**, Sisterhood President, in person or at 314-991-5371, and let her know of your interest in joining either committee. Let your ideas be known!

- **Kashrus Alert** ~ Please be aware that Frozen Salted King Salmon Roe "Wild", distributed by Keystone Merchandising (Richmond, B.C.), bears an unauthorized cRc. The Chicago Rabbinical Council does not certify this or any product from Keystone Merchandising. The products are being recalled.
- **This Sunday, October 18 ~ Have YOU made your pledge ~ for the SEVENTH Annual Rabbi Ride Around??!!! IT'S NOT TOO LATE! ~ Rabbi Smason's seventh annual Ride-Around IS HERE!!!** This year's Ride-Around promises to be the best ever! Committee Chair **Dr. Faye Cohen**, with the assistance of her committee members, has planned a full range of picnic activities for tomorrow, including a fabulous array of raffle prizes will be available for all who make a pledge to support **Rabbi Smason's 50 mile bike ride in Forest Park**. Please become a sponsor for Rabbi Smason's Ride-Around-the-Park: We ask a minimum pledge of 25c per mile, which equals a total donation of \$12.50; 50c = \$25.00; \$1.00 = \$50.00; \$2.00 = \$100.00!!! Rabbi Smason has had pledges of \$4.00 & \$5.00 per mile, and as high as \$10.00/mile equaling a total donation of \$500.00!!! **It's not too late . . . call our office on Monday, 314-991-2100, ext. 3, to make your donation.** And please come tomorrow to cheer Rabbi Smason on, and to enjoy a **FREE Picnic-In-The-Park Lunch** – **Sponsors for the Picnic ~ Thanks to Kenny & Barb Bressler, Dr. Faye Cohen & Brian McCary, Stan & Rhonnie Goldfader, Mark Ragin & Gail Rose, and Robin Rickerman!** Rabbi Smason begins his Ride at 10:00 am; Picnic at 12:30 pm; Raffle Drawings at 1:30 pm. Thanks to **Mark Ragin** for donating a Guitar as one of the raffle prizes, thanks to **Faye Cohen & Brian McCary** for sponsoring the "Balloon Guy," and thanks to **Anna Rose Tandler** for donating Coloring Books!!!  
**See you at the park!!!**
- **Tuesday, October 20 ~ Sisterhood Luncheon & BINGO PARTY** ~ Tuesday, October 20, 12:00 noon in our NHBZ Social Hall. Men & Women of ALL Ages are invited to come and enjoy

a **Delicious Lunch, Bingo, and Attendance Prizes!** \$7.00 donation; RSVP to **Linda Carton**, 314-991-5371. **We hope to see you!!!**

- **Next Shabbos, October 24 ~ Lunch & Learn ~** Celebrating October Birthdays and Wedding Anniversaries! **Rabbi Ze'ev Smason** will speak on the topic, "Winning Life's Toughest Battles: The Psychological and Spiritual Roots of Resilience."
- **Next Shabbos, October 24 ~ KidZone!!! ~ Junior Congregation ~** (10:00 am – Noon)  
For all NHBZ Kids & Friends, ages 5-11, in the Youth Lounge – Lower Level. **Snacks will be served . . . Fun will be had!!!**
- **Next Sunday, October 25 ~ 10:00 a.m. ~ The Child-Friendly Faith Project (CFFP) Charter Member Discussion Series ~ Do you care about children?** Would you like to learn how to better understand and advocate for children? NHBZ will be hosting a 4-part discussion series on the topic of child development, maltreatment, and protection. Developed by the national child-advocacy organization *The Child-Friendly Faith Project*, this discussion series will be led and facilitated by NHBZ's **Dr. Solomon Segal**. Dr. Segal will use the CFFP Study Guide to lead the group through these important talks on four Sundays **beginning next Sunday, October 25**, then on November 8 and 22, and December 6, **from 10:00 to 11:30 a.m.** The series, open only to NHBZ members, will be held at NHBZ. If you would like to participate in this exciting new discussion series and program, or to learn more about it, please call or email **Rabbi Smason** at 314 991-2100 x1 or **[Pepshort613@gmail.com](mailto:Pepshort613@gmail.com)**.
- **Next Sunday, October 25 ~ 5:00 p.m. ~ All-You-Can-Eat Pizza Buffet ~ 5:00 to 7:00 p.m. Credit Card Payments Accepted!!!** 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!!!! ***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."*** (Please place carry-out orders by 10:00 a.m. on Sunday morning, October 25th, 314-991-2100, ext. 2. Pick up time for carry out pizzas is 4:30-4:45 p.m.)
- **Shabbos, November 7 ~ Lunch & Learn AND Synaplex ~** Celebration of November Birthdays and Wedding Anniversaries! Synaplex Sessions: **Rabbi Ze'ev Smason** will speak on the topic, "You Could Die Laughing: What is the humor in Jewish Jokes?"; **Dr. Ron Yasbin**, Dean, College of Arts and Sciences, UMSL, will speak on the topic, "Genetic Origins of the Jewish People, and Healthcare Implications." And, **Rabbi Yaakov Berkowitz**, of the St. Louis Kollel, will speak on the topic, "The Greatness of the Patriarchs and Matriarchs." PLUS Junior Congregation and Tot Shabbat!
- **The NHBZ 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 at Nusach Hari B'nai Zion: **Julie Eisenberg**, Chairperson, **Debbie Barash**, **Shirley Bluestein**, **Marcie Brook**, **Linda Carton**, **Teree Farbstein**, **Dr. Susan Feigenbaum**, **Mimi Fiszal**, **Rhonnie Goldfader**, **Joyce Hochberg**, **Sandy Kahn**, **Joni Kaiser**, **Sandy Klarfeld**, **Sarah Klein**, **Svetlana Kogan**, **Lori Laird**, **Cindy Looney**, **Phyllis Loiterstein**, **Beverly Magencey**, **Marcela Morgensztern**, **Laura Rader**, **Nancy Rush**, **Mimi Sabol**, **Dr. Shayna Scribner**, **Phyllis Silverman**, **Margo Tzadok**, **Peggy Umansky**, and **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.

**IMPORTANT NOTE:** This **NHBZ EMERGENCY Tehillim Circle** 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 shul**, he will alert Julie Eisenberg, give her the name of the person in crisis, and emails will go out immediately so we can begin saying Tehillim.

## **In The Community . . .**

- **Wednesday, October 21 ~** Please join the next Sharsheret Support Group on Wednesday, October 21, as Sue Ashwell, a certified Qigong teacher, introduces the history and guides you through the basics of

an ancient Chinese system that incorporates physical postures, breathing techniques, and concentration. Discussion to follow. The Sharsheret group is for all Jewish women who have experienced ovarian or breast cancer, whether pre-treatment, currently in treatment or post treatment. This group meets the third Wednesday of the month @ the Jewish Community Center from 7:00-8:30 pm in Creve Coeur. Newcomers are always welcome!

- **Thursday, October 29 ~ Exhibit and Presentation Honoring Polish Rescue ~ “They Risked Their Lives—Poles Who Saved Jews During the Holocaust,”** currently on view at the Holocaust Museum and Learning Center (HMLC), will run through Sunday, November 22. A special program will be held on Thursday, October 29, at 7:00 pm at the HMLC, Jewish Federation of St. Louis Kopolow Building. Our own **Rabbi Howard and Felicia Graber** will be in St. Louis for this event . . . **Felicia Graber will be a featured speaker.** Konrad Zielinski, Consulate General of the Republic of Poland in Chicago, will lead the program followed by the presentation, **Remembering the Righteous Poles** by child survivor **Felicia Graber**, who will share the powerful story of how her family survived the Holocaust with the help of righteous Poles. A reception will follow the program; dietary laws observed. To RSVP or for further information, please call 314-442-3711, or email [www.AGoldfeder@JFedSTL.org](mailto:www.AGoldfeder@JFedSTL.org).
- **Monday, November 2, and Sunday, November 8 ~ Sh'ma: Listen ~ Speaker Series ~** at the Jewish Community Center, 2 Millstone Campus. On November 2nd, 7:30-9:30 p.m., Rabbi Lord Jonathan Sacks will speak on the topic, “Not in G-d’s Name: Confronting Religious Violence.” Contact Joan Wolchansky, 442-3760 or [jwolchansky@jfedstl.org](mailto:jwolchansky@jfedstl.org). On November 8th, 7:00-8:30 p.m., Rabbi Dr. Akiva Tatz will speak on the topic, “Understanding Jewish Ethical Concepts for Making End-Of-Life Decisions.” Contact Cyndee Levy, 442-3754 or [CLevy@jfedstl.org](mailto:CLevy@jfedstl.org).
- **Sunday, November 15 ~ Genetic Testing - Important Message ~** The Jewish Student Association, UMSL, along with the Young Professional’s Division (YPD) of Jewish Federation, will sponsor a community-wide Genetic Testing Drive at the St. Louis JCC, 2 Millstone Campus Dr., 63146, 10:00 a.m. to 2:00 p.m. - a great opportunity to be tested if you plan to have children. J-Screen will subsidize the cost of the test; the cost/person will be only \$99.00, regardless of whether your commercial insurance pays any portion. To expedite the process, it is recommended that you register in advance (although J-Screen will accept all walk-ins). The registration process is simple and only takes a few minutes:
  - 1.) Visit [JScreen.org](http://JScreen.org) and click “Request Your Kit” to complete registration
  - 2.) Select “St. Louis Screening” from the drop-down menu when asked “How did you hear about JScreen?”
  - 3.) On Step 2, you MUST enter insurance information to avoid additional out-of-pocket expenses
  - 4.) Your kit will be waiting for you on Sunday, NOV 15.
- **Wednesday, November 18 ~** Aish HaTorah presents best-selling author and internationally renowned speaker Doron Kornbluth, who will speak on the topic, “The Soul & The Afterlife: Burial vs. Cremation, 7:30 p.m. at the Frontenac Hilton, 1335 S. Lindbergh Blvd. Books by Mr. Kornbluth: Why Be Jewish?, Raising Kids to LOVE Being Jewish, Cremation or Burial? among many others. RSVP to 314-862-AISH (2474) or [cwolff@aish.com](mailto:cwolff@aish.com).
- **Women’s Community Tehillim Group ~** Will meet this Sunday, October 18, at the home of Marcia Esrig 958 Briarwood Lane, at 9:15 am. If you cannot participate in person, please call or text her cell phone number 314-313-3677. Next Sunday, October 25, Tehillim will return to Jan Adelman's home, 8032 Amherst Ave, (314) 960-4050/863-5438. The Women’s Tehillim Group meets each Sunday 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.
- **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.
- **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 Hoerir, which discreetly provides families in our community with Shabbos & Yom Tov meals. For information on how you can help, please call Jackie Oppenheimer at 997-6924, or Angela at 802-7710. 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](http://www.ovkosher.org).

*Welcome to Beyond Twelve Gates by Rabbi Ze'ev Smason  
Parshas Noach      October 17, 2015*

*“When Is the Best Time to Use Your Smartphone?”*

It's always better to think before you speak, especially when you're on national television. *Family Feud* is an American television game show where two families compete to name the most popular responses to survey questions in order to win cash and prizes. If you were asked to name something doctors can pull out of people, what comes to mind? One contestant, Darci, hit the buzzer and blurted out, "Gerbil!" Needless to say, it was not one of the top seven answers on the board. Darci immediately grimaced and shouted, "I didn't say that! I didn't say that!" Her opponent, Manny, belly-laughed as host Steve Harvey stood with his mouth open. Manny weighed in with his answer: a baby. It was the fifth most popular answer. Darci's family still hugged her when she returned to their table. (see the hilarious clip, here: <https://www.youtube.com/watch?v=OZmDdo8K-7o>)

It has been said that G-d gave us two eyes and two ears but only one mouth to learn that we should look and listen more than we talk. One of the most difficult habits to teach ourselves is to think before we speak. The Torah equates impulsiveness to flowing water. Just as water flows quickly so is the behavior of someone who speaks impulsively without thinking. Consider the consequences of your words before making a harmful mistake which might cause damage. "Who is wise? One who sees towards the future." (Talmud)

*Parshas Noach    Genesis 6:9 – 11:32*

As a result of Mankind's evil, G-d brings a flood to destroy every living creature. Only Noah, his family, and at least one pair of every animal species were spared. Trivia question: Do you know the name of Noah's wife? (hint -- it is NOT 'Joan of Ark') When the flood waters begin to recede after a lengthy deluge, Noah sends forth from the ark a raven and dove to determine whether the land has dried sufficiently so that they can leave the ark to once again resettle the earth. G-d promises that He will never again destroy all of Mankind by means of a flood, and He designates the rainbow as a sign for that eternal covenant. Noah plants a vineyard, drinks from its produce and becomes drunk. In his intoxicated state, he shamefully uncovers himself. While his son Ham dealt with his father inappropriately, Noah's other two sons, Shem and Japheth, cover their father in a respectful manner. Generations pass and the world is repopulated. The people attempt to wage war against G-d by building the Tower of Babel. G-d responds by mixing up their languages into a 'babble', and dispersing them across the planet.

*Rabbinic Ruminations*

Smartphones are a near-constant source of distraction in our daily lives. We check them an average of 110 times a day, [according to a 2013 study](#), set them beside our plates at the dinner table, and use them in the almost every public and private setting imaginable. But even when we're not using them, our devices are still a distraction, according to new research.

Researchers from Southern Maine University found that the mere presence of a person's phone can be enough to divert his attention away from more important, complex tasks. The researchers asked student volunteers to participate in two exercises, one simple and one more challenging. In one setting, students were asked to keep their phones on their desks while they worked on tasks. They were told that one of the tasks would ask about the type of phone they used. In the other setting, the phones were kept out of vision. On the simple tasks, both the phone-visible and the phone-away classes performed comparably. But when it came to the complicated tasks, the group without phones on their desks performed significantly better, getting an average of 26 answers correct, while the phone-visible group got 21 correct.

In addition to undermining productivity, phones also undermine quality time with loved ones. A 2014 study, called "[The iPhone effect.](#)" demonstrated how the mere presence of a phone can ruin a conversation. In an experiment with 200 participants, researchers found that simply placing a mobile communication device on the table or having participants hold it in their hand was a detriment to their conversations. Any time the phone was visible, the quality of conversation was rated as less fulfilling when compared to conversations that took place in the absence of mobile devices.

Ethics of the Fathers (1:15) tells us to greet people with a shining countenance. We all need to feel that we matter. This doesn't mean that we should be running for glory and honor, but every human being has a basic and natural desire to be acknowledged as significant. Make the choice to put your phone away when you are with another person, be it having dinner, driving somewhere, watching a movie, or going for a walk. So, when is the best time to use your phone? When you are alone!

### *Quote of the Week*

When you arise in the morning, think of what a precious privilege it is to be alive -- to breathe, to think, to enjoy, to love. -- *Marcus Aurelius* (Roman Emperor, 2nd Century)

### *Joke of the Week*

The doctor has just finished giving the young man a thorough physical examination.

"The best thing for you to do," the M.D. said, "is give up drinking and smoking, get to bed early and quit all your carousing and wild partying."

"Doc, I don't deserve the best," said the patient. "What's next best?"

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

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

<i><b>This Week At a Glance</b></i>	<b>Shabbos Oct. 17</b>	<b>Sunday Oct. 18</b>	<b>Monday Oct. 19</b>	<b>Tuesday Oct. 20</b>	<b>Wed. Oct. 21</b>	<b>Thurs. Oct. 22</b>	<b>Friday Oct. 23</b>	<b>Shabbos Oct. 24</b>
<b>Shacharis</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>	5:45 pm	5:50 pm	5:50 pm	5:50 pm	5:50 pm	5:50 pm	5:50 pm	5:35 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 (10:15 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

#### **BI-MONTHLY at NHBZ**

- JUNIOR CONGREGATION ~ Dates to be announced each month.

#### **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.

#### **NHBZ Signature Events**

- Synaplex Shabbos
- Shabbos Lunch & Learn