



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

Shabbos
Oct. 31, 2015
18 Cheshvan 5776

Torah Portion: Parshas Vayera: Genesis 18:1 – 21:24
Haftorah: 2 Kings 4:1-37

Stone Chumash: pages 78-105
Stone Chumash: pages 1134-1135

Candle Lighting ~ 5:45 p.m. Shabbos Concludes ~ 6:47 p.m.

Our Generous Sponsor This Shabbos . . .

~ Thank You & Mazel Tov to *Rachael Pevnick* for sponsoring this Shabbos Bulletin in honor of her grandson *Andrew Sher* passing the Bar Exam. "He's a Lawyer," Rachael happily announced! Andrew will practice law in New York City. Mazel Tov to Andrew's parents *Debbie Sher* and *Brian Sher*. **Mazel Tov to Andrew!!!**

Shabbat Shalom!

Erev Shabbos, Friday Night, October 30, 2015

- Mincha & Ma'ariv (5:40 pm)

Shabbos, Saturday, October 31, 2015

- **Shachris & Musaf** (9:00 a.m.) ~ *Thank You For Leading Davening*
 - Pesukei D'Zimra: **Howard Sandler**
 - Shacharis: **Menachem Szus**
 - Leyning: **Kenny Bressler**
 - Haftorah: **Brent Waxman**
 - Drasha (Sermon): **Rabbi Ze'ev Smason**
 - Musaf: **David Rubin**
- **Tefillah/Prayer Learners' Service** ~ (9:30 am) Led by **Rabbi Yosef David** in the Rivkin Chapel.
- **KidZone!!!** ~ **Tot Shabbat** ~ (10:00-11:30 am) For all NHBZ Kids & Friends, ages 6 and under, in the Youth Lounge – NHBZ's Lower Level. **Snacks will be served . . . Fun will be had ~ Activities with Plush Toy Torahs, Felt Board Pieces, Books, Puppets and More!!!** Please see details on the attached flyer.
- **Learners' Service** ~ (10:15 am) Led by **Rabbi Ze'ev Smason** in the Rivkin Chapel.
- **Kiddush** ~ (After Musaf)
- **Mincha, Shalosh Seudos, Maariv** ~ (5:25 pm)
- **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!**
- **Tomorrow, November 1st ~ Rabbi Smason Out of Town** ~ Rabbi Smason will be traveling to Palm Springs to celebrate his mother's 80th Birthday!!! He will be leaving early Sunday morning, November 1st, and returning to St. Louis on Tuesday evening, November 3rd. **Happy Special Birthday to Jackie Smason, a Very Lovely and Special Woman!!!**

SIMCHAS!

MAZEL TOV ON YOUR SIMCHAS October 31 to November 6. **Happy Birthday to Jeff Baker, Ethan Belau, Rabbi Aaron Borow, Nanette Holtzman, Jeremiah Mantinband, Alana Minoff, Naama Schupper, and Reuven Tzadok! Anniversaries ~ None This Week!** Show your friends you care ~ send a tribute. Shul: Laura Krueger, 314-991-2100, ext. 3; 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:
"The Smell of Happiness!"*

Please see "A Grand Announcement" after [Beyond Twelve Gates](#)!

Dear Friends,

As you know, Israel continues to face harrowing attacks on its citizens; this time from within. 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 urge you to pray for them, 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. **We ask you to please make your checks payable to The [Rabbi's Charity Fund](#)**; Rabbi Smason will, in turn, forward our total NHBZ contributions to the Koby Mandell Foundation.

Nusach Hari B'nai Zion Israel Committee

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 . . .

NHBZ – UMSL Scholarships ~

Thanks to the generosity of the Feigenbaum-Pepose family, NHBZ will soon be taking applications for its inaugural award(s) of our NHBZ-UMSL scholarships for Spring semester, 2016. Application forms are now available, and **must** be received by the shul office no later than Monday, November 23rd. A description of the Scholarship and an application form are now on our website, www.nhbz.org, under the "Resources" dropdown menu. To be considered for a scholarship award, the applicant must be:

- An undergraduate student in good standing at UMSL who is enrolled for a minimum of 9 credit hours during the Spring 2016 semester;
- The child of a current NHBZ member in good standing who has been a member for a minimum of two (2) years;
- A person of good character who will participate in a meaningful and sustained manner as a member of the UMSL Jewish student body and as part of the NHBZ community.

Preference will be given to freshman and sophomore students; priority will be given to a student who exhibits leadership qualities or potential with respect to the Jewish campus community. Award(s) will be based on academic merit, but consideration may be given to financial need. Depending on the number of recipients, awards will range from \$500-\$1,000 and will be paid directly to the recipient. Recipient must attest that this award does not constitute more than 50 percent of tuition owed after receipt of UMSL financial aid.

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, 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 Committee or Membership Committee. Meetings will be held very soon (dates TBA). Please contact **Linda Carton**, Sisterhood President, at 314-991-5371, or genelin@att.net, and let her know of your interest in joining either committee. Let your good ideas be known!

- **Tomorrow - Sunday, November 1st** ~ For our NHBZ Israel-Bound Travelers! Meeting and Update - 6:30 p.m. in the Feigenbaum-Pepose Learning Center, NHBZ Lower Level. We will discuss logistics, confirm the itinerary, and answer questions about clothing, phones, spending money, etc.
- **Next Shabbos, November 7 ~ Synaplex and Lunch** ~ 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!
- **Sunday, November 8 ~ The Child-Friendly Faith Project (CFFP) Charter Member Discussion Series** ~ Led by NHBZ's **Dr. Solomon Segal**, continues on November 8 and 22, and December 6, 10:00-11:30 a.m., in the Youth Lounge – NHBZ Lower Level.
- **Sunday, November 22** ~ Our *Annual* Shul Meeting AND Election of Officers for 2016 will be held at 11:45 a.m., in the Feigenbaum-Pepose Learning Center, NHBZ Lower Level. (*The NHBZ Board of Directors voted to change the shul's Semi-Annual Meeting to an Annual Meeting to be held with our Election of Officers each November.*)
- **Sunday, November 22 ~ New Sisterhood Event – For WOMEN ONLY** ~ At Wellbridge Athletic Club in Clayton starting at 3:00 p.m. with a "boot camp" exercise class followed by a Wine & Cheese reception. Many Thanks to **Rebecca and Louis Goldman** for generously donating this event! For details, please contact **Linda Carton**, 314-991-5371, or see the attached flyer.
- **Sunday, November 22 ~ All-You-Can-Eat Pizza Buffet (Please Note: ONE WEEK EARLY)** ~ 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.)
- **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 . . .

- **This Sunday, November 1 ~ Rabbi Max Weiman** is undertaking to run a half-marathon (13-miles) to support his organization *Kabbalah Made Easy*, and -- to get in shape! Rabbi Weiman teaches a class at NHBZ each Sunday, between Mincha and Ma'ariv, on the topic, "Mystical Moments." To support Rabbi Weiman's run, go to: https://www.razoo.com/story/Max-S-Run-For-50-Tools-For-Life?referral_code=share and click DONATE; any amount, at any time, will be appreciated.

- **Kashrus Alert** ~ Brands: (Hannaford)/Food Lion; Products: Frozen Pizza: All Varieties, including Thin Cheese; Supreme Cheese; Combo Thin Cheese; Pepperoni Cheese; 3 Meat Cheese; Cheeseburger; Microwave XTRA Cheese; Microwave Extra Pepperoni. Company: Food Lion, Salisbury, NC. Issue: Unauthorized OU. The Orthodox Union does not certify any Food Lion frozen pizza products. In a recent redesign of the packaging, the OU symbol was erroneously included on some of the packaging. Corrective action has been implemented.
- **Monday, November 2, and Sunday, November 8 ~ Sh'ma: Listen ~ Speaker Series** ~ at the Jewish Community Center, 2 Millstone Campus. On Monday, 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. On Sunday, 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.
- **Sunday, November 8** ~ "A Home Imbued With Love: An Open Discussion on Shalom Bayis." Brunch and discussion with Mrs. Suzanne Tatz, 10:30 a.m. at the home of Louise Bortz, 8117 Stanford. RSVP: skowalsky@stlkollel.com.
- **Sunday, November 15 ~ Genetic Testing – DO YOU KNOW WHAT'S IN YOUR GENES?**
~ 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. **This is a cheek swab test (no blood drawn)**. 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 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.
- **Sunday, November 15** ~ Missouri Torah Institute's *Chanukas Habayis* (Campus Inauguration Celebration), Sunday, November 15, 2:00 p.m. --- Hors D'oeuvres and Dessert Reception, Guided Tours, Live Music, Children's program, and more! For details: 636-778-1896.
- **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.
- **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 Hoer, 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.

President's Column by 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 Annual Meeting and Election of Officers on Sunday, November 22, at 11:45 am. Refreshments will be served.



Each November, we hold a Membership meeting to give a 'state of the shul' report. This is an opportunity for you to interact directly with Rabbi Smason, the Shul 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 this 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. All NHBZ members who attend the meeting have the privilege of voting. The newly elected 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 and can also be re-elected, with one third of the Board up for election each year. This year, we have an opportunity to fill two remaining years of an open position. Here is the slate of nominees for next year:

2016 NHBZ Officer Nominees

(1-Year Term through 12/31/2016)

President	Bob Kaiser
Vice President	Richard Woolf
Vice President	Bobby Levine
Vice President	Kenny Bressler
Vice President	Howard Loiterstein
Treasurer	Don Eisenberg
Secretary	Shayna Scribner
Gabbai	Alan Zarkowsky

2016 Board Nominees

(For 3-Year Term through 12/31/2018)

Larry Chervitz
Marcela Morgensztern
Phyllis Silverman
Jay Umansky
(Open)
(2 years remaining of open spot through 12/31/2017)
Dr. Erol Amon

Continuing Board Members

2 Years Remaining (through 12/31/2017)

Lauren Brenner
Marcie Brook
Faye Cohen
Joni Kaiser

Continuing Board Members

1 Year Remaining (through 12/31/2016)

Byron Brownstein
Julie Eisenberg
Michelle Mufson
Fran Reisler
Robin Rickerman

Welcome to Beyond Twelve Gates by Rabbi Ze'ev Smason
Parshas Vayera October 31, 2015

“The Smell of Happiness!”

Idris Martin, and his rescue dog Sheba, were recently enjoying a day of fetch at the beach near their home in Weymouth, England, when the pup happened upon a unique discovery. “Sheba won’t go for balls or sticks, but if you get an empty water bottle, put a little sand and water in it and throw it out, she’ll bring it back every time,” Idris said. “We were walking along the beach and I threw a bottle into the ocean for her, but I saw her grab something else. She couldn’t really get a grip on it to bring it back, so I waded out to my knees in the water and saw that it was a glass bottle with a note in it.” After taking the new treasure home, Idris soon learned just what a remarkable journey the bottle must have had before Sheba finally discovered it in the ocean that day.

According to the message inside, the bottle was tossed into the water 14 months earlier in a coastal town in Bulgaria. To reach the place where Sheba plucked it from the coast in England, the bottle and note had to travel from the Black Sea, clear across the Mediterranean, up into the Atlantic Ocean and across the English Channel before settling on the southern shore of Britain -- a journey of more than 3,500 miles. The note inside the bottle, penned by three young children from Russia who were vacationing in Bulgaria, said "Peace, love, happiness to all", with a version written in both English and Russian. Idris Martin said he's sent an email to the children, per their request, to inform them that their message has been received, and he's eagerly awaiting their reply. "To think about how far it came is truly amazing," said Idris.

Like the experience of a far-traveling bottle, life itself is a journey. The Torah states, *These are the journeys of the Children of Israel, who went forth from the land of Egypt . . .* (Numbers 33:1). However, the verse has an even deeper meaning -- it refers to the journeys through life of every individual. The challenges (or “journeys”) in life are meant to fortify us, and help us realize our potential. Choosing good, not bad; giving priority to long-term pleasure as opposed to short-term pleasure; and reaching our potential as Jews is what our journey is all about.

Parshas Vayeira Genesis 18:1 -- 21:24

The parsha begins with Abraham's incredible display of *chesed* (kindness) to three angels who appear as men. This, despite extreme discomfort from his recent *bris milah* (circumcision). The angels declare that Sarah will give birth to her first child at the age of 90 when Abraham would be 100. Later, Abraham pleads to G-d on behalf of the cities of Sodom and Gemorrah. However, the cities are soon destroyed, but not before the angels save Abraham's nephew Lot and his family from destruction. Later the parsha describes how Sarah is abducted by Avimelech, the king of Gerar, who did not realize she was married. G-d responds by striking him with a plague which prevents him from touching her. Sarah conceives and gives birth to Isaac, and Abraham makes a huge celebration. Sarah sees Ishmael (Abraham's son from Hagar) as a menace to her own son's spiritual well-being, and asks Abraham to expel Ishmael and Hagar. The Torah portion concludes with the akeidah, Abraham's tenth and final test, in which he shows his willingness to comply with G-d's command to bring his beloved son Isaac as an offering.

Rabbinic Ruminations

Can you smell happiness? New research indicates that we produce chemical compounds when we experience happiness that are detectable by others who smell our sweat. Also suggested from the research, appearing in the journal *Psychological Science*, is that we may be able to communicate positive emotions like happiness through the smell of our sweat. To study the phenomenon, researchers had 12 men watch three videos, each clip designed to incite a fearful, happy or neutral emotional state. They gathered underarm sweat samples from the men after each video, and also had them complete a survey which measured their emotional states. The study leaders then distributed the samples to a group made up exclusively of women, because according to the study's authors, women have a greater sensitivity to smell and emotional cues than men do. No surprise there!

When the women smelled samples of "happy sweat," they showed more facial activity related to smiling

compared to when they smelled the other types of sweat, the study found. The researchers noted that when the women were exposed to the happy samples, they also showed "a more global focus in perceptual processing tasks." That means they were able to see the bigger picture of a situation, which aligns with other research that claims positive mood can influence global processing style. "In a way, happiness sweat is somewhat like smiling -- it is infectious," said senior study researcher Gün Semin, a psychological scientist at Utrecht University in the Netherlands.

We are all influenced by the emotional states of the people we interact with. In the presence of cheerful, sincerely kind, upbeat people, we find it easier to become more cheerful and positive. Happiness is contagious. Just as if one person yawns, others will follow suit, so too, if a person smiles, others around him will start smiling as well. Having a happy disposition, a positive spirit, and a pleasant countenance are not only contagious -- but a mitzvah. As King David said, *Serve G-d with gladness; come before His presence with singing.* (Psalm 100:2)

Quote of the Week

Nobody will outwork me. If you and I are getting on a treadmill together, two things, either you're getting off first, or I'm going die. – **Will Smith**, Willard Carroll "Will" Smith, Jr. is an American actor, producer, rapper, and songwriter.

Joke of the Week

Anatolio was the manager of an upscale men's wear store in a wealthy section of town and was interviewing Yankel for a recently advertised salesman role.

Anatolio looked at Yankel's resume and noticed that Yankel never worked in retail before.

Anatolio said to Yankel, "I just looked at your resume and job application. What chutzpah, if you don't mind me saying so! For someone with no retail experience, you are certainly asking for a high salary."

"Well, I suppose I am," Yankel replied, "but you must understand that the work is so much harder when you don't know what you're doing."

A Grand Announcement!

After twenty-five years of extreme dedication and devotion, our Executive Director Sandie Abrams is retiring.

I asked several members of the Executive Committee to form a Hiring Committee. The committee interviewed a number of applicants, and selected Jeff Miller as the best candidate. The entire Executive Committee interviewed Jeff, and decided to recommend him to the Board of Directors. Jeff was introduced to members of the Board at a "Meet and Greet" followed by a question and answer session. Based on their observations and very favorable opinions, the members of the Board of Directors voted to hire Jeff Miller as our new Shul Administrator.

Jeff has many years of experience in managing businesses and Jewish organizations. On top of that, he lives in the neighborhood!

We are very happy to announce that Jeff will begin his new position on Monday, November 16th. Sandie will continue for a while to ensure that we have a smooth transition.

On behalf of the Board of Directors and the entire shul membership, we would like to thank Sandie for all her years of service, and welcome Jeff to our Nusach Hari B'nai Zion family.

Lenny Alper, President

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

<i>This Week At a Glance</i>	Shabbos Oct. 31	Sunday Nov. 1	Monday Nov. 2	Tuesday Nov. 3	Wed. Nov. 4	Thurs. Nov. 5	Friday Nov. 6	Shabbos Nov. 7
Shacharis	9:00 am	8:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	8:30 am
Mincha/Ma'ariv	5:25 pm DST	4:35 pm CST	4:35 pm				4:35 pm	4:20 pm
Ma'ariv Only		<u>CENTRAL STANDARD TIME</u>		6:45 pm	6:45 pm	6:45 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

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.