



# NHBZ Shabbos Bulletin

*Welcome to Nusach Hari B'nai Zion*

Affiliated with Union of Orthodox Congregations of America

*Shabbos*

January 23, 2016

13 Shevat 5776

**Torah Portion:** Beshalach: Exodus: 13:17 – 17:16  
**Haftorah:** Judges 4:4 – 5:31  
**Shabbos Shira** *Candle Lighting ~ 4:53 pm*

**Stone Chumash: pages 366-393**  
**Stone Chumash: pages 1152-1154**  
*Shabbos Concludes ~ 5:57 pm*

## Our Generous Sponsors This Shabbos . . .

~Thank you to **Debbie Sher** for sponsoring cake in honor of the Birthday of her mother, **Rachael Pevnick** and also making Rachael a "**POP STAR**" by sponsoring the soda pop today. Happy Birthday Mom! Love, Debbie  
~ Kiddush Luncheon ~

## Good Shabbos! Welcome to Synaplex Shabbat

**Erev Shabbos, Friday Night, January 22, 2016**

- **Mincha & Ma'ariv** (4:50 pm)

**Shabbos, Saturday, January 23, 2016**

- **Shachris & Musaf** (8:30 am) ~ *Thank You for Leading Davening*

- Pesukei D'Zimra: **Howard Sandler**

- Shacharis: **Menachem Szus**

- Leyning: **Aryeh Needle**

- Haftorah: **Moshe Pinto**

- Drasha: none

- Musaf: **Alan Haber**

- **Tefillah/Prayer Learners' Service** ~ (9:15 am) Led by **Rabbi Yosef David** in the Rivkin Chapel.
- **Junior Congregation** ~ (10:00 am – 12 noon) in the Youth Lounge.
- **Learners' Service** ~ (10:00 am) Led by **Rabbi Ze'ev Smason** in the Rivkin Chapel.

## **Breakout Sessions for Today's Synaplex** ~ (11:15 am)

- **"Five Secrets of Immortality"** (Led by **Rabbi Ze'ev Smason**)
- **"Crisis on Campus: Anti-Israel Activity and anti-Semitic Rhetoric at U.S. Colleges"**  
A panel discussion led by **Richard Wolf** featuring:  
**Chantelle Moghadam** -- Co-Founder and President of Students Supporting Israel at the University of Missouri-Columbia.  
**Daniel Swindell** -- Independent Journalist and graduate of the University of Missouri.
- **"Tu Bishvat - Jewish Trees"** (Led by **Menachem Szus**)
- **Kiddush Lunch to follow services and break-out sessions** (approximately 12:15 pm)
- **Special Shalosh Seudos Event** (4:40 pm)~ **Chantelle Moghadam** will speak about her personal family story, **"Escape from Iran : One Family's Story"** to conclude our Synaplex Shabbat.
- **Bon Appetit** ~ We place a plate of rolls on each table at every Shabbos Luncheon (~ 1.) To enable each person to make or hear *Ha'Motzi* (the blessing on bread) over *Lechem Mishne* (two rolls or loaves of bread), and 2.) To enable each person to eat the minimum amount required when *Ha'Motzi* is made or heard; namely, one roll. **Please be seated while Rabbi Smason says Kiddush and makes HaMotzi**
- **Mincha, Shalosh Seudos, Maariv** ~ (4:40 pm)



**MAZEL TOV ON YOUR SIMCHAS! Happy Birthday to: David Klarfeld, Steven Weiner, Evelyn Marbain, Goldie Hogan, Phyllis Loiterstein, Sally Katz  
Phyllis Sunshine, and Terri Schnitzer! **Anniversaries ~ none****

Show your friends you care ~ send a tribute. Shul: *Jeff Miller* 314-991-2100, ext. 2;  
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.

## SHUL NEWS . . .

- **January 25 ~ Tu B'Shevat**
- **January 30 ~ Tot Shabbat**
- **January 31 ~ Pizza Night ~ 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, January 30, 314-991-2100, ext. 2. Pick up time for carry out pizzas is 4:30-4:45 p.m.)
- **February 7 ~ a new 4 week class begins - *King David's Heart: "The Life of Dovid HaMelech Seen Through Tehillim"*. **Rabbi Ze'ev Smason** will lead a 4-part series exploring the life of King David, as seen through selected Tehillim (Psalms). No prior familiarity with Tehillim or Hebrew required. Classes: **Sunday, February 7, 14, 21, 28 from 10 -11:15 A.M. at NHBZ.****
- **February 14 ~ Sushi Night.** Our first Sushi night was a success! The master Sushi chef, Aaron Edelstein will return with a fantastic variety of sushi. Menu and take-out information coming soon.
- **Rabbi Smason's Pirkei Avos / Ethics of the Fathers class – Live Video!** Available to view from your computer on Wednesday's at 12:15 P.M. CST, if you can't make it to the class at NHBZ! All you need is an internet connection to see a streaming broadcast of this popular class. Visit our website at [www.nhbz.org](http://www.nhbz.org) - click on 'media', then 'online classes', then 'ustream\_graphic'. Or go directly to <http://www.ustream.tv/channel/nhbztest> - When the screen comes on and you're asked what video you want to see - don't select any. Watch the commercial for about 20 seconds or just wait 20 seconds, and the live broadcast of the class should come into view. Enjoy!
- **February Classes - Mashgiach/Kitchen Helper -- Rabbi Smason** will lead a 2-part class series for those interested in being a mashgiach and for kitchen helpers in the NHBZ kitchens, and for NHBZ food events. If you and are Shomer Shabbos and interested in assisting the shul as a mashgiach, please contact Rabbi Smason directly. Also, anyone who has helped or would like to help in the kitchens on Shabbos, Pizza Nights, etc. is also welcome to attend and learn more about our kitchens and the many details of keeping kosher. Class 1, Wednesday, February 10 at 5:30 P.M. Class 2, Wednesday, February 17 at 5:30 P.M. To sign up for the Mashgiach/Kitchen-Helper Classes --please call Rabbi Smason

## In The Community . . .

- **The Jewish Federation of St. Louis' Inclusion Initiative** invites individuals with disabilities and/or their families to participate in an online community survey. This survey will help collect data in order to prioritize the needs of individuals with disabilities and their families in the St. Louis Jewish community. The online survey is available at <https://www.surveymonkey.com/r/InclusionInitiative> and is open through February, 29, 2016
- **February 6th** ~ You are invited to Torah MiTzion Kollel's 13th Anniversary "Bar Mitzvah" Gala to be held on February 6, 2016 at 8:00 pm at the Clayton Commons, featuring the screening of the critically acclaimed, recent Israeli film, "The Little Dictator," and to enjoy light refreshments and dessert bar. Cost per participant is \$90.00 and additional donor categories, which include two gala tickets, are available. For more information call 314-224-9481.
- **July 31 – August 5, 2016 ~ JCC Maccabi Games** ~ JOIN THE TEAM! More than 1,000 volunteers are needed . . . Athletes to compete, Volunteers, Host Families, Sponsors. You can be part of a life-changing program for Jewish teens! Questions? Ready to sign up? Contact Fanchon Auman, Games Director, 442-3420, Sarah Leisten, Assistant Games Director, 442-3254, [maccabistlouis.org](http://maccabistlouis.org), or #maccabistl.
- **A Downtown St. Louis weekday Mincha Minyan** (Monday through Thursday) is forming once again so the Kaddish may be recited. The Minyan will be held at 1015 Locust Street, 10th floor at 2 p.m., although davening times may change depending on availability. Notices will be sent out daily. If you can participate regularly or otherwise, please contact Aaron Lefton at [adlesq@sbcglobal.net](mailto:adlesq@sbcglobal.net) or 917-689-3462
- **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 your non-perishables to our office or, for home pick-up, please call **Sally Needle**, 314-991-2575

***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.**

## *Welcome to Beyond Twelve Gates by Rabbi Ze'ev Smason Parshas Beshalach January 23, 2016*

### *"Fork it over; Watch Your Spoon Buddy"*

The owner of a New Jersey pizzeria dished out his thanks and appreciation -- one slice at a time. During the month of September, DeLorenzo's Pizza in the city of Hamilton offered free meals to local uniformed police officers. Rick DeLorenzo, second-generation owner of the family-owned business, announced the offer in a Facebook post which read, "In response to all the hate and violence being inflicted on law enforcement recently, all uniformed members of the local police force are welcomed to eat at DeLorenzo's for FREE in the month of September!!!! We respect and appreciate all you do." For years, the restaurant has given police and firefighters a 25-percent discount. "I'll see how it goes," Rick said about possibly extending the free offer. "I didn't really figure it out financially. It just came out of my heart."

Store owner DeLorenzo said he had grown tired of hearing about cops being targeted and woke up wanting to do something to counter the hate and violence. "I never experienced anything but good things from the police officers that I've known," he said. "I wanted to do something to change the flow, give them a little positive reinforcement . . . Give them the respect they deserve. They're laying their lives on the line every day. They deserve respect."

Hundreds of thousands of people saw the Facebook post advertising DeLorenzo's free meals. "Police chiefs from all over the country called me," Rick said. "It's important for this country to join together. Remember how we all were after 9/11? Everyone was in it together. Everyone. It's kind of forgotten now. All the hatred going on in this country needs to stop. I just wanted to do a something to reverse the tide. This is one little thing."

A teaching in Ethics of the Fathers states: Pray for the welfare of the government, for if not for its fear, a person would swallow his fellow live." (3:2). Without the authority of law and order and a stable, fair judicial system, chaos will likely occur. Many synagogues recite a prayer for the welfare of the government during Sabbath morning services. Pray for the welfare of the government, and appreciate and respect those who protect and serve.

### *Parshas Beshalach Exodus 13:17 -- 17:16*

As the Jewish people leave the land of Egypt, Pharaoh's heart is once again hardened. The Egyptian army pursues the former slaves, trapping them on the shores of the Red Sea. Moses raises his hand over the sea, miraculously parting the waters and allowing the Jewish people to pass through safely. Pursued by the Egyptians into the sea, Moses once again raises his hand and the waters come crashing down upon Pharaoh's army. Awed by this indisputable miracle, Moses leads the Jewish people in the Shir Shel Yam, a song of praise to G-d acknowledging a debt of gratitude for their remarkable salvation.

After traveling from the Red Sea, and following the miraculous sweetening of the bitter waters at Marah, the Jewish people complain to Moses and Aaron that they have no food to eat. G-d responds by providing a great test of faith; a daily ration of manna that would fall from the sky for forty years every morning, except for Shabbos. Some suggest that the manna was the greatest miracle the Jewish people ever experienced. A constant water source is also given when G-d commands Moses to strike a rock, miraculously causing water to flow from it. The portion concludes with the nation of Amalek's unprovoked sneak attack and the Jewish people's victory.

### *Rabbinic Ruminations*

Think of the last time you ate dessert. Maybe you had a piece of cheesecake -- or two. Or three. Would eating the same food with a spoon instead of a fork lead a person to think of the food as healthier? Or, desire to consume a larger quantity of the food? While you might not think so, a new study published in the Journal of the Association for Consumer Research found that since eating is often a mindless activity, the cutlery a person eats with can unknowingly influence his/her perceptions of the food as well as how much he/she wants to eat. To conduct the study, researchers gave test subjects bite-sized samples of various tempting foods, such as chocolate cake, brownies and JELL-O. Some were given a spoon to eat with. Others were given a fork. The people who used spoons reported thinking what they ate was healthier than it was. They also reported wanting to eat more. The people who ate with forks consumed notably smaller portions.

Why did people eat less using a fork than when using a spoon? The researchers suggested that foods tend to be tasted gradually when eaten with a spoon, leading bites of food to seem smaller than when eaten with a fork. After all, spoons have more surface area than forks; naturally, then, we're inclined to unconsciously eat more with them. Plus, spoons pair perfectly with many fatty desserts such as cake, pie and ice cream. In the wrong hands, a spoon is a sweet disaster "weighting" to happen! Overall, results demonstrate that eating with a fork (vs. a spoon) can influence the number of calories a person estimates food to have as well as the amount of food he/she desires to eat. So next time you mindlessly reach for a piece of cutlery to eat with, remember to choose a fork rather than a spoon. It can help your waistline.

Eight hundred years ago, Maimonides (the Rambam) wrote in Hanhagot Habriyot (The Regimen of Healthcare): "If a person cared for himself the way he cares for his horse, he would avoid many serious illnesses. You won't find a person who gives his horse too much fodder. But he himself eats to excess." The Rambam also wrote: "One should eat only when he is hungry and drink only when he's thirsty. One should not eat until his stomach is full but should rather eat around a quarter less than his fill." Choose your cutlery carefully. Your weight -- and health -- may depend on it.

### *Quote of the Week*

Don't be fooled by the calendar. There are only as many days in the year as you make use of. -- Charles Richards

### **Joke of the Week**

On his way to work one morning, Joe arrives at Penn station a bit early. While he's waiting for his train, he notices a new machine on the platform.

The sign on it says it's a state-of-the-art talking weight machine that knows everything about you. So Joe stands on it, puts in a \$1 bill and the machine says, "You weigh 160 pounds and you are Jewish."

Joe can't believe what he's just heard. So he gets on it again and inserts another \$1 bill. "You weigh 160 pounds, you are Jewish and you're waiting for the 7:35 A.M. train to take you to your job at the bank."

Totally shocked, Joe is determined to see just how much the machine knows about him. He again steps on the machine and puts in another \$1. The machine instantly says, "You're still Jewish and weigh 160 pounds. You're also a shlimazel, you just missed your train."

Wish List: your old flat screen TV

**Sponsor a kiddush for your next simcha**

## **NHBZ TRIBUTES for DECEMBER**

### **IN MEMORY OF**

Claire Umansky – *Bob & Joni Kaiser, Howard Sandler, Dennis Feit, Amy Soutard*  
Laverne Farbstein - *Bob & Joni Kaiser*  
Father of Leo Farer – *Joyce Kabak*  
Chaim Zimbalist – *Howard Sandler*

### **IN HONOR OF:**

Julie Eisenberg for her Woman of Valor Award- *Elise Goldberg, Beverly & Jerry Silverman, Vicki Sussman, Debbie Cohen, Terri & Jeff Schnitzer*  
Ed & Jane Lyss on son's engagement – *Bob & Joni Kaiser*  
Stan & Rhonnie Goldfader for Thanksgiving- *Dr. Dan & Melanie Winograd*  
David Reisler on his birthday – *Bob & Joni Kaiser, Gershon Spetnor*  
Alan & Vivian Zarkowsky NHBZ Annual Dinner Honorees - *Fran Hoffman, Terri & Jeff Schnitzer*  
Alan & Vivian Zarkowsky birth of their grandson- *Mayer Taller, Rabbi & Pearl Borow, Bob & Joni Kaiser,*  
Marion Walters on the birth of her great-grandson- *Bob & Joni Kaiser, Rabbi & Pearl Borow*  
Dr. Craig Berkin on his birthday – *Mayer Taller*  
Gary Sudin on his birthday– *Bernard Morganstern, Mayer Taller*  
Bob Kaiser on his election as Board President – *Rabbi & Pearl Borow, Ellie Kaiser*  
Lou Edelstein on the birth of a great-grandson – *Bob & Joni Kaiser*  
Rabbi Chaim Edelstein on the birth of a grandson- *Bob & Joni Kaiser*

### **A SPEEDY RECOVERY TO:**

Bertha Berman- *Bob & Joni Kaiser*

## **SISTERHOOD TRIBUTES**

### **IN HONOR OF:**

Dror & Dana Shelig on the birth of their new baby – *NHBZ Sisterhood*  
David Rubin on his birthday- *Fabian & Francine Attoun*  
David & Norma Rubin on their anniversary - *Fabian & Francine Attoun, Dr. Elliot & Sally Katz*  
Norma Rubin on her birthday – *Dr. Elliot & Sally Katz*  
Sally Needle on her birthday - *Fabian & Francine Attoun*  
Jay & Peggy Umansky on the birth of their granddaughter – *Gene & Linda Carton*  
Lenny & Fran Alper on their anniversary – *Esther Gelb & Family*  
Eliot & Sally Katz on the birth of their granddaughter – *NHBZ Sisterhood*  
Dr. Ethan & Debby Schuman on the birth of their granddaughter – *NHBZ Sisterhood*

### **A SPEEDY RECOVERY TO**

Bob Abrams - *Fabian & Francine Attoun*

### **IN MEMORY OF:**

Al Katz – *Rachael Pevnick, Morris & Estelle Kram*  
Pearl Glickman – *Linda & Gene Carton*  
Stuart Fiddleman – *Esther Gelb & Family*

## **NHNZ LIBBY NEEDLE FUND**

### **IN HONOR OF:**

Marian Walters for the birth of your great grandson – *Dr. Craig & Jackie Berkin*  
Alan & Vivian Zarkowsky – on the birth of your grandson - *Dr. Craig & Jackie Berkin*

### **IN MEMORY OF:**

Brother of Lou & Shirley Osheroff – *Larry & Shirley Hollander*

## A page devoted to ~ 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.

**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**, **Teree Farbstein**, **Dr. Susan Feigenbaum**, **Mimi Fiszal**, **Rhonnie Goldfader**, **Rebecca Goldman**, **Joyce Hochberg**, **Sandy Kahn**, **Joni Kaiser**, **Sandy Klarfeld**, **Sarah Klein**, **Svetlana Kogan**, **Lori Laird**, **Cindy Looney**, **Phyllis Loiterstein**, **Beverly Magency**, **Marcela Morgensztern**, **Laura Rader**, **Nancy Rush**, **Mimi Sabol**, **Terri Schnitzer**, **Dr. Shayna Scribner**, **Debbie Sher**, **Phyllis Silverman**, **Margo Tzadok**, **Peggy Umansky**, and **Mindy Woolf**. We say the prayers at home. Please call **Julie Eisenberg**, 314-695-5615, or **Jeff Miller**, 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 some dear friends. 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.

**Women's Community Tehillim Group** ~ the group meets at 9:15 a.m. on Sunday mornings, at the home of Jan Adelman, 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.

**NHBZ Chesed Fund donations are used to help families ~ below are a few of the responses from those who have benefited from your kindness. Please give to help others.**

- "We want to thank you for the wonderful gift of food. It's rewarding to have back up friends like you and that you do not forget about us."
- "Thank You for not forgetting about us in our bad times".
- "Thank you so much for the wonderful food you sent us. We really appreciate your kindness. Thank you very much for beautiful and delicious Shabbat Meal in honor of our new baby".

*From Our Families to Yours...ALL NEW*

*New Programs from the NHBZ KidsZone*

Calling ALL Kids (& Friends)!

*Junior Congregation for ALL 7 - 11 year olds!*

Join us this Shabbat *JANUARY 23rd and February 6th and 20th*

- Learn and recite the main Shabbat prayers and tunes
- Review the weekly Torah portion
- Discuss Israel and learn cool facts about the Holy Land
- Hang out with old friends and make new ones!
- Led by **Sammy Chervitz** and **Yonatan Hirschhorn** of Kadimah High School

**Time: 10:00 a.m. - Noon**

## *Tot Shabbat*

**(Age 5 and under, siblings welcome!)**

*Upcoming Dates - JANUARY 30th and FEBRUARY 13th and 27th.*

Parents and Grandparents come with the kids to participate in a fun, interactive, educational Tot Shabbat family service. Learn about Shabbat, Judaism, and how to pray with your children in a way they will appreciate and look forward to! Enjoy our songs, prayers, tiny Torahs, stories, special games and so much more!

Time: 10:00 a.m. - 11:30 am

Where: Both take place in NHBZ Youth Lounge

(NHBZ membership NOT required...All levels of observance welcome!!!)



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

<i>This Week At a Glance</i>	Shabbos Jan. 23	Sunday Jan. 24	Monday Jan. 25	Tuesday Jan. 26	Wed. Jan. 27	Thurs. Jan. 28	Friday Jan. 29	Shabbos Jan. 30
Shacharis	8:30 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	4:40 pm	4:55 pm	4:55 pm				4:55 pm	4:45 pm
Ma'ariv Only				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.
- "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 † TOT SHABBAT ~ 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