



# Shabbos Bulletin

*Welcome to Nusach Hari B'nai Zion*

Affiliated with Union of Orthodox Congregations of America

**February 1, 2020 ~ 6 Shevat 5780**

Parshas Exodus 10:1 -- 13:16

Haftorah: Jeremiah 46: 13-28

**Candle Lighting 5:03 pm**

**Shabbat Ends 6:07 pm**

Chumash pages 340-364

Chumash pages 1151

## **Our Sponsors:**

Thank you to **Mark Ragin** and **Gail Rose** and **Dr. Eliot** and **Sally Katz** for sponsoring the Shabbat bulletin in honor of the yahrzeit of Rose Ragin z'l,

## **Installation Shabbos**

### **Erev Shabbos, January 31**

- **Mincha & Ma'ariv ~ 4:50 pm**

### **Shabbos, February 1**

- **Shabbat Services ~ 9:00 am**
  - Pesukei D'Zimra: **Howard Sandler**
  - Shacharis: **Richard Woolf**
  - Leyning: **Kenny Bressler**
  - Haftorah: **Alan Haber**
  - Drasha: **Rabbi Ze'ev Smason**
  - Musaf: **Menachem Szus**
- **Learners Service with Rabbi Yosef David ~ 9:30 am**
- **Junior Congregation with Richard Woolf / Babysitting ~ 10:00 am**
- **Starting Points with Rabbi Ze'ev Smason ~10:15 am "Life Lessons You Didn't Learn in School"**
- **Kiddush Luncheon, thank you to our board of directors for your donations!**
- **Mincha / Ma'ariv / Shalosh Seudos ~ 4:50 pm**
- **Shabbat ends ~ 6:07pm**

### **This Week and Beyond**

Minyan Times	Shabbos Feb 1	Sun. Feb 2	Mon. Feb 3	Tues. Feb 4	Wed. Feb 5	Thurs. Feb 6	Fri. Feb 7	Shabbos Feb 8
Shachris	9:00 am	8:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	9:00 am
Mincha/Ma'ariv*	4:50 pm	5:05 pm	5:05 pm	6:45 pm*	6:45 pm*	6:45 pm*	5:05 pm	4:55 pm

\* Ma'ariv only

**Happy Birthday to Oren Kadosh, Kerry Klarfeld, Rabbi Ze'ev Smason, Paul Kleiman, Max Amon, Sivya Smason and Jeff Schnitzer**

**Anniversaries- none**

**Shabbat Greeters: Rodney & Victoria John**

# Installation Shabbos ~ February 1, 2020

## ***Shul Officers***

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Vice President	KENNETH BRESSLER
Vice President	NAOMI SHANKER
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## ***Sisterhood Officers***

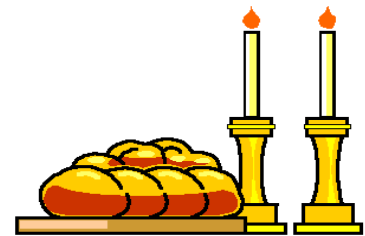
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## ***Sisterhood Board of Directors***

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## ***Shul Trustees***

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MENACHEM SZUS	JAY UMANSKY
ALAN ZARKOWSKY	



- **Tuesday, February 4~ Women of the Torah~2:30 pm ~ Women of the Torah** ~ at the home of Sally Needle (this month only) facilitated by Rabbi Yaakov Berkowitz of the St. Louis Kollel ~ Open to all women.
- **Shabbos, February 8 ~ Tu B'Shevat** ~ A special program of speakers with **Rabbi Shlomo Eisenberg** of the St. Louis Kollel and **Michael E. Wyssession**, *Professor of Earth and Planetary Sciences at Washington University*.
- **Monday, February 10 ~ 7:00 pm ~ Home Discussion Group** at the home of **Howard & Phyllis Loiterstein**. The topic will be "**Kiddush/Challah, Candles (Shabbos and Yom Tov) and The Children's Blessing**" with **Rabbi Smason**. RSVP by February 7<sup>th</sup> to get the address, contact [Jeff@nhbz.org](mailto:Jeff@nhbz.org) or call the office 991-2100 ext. 2.
- **Tuesday, February 11 ~ Board meeting 7:15 pm**
- **Shabbos, February 22 ~ Mitvzah Adventure** program by the Education Committee  
Topic: "Counting your Blessings; Important early davening Prayers" by **Rabbi Smason**
- **Sunday, February 23 ~ PIZZA NIGHT RETURNS** ~ 5:00- 7:00pm ~ Join us for an all-you-can-eat buffet of Kosher pizza, pasta, salad, garlic bread, dessert and a beverage. Plus, a movie for the kids!
- **Friday, February 28 ~ Shabbat Dinner at NHBZ** ~ Our first one of the year before the time change. Make your RSVP early as we have sold out the past 2 dinners. Program to announce soon.

## Parshas Bo

This week's portion begins with the eighth plague that G-d brings upon the Egyptians as the land is covered by locusts, destroying all the remaining crops. After the plague is removed at Pharaoh's behest, he once again refuses to set free the Jewish people, and the ninth plague of darkness encompasses the land. When that plague ends, Pharaoh becomes even more defiant about not freeing the slaves, at which point Moses warns Pharaoh about the upcoming tenth plague, the death of the firstborn. The Torah then interrupts the narrative with the first mitzvah given to the Jewish people as a nation -- the sanctification of Rosh Chodesh (the new month), beginning with the month of Nisan. G-d teaches Moses about the Korban Pesach (Passover offering) and the remainder of the laws of the Passover holiday, which Moses then transmits to the Jewish people.

At midnight of the appointed night the plague strikes, with every non-Jewish first-born dying, including Pharaoh's own son. Pharaoh awakes, running through the streets (presumably while still in his pajamas) to tell Moses that he now consents to send the Jewish people from his country. The children of Israel travel forth in a hurry with the great wealth they have just been given by the Egyptians. The Torah portion concludes with various mitzvos relating to the Exodus.

### ***The Home Discussion Group Returns!***

**When:** February 10, 7:00 pm

**Where:** Home of Howard and Phyllis Loiterstein

**Topic:** "*Kiddush/Challah, Candles (Shabbos and Yom Tov) and The Children's Blessing*" with Rabbi Smason

RSVP and get the address contact [Jeff@nhbz.org](mailto:Jeff@nhbz.org) or call the office 991-2100

## Adult Learning at NHBZ

**Every Monday 7:00 pm ~ "To the Source" with Rabbi Smason.** An ongoing weekly class covering contemporary Torah topics using classic and modern English and Hebrew texts. For Men and Women. **NOTE- No class February 10<sup>th</sup> (due to Home Group) and February 17<sup>th</sup>.**

### **PURIM IS COMING !!!**

***Don't Miss the Purim Seudah  
- it is a mitzvah to attend!***

**Tuesday night, March 10**



**I WANT YOU . . .**

**To come in *costume*  
and/or perform a *Shtick***

#### **Costume Contest Categories:**

**Children / Adults / Families  
or any kind of goofy group**

#### **What's a Shtick?**

**A Skit – Game – Poem – Joke – Music  
to help us all be joyful on Purim  
~ Sign up to perform your Shtick! ~**

**Call Bobby Levine now to schedule  
your Shtick in the Purim Program  
(deadline is Friday, Feb. 28)**

**Email: [rxlevine@charter.net](mailto:rxlevine@charter.net) or  
Phone: 314-602-1796**

**Every Wednesday 12:15 pm ~ Study with Rabbi Smason- Study Pirkei Avos / Ethics of the Fathers.**

**Every Shabbos ~ Starting Points: "Wisdom for Daily Living" with Rabbi Ze'ev Smason ~** A program tailor-made for those, regardless of prior educational or observance level, interested in growing Jewishly. Each freestanding session (at 10:15 am every Shabbos, unless otherwise noted) explores a distinct Jewish concept in practical, understandable terms. Join us to learn, explore, and raise your Jewish soul with the following eye-opening sessions:

*February 1: "Life Lessons You Didn't Learn in School"*

*February 8: "Are You Suffering from 'Hurry-Sickness?' How to Stop and Smell the Roses"*

*February 15: "The 10 Commandments: A Spiritual Guide to Personal Success"*

February 22: "Guilt: Good in Small Doses or Always Toxic?"

February 29: "Get Back on Track: Strategies for Bouncing Back After Slipping-Up"

March 7: "Finding Joy: Is Happiness a Choice?"

March 14: "Haters and Critics: How to Deal with People Who Judge You"

March 21: (No Class from Rabbi Smason)

March 28: To Tell the Truth: Is Honesty Always the Best Policy?"

**Every Shabbos** ~ Tanach (Bible) Study (3/4 hour before Mincha)

**Every Sunday** ~ Mishna Learning (after Shacharis) with Rabbi Chanan Swidler

**Every Monday** ~ 'Amud-of-the Week' with Rabbi Perlman (for men only)

**First Tuesday of each Month** ~ 2:30 pm ~ Women of the Torah ~ at the home of Jackie Berkin facilitated by Rabbi Yaakov Berkowitz of the St. Louis Kollel~ Open to all women

### **Torah Trivia from the Parsha this week:**

**Last week's question:** What were the names of the 2 Hebrew Midwives mentioned in this parsha?

**Answer is:** Hebrew midwives, one who was named Shifrah, and the second, who was named Puah.

**This week's question :** How many plagues are mentioned in this Parsha? Which ones?

### **Attention All Jewish Undergraduate Students!**

Join The Network: Chabad on Campus for a delicious Shabbat dinner on Friday night March 6th at Nusach Hari B'nai Zion! Connect with other Jewish undergraduate students from the St. Louis area, engage in discussing interesting Jewish topics, and enjoy delicious Chinese food. Feel free to invite your friends!

When: Friday, March 6th @ 7pm

Contact Dodi Smason at [dodi@chabadoncampus.org](mailto:dodi@chabadoncampus.org) for more information and/or to RSVP.(FREE of charge for all undergraduate Jewish students.)

### **Cash Cards**

Orders are now being taken through the 15<sup>th</sup> of the month. Use the card for all your shopping needs. The order form is attached to this week's bulletin. You probably will be shopping at Amazon, Dierbergs, CVS, or Walgreens this month, so why not benefit NHBZ as you shop?

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## **Friday Night Shabbat Dinner, February 28, 2020**

- Services begin at 5:30 pm

- Programs TBA

Adults: \$ 18.00 Kids, 4-10: \$ 12.00

Kids, 3 & Under: Free (\$ 72 Maximum per Family) RSVP by

February 23 call 991-2100 ext 2 or Email [jeff@nhbz.org](mailto:jeff@nhbz.org)

*Please consider  
becoming a  
Shabbat dinner  
sponsor for \$25*



## **NHBZ Shul Tributes – Nov. 2019- Jan. 2020**

### **Trib-ute (trib'yoot)**

A gift, payment, declaration, or other acknowledgement of gratitude, respect or admiration.

Make a tribute honor someone's simcha or good health or a loved one's memory.

Call Jeff in the office to make a tribute – 991-2100, ext 2.

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

Brian McCary

Shirley Hollander

Vivian Zarkowsky

#### **MAZEL TOV TO**

Boris & Alla Yasinev on engagement of their son Jonathan

Ed & Helayne Levitt on the birth of a grandson

Shirley & Sam Bluestein on the birth of a great-grandson

Leo Bressler on the birth of a great-granddaughter

Linda & Menachem Szus on the birth of a granddaughter

Don & Julie Eisenberg on the birth of a grandson

Alan & Vivian Zarkowsky on the birth of a grandson

Bob & Joni Kaiser on the birth of a grandson

#### **SENT BY**

Bob & Joni Kaiser  
Jacob & Judy Levin

Jerry & Fran Cohen

Jay & Peggy Umansky

#### **SENT BY**

Amy & Denny Feit, Bob & Joni Kaiser

Howard & Phyllis Loiterstein  
Denny & Amy Feit  
Jay & Peggy Umansky

Bob & Joni Kaiser  
Ed & Helayne Levitt

Bob & Joni Kaiser

Bob & Joni Kaiser  
Ed & Jane Lyss  
Jay & Peggy Umansky  
Ed & Helayne Levitt  
Dr. Daniel & Marcela Morgensztern  
Bob & Sandie Abrams  
Mark Ragin & Gail Rose

Ed & Helayne Levitt  
Brian & Dr. Faye McCary  
Irwin & Arlene Fredman  
Amy & Denny Feit  
Bob & Joni Kaiser  
Dr. Daniel & Marcela Morgensztern

Bob & Sandie Abrams  
Bob & Joni Kaiser  
Jay & Peggy Umansky  
Ed & Helayne Levitt  
Howard & Phyllis Loiterstein  
Dr. Daniel & Marcela Morgensztern  
Ed & Jane Lyss  
Mark Ragin & Gail Rose

Brian & Dr. Faye McCary  
Ed & Helayne Levitt  
Dr. Daniel & Marcela Morgensztern  
Denny & Amy Feit  
Jay & Peggy Umansky

## **NHBZ Shul Tributes – Nov. 2019- Jan. 2020**

Rabbi Ze'ev & Chani Smason on the birth of a grandson

Brian & Dr. Faye McCary  
Irwin & Arlene Fredman  
Amy & Denny Feit  
Bob & Joni Kaiser  
Ed & Helayne Levitt  
Bob & Sandie Abrams

Ed & Jane Lyss on the birth of a grandson

Howard & Phyllis Loiterstein  
Bob & Joni Kaiser

### **HAPPY ANNIVERSARY TO**

Devy & Jerry Goldenberg in honor of their 40th

### **SENT BY**

Bob & Joni Kaiser

### **HAPPY BIRTHDAY TO**

Julie Eisenberg in honor of her 60th

### **SENT BY**

Bob & Joni Kaiser

Kenny Bressler in honor of his 65th

Bob & Joni Kaiser

Dr. Jay Pepose on his birthday

Brian & Dr. Faye McCary  
Jacob & Judy Levin

### **IN HONOR OF**

David Rubin on the 50th anniversary of his Bar Mitzvah

### **SENT BY**

Hesh & Marcia Lyons

The sponsors and volunteers for the Chanukah Party

Amy & Denny Feit

Norma Rubin on becoming a US citizen

Hesh & Marcia Lyons

### **IN MEMORY OF**

Julia Iken

### **SENT BY**

Sam & Shirley Bluestein

Marvin Stein, father of David Stein

Debbie Finland  
Irwin & Arlene Fredman  
Gary Benson  
Amy & Denny Feit  
Dr. Eliot & Sally Katz

Natalie Klamen, mother of Stuart Klamen

Irwin & Arlene Fredman  
Dr. Eliot & Sally Katz  
Gary Benson

Nephew of Stan & Rhonnie Goldfader

Denny & Amy Feit  
Ed & Helayne Levitt

Morris Kram, husband of Estelle Kram

Ed & Helayne Levitt  
David & Norma Rubin  
Dr. Eliot & Sally Katz  
Jerry and Fran Cohen  
Ron & Sandy Segall  
Larry & Shirley Hollander  
Ron & Ina Makovsky

Ed Ziegelman, husband of Judy Ziegelman

Bob & Joni Kaiser  
Ed & Helayne Levitt

Brother in Law of Richard & Michelle Goldstein

Bob & Joni Kaiser



# THE SISTERHOOD SCOOP

## FEBRUARY 1



Volume 3

Number 4

6 Shevat 5780

February 1, 2020

### Welcome to Installation Shabbos!

Mazel Tov to the Sisterhood Officers and Board Members for 2020! There is no better time than **NOW** to get involved in Sisterhood! Do you have an idea for a Sisterhood activity, a class, or a fundraiser? Have you thought about joining one of our standing committees?

- Membership • Education
- Program Planning • Fundraising

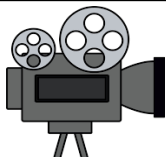
Ongoing activities include: Membership Tea, the Annual Fashion Show, Movie Nights, Book Club, "Balance for Balabustes," Passport to Israel program, and so much more! **Join us!** For more information: call **Teree Farbstein** at 314-753-5035 or [tfarbstein2@gmail.com](mailto:tfarbstein2@gmail.com)

### Next NHBZ Book Club

will meet **Monday, Feb. 24, 7:15-8:45 pm**, at the home of **Sallie Volotzky**. The book will be **"Inheritance: A Memoir of Genealogy, Paternity, and Love"** by **Dani Shapiro**. People Magazine calls it a profound and exquisitely rendered exploration of identity and the true meaning of family. **Linda Shore** will lead the discussion. **All women are welcome!** For more info or to RSVP call **Terri Schnitzer** @ 314-518-4107 or [terrischnitzer@yahoo.com](mailto:terrischnitzer@yahoo.com)

### Next Movie Night SAVE THE DATE

**Wednesday, March 4, 6:00pm**  
at **Mansions on the Plaza**,  
**8300 Delmar** - For more info call **Faith Waxman**  
at 314-852-2527 or [faithegw@gmail.com](mailto:faithegw@gmail.com)



### MARK YOUR CALENDARS

SAVE THE DATE ☆ SAVE THE DATE ☆ SAVE THE DATE

- ☆ Next Sisterhood Board Meeting  
– **Tuesday, February 11, 5:30-7:00PM** at NHBZ
- ☆ Next Book Club book: **"Inheritance"** by **Dani Shapiro**, at the home of **Sallie Volotzky**;  
– **Monday, February 24, 7:15-8:45PM**
- ☆ Sisterhood's **"Movie Night Out"**  
– **Wednesday, March 4, 6:00PM** at Mansions
- ☆ NHBZ's Purim Seudah. Join our **Shtick!**  
– **Tuesday, March 10** at 6:15PM

### Start Again

#### Parshas Bo (Exodus 10:1-13:16)

by Rabbi Eli Scheller ([www.aish.com](http://www.aish.com))



*This month shall be for you the beginning of the months, it shall be for you the first of the months of the year. (Ex. 12:2)*

"Kiddush Hachodesh (the sanctification of the new moon) was the very first commandment given to the Jewish nation as a whole, which suggests that this is a most significant mitzvah. A thousand years later it was one of only three commandments that the Greeks prohibited. The other two were Shabbos and Milah (circumcision). The fact that they saw fit to prohibit Kiddush Hachodesh together with those two commandments certainly implies it is a most central mitzvah, but what exactly is its significance?

"Rosh Chodesh, the start of the new month, symbolizes renewal. Just as the moon disappears at the end of each month but returns and grows to fullness, so too the Jewish nation has the ability to rise up from oblivion and restore itself to past greatness. This essential characteristic of the Jews was first demonstrated in Egypt when the Jewish people had fallen to the 49th level of impurity, one level above spiritual extinction. They renewed themselves to such a degree that only seven weeks later they were able to stand at Mount Sinai, receive the Torah, and experience prophecy! It was this concept of renewal that the Greeks attempted to eliminate by ending the observance of Rosh Chodesh.

"Everyone makes mistakes. The problem is that when a person feels guilty about what he has done wrong and sees himself as a failure, he may give up and lose the strength to keep trying to grow. In order to avoid this, he must recognize that although he has made a mistake he can always get back up, dust himself off and start again [sic]."

### Caring for Ourselves and the Community

brought to you by Sharsheret Supports and Taharath Israel

A look at Jewish values and the implications for women's health and wellness. Discussions will include:

- The Mikvah's Role in a Spiritual and Physical Balance (led by Rebbitzin Chani Smason)
- How to Care for a Family Member/Friend in Need (led by Debby Braunstein and Michelle Mufson)
- How to Be Your Healthiest Healthy; Gatekeeper of Your Personal Health (led by Cyndee Levy and Abigail Hoffman, MD)
- KNOW the Facts, LEARN the Risks, TAKE Action (led by Lynne Kipnis, Ph.D and Suzanne Mahon, Ph.D)

**Wednesday,  
February 19**

7:30 – 9:00pm  
The J in Creve Coeur  
FREE but RSVP requested

For more info:  
[jccstl.com/caring](http://jccstl.com/caring)



SHARSHERET  
The Jewish Breast & Ovarian Cancer Community



טהרת ישראל





# ***Women's Home Study Group***

## **“Women in the Torah”**

**First Tuesday of each Month, 2:30 pm  
at the home of Jackie Berkin**

**facilitated by Rabbi Yaakov Berkowitz  
of the St. Louis Kollel**

- **Open to all women**
- **Each class is self-contained**
- **No background knowledge needed**



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To RSVP, contact **Jeff** at **314-991-2100** or [jeff@nhbz.org](mailto:jeff@nhbz.org).  
We will provide host address & phone number at time of RSVP  
Check the latest NHBZ Shabbos Bulletin for any time changes





*The NHBZ Education Committee*

# **Masks & Megillahs**

*Kids! Get Ready for Purim!*

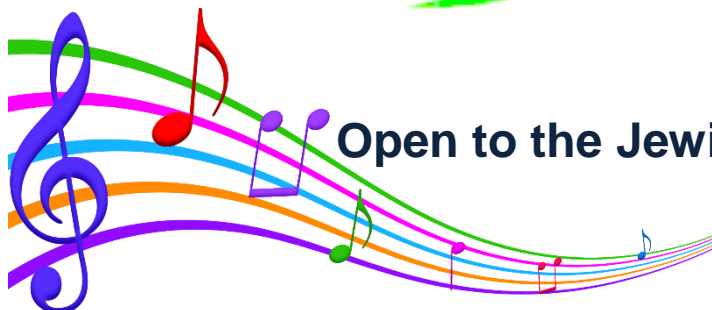
**Sunday, March 8, 2020**

**2:00 – 3:30 p.m.**

**650 North Price Road, Saint Louis, MO 63132**

**A fun filled afternoon for Kids ages 2-10 with  
STORY-TELLING, NOSHING & SINGING.  
Have fun making MASKS, HAMANTASHEN,  
MEGILLAHS & GROGGERS**

***Prize for each child in costume  
Bring a can of food for the Food pantry***



**Open to the Jewish public at no charge**





# ***Pizza Night***

***Sunday, February 23***

***5:00 pm – 7:00 pm***

## **All You Can Eat Buffet**

**Includes Pizza, Pasta, Salad and Garlic Bread  
plus a Dessert and a Beverage**

**Cheese is Cholov Yisroel; pareve & gluten free crusts available while  
supplies last**

**All food under the supervision of Rabbi Ze'ev Smason**

## ***Dine-In Buffet***

***Movies for kids on lower level***

**Adults: \$12.00 ~ Kids 4-10: \$6.00 ~ Kids 3 & under: FREE**

**WE ACCEPT CREDIT CARDS**

## ***Or Carry Out***

**Cheese Pizza \$12 plus \$.75 for each topping**

**Place orders by 10:00 am Sunday: email orders preferred to  
[jeff@nhbz.org](mailto:jeff@nhbz.org) or as a last resort call 314-991-2100, ext. 2**

**Pick up between 4:30 pm - 4:45 pm (pre-paid orders only)**



**Nusach Hari B'nai Zion  
650 North Price Road  
Olivette, MO 63132  
314-991-2100**



# NHBZ CASH CARD ORDER FORM

## WHAT IS SCRIP, AND HOW DOES IT WORK?

**WE NEED  
YOUR HELP!**

- You purchase gift cards from NHBZ at face-value and NHBZ receives a percentage of your purchase from each card as listed below. It's that simple.
- Orders are due on the 15th of each month, and the cards are usually available to pick up in the office within 5 business days.
- Just fill out a form and mail or drop off at the office with your payment. **Fill Out: (All areas in red )** (questions? Call Laura at 991-2100 x:3)

► **YOUR NAME:** \_\_\_\_\_ **PHONE#:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

POPULAR CASH CARDS PURCHASED:	RETAILER	DENOMINATION	% TO NHBZ	QUANTITY	TOTAL
<p>Orders &amp; payments to NHBZ may be made by check or cash only, and <b>MUST</b> accompany your order form.</p> <p>Payments received after the 15th of the month will automatically be placed on the next order date.</p> <p><b>**A complete list of participating businesses can be found at:</b></p> <p><b><a href="http://ShopWithScrip.com">ShopWithScrip.com</a></b></p> <p>If you do not have access to a computer or internet, please contact our office. Please do <b>NOT</b> order directly from the website.</p> <p>Write-in - Other Listed Retailer ►</p>	Amazon.com	\$25.00	2.25%		
		\$100.00	2.25%		
	AMC Theatres	\$25.00	8.0%		
	CVS	\$25.00	6.0%		
		\$100.00	6.0%		
	Dierberg's	\$25.00	2.5%		
		\$100.00	2.5%		
	Home Depot	\$25.00	4.0%		
		\$100.00	4.0%		
	Macy's	\$25.00	10.0%		
		\$100.00	10.0%		
	Starbucks	\$10.00	7.0%		
		\$25.00	7.0%		
	Target	\$25.00	2.5%		
		\$50.00	2.5%		
	Walgreens	\$25.00	5.0%		
		\$100.00	5.0%		
	Walmart/ Sam's Club	\$25.00	2.5%		
		\$100.00	2.5%		

**YOU RECEIVE THE FULL VALUE ON THE CASH CARDS!  
IN ADDITION, NHBZ RECEIVES THE % INDICATED.** ►

**Total Order:**



**NHBZ MEMBERS,  
WE NEED YOUR HELP.**



**shopwithscrip.com**

# FREE MONEY FOR THE SHUL!