

Hi! Welcome to Washington University School of Medicine in St. Louis. St. Louis is home to the second biggest Jewish community in the Midwest. Whether you're from the St. Louis area or from out of town, here is a helpful guide to everything Jewish in St. Louis.

Jewish Groups on Campus

Jewish Medical Student Association

This is us. Our mission is to foster a Jewish community on the medical campus and to connect interested students to Jewish resources. We host Shabbat dinners, holiday events and lunch talks related to Judaism and medicine. For more info, contact Ethan Tobias or Kelly Milman at tobiase@wusm.wustl.edu or milmank@wusm.wustl.edu. Also, join our listserv at DL MSJMSA on outlook.

JGrads

JGrads is a group that brings together Jewish graduate students and young professionals in the St. Louis area. They plan lots of social and holiday events including events like a Purim pub crawl, trivia nights and Pre-Shabbat dinner happy hours. It's a great way to meet Jewish graduate students in other programs and other Jewish twenty-somethings in the St. Louis area. For more info check out their website at <http://www.jgrads.com>, connect with them on Facebook, or email Melissa Zissman at Melissa@jgrads.org

Chabad on Campus

Located near the Danforth campus, Chabad is an organization dedicated to promoting Jewish values and community. Rabbi Hershey Novack, his wife Chana, and their children, open their home to undergraduate and graduate students across St. Louis. Stop by for a Shabbat or Holiday meal – the home cooked food is excellent. For more information, check out their website at www.chabadoncampus.org, or call 314-721-2884. The house is located at 7018 Forsyth Blvd.

St. Louis Hillel at Washington University

Hillel is an organization that supports on-campus Jewish life through student-run programming. The brand new building is located just across the street from the Danforth campus, and they welcome all students to drop in. The staff is very friendly and graduate students can participate in all programs. Their Shabbat and Holiday services are a convenient option for students. For more info check out their website at <http://www.stlouishillel.org>, email Miriam@stlouishillel.org or Jackie@stlouishillel.org. The building is located at 6300 Forsyth Blvd.

Other Jewish Groups in the Community

Next Dor St. Louis

“Located at 5062 Waterman Blvd. in Central West End, our home serves as a catalyst to create a thriving Jewish community for post-college adults. Think of us as your next stop after Hillel. The space is open to individuals, informal groups, and existing organizations.” – From their website at www.nextdorstl.com. For more info, email info@nextdorstl.org

Moishe House St. Louis

“Moishe House STL is a place for young Jews to connect post-college. We are non-denominational and non-sectarian. Whether it be a group of people to share a Shabbat dinner with, a place to meet other young Jews, or simply a crew with whom to check out local events, Moishe House is a community for you.” – From their website at <http://www.moishehouse.org/houses/st-louis>

Young Professional Division of the Jewish Federation

“YPD is for post-college Jewish men and women in their 20s & 30s. YPD works to make and strengthen Jewish connections and create opportunities for young Jews to become involved in the Jewish community and in Jewish Federation.” – From their website at www.ypdstl.org. For more info contact Lee’at Bachar at lbachar@jfedstl.org

Food:

Schnucks – Ladue

8867 Ladue Rd.

Probably the most convenient and well-stocked location for getting kosher food (and good bagels). They have a large selection of fresh kosher meat, frozen foods, and dairy items. Most bakery items are also certified kosher and the challah is delicious. They also have a nice selection of kosher wines. When Passover comes around, they have a multitude of kosher for Passover certified items. They can even cater your Passover Seder. Other Schnucks stores carry kosher products as well but not nearly to the extent at the one in Ladue.

Trader Joe’s Brentwood

48 Brentwood Promenade Court

Trader Joe’s has a wide variety of kosher certified foods including fresh meat. They are only a ten minute drive from the medical school or a short walk from the Richmond Heights and Brentwood Metrolink stops. They also stock a large number of interesting and fresh items at reasonable prices. They sometimes have kosher wines and challah but not as reliably as the Schnucks in Ladue.

Simon Kohn's Restaurant and Deli**10401 Old Olive**www.Kohnskosher.com

Located about twenty minutes away in Creve Coeur, Kohn's deli has a large selection of freshly prepared foods for take-out, sit-in, catering, or delivery service. They also stock a variety of kosher grocery items. They are a great option for Passover shopping and can also cater your seder. For when you're craving that New York style pastrami on rye, stop by Kohn's. It's also worth noting for when you're at a Cardinals game that they run a Glatt kosher stand at Busch Stadium.

Gokul Indian Restaurant**6101 Delmar Blvd.**

Gokul is a kosher vegetarian Indian restaurant in St. Louis. For the menu and more info visit their website at www.gokulrestaurant.com

Ted Drewes**6726 Chippewa or 4224 South Grand**www.teddrewes.com

A local St. Louis favorite, Ted Drewes has a large selection of kosher certified frozen custards, shakes and toppings. It is a great summertime treat and absolutely delicious.

Tutti Frutti**4906 Laclede Ave. or 7708 Delmar Blvd.**

This Frozen Yogurt chain has a number of kosher certified flavors and toppings. It is always a delicious treat and has a location conveniently located in the central west end.

Synagogues in St. Louis:

This is not an exhaustive list but a sampling of some congregations in the area. Contact us for more information.

Reform Congregations:**Central Reform Congregation (The CRC)****5020 Waterman Blvd.**<http://www.centralreform.org/>**Temple Israel****1 Rabbi Alvan D. Rubin Dr. (Ladue @ Spoede Roads)**<http://www.ti-stl.org/>

Orthodox Congregations:

Bais Abraham (Bais Abe)

6910 Delmar Blvd.

<http://www.baisabe.com/>

Young Israel of St. Louis

8101 Delmar Blvd.

<http://youngisrael-stl.org/index.php>

Conservative Congregations

Congregation B'nai Amoona

324 South Mason Rd.

<http://www.bnaiamoona.com/>

Kol Rinah

829 North Hanley Rd.

<http://www.kolrinahstl.org/about-us/>

Eruv:

Some traditions hold that Jews are forbidden from carrying personal belongs on Shabbat and certain Holidays. An Eruv is a ritual marker that delineates an area within a city where Jews are permitted to carry during these times. For a map of the community enclosed within the St. Louis Eruv visit <http://www.stleruv.org/>

Other Resources:

St. Louis Jewish Light

<http://www.stljewishlight.com/>

This weekly newspaper covers the local and national Jewish Community and is a great resource for learning about events in the Jewish community and keeping up to date with all of the news.

Jewish in St. Louis

<http://jewishinstlouis.org/>

A community directory for all things Jewish in St. Louis

The St. Louis JCC

<http://www.jccstl.com/>