



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

April 16, 2022 • 15 Nisan, 5782 • Candle Lighting 7:19 pm • Shabbos Concludes 8:23 pm

SHABBAT SHALOM and PESACH KASHER V'SAMEACH

We thank **Jesse and Debbie Barash** for generously sponsoring today's kiddush.

Prayer

Shabbos and Yom Tov, Friday, April 15

- 7:00 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 7:19 pm Candle Lighting

Shabbos and Yom Tov, Saturday, April 16

- 9:00 am Shachris followed by Musaf
 - Pesukei D'Zimra: **TBA**
 - Shacharis: **Rabbi Avi Okin**
 - Leyning: **Kenny Bressler**
- 9:00 am Haftorah: **Dr. Naftali Kadosh**
- 9:00 am Sermon: **Rabbi Ze'ev Smason**
- 9:00 am Musaf: **Rabbi Avi Okin**
- 7:10 pm Mincha
- 8:23 pm Shabbos concludes
- After 8:24 pm Candle Lighting & Second Seder



Minyan Times April 14 – April 23, 2022 ~ Complete Pesach Schedule on next page~

	Thu Apr 14	Fri Apr 15*	Shabbos Apr 16**	Sun Apr 17	Mon Apr 18	Tues Apr 19	Wed Apr 20	Thu Apr 21	Fri Apr 22^	Shabbos Apr 23^^
Shachris (am)	7:00	7:00	9:00	9:00	6:45	6:45	6:45	6:45	9:00	9:00
Mincha/Ma'ariv (pm)	7:00	7:15	7:10	7:20	7:00	7:00	7:00	7:20	7:20	7:00

*First Seder **Second Seder ^7th Day of Pesach ^^8th Day of Pesach (Yizkor)

Sign Up for Text Reminders

You can receive text reminders of your scheduled minyan times! Email minyan@nhbz.org with your name, cellphone number and carrier, and the days and services (Shachris or Mincha/Ma'ariv) you will be attending our daily minyan.

Shabbos and Yom Tov Mornings Kids' Programs – Special Pesach Schedule

NHBZ offers programs for elementary and middle school students. We meet downstairs, from 10:00 am until Kiddush is served. See you Friday, April 22 and Shabbos April 23. **No program this Shabbos** (April 16); regular program resumes April 30. Good Shabbos and good Yom Tov!

NHBZ Pesach Schedule 2022

Thursday, April 14

Shacharis 7:00 am
Bedikas Chometz (Search) After 8:22 pm

Friday, April 15, Erev Pesach

Shacharis 7:00 am
Siyum for First Born Following Shacharis
Finish Eating Chometz 10:25 am
Biyur Chometz (Burning) by 11:43 am
Bitul Chometz (Annuling) by 11:43 am
Mincha/Maariv 7:15 pm
Candle Lighting Shabbos/Yom Tov 7:19 pm
First Seder after 8:23 pm

Shabbos, April 16, 1st Day of Pesach

Shacharis 9:00 am
Torah Portion Exodus 12:21-51; Chumash 355-361
..... Numbers 28:16-25; Chumash 893
Haftarah **Dr. Naftali Kadosh**
..... Joshua 3:5-7; Joshua 5:2-6:1; Joshua 6:27;
..... Chumash 1221-1222

Sermon by Rabbi Ze'ev Smason

Mincha*/Maariv 7:10 pm
*D'var Torah by Rabbi Avi Okin
Candle Lighting & Second Seder After 8:24 pm

Sunday, April 17, 2nd Day of Pesach

Shacharis 9:00 am
Torah Portion ..Leviticus 22:26-23:44; Chumash 681-691
..... Numbers 28:16-25; Chumash 893
Haftarah **Lenny Alper**
..... Kings II 23:1-9; Kings II 23:21-25; Chumash 1222-1223

Sermon by Rabbi Ze'ev Smason

Mincha* 7:20 pm
*D'var Torah by Rabbi Avi Okin
Maariv/Yom Tov Concludes 8:25 pm

Monday – Thursday, April 18–21 Chol Hamoed

Shacharis 6:45 am
Mincha/Maariv (Mon-Wed) 7:00 pm

Thursday, April 21, Chol Hamoed - Erev Yom Tov

Make Eruv Tavshilin
Mincha/Maariv 7:20 pm
Candle Lighting Erev Yom Tov 7:25 pm

Friday, April 22, 7th Day of Pesach

Shacharis 9:00 am
Torah Portion ... Exodus 13:17-15:26; Chumash 367-383
..... Numbers 28:19-25; Chumash 893
Haftarah **Rabbi Ze'ev Smason**
..... Samuel II 22:1-51; Chumash 1224-1226
Sermon by Rabbi Avi Okin
Mincha/Maariv 7:20 pm
Candle Lighting for Shabbos & Yom Tov.... 7:26 pm

Shabbos, April 23, 8th Day of Pesach (Yizkor)

Shacharis 9:00 am
Torah Portion.....Deut.14:22-16:17;Chumash 1013-1023
..... Numbers 28:19-25; Chumash 893
Haftarah **Meir Armosa**
..... Isaiah 10:32-12:6; Chumash 1226-1227
Sermon by Rabbi Ze'ev Smason
Yizkor 10:30 am
Mincha/Seudat Moshiach/Maariv 7:00 pm
Pesach Concludes 8:35 pm

Important Note: before eating chometz,
you must wait for at least one hour after Pesach concludes, until 9:35 pm, so that the rabbis have time to buy back your chometz & until pesach utensils are put away.



Congregation News

Mazel Tov on Simchas This Week! April 17 – April 23

Happy Birthday

Fran Reisler

April 23



Events

Coming Soon

- Special Pesach Kids' Program (7th and 8th days of Pesach) – Friday, April 22 and Shabbos, April 23, 10:00 am -- All kids welcome!
- Shabbos weekend, April 29 – Second Rabbinical Search Candidate Weekend! Mark your calendars (full details to follow)

On-Going

- Online Classes – See listing on Page 5 (**No classes during Pesach**)
- Every Shabbos – Learners' Service, 9:15 am (downstairs)
- Shabbos Morning Kids' Program – No program on Shabbos, 4/16
- Starting Points, 10:15 am (downstairs)
- "Bitachon: Relying on G-d to Get Through Tough Times", with Rabbi Okin at Shalosh Seudos
- Sunday Mornings, after Shachris – Mishna learning with Rabbi Swidler
- Sunday Nights, 6:00 pm – "The Schmooze" with Rabbi Okin (**Not on 4/17**)
- Mondays, 7:40 pm – St. Louis Kollel Amud-A-Week (after davening)
- Wednesdays, 12:15 pm – Pirkei Avos Class with Rabbi Smason (**Not during Pesach**)
- Thursdays, 7:45 pm – Mishmar Learning with Rabbi Okin

PLEASE NOTE: Rabbi Smason's On-line and Wednesday In-Person classes are **SUSPENDED** during Pesach. They will resume Monday, April 25, 2022. There is no Morning Kids' Program for April 16; there will be Morning Kids' Program on both Friday, April 22 and Shabbos, April 23.

Pesach Kiddushim Sponsorships

If you would like to sponsor (or co-sponsor) a Kiddush during Pesach this year, please contact the Office (314-991-2100, ext. 2 OR email office@nhbz.org). What a lovely way to honor the memory of a loved one, to share in the celebration of Pesach and to support our community. Happy Pesach!



Memorial Plaques

In conjunction with Pesach and the first Yizkor service of the calendar year, NHBZ offers a special opportunity to memorialize family members and friends. Our handsome brass memorial plaques normally cost \$360.00 each. This year, through July 16, two memorial plaques will be available for \$600 – you save \$120. Ordering soon will enable us to have your plaques mounted on our Memorial Boards (in the Pepose-Feigenbaum Multipurpose Room) no later than Yom Kippur of this year. Please contact the Office by phone (314) 991-2100, ext. 2 or email office@nhbz.org to place your order. May the memory of good people bless our days.

In the Community

- **HF Epstein Hebrew Academy's Annual Literary Magazine**, Machshava, is looking for YOU! Any student (pre-school through 12th Grade) may submit artwork, poems or short stories (up to 500 words). **Deadline for entries is April 29.** Please see flyer for details.
- **JSU Meat-Up, Sunday, May 8**
Join us at the World's Fair Pavilion in Forest Park, supporting Jewish engagement. Finest Kosher smoked meats from Romanian, BBQ , Sushi, Live Music and More! Special Mothers' Day gift bags for all in attendance. See flyer for details and save the date!

Youth Programming

- **Special Yom Tov & Shabbos Morning Kids' Program**,
Friday, April 22 and Shabbos, April 23
NHBZ offers special Pesach programs for elementary and middle school students. Programs offered from 10:00 am until Kiddush is served. All program content will be personally designed and coordinated by Rabbi Okin. Families do NOT need to be members of NHBZ to participate. Please contact Rabbi Okin at aviokin@nhbz.org with any questions.
- **The Schmooze Sunday Nights – No "Schmooze" April 17**

Join kids from around St. Louis, 4th grade and up, at NHBZ at 6:00 pm on Sunday nights for a discussion-based Torah learning session with Rabbi Okin.



Learning at NHBZ

- **NHBZ Mishmar**
Join Rabbi Okin and young men from all over St. Louis for Mishmar, an evening gathering of Torah and Camaraderie on Thursday Nights from 7:00pm – 7:30pm. ***We will meet in the back of the NHBZ sanctuary*** with a text-based and interactive learning session. If you are interested, please contact Rabbi Okin at aviokin@nhbz.org.
- **Rabbi Smason's Starting Points**
Join Rabbi Smason for a 45-minute presentation/discussion of relevant, contemporary topics every Shabbos at 10:15 am in the Feigenbaum-Pepose Multi-Purpose Room.
Upcoming topics:
April 16 What Does Freedom Mean to You?
April 23 No Starting Points (Yizkor)
- **Rabbi Smason's Wednesday In-Person Class Service**
Same place and time, same health and safety protocols.
- **Rabbi David's Learners' Service – Resumes April 30, 2022**
Every Shabbos at 9:15 am. Just starting out? No worries. Rabbi David teaches the basics of Shabbos prayers.



Learning at NHBZ (con't)

● Rabbi Smason's Shabbos Shoutout

The complete list of Shabbos Shoutouts, with most recent listed first, can be found at https://www.youtube.com/playlist?list=PLI_MFI0zsmKIImpR3KpHROrHDWIDNbgsN

● Rabbi Okin's Torah Thoughts

The complete list of Torah Thoughts, with most recent listed first, can be found at: https://www.youtube.com/playlist?list=PLI_MFI0zsmKJG-HuXMG1Ej2aUImgQHkJ-

THE FOUR QUESTIONS

The Four Questions will return next week.
Glad to know you looked for it! 😊
Have you thought about how YOU will
answer the questions when it is your turn?



Happy Pesach!



NHBZ Online Classes

Rabbi Ze'ev Smason will keep you connected during this challenging time. The classes listed below are easy to join and you can drop in on one without having previously attended. All classes are offered through Zoom video conferencing on your computer or smart phone (you do not need to download the Zoom application to see the class) AND through audio only on your telephone.

Instructions to Attend Classes

For audio through your telephone, connect in one of two ways:

1. *Preferred option* - Call 312-626-6799 which connects you to the ZOOM audio number and will enable you to participate fully, except for the video. Toll Free.
2. Or call 314-325-8791 for our old audio connection. We encourage you to use the *preferred option* since this way might become unavailable soon.

For Zoom video, each class has a Zoom link shown underlined in blue below. Click or tap on the link or copy and paste the link into your browser to join the class.

List of Rabbi Ze'ev Smason's Zoom Classes

1. Weekdays, 8:15 am (Sun 9:15 am) ~ New topic "Tehillim Tips: Insights Into Our Prayers". Sessions are approximately 30 minutes.
Zoom video link: <https://zoom.us/j/99013706617>
2. Monday thru Friday, 3:00 pm - 3:30 pm ~ "King Solomon: His Wisdom, Wealth and Wives".
Zoom video link: <https://zoom.us/j/136785930>
3. Fridays, 8:15 am ~ Discussion of the "Haftorah of the Week"
Zoom video link: <https://zoom.us/j/99013706617>



THE SISTERHOOD SCOOP

Pesach is here!

APRIL 16

Happy Passover

Volume 5

Number 15

15 Nisan 5782

April 16, 2022

A Passover Message

Passover, celebrating the greatest series of miracles ever experienced in history, is a time to reach above nature to the miraculous. But how are miracles achieved? Let's take our cue from the matzah. Flat and unflavored, it embodies humility. Through ridding ourselves of inflated egos, we are able to tap into the miraculous well of divine energy we all have within our souls.

— excerpted from www.Chabad.org

Sisterhood Wishes You a Kosher & Joyous Passover!

Q: What do you call someone who derives pleasure from the bread of affliction? **A: A matzochist.**

Q: What's your favorite Passover film?
A: Shawshankbone Redemption

Q: How is a good sermon like a piece of matza?
A: They both should take less than 18 minutes!



*"There is a fundamental difference between living **with** the past and living **in** the past. Judaism is a religion of memory. We remember the exodus annually, even daily. But we do so for the sake of the **future**, not the past."*

— Rabbi Lord Jonathan Sacks^{ztl}

Sisterhood Book Club News!

The next meeting of the NHBZ Sisterhood Book Club will be **Monday, May 23, 7:15-8:45 PM** at the home of Linda Shore. The book is: ***The Last Rose of Shanghai: A Novel***, by Weina Dai Randel. A National Jewish Book Awards Finalist, *The Last Rose of Shanghai* is a powerful story of the relationship between a Shanghai heiress and a Jewish refugee, set against the backdrop of a nightclub in China on the eve of the Second World War.

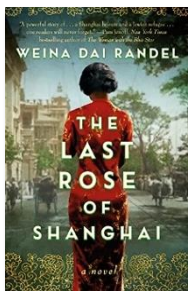
For more information or to join, contact Fran Alper at 314-993-4024 or email fran.alper@outlook.com or sisterhood@nhbz.org.

The Book Club meets on the **fourth Monday of odd-numbered** months at 7:15-8:45 PM.

Make a note of the remaining dates for **2022**:

May 23, July 25, Sept. 19, Nov. 28

We welcome you to join us!



Understanding the Sandwich

When the Holy Temple stood in Jerusalem, the highlight of the Passover celebration was eating the Passover sandwich, which consisted of matzah, the meat of the Paschal offering, and bitter herbs. Once the Temple was destroyed and we were no longer able to offer the Paschal lamb, there was no biblical obligation to eat a sandwich. Instead, we eat a portion of biblically mandated matzah after which we eat the rabbinically mandated bitter herbs, followed by a sandwich of matzah and bitter herbs to commemorate the Passover sandwich of Temple times. Before we bite into the sandwich, we say: "Thus did Hillel do at the time of the Holy Temple: He would combine Passover (lamb), matzah and maror and eat them together, as it said: 'They shall eat it with matzah and bitter herbs.'"

In our lives, we each have "matzah moments," moments in which we experience the blessings of life. Moments when we feel truly free and liberated. We also have "bitter herb" moments, moments in which we feel the bitterness of challenges and difficulty. The bitter herbs are part of life. Every person experiences some measure of hardship and challenge. The "free" person is one who is not enslaved by life's difficult challenges, but rather grows from them. The bitter experiences of life, when approached with faith and courage, can bring out the greatest potential of the human being.

Yet, initially, the matzah and the bitter herbs are eaten separately. Because in the moment of pain, we often don't see any redeeming factor. In the moment of challenge, all we see is difficulty. Only after the fact, once we overcome the challenge, once we attain freedom, can we look back and view the past suffering as a step toward freeing our deepest spirit. From our perspective, the pain and the freedom cannot mix. We therefore eat the matzah and the bitter herbs separately.... And then we make a sandwich. We remind ourselves that there was a time, when the Holy Temple stood in Jerusalem, when spirituality was easily accessible. Then a person like Hillel could combine the matzah and the bitter herbs, the suffering with the salvation. At the very moment that he was experiencing the challenge, he could feel that his challenge was part of a sandwich. His challenge was an integral part of the free person he would become.

The Jew living in spiritual exile may not be able to feel that the challenges in his life are part of a bigger story of freedom. However, he can and should remember Hillel's perspective. Eating the sandwich will remind him that the bitterness of life is the catalyst for redemption.—Rabbi Menachem Feldman, Chabad

SAVE THE DATE

May 8th

2nd ANNUAL



MEAT ★ UP ★

Special
Mother's
Day
Gift Bag

RSVP TODAY - Last Year's Event Sold Out!

**Event Chairpersons: Moshe & Chavi Andrew
Daniel & Chaya Manne**

**Committee: Tammy Friedman, Joey Mufson, Becca Near
Batya Zidel**



Sunday, May 8th
5:30 PM - 8:30PM



World's Fair Pavilion
at Forest park



\$136 per person
(\$150 after April 30th)



RSVP at jsustl.org/MeatUp

*For sponsorship opportunities or more
information contact Alana Umansky Minoff @
(314) 303-0861 or info@jsustl.org*





TRANSFORM THE JEWISH FUTURE WITH THESE SPONSORSHIP OPPORTUNITIES

\$5,400 SPONSORSHIP

Send a teen to Israel for a
GAP Year of Torah Study

8 Tickets to Event
Premier Romanian Meat Basket
Gift bag value \$1,500

Studying in Israel let me reach levels in my Jewish growth that I didn't even know were possible. Without JSU, I wouldn't have known about these opportunities or had the courage to take this path."

\$1,800 SPONSORSHIP

Sponsor JSU Clubs, Programming and
Pizza for a Month

4 Tickets to Event
Super Romanian Meat Basket
Gift bag value \$750

"JSU introduced me to a new love of Judaism and of Israel. It gave me a support system in high school as well as in my gap year."

\$720 SPONSORSHIP

Send a JSUer on a
Leadership Retreat
2 Tickets to Event
Romanian Meat Basket
Gift bag value \$360

"Joining over 200 teen leaders at the JSU president's Conference gave me the tools and courage I needed to engage and impact my peers."

\$3,600 SPONSORSHIP

Send a teen to Israel on a
JSU Summer Program

6 Tickets to Event
Deluxe Romanian Meat Basket
Gift bag value \$1,000

"This summer was the most amazing and inspirational experience I have ever had. I have connected deeper with my Jewish identity and myself"

\$1,250 SPONSORSHIP

Send a Teen on a
JSU Relief Mission

2 Tickets to Event
Special Romanian Meat Basket
Gift bag value \$500

"The Relief Mission to Puerto Rico taught me the true meaning of chessed and Tikun Olam."

Event Chairpersons:

Moshe & Chavi Andrew
Daniel & Chaya Manne

Committee: Tammy Friedman, Joey Mufson
Becca Near, Batya Zidel

For questions and more information
please contact Alana Minoff @
(314) 303-0861 or info@jsustl.org

