

Shabbos and Yom Tov Edition



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion
Affiliated with Union of Orthodox Congregations of America

Shabbos - October 1, 2022 • 6 Tishrei 5783

Candle Lighting 6:27 pm • Shabbos Concludes 7:30 pm

Parshas Vayelech
Haftarah

Deuteronomy 31:1 – 31:30
Hosea 14:2 – 10, Micha 7:18 – 20

Stone Chumash pp. 1094 – 1099
Stone Chumash pp. 1204 – 1205

We thank our generous sponsors

- **Alan & Marcie Brook** for this week's Weekly News in honor of their 25th wedding anniversary.

Prayer

Erev Shabbos, Friday, September 30

- 6:20 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 6:27 pm Candle Lighting

Shabbos, Saturday, October 1

- 9:00 am Shachris followed by Musaf
Pesukei D'Zimra: **Howard Sandler** Haftarah: **Meir Armosa**
Shacharis: **Mateo John** Sermon: **Rabbi Chaim Bogopulsky**
Leyning: **Stuart Klamen** Musaf: **TBA**
- 6:10 pm Mincha, Shalosh Seudos, Ma'ariv
- 7:30 pm Shabbos concludes



Minyan Times September 29 – October 8, 2022

	Thu Sep 29	Fri Sep 30	Shabbos Oct 1	Sun Oct 2	Mon Oct 3	Tues Oct 4*	Wed Oct 5**	Thur Oct 6	Fri Oct 7	Shabbos Oct 8
Shachris (am)	7:00	7:00	9:00	8:00	7:00	7:00	8:30	7:00	7:00	9:00
Mincha/Ma'ariv (pm)	6:25	6:20	6:10	6:15	6:15	-	-	6:15	6:10	6:00
Mincha only (pm)	-	-	-	-	-	1:30	4:30	-	-	-
Ma'ariv only (pm)	-	-	-	-	-	6:25	7:10	-	-	-

* Oct. 4: Erev Yom Kippur – Fast begins 6:35 pm

** Oct 5: Yom Kippur

Yom Kippur – Annual Canned Food Drive – Tuesday, October 4

As in the past, we're conducting a food drive for the Jewish Food Pantry. Please bring your non-perishable, canned or boxed food items to the lobby when you arrive for Kol Nidre on October 4.

We ask everyone to bring an amount of food that would be **at least** equal to the amount you would eat during the time of the Yom Kippur fast.

Erev Yom Kippur • October 4, 2022 • 9 Tishrei 5783

Candle lighting at home before 6:21 pm (No candle lighting at NHBZ)
Fast begins at 6:35 pm

Erev Yom Kippur, Tuesday, October 4

- 1:30 pm Mincha
- 6:21 pm or earlier Candle lighting (at home)
- 6:20 pm Take out Torahs
- 6:25 pm Kol Nidre – **Elie Needle**
- 9:00 pm Ma'ariv Concludes

Yom Kippur • October 5, 2022 • 10 Tishrei 5783

Fast Concludes after Shofar is Sounded

Torah Portion	Leviticus 16:1–17	Machzor pp. 202	Stone Chumash pp. 636-645
Maftir	Numbers 29:7–11	Machzor p. 206	Stone Chumash pp. 894-895
Haftorah	Isaiah 57:14–58:14	Machzor pp. 207-208	Stone Chumash pp. 1237-1238

Yom Kippur, Wednesday, October 5

- 8:30 am Shachris

Pesukei D'Zimra: **TBD**

Shacharis: **Rabbi Yonason Goldson**

Leyning: **Elie Needle**

Haftorah: **Kenny Bressler**

Sermon: **Rabbi Chaim Bogopulsky**

Musaf: **Elie Needle**

Neila: **Elie Needle**

- | | | | |
|------------|-----------------------------|----------------|----------------|
| ● 10:00 am | Learners' Service | ● 5:50 pm | Neila |
| ● 10:00 am | Children's Service | ● 7:10 pm | Ma'ariv |
| ● 11:15 am | Drasha | ● 7:23 pm | Havdalah |
| ● 11:45 am | Yizkor | ● 7:25 pm | Shofar sounded |
| ● 12:30 pm | Musaf | ● After Shofar | Fast concludes |
| ● 4:30 pm | Mincha Rabbi Goldson | | |

A VERY SPECIAL THANK YOU

Lenny Alper almost single-handedly orchestrated the set-up (and change over!) of the Sanctuary and Social Hall for the High Holidays. Thank you so very much, Lenny, for all the time, effort and assistance you provide the synagogue, week in and week out! You are an NHBZ All-Star!

Congregation News

Mazel Tov on Simchas This Week! October 2 – October 8, 2022

Happy Birthday

Ellen Berg	October 2
Hannah Amalya Bialecki	October 2
Robert Abrams	October 3
Leib Smason	October 3
Dr. Susan Feigenbaum	October 5
Sallie Volotzky	October 8



Belated Happy Birthday to Sharon Summers Sept 20

Happy Anniversary

Marvin & Sandy Greenberg October 7

Happy Anniversary!

Events

Coming Soon

- Sunday, October 2, 9:30 am – Sukkah Raising at NHBZ
- Sunday, October 2, 7:30 pm – “I Said I’m Sorry...Can I Eat Now?” Rabbi Feigenbaum’s class to prepare you for Yom Kippur (see below)
- Wednesday, October 12 – Scotch, Cigars & Learning (Men Only)
- Thursday, October 13 – Sisterhood Happy Hour in the Sukkah (Women only) 4:30 pm – 6:30 pm
- Sunday, October 30, 5-7 pm – Lion’s Den All-You-Can-Eat PIZZA NIGHT

On-Going

- Every Shabbos, 9:15 am – Learners' Service with Rabbi David – **On Hiatus**
- Shabbos Morning, 10:15 – “Soul Building” with Rabbi David
- Sunday Mornings, after Shachris – 10/1/22 Topic – “The Hardest Fight to Train For: Going Up Against Yourself”
- Mondays, 7:40 pm – Mishna learning with Rabbi Swidler
- St. Louis Kollel Amud-A-Week (after davening)

A class to help you prepare for Yom Kippur!

I SAID I'M SORRY . . . CAN I EAT NOW?

HOW TO TURN YOUR YOM KIPPUR INTO A SPIRITUAL EXPERIENCE



Sunday, October 2
7:30 pm at NHBZ

Presented by

Rabbi Avi Feigenbaum

Executive Director of Esther Miller Bais Yaakov High School



Tributes for the month of September, 2022

Trib-ute (trib'yoot)

A gift, payment, declaration, or other acknowledgement of gratitude, respect or admiration. Make a tribute in honor of someone's simcha or good health, or in memory of a loved one

*Call the office at 991-2100 ext 2, or email to office@nhbz.org to make a tribute.
Tributes are listed monthly in the Shabbos bulletin.*

IN MEMORY OF

David Warren
Natalie Ginsberg
Abert Goodman

IN HONOR OF

Rabbi Smason's Tenure and
Rabbi Bogopulsky's Installation

Rabbi & Chani Smason
New Grandchild of Mr. & Mrs. Larry Satz
Jerry & Gail Tullman's Anniversary

Zev Rosenberg
Menachem Szus
Alan & Vivian Zarkowsky
Kenny Bressler
Dr. Joseph & Esther Levay's Wedding
Louis & Rebecca Goldman's Anniversary
Dr. Michael & Charlene Kass's Anniversary

Bob Kaiser

Kerry & Sandy Klarfeld's New Granddaughter Noa

SENT BY

Lenny & Fran, Caryn and Joanna Alper
Dr. Craig & Jackie Berkin
Irwin & Arlene Fredman

SENT BY

Rabbi Avi Okin & Family

Dr. Michael & Charlene Kass
Esther Gelb
Harold & Ellen Rosen
Feigenbaum/Pepose Family
Lenny & Fran, Caryn and Joanna Alper
Lenny & Fran Alper
Lenny & Fran, Caryn and Joanna Alper
Lenny & Fran, Caryn and Joanna Alper
Dr. Erol & Sally Amon and Family
Feigenbaum/Pepose Family
Feigenbaum/Pepose Family
Mimi Fiszal
Dan Winograd

Ed & Helayne Levitt

High Holiday Parking

Parking will be available on the Logos School Parking Lot. Please park ONLY in the first row of spaces closest to the synagogue. No one will be there to guide you, so please use the handrails and watch your step. Thank you to Logos School!!!!



NHBZ – Yom Kippur Appeal – 2022 – 5783



Dear Members and Friends,

First, I extend my family's greetings to you and your family for a Happy and Sweet New Year.

This past year brought a lot of changes to Nusach Hari Bnai Zion. We saw Rabbi Avi Okin move on to another path. We saw Rabbi Ze'ev Smason transition from his primary role as Rabbi of our shul. We went through great measures to search for, consider, and elect a new Rabbi – Rabbi Chaim Bogopulsky. All of this within a 12-month period. To say things have been a bit tumultuous is an understatement! We made

daily, painstaking decisions, always with the best interest of the shul at heart.

Our professional staff, Synagogue Administrator Nancy Stenn and Bookkeeper Hindy Anton, attended to the daily operations, while we maintained the halachic standards of our synagogue, and we kept our services running safely and responsibly. This requires security each Shabbos, and at every event – an added expense in the unfortunate reality of today's world where antisemitism is on the rise.

On the plus side, although Covid has not quite disappeared altogether, we returned to some semblance of normalcy during this past year. We had great attendance at Rosh Hashana services, and we ramped up programming geared towards learning, socializing, and bonding. We saw some old members returning once Covid restrictions lifted, and we saw new members joining.

The purpose of this letter is to reach out to each one of you, with a request that you provide your synagogue with the necessary financial resources to continue our existing programming, and to launch new programming. The goal is maintaining a strong, vibrant congregation.

Nusach Hari B'nai Zion, founded in 1905, has existed for over 100 years, and with your continued support, we will exist for another 100 years. Towards that end, we plan to accelerate our youth programming and young adults programming, because it is ultimately the young people who represent the long-term future of our shul.

All of the above is only possible with your generous donations to your synagogue. I reach out to you to join me in fulfilling the mitzva of Tzedakah during this 10 days of Repentance. Repentance, Prayer, and Charity are the stalwarts of Rosh Hashana and the 10 Days. Please donate generously so that we can continue with our missions of in-reach and out-reach.

Contributions may be made by mailing a check, calling the office with your credit card, or making payment through PayPal (please be sure to note "For 2022 Yom Kippur Appeal" on the transaction). Please also consider dedications to have friends and relatives recognized in the process.

There are other ways to give as well, including charitable gifts from your IRA (if over 72), and stock donations. Your personal tax advisor can offer useful details and suggestions.

Thank you for your continued support.

Kenneth Bressler, Shul President



New Year Greetings

5783 ~ 2022/23

The NHBZ Sisterhood thanks the following for participating in this year's New Year Greeting campaign to wish everyone in our NHBZ family Good Health, Happiness, Prosperity in the New Year...and a good Final Sealing!

Gemar Chatimah Tovah

Caryn Alper
Joanna Alper
Lenny & Fran Alper
Debbie & Jesse Barash
Craig & Jackie Berkin
Sam & Shirley Bluestein
Helen Bolt & Family
Kenny & Barb Bressler
Alan, Marcie, Nathan,
and Eliana Brook
Frances S. Cohen
Teree Farbstein
Amy & Denny Feit and Family
Mimi Fiszal
Meira Ganel
Rhonnie & Stanley Goldfader
Sandy & Marvin Greenberg
Joni & Bob Kaiser

Michael & Charlene Kass
Sally & Eliot Katz
Judith Levin
Ron & Ina Makovsky
Faye Cohen McCary
Dr. Daniel & Marcela
Morgensztern & Family
Sally Needle
Ruth Alper Novack & Family
Rachael Pevnick & Family
Steve & Myra Radinsky
Harold & Ellen Rosen
Libby Sorkin Routman & Family
The Belau-Rush Bunch
Debbie & Brian Sher and Family
Jerry & Gail Tullman
Stella & Leonid Vladimirov
Bruce & Faith Waxman

Help us meet our New Year Greeting fundraising goal for this year.

All proceeds support NHBZ's Passport to Israel Program.

There is still time to add your name to the list. Please be generous.

Call the Office @ 991-2100, ext.3 Email: sisterhood@nhbz.org Support our NHBZ Sisterhood

9.29.22.v5

Parshas Vayishlach

More than any other Patriarch, Yaakov Avinu is blessed with detailed coverage of his life in the Torah. From his prenatal condition, through his adolescence and into young manhood, he is forced to struggle with his contentious brother Eisav. He survives by his wit. Heeding his mother's counsel, Yaakov contends for Yitzchak's blessing, an act that brings forth the savage rage of Eisav. Yaakov flees for his life. He seeks refuge and finds a bride in the home of his uncle, Lavan, in Syria.

Some twenty years later, after working for many years as an indentured servant to Lavan, Yaakov concludes a "final agreement on boundaries" and a "peace process" with his uncle. Yaakov, perhaps flushed with success, begins his inevitable journey home to his father, Yitzchak. He sends a diplomatically-couched message to his brother. "I'm coming home." Traditional gifts are sent in the age-old Middle Eastern tradition but to no avail – Eisav and his army of four hundred are approaching.

Yaakov's game plan, as described in the Midrash, comprises three steps: gifts to Eisav, prayer to G-d, and, preparation for war. Yaakov is still a reluctant warrior. Reviewing his strategy, Yaakov's mindset is defensive. He divides his camp in half to allow at least some of his family to escape in the event of a tragedy. As for his prayer, Yaakov's moving plea seems not to receive an immediate response from the Almighty. Yet an amazing providential event follows. Yaakov's family fords the Yabok river and in the night, Yaakov remains alone on the other bank. He faces a mighty struggle through the night with physical, spiritual & psychological ramifications.

The Rambam describes the encounter with Eisav's angel as a pre-confrontation prophecy. This was the moment of truth that Yaakov avoided for over twenty years. It resulted in the emergence of a new personality – that of a willing contender, rather than that of a committed dodger. The angel's blessing of Yaakov's new name, Yisrael, represents a spiritual metamorphosis, a new emergence of his personality, and a realignment of his psycho-genetic essence. When he ultimately does confront his older brother, Eisav embraces him. What brought about this gesture? Obviously, Eisav's four hundred men were not meant to be an honor guard. For a committed anti-Semite to embrace a Jew requires a psychological investigation. Permit me then to suggest the following: psychological aggressive transference may occur when the subject is confronted with trauma.

Over the passage of twenty years, Eisav obviously harbored an image of his brother that fueled his hatred and nurtured the emerging ideology of prejudice which became a foundation stone in his personality. Yaakov became bigger than life itself. Eisav viewed him as the villain, the robber of his birthright, the conniving socio-religious climber who would manipulate a blind father into bestowing blessings upon him. Eisav felt cheated and his hatred festered. But as Divine providence guided this encounter, Yaakov emerged from the angelic combat maimed, and he limped as a result of the damage to his thigh. This was not the Yaakov that Eisav remembered or that he perceived in his mind's eye. Yaakov's presence did not match the caricature of evil, the shylock, the Fagin. The new image confronting Eisav was Yaakov the refugee from Lavan. His appearance evoked pity and remorse. Eisav was in shock! One can almost imagine Eisav's comment; "My poor brother Yaakov, a cripple, look what my miserable uncle inflicted on him. If Lavan was here, I would tear him limb from limb." Liberated from his hatred, Eisav runs to embrace Yaakov, his anger by trauma has been transferred to Lavan.

Lesson: The world of Eisav is ready to accept the Jew as a refugee, as a victim of the Holocaust, but G-d prefers Israel as the emerging Jew, for even his limp is cured as he reenters the land of Israel. "Vayevo Yaakov Shaleim – and Yaakov arrived complete" – complete in his health, in his wealth, and in his knowledge of Torah.

Rabbi Dr. S. Zevulun Lieberman, Congregation Beth Torah, Brooklyn, NY



THE SISTERHOOD SCOOP

Gemar chatimah tova

OCTOBER 1

SHABBAT Shuvah

Volume 5

Number 38

6 Tishrei 5783

October 1, 2022

Thanks to Everyone who participated in Sisterhood's New Year Greetings



Fundraiser for 5783

NHBZ Sisterhood wishes you Good Health, Happiness & Prosperity in the New Year...5783!

L'Shana Tova U'metuka to everyone in our NHBZ family!

If you sent in a greeting and your name does not appear on the Greeting Page in this Newsletter, please email sisterhood@nhbz.org

"On the eve of Yom Kippur, one should be focused on regret over the past; but on Yom Kippur itself, one should be thinking about positive commitments for the future."

– HaYom Yom, 9 Tishrei

NHBZ Book Club News

The next book club meeting will be **Mon., Dec. 5**, and the book selection is ***By Fire Possessed: Dona Gracia Nasi***, by Sandra Toro, the historical novel about the life of Doña Gracia Nasi, the intelligent, wealthy and strong Jewish woman who saved thousands of Sephardic families from the Inquisition during the sixteenth Century.

The Book Club usually meets on the **fourth Monday of odd-numbered months** at 7:15-8:45 PM. The first meeting in 2023 will be **Jan. 23!**

All women are welcome! For more information, contact **Fran Alper** at 314-993-4024 or fran.alper@outlook.com or sisterhood@nhbz.org.



Three Ideas About Yom Kippur

Yom Kippur is a day of unity. No matter what you do all year long, there is a spot for you in the synagogue—just as we were at Sinai—"as one people with one heart." Join us!

Bonding With Community

It is a tremendous gift to pray in a congregation on Yom Kippur for what we can do together is greater than what we can do alone. To be in the company of people who are strong enough to acknowledge that they are vulnerable human beings and as people have all made mistakes is a powerful bonding experience. We also receive much more Divine light and grace when we feel responsible for the community than we would as isolated individuals.

May we each be blessed with such a joyful, holy Yom Kippur that we feel so full from receiving the love and connection from G-d on this holy day that we have no desire for anything else. May we feel cleansed of all the inner and external barriers that have limited us in the past and claim ourselves as the pure and holy souls and wonderful beings that we really are. May our prayers also help remove some of the impurities and negativities in the world. May we each create such a powerful vortex of light around us that everyone in our path is lifted up by our radiance and love.

Five Afflictions On Yom Kippur

Not only eating and drinking, but all bodily pleasures, are prohibited on Yom Kippur. The Sages have listed **five** such afflictions: We are to abstain from eating, drinking, washing or anointing the body, wearing leather shoes, and marital relations. These **five** afflictions correspond to the **Five Books of the Torah** which we accept without allowing our physical needs to intervene. They also correspond to the **five senses** with which man performs mitzvot and commits transgressions; to the **five times** the term *nefesh* [soul] is mentioned in the Yom Kippur Torah reading; to the **five immersions** of the Kohen Gadol on Yom Kippur when the Sanctuary stood; and to the **five prayer services** prescribed for the day: Ma'ariv, Shacharit, Musaf, Minchah, and Ne'ilah.

To Avert the Harsh Decree



Since money may not be handled on Yom Kippur, *tzedaka* is given liberally on the days before and especially on the day leading into Yom Kippur. The merit of charity is a shield against evil decrees. It is said that the jingling of the coins of charity given on Yom Kippur eve in the afternoon, before *Mincha* and before the pre-fast meal, creates such a great clamor in Heaven that all of the forces of impurity together cannot stand in their way. – all from www.Chabad.org

"Repentance, prayer, and charity avert the severity of the decree."