



# NHBZ Weekly News

## Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

November 19, 2022 • 25 Chesvan 5783 • Candle Lighting 4:28 pm • Shabbos Concludes 5:30 pm

Parshas Chaya Sarah  
Haftorah

Genesis 23:1 – 25:18  
1 Kings 1:1 – 31

Chumash pp. 106 – 123  
Chumash pp. 1136 & 1137

## Prayer

### Shabbos, Friday, November 18

- 4:25 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 4:28 pm Candle Lighting

### Shabbos, Saturday, November 19

- 8:30 am Shachris followed by Musaf
  - Pesukei D'Zimra: **TBA**
  - Shacharis: **Mateo John**
  - Leyning: **Kenny Bressler & Meir Armoza**
- 10:00 am Kids' Program (downstairs)
- 10:15 am "Soul Building" with special guest speaker Rabbi Avi Feigenbaum (downstairs)  
This week's topic: "How am I: Finding My True Potential"
- 4:15 pm Mincha, Shalosh Seudos, Ma'ariv
- 5:30 pm Shabbos concludes

Haftorah: **Meir Armoza**  
Sermon: **Join Synaplex!**  
Musaf: **Alan Haber**



### Minyan Times Nov 17 – Nov 26, 2022

	Thu Nov 17	Fri Nov 18	Shabbos Nov 19	Sun Nov 20	Mon Nov 21	Tues Nov 22	Wed Nov 23	Thu Nov 24	Fri Nov 25	Shabbos Nov 26
Shachris (am)	7:00	7:00	8:30	8:00	7:00	7:00	7:00	8:00	8:00	9:00
Mincha/Ma'ariv (pm)	--	4:25	4:15	4:20	4:20	--	--	4:20	4:20	4:10
Ma'ariv Only (pm)	6:45	--	--	--	--	7:00*	7:00*	--	--	--

\*Join us at 6:50 pm for a 10-minute Shiur on Kitzur Shulchan Aruch

### New Shiur - Kitzur Shulchan Aruch, Weeknights, 6:50 pm (followed by Ma'ariv at 7:00 pm)

Join **Rabbi Chaim Bogopulsky** and invest a few minutes to expand your understanding of Halacha/Jewish Law. Ten minutes of learning, conveniently scheduled right before Ma'ariv.

### Gemara Learning at NHBZ, Weekday Mornings, 6:15 am

Start your day off right with Gemara learning at NHBZ! Join **Rabbi Chaim Bogopulsky** every weekday morning at 6:15 am to dive into the wisdom of the Gemara. Fresh, hot coffee provided. Please stay for Shachris, following the class.

# Congregation News

## Mazel Tov on Simchas This Week! Nov 20 – Nov 26, 2022

### Happy Birthday

Evan Garmaise	Nov 21
Erol Amon	Nov 22
Alan Brook	Nov 22
Jay Umansky	Nov 25

**HAPPY  
BIRTHDAY**

### Events

#### Coming Soon

- Shabbos, November 19 – Synaplex Shabbat Returns! (See flyer)
- Sunday, November 20, 11 am – Meet & Greet Rabbi Bogopulsky at NHBZ
- Sunday, November 27, 5 pm – Lion's Den All-You-Can-Eat Dine-In Pizza Night
- Shabbos, December 2 – Shabbos Dinner at NHBZ (See flyer)
- Sunday, December 25 – SAVE THE DATE!! NHBZ's Fabulous Chanukah Party

#### On-Going

- Every Weekday, 6:15 am – Gemara learning with Rabbi Bogopulsky
- Every Shabbos – Shabbos Morning Kids' Program, 10:00 am (downstairs)
- "Soul Building" with Rabbi David, 10:15 am
- Sunday Mornings, after Shachris – Mishna learning with Rabbi Swidler
- Mondays, 8:00 pm – St. Louis Kollel Amud-A-Week
- Tuesdays, 12:15 pm – "Journey through the Chumash" with Rabbi Bogopulsky
- Wednesdays, 12:15 pm – Pirkei Avos / Ethics of the Fathers with Rabbi Smason

## Chanukah Is Coming! Let's PARTY!, Sunday, December 25, 2022, 4:30 pm

Chanukah is coming, and NHBZ is planning its (can't miss!) CHANUKAH PARTY!!

We will have FOOD, FUN, BINGO and PRIZES!

Save the date and plan to join the party! Details coming soon.

Volunteers and sponsors very much appreciated!



### Journey through the Chumash, Tuesdays at 12:15 pm

Our new class began last week, and it's never too late to join!

**Rabbi Chaim Bogopulsky** will guide us on a journey through the Chumash!

Class meets downstairs in the Feigenbaum-Pepose Multipurpose room, every Tuesday at 12:15 pm. Please join us on this amazing journey of learning.

## NHBZ kids of all ages had great fun at FAMILY GAME DAY!



November 6, 2022

## Synaplex Shabbat, This Shabbos! November 19, 2022

The excitement mounts as we welcome back Synaplex Shabbat! We have great speakers and lunch! See the full page flyer for details. See you for Synaplex!

## Meet Our New Rabbi, This Sunday!, November 20, 2022, 11:00 am

The Board of Directors and Members of NHBZ cordially invite you to meet our amazing new Rabbi! This Sunday, 11 am -1 pm, we are having a Meet-n-Greet! **Rabbi Chaim Bogopulsky** and his delightful family are eager to make your acquaintance! If you haven't yet had the pleasure, please join us and introduce yourself! If you already met the Rabbi, come and get to know him and the NHBZ family a little better! We promise snacks and warm smiles! Come see for



# NHBZ Women at the Great Big Bake



November 2, 2022



## NHBZ Thanksgiving Dinner for Olivette Police & Fire Departments

Thanksgiving is here! We continue our tradition of providing delicious Kosher Thanksgiving dinners to our Olivette First Responders. It is a great way for us to thank our wonderful Police and Fire Departments – men and women who protect us year-round – and especially those working on Thanksgiving instead of being home with their families.

**THANK YOU, OLIVETTE FIRST RESPONDERS!!!**



## In the Community

- **MOScholars Tax Credit Program, December 5, 2022 deadline**

Everyone is urged to take advantage of the 2022 MOScholars tax credit program to support our local Jewish Day schools! If you pay Missouri State Tax, you are eligible to help this cause **without it costing you a penny**. The process is simple and takes less than a minute to fill out: You purchase a credit online, pay for it, and then give the credit to your tax person - the amount is deducted from your tax liability at tax time. Speak to Hillel Anton to learn more about how it works and how to join before the Dec. 5 deadline. 314-200-5781 [hanton@agudahmo.org](mailto:hanton@agudahmo.org)

- **St. Louis Jewish Community Blood Drive, Sunday, January 8, 2023**

SAVE THE DATE! The Annual St. Louis Jewish Community Blood Drive will take place at Congregation Young Israel on Sunday, January 8, 2023, 10 am – 4 pm. Please plan to participate in this life saving Chesed.

## Learning at NHBZ

- **Gemara Learning with Rabbi Bogopulsky**, Weekdays, 6:15 am  
Dive into the wisdom of the Gemara. Start your day off right!
- **“Journey through the Chumash” with Rabbi Bogopulsky**, Tuesdays, 12:15 pm  
Take an amazing journey of learning! Step by step, we will explore the Chumash.
- **Pirkei Avos / Ethics of the Fathers with Rabbi Smason**, Wednesdays, 12:15 pm  
Feed your soul 45 minutes of spiritual nourishment from the timeless wisdom of our Sages, full of relevant, contemporary insights and lessons. Low-calorie, gluten free, and refreshing!
- **“Soul Building” Series**, Every Shabbos, 10:15 am  
Rabbi Avi Feigenbaum is this week’s guest speaker. This week’s topic: “How am I: Finding My True Potential”



## Parshas Chaya Sarah

Toward the end of Parshas Chaya Sarah, the Torah tells us that "Yitzchak went out *lasuach* -to meditate - in the field before evening." Chazal comment that Yitzchak went to the fields in order to pray ("Sichah," our Sages say, "refers only to prayer"), and thus was instituted Tefillas Mincha, the afternoon prayer that all Jews are obliged to recite daily.

But why did Yitzchak turn to the fields in order to pray? ask the commentaries. Didn't he have a house in which to pray? Tosafos answers that the field in which Yitzchak prayed was no ordinary field. It was on Mount Moriah, first designated as a place of prayer by Adam HaRishon and later consecrated by Yitzchak at the Akeidah, where he perceived the Shechinah. Centuries later it became the site of the Bais Hamikdash.

No ordinary field was this field; no ordinary prayer was this prayer. The Talmud advises us to be especially vigilant about praying Tefillas Mincha, for G-d is especially attentive to our prayers in the afternoon. Eliyahu's plea to Hashem was answered only in the afternoon.

Why is Tefillas Mincha so important and what makes it so effective? The Tur links Mincha's prominence to its timing. It comes at a time when people are most apt to be preoccupied with their daily work and business affairs. In order to pray, one has to pause and concentrate on his dependence upon the Creator, who is the source of all blessing.

This abrupt suspension of daily activity is far from easy to do. It is much easier to pray in the morning before one starts out for work. We wake up refreshed, happy in the thought that we have been granted yet another day of life. We are in the proper mood for prayer and offer thanksgiving for our very existence on earth. This is the meaning of the pasuk in Eichah, "Chadashim lavekarim rabbah emunasecha." Our faith in Hashem is greatest at the renewal of life every morning.

Likewise, at night, with a productive day behind us, it is easy to take a few moments to thank G-d for the blessings of the day.

In the afternoon, the situation is much different. We are, like Yitzchak, in the fields, in the middle of our work with its attendant 101 problems, frustrations, and aggravations. Then, in the midst of it all, we are called upon to pray – to interrupt the pursuit of our livelihood, to suspend our seeming dependence on the strength of our hands. We instead turn to Hashem in prayer.

Tefillas Mincha testifies to man's humility in the presence of G-d. This offering of worship and devotion also accounts for the prayer's name. Some assume that the word Mincha means afternoon. This isn't so. The word, used often in the Torah, means a gift, an offering. Indeed, a prayer recited in the afternoon is a precious gift, readily accepted by G-d.

This is the legacy of Yitzchak Aveinu – in the field. Whether you are in your office, at your shop, on the road, or at home, stop and take a break of inspiration. Pray Mincha with kavannah and then be confident that Hashem will hearken to your tefilla.

**Rabbi Shlomo Horowitz**

*Manhattan Beach Jewish Center in Brooklyn, New York*



# THE SISTERHOOD SCOOP

# NOVEMBER 19



Volume 5

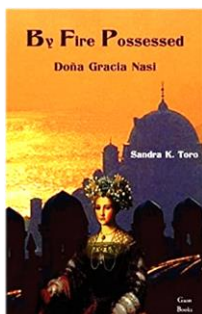
Number 45

25 Cheshvan 5783

November 19, 2022

## NHBZ Book Club News

The next book club meeting will be **Mon., Dec. 5**, at the home of **Vivian Zarkowsky**. The book selection is ***By Fire Possessed: Dona Gracia Nasi***, by Sandra Toro, a historical novel about the life of Doña Gracia Nasi, the intelligent and strong Jewish woman who saved thousands of Sephardic Jews from the Inquisition in the 16<sup>th</sup> 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**. The book is ***Israel: A Simple Guide to the Most Misunderstood Country on Earth*** by Noa Tishby. The March meeting will be **March 27** and the book is: ***The Lost Shtetl: A Novel***, by Max Gross. **All women are welcome!** For more information, contact **Fran Alper** at 314-993-4024 or [fran.alper@outlook.com](mailto:fran.alper@outlook.com) or [sisterhood@nhbz.org](mailto:sisterhood@nhbz.org).



**“Whatever Sarah tells you, listen to her voice”**

— Genesis 21:12

## Daily Thought

## Living Time



People talk about “wasting time,” or even “killing time.”

**Neither term is accurate. Time does not belong to you that you can waste it. Yet neither does it have a life of its own that you can take away.**

**Rather, time awaits you to give it life.**

— Nissan 11, 5742; Torat Menachem 5744, vol. 3,  
[www.chabad.org](http://www.chabad.org)

## Sisterhood marks the return of



**...and congratulates President Kenny Bressler and the newly elected NHBZ Officers and Board of Directors for 2023. Mazel Tov to All!**

Annual Membership Meeting and Election of Officers, 11/13



## ‘This, too, is for the Good’

This week's Torah portion begins:

*"And the life of Sarah was one hundred years, and twenty years, and seven years. These were the years of the life of Sarah."*

Why does the Torah, which does not waste words, add the seemingly repetitive verse, "These were the years of the life of Sarah"?

Rashi, the quintessential commentator, informs us that the message from the repetitive phrase is that all of the years of Sara's life were equally good. How is it possible to say this about Sarah's life? For many years she was childless; she experienced famine and exile; she was taken captive by the Pharaoh of Egypt and later by Avimelech.

Rabbi Zushe of Anipoli explained that Sarah mastered the attribute of constantly saying, "This too is for the good." Even those events that others might consider to be bad, she was aware that they were from the Almighty and therefore she was able to evaluate them as positive.

The quality of one's life is not dependent on external situations. There are people whose lives seem to run quite smoothly. Nevertheless, they tend to evaluate minor frustrations as tragedies and therefore view their lives in negative terms. The Torah ideal is to be aware that the purpose of your life is to perfect your character. Every life situation is an opportunity for growth. Sarah mastered this level of consciousness. Therefore, at the end of her life, which was constantly devoted to growth, it could be said about her that all her years were good.

This lesson is most important for us to internalize. See the growth possible in every life event. In each difficult situation ask yourself, "How can I become a better person because of what happened?"

—based on *Growth Through Torah* by **Rabbi Zelig Pliskin**, [www.aish.com](http://www.aish.com)



**is Back**

**Saturday, November 19, 2022**

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***Join us for the much-anticipated return!***

- 8:30 am Traditional Services - in the sanctuary
- 10:00 am Youth Programming – in the lower level  
babysitting for younger children
- 10:15 am Soul Building Series – in the lower level

11:00 am **Synaplex Breakout Sessions**

- **“U.S.- Israel Relations After the Midterm Elections”**  
led by Nathan Cohen, St. Louis Council AIPAC Co-Chair
- **“Chesed (Loving Kindness): Why it is an essential Jewish Trait”**  
led by Rabbi Chaim Bogopulsky of NHBZ
- **“Passing the Torch: The transition from Avraham to Yitzchak”**  
led by Rabbi Chesky Freund of the St. Louis Kollel

Noon **Kiddush Lunch for All** - in the Social Hall



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All events held at NHBZ, 650 North Price Road, St. Louis, MO  
Synaplex Shabbat is free and open to the Jewish public  
Home hospitality for the weekend is available  
Kashruth under the supervision of Rabbi Chaim Bogopulsky

For more information or to confirm dates & times contact NHBZ

Call: 314-992-2100 ext.2    Email: [office@nhbz.org](mailto:office@nhbz.org)    Website: [www.nhbz.org](http://www.nhbz.org)







**NUSACH HARI B'NAI ZION  
CORDIALLY INVITES YOU TO JOIN US  
IN WELCOMING OUR NEW RABBI -  
RABBI CHAIM BOGOPULSKY  
AND HIS FAMILY  
TO OUR SYNAGOGUE!**

**SUNDAY, NOVEMBER 20  
11:00AM TO 1:00PM**

**REFRESHMENTS SERVED**  
(KASHRUT UNDER SUPERVISION OF RABBI BOGOPULSKY)



**COME AND MEET OUR NEW RABBI!**

**650 NORTH PRICE ROAD ST. LOUIS, MO 63132 • 314-991-2100 • OFFICE@NHBZ.ORG • WWW.NHBZ.ORG**





# Kosher Thanksgiving Police and Firefighters Feast

650 NORTH PRICE ROAD • ST. LOUIS, MO 63132 • 314-991-2100 • EMAIL: [OFFICE@NHBZ.ORG](mailto:OFFICE@NHBZ.ORG) • [WWW.NHBZ.ORG](http://WWW.NHBZ.ORG)

**NHBZ loves the security and protection that the Olivette Police and Firefighters provide, and is grateful for their superior service!**

Let's show our appreciation by cooking and serving a traditional Thanksgiving Dinner for Police Officers and Firefighters who must spend Thanksgiving on call at the station rather than at home with their families.

To make this happen, [We Need Sponsors](#) to defray the cost of the meal. Please consider becoming a sponsor for any amount of money. Contact [office@nhbz.org](mailto:office@nhbz.org) or call 991-2100

[We Also Need Volunteers on Thanksgiving Day](#) to do the following: Deliver and serve the Thanksgiving Feast to the Police and Firefighters on Thanksgiving Day. Come and bring your kids or grandkids. Kids will be able to see Police and Fire Station, and talk to police officers and firefighters.

**It will be lots of fun!**



**If you want to help and volunteer, Please contact Stella Vladimirov at (314) 540-4450**





# Shabbat Dinner!

At NHBZ - December 2nd, 2022

650 NORTH PRICE ROAD • ST. LOUIS, MO 63132 • 314-991-2100 • EMAIL: [OFFICE@NHBZ.ORG](mailto:OFFICE@NHBZ.ORG) • [WWW.NHBZ.ORG](http://WWW.NHBZ.ORG)

*Kaballat  
Shabbat!*



SCAN THE QR CODE WITH YOUR PHONE TO RSVP:

**Friday Night Services: 4:20 PM**  
**And Delicious Shabbat Dinner**  
**Immediately Following (approx: 5:15)**

**Chef Norma Rubin will be preparing the Shabbos meal.**  
**Cost: \$25 for adults • \$12 for children (4-10 years old)**  
**Free for ages 3 and under. RSVP by November 18th.**

650 NORTH PRICE ROAD • ST. LOUIS, MO 63132 • 314-991-2100 • EMAIL: [OFFICE@NHBZ.ORG](mailto:OFFICE@NHBZ.ORG) • [WWW.NHBZ.ORG](http://WWW.NHBZ.ORG)



**Sunday, Nov 27<sup>th</sup> • 5:00-7:00 pm**

**Dine-In Buffet • Adults: \$15.00 ~ Kids 4-10: \$7.00 ~ Kids 3 & under: FREE**

**Cheese is Cholov Yisroel; pareve crusts available upon request. All food under the supervision of Rabbi Chaim Bogopulsky**

NHBZ.ORG 314-991-2100

*Nusach Hari  
B'nai Zion*

**EAT ... EAT! IT'S KOSHER!**

# The Lion's Den Pizza Night

**ALL YOU CAN EAT BUFFET**

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

# Returns!

**I know You know  
what's good!**

**We accept credit cards at**

**NHBZ PIZZA NIGHT**

**You know  
what's Good?**

**NHBZ PIZZA NIGHT**

**If you know  
what's good  
... it's**

**NHBZ PIZZA NIGHT**