



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

January 14, 2023 • 21 Tevet 5783 • Candle Lighting 4:43 pm • Shabbos Concludes 5:48 pm

Parshas Shemos
Haftorah

Exodus 1 – 6:1
Isaiah 27:6 – 28:13, 29:22-23

Chumash pp. 292 – 317
Chumash pp. 1146 – 1148

We thank our generous sponsors

Sam & Shirley Bluestein for this week's NHBZ Weekly News in honor of the birth of their great-granddaughter **HEIDI NOA (חַנָּה נְּוֹעָה)**, daughter of **Joey & Jaime Mufson**

Prayer

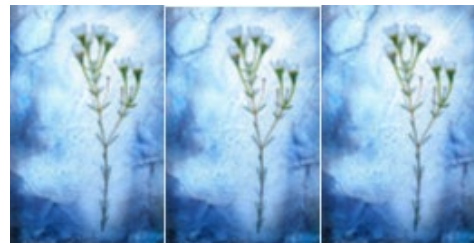
Shabbos, Friday, January 13

- 4:40 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 4:43 pm Candle Lighting

Shabbos, Saturday, January 14

- 9:00 am Shachris followed by Musaf
Pesukei D'Zimra: **Howard Sandler**
Shacharis: **Mateo John**
Leyning: **Stuart Klamen**
- 10:00 am Kids' Program – **No Kids Program or Childcare this week**
- 10:15 am "Soul Building" with Rabbi David (downstairs)
This week's topic: "Dignity in Thought, Action and Dress"
- 4:30 pm Mincha, Shalosh Seudos, Ma'ariv
- 5:48 pm Shabbos concludes

Haftorah: **Alan Haber**
Sermon: **Rabbi Chaim Bogopulsky**
Musaf: **Rabbi Chaim Bogopulsky**



Minyan Times Jan 13, 2022 – Jan 21, 2023

	Fri Jan 13	Shabbos Jan 14	Sun Jan 15	Mon Jan 16	Tues Jan 17	Wed Jan 18	Thu Jan 19	Fri Jan 20	Shabbos Jan 21
Shachris (am)	7:00	9:00	8:00	7:00	7:00	7:00	7:00	7:00	9:00
Mincha/Ma'ariv (pm)	4:40	4:30	4:45	4:45	--	--	--	4:45	4:35
Ma'ariv Only (pm)	--	--	--	--	7:00*	7:00*	7:00*	--	--

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

MAZEL TOV & THANK YOU to the GRANILLO and WINOGRAD FAMILIES

Thank you to the **Granillo** and **Winograd** families for beautiful celebrations and delicious lunches! Mazel Tov to the two Bar Mitzvah boys, **Yosef Granillo** and **Benjamin Winograd**! Thank you for so generously sharing your Simchas with us!

Congregation News

Mazel Tov on Simchas This Week! Jan 15 – Jan 21, 2023

Happy Birthday

Caryn Garriga	Jan 15	Lenny Alper	Jan 21
Abigail Sarah Bialecki	Jan 16	Scott Gitel	Jan 21



Mother-Daughter Program, This Sunday, January 15, 2023

Join us for “Middos from the Mishna” with Batya Bogopulsky and others. In conjunction with the St. Louis Kollel as part of “Keshet Connecting Generations,” the program is open to girls (Kindergarten to Fifth Grade) and runs January 8 through February 12, 2023. This week’s topic: “We should not get angry easily.” Register [here](#).

Father-Son Teen Minyan, Shabbos, January 28, 2023, 9:00 am

Please join Rabbi Bogopulsky in the Chapel downstairs. Kiddush to follow! See flyer for details.

Events

Coming Soon

- | | |
|---------------------------------|--|
| • Sunday, Jan 15, 2023, 7:15pm | – Mother/Daughter “Middos from the Mishna” (see flyer) |
| • Shabbos, Jan 21, 2023 | – Installation Shabbos & Rachel Pevnick’s Birthday Lunch |
| • Shabbos, Jan 28, 2023, 9:00am | – Father/Son Teen Minyan (Chapel downstairs) |
| • Shabbos, Jan 28, 2023 | – Kiddush/Lunch sponsored by Szus Family |
| • Sunday, Jan 29, 2023 | – Lion’s Den PIZZA NIGHT 5-7 pm |

On-Going

- | | |
|-----------------------------------|---|
| • Every Weekday, 6:15 am | – Gemara (Talmud) 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, 12:00 pm | – “Journey through the Chumash” with Rabbi Bogopulsky |
| • Wednesdays, 12:15 pm | – Pirkei Avos / Ethics of the Fathers with Rabbi Smason |
| • Mondays – Thursdays, 3:00 pm | – Book of Kings: An On-line Class with Rabbi Smason |
| • Tuesdays – Thursdays, 6:50 pm | – Kitzur Shulchan Aruch with Rabbi Bogopulsky |

PIZZA NIGHT!!!! Sunday, January 29, 2023, 5-7 pm

Same pizza channel, same pizza time. 😊

That’s right, Folks! All-you-can-eat KOSHER Pizza Night.
Pizza. Pasta. Salad. Fun.

Adults \$15; Kids 4-10 \$7; Kids 3 and under FREE!

We need chefs, setup & cleanup crews, servers

<https://www.nhbz.org/pizza-volunteer/>



All food under supervision of Rabbi Bogopulsky. See flyer for all the details



Installation Shabbos ~ January 21, 2023

"All who occupy themselves with the affairs of the community shall be engaged with them for the sake of Heaven." (Pirkei Avos 2:2)

Officers

President	Kenny Bressler
Vice President	Jennifer Hartranft
Vice President	Stella Vladimirov
Vice President	Denny Feit
Treasurer	Bruce Waxman
Secretary	Caryn Alper
Gabbai	Alan Zarkowsky

Board of Directors

Nancy Belau-Rush	Bobby Levine
Marcie Brook	Ed Levitt
Dr. Faye Cohen	Gavriel Matt
Meira Ganel	Fran Reisler
Rhonnie Goldfader	Margo Tzadok
Tony Granillo	Dan Winograd
Joni Kaiser	Richard Woolf

Trustees

Leonard Alper	Mark Ragin
Dr. Craig Berkin	Irwin Rosen
Sam Bluestein	Jay Umansky
Janet Haber	Alan Zarkowsky
Robert Kaiser	

In the Community

- **Middos from the Mishna**, A Mother Daughter Program, Sunday, 10:30 am
Keshet Connecting Generations presents a wonderful and fun learning opportunity for Mothers and Daughters (and any other women want to attend!). Join Batya Bogopulsky and others on Sunday morning. See flyer for dates and details.
- **Machshava Literary Magazine**
Machshava Literary Magazine is now accepting submissions! This year's theme: "Time flies when you're having fun!" Deadline is Feb. 10, 2023. See flyer for eligibility and requirements.
- **A Night of Unity with Bracha Jaffe**, February 26, 2023
Women and girls are invited to a community-wide live musical performance by **Bracha Jaffe**. To purchase tickets, ucitynshei.booktix.com. See flyer for full details.

NHBZ DECEMBER 2022 TRIBUTES

IN MEMORY OF

Rosalyn Rosen

Scott & Leslie Gitel
 Jessica Fadem
 Irwin & Arlene Fredman
 Ian Rappaport
 Alan & Marcie Brook
 Rob & Kate Friedman
 Leonid & Stella Vladimirov
 Jerry & Gail Tullman
 Arnold & Gail Meyers
 Feigenbaum/Pepose Family
 Gary Benson
 Jeff & Terri Schnitzer
 Debra & Joel Spigel

Ed Lyss

Harlan Heller
 Irwin & Arlene Fredman
 Stuart Hoffman & Rita Rothschild
 Amy & Denny Feit
 Lauren Tucker & Steve Ehrlich
 Steven Aroesty
 Dana Regenbogen
 Barb & Stuart Meyer
 Mae & Alan Pratzel
 Alan & Marcie Brook
 Bob & Lynn Barth
 Rob & Sherre Birenbaum
 Judi Furman
 Carin & Erik Thyssen
 Laura Goldmeier
 Harvey Greenstein
 Roger Gross
 Steven Gellman & Elizabeth Sullivan
 Janice Fishman
 Sam & Shirley Bluestein
 Faith & Bruce Waxman
 Sheryl Lyss
 Stuart Manewith
 Chaim & Devorah Edelstein
 Feigenbaum/Pepose Family
 Nikki & Paul Goldstein
 Bev & Joe Schraibman
 Peggy Rothman
 Erol & Sally Amon

Nina Grace Levine (on her Yahrzeit)

Feigenbaum/Pepose Family

Oreon Sandler

Bob & Joni Kaiser
 Faith & Bruce Waxman

Hershel Krushen

Jessica Fadem

IN HONOR OF

NHBZ Chesed Committee & Activities

Hal & Ellen Rosen

Alan Haber (for Eruv service)

Rachael Pevnick

Dodi Smason & Zach Taylor Marriage

Feigenbaum/Pepose Family

Sam & Shirley Bluestein

Eddie & Ella Pernik

Daniel & Marcela Morgensztern

Max Goldman becoming a Bar Mitzvah

Faith & Bruce Waxman

Bob Kaiser named "Super Lawyer"

Feigenbaum/Pepose Family

David Gellman

Bev & Joe Schraibman

"My Imma & Abba"

Yosef Granillo

HAPPY BIRTHDAY TO

Gail Rose

Eliot & Sally Katz

Feigenbaum/Pepose Family

David Reisler

Bob & Joni Kaiser

Feigenbaum/Pepose Family

Sandy Greenberg

Feigenbaum/Pepose Family

Faith & Bruce Waxman

Menachem Szus

Feigenbaum/Pepose Family

Shirley Hollander

Feigenbaum/Pepose Family

Faye Cohen

Feigenbaum/Pepose Family

Norman Liss

Eliot & Sally Katz

Gary Sudin

Feigenbaum/Pepose Family

Louis Goldman

Feigenbaum/Pepose Family

HAPPY ANNIVERSARY TO

Leonid & Stella Vladimirov

Feigenbaum/Pepose Family

Howard & Phyllis Loiterstein

Faith & Bruce Waxman

Jay & Peggy Umansky

Faith & Bruce Waxman

Craig & Jackie Berkin

Feigenbaum/Pepose Family

Learning at NHBZ

Parashas Shemos

The book of Shemos begins with the story of the Exodus, introducing Moshe and the unique qualities that make him worthy of leading the redemption.

G-d tells Moshe to go to Pharaoh and demand the release of his people – but Moshe is reluctant. He hesitates to go for two reasons: one, he doubts his stature is great enough to appear before Pharaoh, and two, he questions the possibility of the people actually being redeemed.

Moshe's reaction is troubling. One can understand his apprehension about facing Pharaoh, the Midrash tells us, because he had run away from the royal house after killing an Egyptian. But how could Moshe doubt the actual redemption? How could Moshe second-guess the wishes of G-d?

Our Sages teach that there are two types of redemption. The ideal form of redemption is not an escape from adverse circumstances, but simply a progression to greater circumstances. Even in an exile that is not dark and repressive, redemption is still the desired goal. The other form of redemption is one that is mandated by harsh circumstances. Due to the duress of situations and surroundings, redemption becomes the desired goal.

The distinction between the two is essential to a clear appreciation of what redemption has to offer us. When conditions in the Diaspora are such that life is good, that all our needs are filled, that nothing is lacking, many are not willing to strive toward a greater spiritual redemption. As soon as they encounter difficulties, they stop everything and remain content with their present situation. But the individual who senses a deeper redemption desires the ideal. No matter how comfortable his circumstances, no matter what the obstacles are, nothing will stop him from achieving his goal.

There was never any doubt that Moshe wanted redemption for the Jewish nation, but he wanted them to leave Egypt under ideal circumstances. He knew that if they left with the attitude that they were fleeing from persecution, they would encounter difficulties later on. Sure enough, their complaints led to the construction of the Golden Calf.

Moshe sought to avoid this by postponing the redemption until the Jewish nation was prepared to leave in a frame of mind that would bring them gracefully into Eretz Yisrael.

But Hashem does not consent. He tells Moshe that He suffers along with His nation, and while they do not recognize the magnitude of their suffering, G-d does. So He wants them taken out of Egypt under less-than-perfect circumstances, even though it will lead to problems down the road. They are judged by their present situation not by their future behavior.

Living in a world and a society such as ours, we sometimes forget our ultimate goals. May we be cognizant of who we are and who we ought to be.

***Rabbi Gershon Sonnenschein**
Congregation Kadima in Springfield, MA*

- **Gemara Learning with Rabbi Bogopulsky**, Weekdays, 6:15 am
Dive into the wisdom of the Gemara (Talmud). Start your day off right!
- **“Journey through the Chumash” with Rabbi Bogopulsky**, Tuesdays, 12:00 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!
- **Book of Kings with Rabbi Smason**, Monday-Thursday, 3:00 pm (On Zoom!)
An online class providing an exciting and informative look into the lives of Israel's early kings and prophets. Thirty-minute sessions on Zoom. Join class via this link:
<https://us04web.zoom.us/j/78974795850?pwd=tw7IIOVumZ8QelPxHvApYZsox8VUem.1>
- **Kitzur Shulchan Aruch with Rabbi Bogopulsky**, Tuesday-Thursday, 6:50 pm
Invest a few minutes (right before Ma'ariv!) to expand your understanding of Halacha/Jewish Law.
- **“Soul Building” Series**, Every Shabbos, 10:15 am
Rabbi Yosef David teaches ways to deepen our understanding. This week's topic:
“Dignity in Thought, Action and Dress”



THE SISTERHOOD SCOOP

JANUARY 14



Volume 6

Number 2

21 Teves 5783

January 14, 2023

Book Club News



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

Join us for the upcoming meeting about Israel:

★ **January 23 – Israel: A Simple Guide to the Most Misunderstood Country on Earth** - by Noa Tishby, at the home of **Myra Radinsky**; discussion led by **Margo Tzadok**

★ **March 27 – The Lost Shtetl: A Novel** - by Max Gross

★ **May 22 – The Watchmakers: A Story of Brotherhood, Survival, and Hope Amid the Holocaust** - by Harry Lenga and Scott Lenga

SAVE THE DATE ★ SAVE THE DATE ★ SAVE THE DATE

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



Here and Now

If someone asked you to identify the most important moment of your life: some people would say it was the moment they were born, and others would say it was the moment they were married, or when they had their first child.

But the truth is that the right answer is the moment you live in right now.

That's the most important moment of all.

The other ones have either passed or they haven't come yet: the only moment that's real to you is the one in which you're existing.

Live it.

– Rabbi Jonathan Rietti

Sisterhood is gearing up for 2023 and we need YOU!

To prepare for 2023, Sisterhood will hold an open planning meeting to discuss the best ways for Sisterhood to proceed in its mission and activities for the coming year. Do you have ideas for a holiday activity, a Chesed project, or an education program? What activities would you like to see your **NHBZ Sisterhood** conduct?

We need **YOU**, your ideas, and your energy. Join us to reconnect, learn, and share ideas, as we plan for 2023, and beyond.

All interested women are invited to attend an organizational planning meeting on

Sunday, January 22, at 1:00 pm.
at the home of Sallie Volotzky

For questions or to RSVP, email: sisterhood@nhbz.org



PARSHAS SHEMOT: Under Pharaoh's Nose

Parshat Shemot tells how the baby Moses – floating in a basket in the river – is saved by Pharaoh's daughter, who adopts Moses and takes him to live in Pharaoh's palace.

But right away a problem arises: what to feed the baby. In those days, there was no bottled baby formula, so when the birth mother wasn't available, the caretaker would have to hire a wet nurse. In the case of Moses, he kept refusing to nurse from Egyptian women, until finally Pharaoh's daughter found one woman who Moses agreed to nurse from – Yocheved, Moses' biological mother!

Now we have to appreciate the irony of all this. Pharaoh's murderous decree against Jewish babies was specifically intended to prevent a new generation of Jewish leadership. So, what happens instead? Moses, the upcoming great Jewish leader, is raised, educated, and trained – right under Pharaoh's nose, in Pharaoh's own home, at Pharaoh's expense! And on top of it all, Moses' mother is getting paid a salary!

There's a deep lesson here for all of us. G-d has a plan for the world, and we each have a choice: either to partner with G-d and enjoy the pleasure of doing so, or (like Pharaoh) to go against G-d and wind up feeling quite foolish.

"Make G-d's will, your will" the Talmud declares. That's sound advice. Because, as we see with Moses and Pharaoh, either way, G-d will work things out His way.

– by **Rabbi Shraga Simmons**, www.chabad.org

Sunday, Jan 29th • 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!



We accept credit cards at

NHBZ PIZZA NIGHT

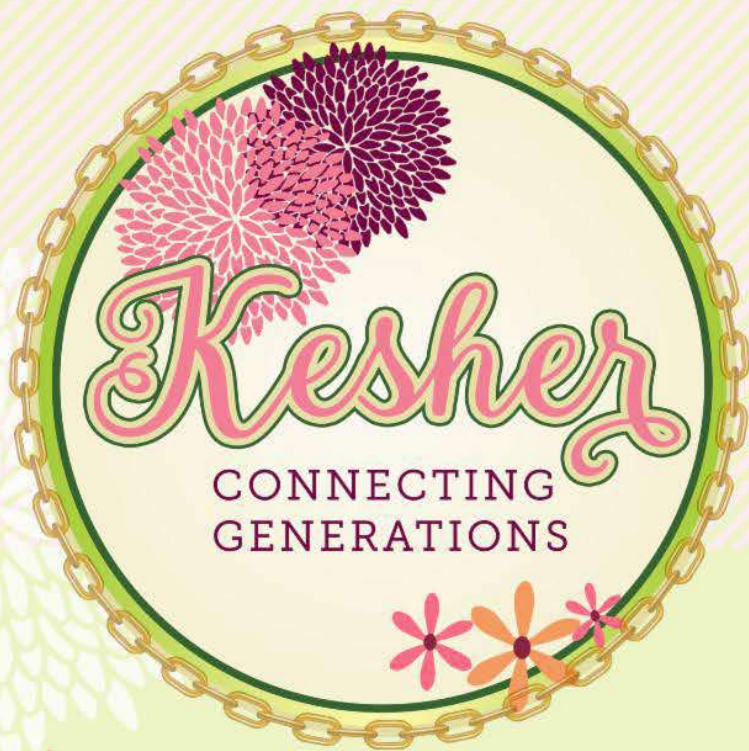


Delicious

NHBZ PIZZA NIGHT



NHBZ PIZZA NIGHT



Mother Daughter Program

Sunday Mornings
10:30-11:45 am

Girls: Kindergarten to Fifth Grade

Middos from the Mishna

January 8th

Midda of the Week

"והוי מקבל את כל האדם
בסבר פנים יפות"
Greet every person
with a pleasant,
cheerful face.

January 15th

Midda of the Week

"אל תהי נוח לכעוס"
We should not
get angry easily.

February 5th

Midda of the Week

"כל שרוח הבריות נוחה הימנו,
רוח המקום נוחה הימנו"
Anyone who people
find to be pleasant,
Hashem also finds
pleasant.

February 12th

Midda of the Week

"איזהו עשיר? השמח בחלקו"
Who is rich?
The one who is happy
with his lot.

Location: Nusach Hari B'nai Zion, 650 N Price Rd, Olivette, MO 63132

No Admission Fee

Be added to the Keshet Whatsapp group! Text Temima: 314 817 4336

Tentative babysitting option. If interested please email yfarkas@stlkollel.com

COMMITTEE:

Batya Bogopulsky, Sarah Glazer, Temima Klein, Riki Gutovich, Tammy Friedman, Tzirel Biron





Please Join Us For
Father/Son Teen Minyan

Shabbat, January 28

We are proud to introduce a Father/Son Teen Minyan!
This once monthly Shabbos Minyan will meet in the Chapel
downstairs at 9:00 a.m. Kiddush to follow!

Please contact Rabbi Bogopulsky with any questions
or if you would like to lead davening, leyning or the Haftorah.



www.nhbx.org | 314.991.2100

UNITING US ALL

Machshava Literary Magazine

WANTS YOUR WORK!

Theme: "Time flies when you're having fun!"

NOW ACCEPTING SUBMISSIONS:

Fictional short stories, poems, artwork, &
Divrei Torah

Preschool through 12th grade

REQUIREMENTS:

Maximum 1500 words per Entry

Submit as a Google Doc to
litmag@eha.org

Include name, grade, school,
and mailing address

DUE BY

2/10/23

ST. LOUIS JEWISH LITERARY MAGAZINE

COMMUNITY WIDE EVENT
LIVE MUSICAL PERFORMANCE

A
Night
of Unity

Bracha
Jaffe

2.26.2023

DOORS OPEN 7:00PM | CONCERT BEGINS 7:30PM

TICKET
PRICES

\$55*
PREMIUM

\$30
ADULT

\$18
KID
(12 & UNDER)

CATHERINE B. BERGES THEATRE (COCA)
6880 WASHINGTON AVENUE, U. CITY

TO PURCHASE TICKETS

UCITYNSHEI.BOOKTIX.COM

FOR WOMEN AND GIRLS ONLY

***AFTER PARTY SPECIAL!**

BOOK YOUR **PREMIUM TICKET** BY **FEB. 12** AND BE INVITED TO ATTEND A
SPECIAL MEET-AND-GREET AND KUMZITZ WITH BRACHA JAFFE.

REGISTRATION FOR THE AFTER PARTY THROUGH THE PURCHASE OF A PREMIUM TICKET WILL BE CLOSED AFTER FEBRUARY 12.



FOR MORE INFORMATION, PLEASE EMAIL NSHEI@UCITYSHUL.ORG
SPONSORSHIP OPPORTUNITIES AVAILABLE | CONTACT MRS. ZELDA TENDLER AT 314.791.2977 FOR MORE DETAILS



Rose Ragin Chesed Fund

Supporting our Members

What is the Rose Ragin Chesed Fund?

The fund provides for acts of chesed (lovingkindness) to support lifecycle events of NHBZ members, such as...



**Shiva trays
for mourners**



**Gifts for
newborns**



**Meals for
the sick**

How can I contribute to the Rose Ragin Chesed Fund?

- buy Rose Ragin Chesed cards and Purim Cards
- buy 'onesies' for a baby
- make a donation to the Rose Ragin Chesed Fund
- watch for upcoming special fund-raising campaigns

How else can I help?

Call Nancy in the NHBZ Office – 314-991-2100, ext. 2, to...

- notify her about someone who is in need of chesed
- have a misheberach said for someone
- volunteer for the Chesed Committee

Purchase a **pack of 5** Rose Ragin Chesed cards – **\$25 minimum donation**.
Keep some handy to send out whenever you'd like. It's a great way to
honor a simcha, remember a loved one, or acknowledge anything at all.

314-991-2100, ext. 2