



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

January 28, 2023 • 28 Tevet 5783 • Candle Lighting 4:58 pm • Shabbos Concludes 6:03 pm

Parshas Bo
Haftorah

Exodus 6:2 – 9:35
Ezekiel 28:25 – 29:21, 29:22-23

Chumash pp. 318 – 339
Chumash pp. 1149 – 1150

We thank our generous sponsors

Denny & Amy Feit for this week's NHBZ Weekly News in memory of beloved brother, **Martin Feit**^{z"l} on the occasion of his yahrzeit

Linda, Micky and Menachem Szus "are happy to sponsor the Shabbat Kiddush Lunch in honor of the birthday of **Henry Szus**, Menachem's brother and the visit to St. Louis of **Eli Szus**, **Dana & Elie Sutton** with **Sammy, Jane and Linda Sutton**, and **Josephine Mairzadeh**"

Prayer

Shabbos, Friday, January 27

- 4:55 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 4:58 pm Candle Lighting

Shabbos, Saturday, January 28

- 9:00 am Shachris followed by Musaf
Pesukei D'Zimra: **Howard Sandler**
Shacharis: **Eli Szus**
Leyning: **Kenny Bressler & Meir Armoza**
- 9:00 am Father/Son Teen Minyan (downstairs)
- 10:00 am Kids' Program
- 10:15 am "Soul Building" with Rabbi David (downstairs) – **NO CLASS 1/28**
- 4:45 pm Mincha, Shalosh Seudos, Ma'ariv
- 6:03 pm Shabbos concludes

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



Minyan Times Jan 27, 2022 – Feb 4, 2023

	Fri Jan 27	Shabbos Jan 28	Sun Jan 29	Mon Jan 30	Tues Jan 31	Wed Feb 1	Thu Feb 2	Fri Feb 3	Shabbos Feb 4
Shachris (am)	7:00	9:00	8:00	7:00	7:00	7:00	7:00	7:00	9:00
Mincha/Ma'ariv (pm)	4:55	4:45	5:00	5:00	--	--	--	5:00	4:50
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

Congregation News

Mazel Tov on Simchas This Week! Jan 27 – Feb 4, 2023

Happy Birthday

Phyllis Loiterstein	Jan 28	Max Amon	Feb 4
Sally Katz	Jan 29	Kerry Klarfeld	Feb 4
Terri Schnitzer	Jan 29	Paul Kleiman	Feb 4
Irwin Fredman	Jan 30	Rabbi Ze'ev Smason	Feb 4
Andrew Berg	Jan 31		



GLOW OF SUCCESS, Installation Shabbos

We had a FULL HOUSE and wonderful celebration! We thank our sponsors **Richard Woolf, Bob & Joni Kaiser, Lenny & Fran Alper, Craig & Jackie Berkin, Alan & Janet Haber, Kenny & Barb Bressler, Tony & Carole Granillo, Denny & Amy Feit, Leonid & Stella Vladimirov, Bryson & Jennifer Hartranft, Alan & Vivian Zarkowsky, Dr. Faye Cohen & Brian McCary, Bruce & Faith Waxman, Nancy & Jason Rush, Dan & Melanie Winograd and Caryn Alper** for enhancing the Installation Shabbos Kiddush/Lunch.

We welcome and thank the NHBZ 2023 Officers and Board Members

Events

- 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
- Shabbos, Feb 4, 2023 – Tu BiShvat Kiddush sponsored by Rubin and Tzadok Families
- Sunday, Feb 5, 2023, 7:15pm – Mother/Daughter "Middos from the Mishna"
- Wednesday, Feb 15, 2023, 3:00pm – Ladies' Coffee and Learning – SAVE THE DATE

PIZZA NIGHT!!!! This 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!

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



Tu Bishvat Shabbos Celebration, February 4, 2023

A very special Shabbos is coming up on February 4, 2023. **Norma Rubin** is preparing a delicious lunch in memory of **David Rubin's** mother, Shaindel bas Dov Ber HaKohen^al, his grandfather, Dov Ber ben Aharon HaKohen^zl, and his grandmother, Manya Mary Feldman Rubin^al, all of whom have recent or upcoming Yahrzeits.

There will also be special Tu BiShvat treats for dessert, sponsored by **Reuven & Margo Tzadok**, on the Yahrzeit of Margo's father, Ely Langfeld (Yehuda ben Menasha HaKohen)^zl, **Rabbi Avi Feigenbaum** will be our guest speaker and there will be lots of information about JNF and Tu Bishvat in Israel!

IN CELEBRATION OF RACHAEL PEVNICK

Rabbi Smason's tribute to Rachael Pevnick:

We're here to honor the 40th anniversary of Rachael Pevnick's 50th birthday. What a milestone! Rachael has been blessed with wonderful children, grandchildren and great grandchildren. So what better way to begin than to share the following thought about grandmothers:

An 8-year-old wrote, "A grandmother is a lady who has no children of her own, so she likes other people's boys and girls. Grandmas don't have anything to do except be there. If they take us for walks, they slow down past pretty leaves and caterpillars. They never say, 'Hurry up.' ... They can answer questions like why dogs hate cats and why G-d isn't married. Everybody should try to have a grandma, especially if you don't have television, because grandmas are the only grownups who always have time."

Every grandmother is special, but some may be a bit more special than others. I think we all agree that Rachael fits that bill to a 'T' -- she's the youngest 90 year-old we know. Rachael Pevnick has discovered the fountain of youth! What is the secret of Rachael's almost-eternal youth? Let me share five examples.

Quality number 1 of Rachael's secret of youth: She never complains! Rachael has had more than her share of difficulties and heartbreak. But what does Rachael have that even most people half her age are missing? Rachael has *optimism*.

Somehow, somewhere, Rachael Pevnick discovered that being optimistic doesn't mean "things are going to be better"; after all, who but G-d Himself knows how things are going to turn out? But *intelligent optimism* -- the Rachael Pevnick type - means believing things CAN get better. Even in the depth of despair and darkest moments, Rachael has always put a smile on her face and said, "Yep, things are tough, but HaShem is running the show, and things can get better."

The perpetual smile on Rachael's face brings us to the second quality of Rachael's secret of youth: her terrific sense of humor!

Ladies and gentlemen, Rachael is so much more than our Jewish bingo lady. She's NHBZ original Joan Rivers! She loves to laugh and to tell jokes. But most important, she regularly uses her delightful sense of humor to make people feel better. For decades -- literally, decades -- Rachael was the president or co-president of the Sisterhood and Social Club and held monthly events with good food and bingo that regularly attracted at least 50, 60 people.

Rachael always began her remarks with a smile and a joke, and then introduced me. And for years, with great affection, Rachael introduced me and said, "And now, our young rabbi". What a great introduction when I was in my 40s! And even into my 50s. What a marvelous sense of humor...and what a good heart!

This brings us to Rachael's third secret of youth: I don't have to remind anyone that the pandemic was particularly difficult for older people, many of whom were completely isolated from friends and family.

But Rachael did something amazing during the Pandemic. There were plenty of people who were alone, isolated, and effectively gave up. But not Rachael. Rachael figured out how to use a computer, get on Zoom, and became a regular participant in just about every one of our many Zoom classes.

Together with a number of others, Rachael and our group studied and learned the Book of Ruth. Then, we studied *Sefer Shmuel*, the story of King David. We currently study the *Book of Kings*. We had 15-minute evening get-togethers where I just told a story, a joke, and we said a Psalm together. Rachael not only came to virtually every session (and CONTINUES to attend our daily Book of Kings class), but regularly stayed after class to shmooze, to chat, and to make connections with others. Rachael's third secret of youth is her resilience. She never gives up. She never has. She never will. She's one of the most positive, can-do people I know.

Rachael's fourth quality is her willingness to share her wisdom: We used to have a program at NHBZ called *Starting Points* on Shabbos. It was always about contemporary topics that were relevant to daily living. I'd begin by asking various questions of the group. "Who was the most generous person you ever knew?" "What is the definition of courage?" "What's the difference between love and infatuation?" Take a guess who the first person was to raise their hand with an answer. Yep -- you guessed it -- Rachael Pevnick.

In Celebration of Rachael Pevnick (con't)

Invariably, Rachael's answers were right on the money. She would often share lessons for living that she heard from her father, Max Katz, or from her beloved husband of blessed memory, Teddy. Rachael discovered the fountain of youth because she discovered the fountain of wisdom. From those she most loves in her life (including, of course, her wonderful children, grandchildren and great grandchildren), she often shares with us lessons of wisdom.

Fifth and finally: Did anyone see the *Jewish Light* this past week? There's a must-see article about how Rachael was given an opportunity by her family (in celebration of her milestone birthday) to have an all-expense paid cruise to the Caribbean. But what did Rachael do? This past week Rachael presented a check for \$10,000 to the Jewish War Veterans Post 644. It was for a scholarship in memory of her beloved husband Teddy. Ted Pevnick was a veteran and active in the post, so Rachael and her family thought it fitting to honor his service.

What outstanding generosity. Who takes an opportunity for a once-in-a-lifetime cruise and then donates the money to a veteran's scholarship in memory of her husband?

I could go on and on about Rachael, and why she's the youngest 90 year-old we know. Her optimism. Her sense of humor. Her strength and resilience. Her wisdom. Her generosity. Ladies and gentlemen, those are just the highlights. But let me conclude with the following thought: Time passes by so quickly. A little girl was once fascinated by her mother's egg timer, a small hourglass with sand in it. Her mother explained that it took the sand exactly three minutes to empty, then you just turn it over and it does the same thing all over again. That afternoon the little girl brought a friend into the kitchen. "See?", she said. "You run it through like this, then you just turn it upside down and you get your three minutes back."

Sorry, it doesn't work that way.

However, the great King David wrote: *Od y'nuvun b'seivah, k'rananim yee'yu* (Psalm 92:15). "Even in old age they will still produce fruit; they will remain vital and green."

The fruitfulness of 'late bloomers' and 'late producers' continues on long after others have retired and put themselves out to pasture. But Rachael Pevnick was never a 'late bloomer' --from the beginning she was young! She has lived a life full of meaning and productivity for 90 years. And the good news is: The older the violin, the sweeter the music!

Rachael: may you be blessed with many more years of good health, opportunity to do more mitzvos, and experience abundant *nachas* from your wonderful family.

~ **Rabbi Ze'ev Smason**

In the Community

- **Middos from the Mishna**, A Mother Daughter Program, Feb 5, 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 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.

The Four Questions

Ladies and Gentlemen, it is our distinct pleasure to introduce the man who knows every inch of our Shul and is always at the ready to help:

LENNY ALPER

Lenny is a fourth-generation member of NHBZ. His father, grandfather and great-grandfather were members, and his two daughters, Caryn and Joanna, are current members. His wife Fran writes the weekly Sisterhood Scoop. Lenny was honored to serve as NHBZ president six times and is one of the youngest members who remembers 1395 Blackstone Avenue.

The Questions:

1. Who is your favorite Torah personality and why?

A: "Although Nachshon ben Aminidav is mentioned in the Torah, the reason he is my favorite personality is described in the Talmud and Midrash: Seven days after leaving Egypt, the Israelites found themselves trapped between the Sea of Reeds and the Egyptian army. Moses ordered the people to move forward, but they hesitated; nobody wanted to go first. At that moment, Nachshon's trust in Hashem and bravery led him to jump into the sea. The Israelites did not follow him, but instead they prayed. Hashem told Moses to lift his staff and spread his hand over the seas. At that point, the Sea split, and following Nachshon's lead, the Israelites finally entered the Sea and were saved."

2. What is your favorite snack food?

A: "Sourdough pretzels and fig bars, eaten alternately so that every other bite is salty or sweet."

3. What is your personal motto?

A: "You don't need a weatherman to know which way the wind blows." AND "Don't follow leaders, watch the parkin' meters."

4. What inspires you?

A: "The Gateway Arch and the nineteenth century American pioneers who traveled West, facing tremendous obstacles, both known and unknown. To me, this is a relatable similarity to the Israel pioneers of the early twentieth century."

Thank you, Lenny! We look forward to hearing from our next player!

DID YOU KNOW...

EVERY week, **Lenny Alper** contributes time, energy and ideas to our Shul. His keen eye and mathematical precision (literally!!) are two major factors in why we look so good!

He knows (and has measured) every inch of the building and is a primary hands-on volunteer. His attention to detail is second to none.

From moving tables to hanging plaques, proofreading to improving the visual aspects of our Weekly News, Lenny provides an invaluable service to the everyday working of NHBZ.

Let's all take this opportunity to shout a big THANK YOU, LENNY!!



Learning at NHBZ

Parashas Bo

Pharaoh's behavior during the ten plagues seems incomprehensible. During several plagues, Pharaoh capitulates and agrees to let the Jewish people leave Egypt. Yet as soon as each plague ends Pharaoh recants – even though he knows that his stubbornness will result in further punishment for Egypt. Equally unfathomable is the indifference of the Egyptian population toward the exhortations of Moshe. After accurately predicting six plagues of doom, Moshe forewarns the people of the upcoming hail and tells them not to leave their slaves and animals out in the fields, lest they be killed. Nonetheless, the Torah reports, many Egyptians did just that and their slaves and livestock perished. What accounted for their stubbornness?

The Kotzker Rebbe makes a striking observation. "Pharaoh rose in the night," the Torah reports, and Rashi comments that he rose from his bed. Imagine: after enduring nine terrible plagues, Moshe warns Pharaoh that at midnight every firstborn in the country would die. Pharaoh completely ignores this prophecy and goes to sleep! How could he be so relaxed in the face of such compelling danger? Seven days after this plague, another remarkable incident occurs. In perhaps the greatest miracle of human history, G-d splits the waters of the Red Sea, and the Jewish people pass through. The Egyptian army follows and, to nobody's surprise, G-d brings the waters crashing down on them. Why did the Egyptians think that G-d, who had been defending the Jewish people all along, would suspend the waters' onslaught for the benefit of the Jews' enemies?

The Torah explains the mentality of Pharaoh and the Egyptian people simply: They "did not take to heart the word of G-d." Human beings are given the capacity to ignore even the most obvious truths, something psychologists call "denial." With powerful symbolism, the ninth plague of darkness reflects this irrational behavior in the Egyptians. The Rabbis tell us that when a Jew visited an Egyptian home, there was light for the Jew and darkness for the Egyptian. The very same spot was both light and dark, depending on the viewer's perception. The Jew saw the hand of G-d clearly revealed, but the Egyptian remained in the dark, seeing nothing at all. Thus, the plague of darkness preceded the final blow, providing the key psychological insight into the mental blindness that prevailed in Egypt.

There is an important lesson to be learned from these events: We all have traces of Pharaoh's personality lingering within us. We, too, sometimes deny self-evident truths and close our eyes to blatant realities. Rabbi Moshe Chaim Luzatto, in his classic work of Jewish ethics, *Mesilas Yesharim*, instructs every human being to ask himself the question, "*Mah chovosi ba'olami*" What is my obligation in life? Why did G-d create me with unique talents and abilities? What is the purpose of my existence? This inquiry is fundamental, yet many people live out their lives never once having pondered this question and its implications. If the behavior of Pharaoh and the Egyptian people strikes us as absurd, perhaps we should look at ourselves and become inspired to open our souls, to see the light of the Almighty which illuminates the entire world.

Rabbi Yaakov Luban
Ohr Torah Congregation in Edison, New Jersey

On-Going Classes

- **Gemara Learning with Rabbi Bogopulsky**, Weekdays, 6:15 am
Dive into the wisdom of the Gemara (Talmud). Start your day off right!
- **St. Louis Kollel Amud-a-Week**, Mondays, 8:00 pm
- **“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=tw7lOVumZ8QeIPxHvApYZsox8VUem.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 with Rabbi David**, Every Shabbos, 10:15 am **No class 1/28**
- **Mishna Learning with Rabbi Swidler**, Every Sunday morning, after Shachris

NHBZ Giving & Dedication Opportunities

Giving to Nusach Hari B'nai Zion provides you with an opportunity to fulfill the important mitzvah of contributing tzedakah (charity). We offer many ways to say Mazel Tov to relatives and friends in honor of simchas celebrated, or to remember loved ones by making a dedication in their memories.

Contributions & Dedications for Building & Campus

To receive information on the many naming and dedication opportunities, please call our office, 314-991-2100, ext. 2.

Inscribed Bricks/Pavers & Plantings

\$250.00 for 4"x8" inscribed Brick/Paver; \$500.00 for 8"x8" inscribed Brick/Paver

Tree of Life – In the Alper Lobby

\$360.00 Minimum per Brass leaf inscribed, in memory of or in honor of a special person(s) or occasion.

Cast Iron Memorial Plaques – In the Feigenbaum-Pepose Learning Center

\$360.00 Bronze Plaque - name in raised lettering. Molay is recited on each yearzeit.

Kaddish

Important mitzvos to be observed in memory of relatives or dear friends.

\$360.00 Kaddish recited daily for eleven months after the passing of the individual.

\$360.00 Kaddish recited each yearzeit in perpetuity.

Book Funds – Dedications Inscribed

\$60.00 Nusach Hari Daily Siddur

\$75.00 Artscroll – Stone Edition Chumash

\$60.00 each Rosh Hashana & Yom Kippur Machzorim

Shabbos Bulletin Sponsorship

\$54 includes your specified dedication listed in the Bulletin

Call or email the office, 314-991-2100, ext. 2 or office@nhbz.org

Tributes – Honor Simchas, Wishes for Good Health, Condolences

Call or email the office, 314-991-2100, ext. 2 or office@nhbz.org

\$10 donation per card; \$25 pack of 5 cards. We have "In memory...", "In honor", Speedy Recovery, and Rose Ragin Chesed Fund* cards. (*Sold only in packs of 5)

Kiddush Sponsorship – Defrays Costs of Shabbos & Yom Tov Kiddushim

Please call our office for menu selections and pricing, 314-991-2100, ext. 2.

NOTE: Please note that the above prices, effective December 2022, are subject to change.



THE SISTERHOOD SCOOP

JANUARY 28



Volume 6

Number 4

6Shevat 5783

January 28, 2023

Book Club Discussed Israel Book

On January 23, at the home of **Myra Radinsky**, the Book Club held an engaging discussion of Noa Tishby's popular book, *Israel: A Simple Guide to the Most Misunderstood Country on Earth*, well led by **Margo Tzadok**. Those in attendance gained valuable knowledge and insight about Israel and the Middle East. The book includes a concise history as well as up-to-date Israeli achievements and a personal perspective that can serve as a primer for combatting anti-Zionism and antisemitism. We thank **Myra Radinsky** for graciously hosting the group and **Margo Tzadok** for her expert leadership.

The Book Club regularly meets at 7:15-8:45 PM on the **4th Monday of odd-numbered months**.

★ **SAVE THESE DATES** ★ **SAVE THESE DATES** ★

★ **March 27** – *The Lost Shtetl: A Novel*, by **Max Gross** – about a Polish village lost in time.

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

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

Sisterhood 2023 Plans Underway

A core group of NHBZ women met on Sunday, January 22, at the home of **Sallie Volotzky** (*Thank you, Sallie!*), to brainstorm ideas on how the NHBZ Sisterhood can best serve the needs of the women of our congregation. Plans are now underway for a Membership Tea, Rosh Chodesh Learning Series, a Mother-Daughter Arts Project, and more. But...to be successful...**we need YOU**, your ideas, and your energy. Stay tuned to learn how you can join us in our mission as we plan for 2023... and beyond.



For questions or information on how to join the Sisterhood, contact:

Fran Alper: 314-993-4024 or fran.alper@outlook.com,
or **Teree Farbstein:** tfarbstein2@gmail.com,
or email: sisterhood@nhbz.org

PARSHAS Bo: Humble Opinions

"And Moshe and Aharon came to Pharaoh and they said to him, this is what G-d, the Lord of the Hebrews said, how long will you refuse to humble yourself before Me? Let my people go and they shall serve Me." Exodus 10:3

It appears that arrogance was the issue that was causing Pharaoh to act in self-defeating ways. He sees with his own eyes that his kingdom is being destroyed, yet he continues in his stubborn refusal to send the Children of Israel out to serve G-d. What possessed him? Rabbainu Bachya, a medieval commentator writes that G-d requests a person to submit his will to that of G-d's. This requires humility. Pharaoh was arrogant, and could not bring himself to be humble before G-d. As a result, he caused his own downfall.

Arrogance is a character flaw which causes many people problems. Arrogance causes people to retaliate against those who may have slighted them in some way. A humble person would remain silent and end the matter right there. Arrogance causes a person to prolong a quarrel.

A humble person would ask forgiveness when he/she is in the wrong, even if he feels the other person is more to blame. An arrogant person will not ask forgiveness even when he/she knows deep down that he/she is at fault.

A humble person reaches out for help when in need. An arrogant person finds it beneath his dignity to show vulnerability and weakness by asking for help and chooses to suffer rather than "belittle" himself.

The Torah teaches us that we should introspect and be honest with ourselves. How do we cause ourselves problems through arrogance? How can we improve our own lives by recognizing what our own arrogance causes and correcting it? – by **Rabbi Dovid Green** (from **Rabbi Zelig Pliskin**)

Calling all Women... The Chesed Committee

invites you to attend a free
Women's Event **Wed. Feb. 15**
2:00-3:30PM at NHBZ

Ladies Coffee & Learning

Featuring Special Guest

Rebbetzin Chani Wasser

Speaking on the topic

**"Don't Just Survive, Thrive:
Navigating Life Challenges
with Strength"**

Light refreshments, socializing, & learning
Food under supervision of Rabbi Chaim Bogopolsky





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.nhbz.org | 314.991.2100

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



NHBZ PIZZA NIGHT



NHBZ PIZZA NIGHT



Celebrate Tu Bishvat The New Year of Trees

with a Special Shabbat Lunch and Learn

Saturday, February 4, 2023.

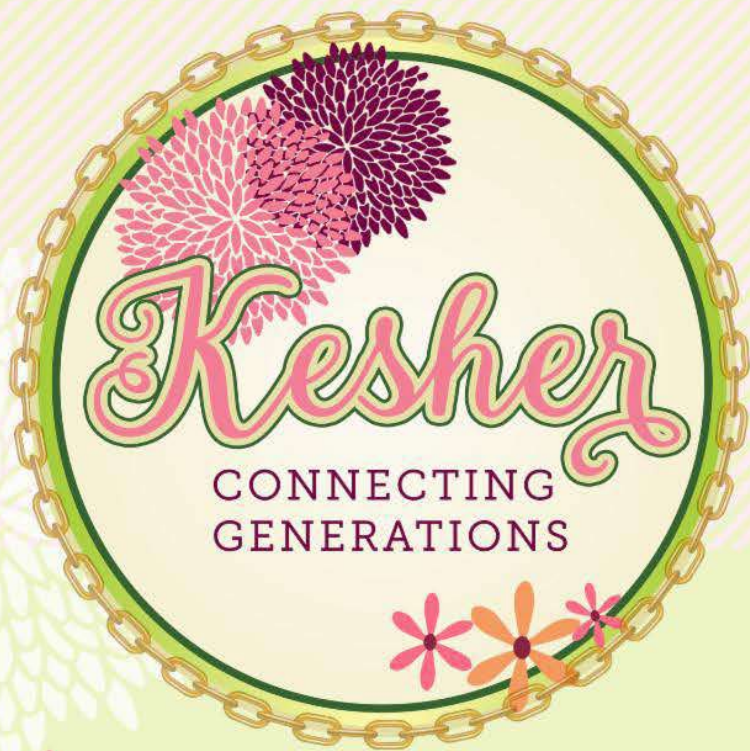
Services begin at 9:00am followed by lunch and a special guest speaker, Rabbi Avi Feigenbaum, Executive Director of Esther Miller Bais Yaakov High School, who will provide explanations, insights and inspiration about the often overlooked holiday of Tu Bishvat.



Lunch is sponsored by David and Norma Rubin (and prepared by Norma) in memory of David's mother, Shaindel bas Dov Ber HaCohen z"l, his grandfather, Dov Ber ben Aharon HaCohen z"l, and his grandmother, Manya Mary Feldman Rubin z"l

Dessert is sponsored by Reuven and Margo Tzadok on the Yahrzeit of Margo's father, Ely Langfeld, Yehuda Ben Menasha HaCohen

There is no cost for this event and it is open to the entire Jewish Community.
Nusach Hari offers a welcoming place of learning and worship for all Jews, regardless of affiliation or level of observance. Come grow with us!



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



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



Ladies Coffee & Learning

A Free Women's Event

The Chesed Committee Cordially invites You to
A Ladies Coffee at NHBZ

Light Refreshments, Socializing and Learning

with Special Guest,

Rebbetzin Chani Wasser

February 15th from 2pm to 3:30pm

Rebbetzin Wasser's topic:

***Don't just Survive, Thrive:
Navigating Life Challenges
with Strength***

This is a free Women's event - Open to the public.

For more information:

314.991.2100 ext:2 or email: office@nhbz.org.