



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

February 4, 2023 • 13 Sh'vat 5783 • Candle Lighting 5:06 pm • Shabbos Concludes 6:11 pm

Parshas Beshalach
Haftorah

Exodus 13:17 – 17:16
Judges 4:4 – 5:31

Chumash pp. 366 – 393
Chumash pp. 1152 – 1154

We thank our generous sponsors

David & Norma Rubin for this week's Kiddush Lunch in honor of David's mother, **Shaindel bas Dov Ber HaKohen^ah**, his grandfather, **Dov Ber ben Aharon HaKohen^ah**, and his grandmother, **Manya Mary Feldman Rubin^ah**, all of whom have recent or upcoming Yahrzeits.

Reuven & Margo Tzadok for the special Tu BiShvat treats for dessert, in honor of Margo's father, **Ely Langfeld** (Yehuda ben Menasha HaKohen^ah) on the occasion of his Yahrzeit

Prayer

Shabbos, Friday, February 3

- 5:00 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 5:06 pm Candle Lighting

Shabbos, Saturday, February 4

- 9:00 am Shachris followed by Musaf
Pesukei D'Zimra: **Howard Sandler**
Shacharis: **David Rubin**
Leyning: **Stuart Klamen**
- 10:00 am Kids' Program
- 10:15 am "Soul Building" with Rabbi David (downstairs)
- 4:50 pm Mincha, Shalosh Seudos, Ma'ariv
- 6:11 pm Shabbos concludes



Haftorah: **Reuven Tzadok**
Sermon: **Rabbi Chaim Bogopulsky**
Musaf: **David Rubin**

Minyan Times Feb 4 – Feb 11, 2023

	Fri Feb 3	Shabbos Feb 4	Sun Feb 5	Mon Feb 6 [^]	Tues Feb 7	Wed Feb 8	Thu Feb 9	Fri Feb 10	Shabbos Feb 11
Shachris (am)	7:00	9:00	8:00	7:00	7:00	7:00	7:00	7:00	9:00
Mincha/Ma'ariv (pm)	5:00	4:50	5:05	5:05	--	--	--	5:10	5:00
Ma'ariv Only (pm)	--	--	--	--	7:00*	7:00*	7:00*	--	--

[^]Tu Bishvat

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

Congregation News

Mazel Tov on Simchas This Week! Feb 4 – Feb 11, 2023

Happy Birthday

Max Amon	Feb 4	Nathan Garmaise	Feb 8
Kerry Klarfeld	Feb 4	Sheryl Levine	Feb 8
Paul Kleiman	Feb 4	Sally Amon	Feb 8
Rabbi Ze'ev Smason	Feb 4	Marsha Feenberg	Feb 9
Jennifer Cohen	Feb 5	Chani Smason	Feb 9
Jeffrey Schnitzer	Feb 5	Scott McCary	Feb 11
Sivya Smason	Feb 5	Stella Vladimirov	Feb 11



Happy Anniversary

Norman & Marilyn Liss Feb 11

THANK YOU!

Linda, Micky and Menachem Szus thank Anna Rose Tendler, Jackie Berkin, Sally Needle and Nancy Stenn for preparing such a wonderful Shabbat Kiddush on January 28, 2023. Yashar koachan!

Coming Events

- Shabbos, Feb 4
 - Tu BiShvat Kiddush Lunch sponsored by the Rubin and Tzadok Families
- Sunday, Feb 5, 10:15am
 - Mother/Daughter “Middos from the Mishna”
- Kabbalat Shabbat, Feb 10 5pm
 - Young Families’ Kabbalat Shabbat & Shabbat Dinner
- Sunday, Feb 12, 10:15am
 - Mother/Daughter “Middos from the Mishna”
- Wednesday, Feb 15, 2:00pm
 - Ladies’ Coffee and Learning
- Sunday, Feb 26, 5–7pm
 - Lion’s Den All-You-Can-Eat PIZZA NIGHT

Tu Bishvat Shabbos Celebration, This Shabbos, February 4

Norma Rubin is preparing a delicious lunch in memory of **David Rubin’s** mother, Shaindel bas Dov Ber HaKohen^{a”h}, his grandfather, Dov Ber ben Aharon HaKohen^{a”h}, and his grandmother, Manya Mary Feldman Rubin^{a”h}, 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)^{a”h}, **Rabbi Avi Feigenbaum** will be our guest speaker and there will be lots of information about JNF and Tu Bishvat in Israel!

Young Families’ Kabbalat Shabbat Services & Dinner, February 10, 5:00 pm

We cordially invite Young Families to join **Rabbi & Batya Bogopulsky and family** for Kabbalat Shabbat Services and dinner on Friday, February 10. No charge. RSVP using the QR code or by emailing office@nhbz.org. RSVPs requested by 5:00 pm Sunday, February 5.



Ladies Learning and Coffee, February 15, 2:00-3:30 pm

The NHBZ Chesed Committee invites ALL WOMEN to a special afternoon Ladies’ Learning and Coffee. **Rebettezin Chani Wasser** will offer insights on the topic of “Don’t just survive, THRIVE: Navigating Life Challenges with Strength.” No need to RSVP. Come as you are! See flyer for details.

NHBZ JANUARY 2023 TRIBUTES

IN MEMORY OF

Ed Lyss

Robert Susman
 Jessica & Lowry McAllen
 Mark & Elizabeth Bossi
 Carolyn Litwin
 Daveen Litwin
 David & Sharon Pollack
 Debbie & Jeff Dalin
 Marsha Goffin
 Marlene & Bob Gummers
 Dr. Paul & Pat Simons
 Bob & Nancy Gellman
 Lana Wolff
 Mark & Lee Scissors
 Terri & Jeff Schnitzer

Rose Ragin (on her Yahrzeit)

Eliot & Sally Katz

IN HONOR OF

NHBZ Chesed Committee & Activities

Ed & Helayne Levitt

NHBZ's Hospitality

Sharon Marcushamer & Evan Schwarz

Refuah Shelema for Irwin Loiterstein

Ed & Helayne Levitt

The birth of a daughter to Jonathan & Devorah Yasinev and granddaughter to Boris & Alla Yasinev

Joni & Bob Kaiser

The birth of a granddaughter to Bruce & Faith Waxman

Joni & Bob Kaiser
 Howard & Phyllis Loiterstein
 Jay & Peggy Umansky
 Terri & Jeff Schnitzer

The birth of a great-granddaughter to Marvin & Sandy Greenberg

Jay & Peggy Umansky
 Joni & Bob Kaiser

Dodi Smason & Zach Taylor Marriage

Joni & Bob Kaiser

Milton & Tammy Sallis on their daughter Melanie's Wedding

Joni & Bob Kaiser

Benjamin Winograd becoming a Bar Mitzvah

Ed & Helayne Levitt
 Howard & Phyllis Loiterstein
 The Granillo Family
 Denny & Amy Feit
 Linda & Jeff Collier
 Arlene Goodman & Stan Towerman
 Joni & Bob Kaiser
 Feigenbaum/Pepose Family
 David & Susan Scribner

Yosef Granillo becoming a Bar Mitzvah

Joni & Bob Kaiser

The Upsherin of Bob & Joni Kaiser's Grandson

Feigenbaum/Pepose Family

The birth of a granddaughter to Ephram & Michelle Mufson

Joni & Bob Kaiser

The birth of a great-granddaughter to Sam & Shirley Bluestein

Joni & Bob Kaiser
 Feigenbaum/Pepose Family

Norma Rubin, Anna Rose Tendler and Nancy Stenn for Rachael Pevnick's lovely birthday kiddush

Debbie & Brian Sher
 Rachael Pevnick

HAPPY BIRTHDAY TO

Rachael Pevnick

Ruth Alper-Novack
 Beverly & Gary Motchan
 Terri & Jeff Schnitzer
 Joni & Bob Kaiser
 Eliot & Sally Katz

Stan Goldfader

Joni & Bob Kaiser

The Four Questions

Please allow us to introduce

STUART KLAMEN

Stuart is native St. Louisan who grew up in a family with two siblings. His love for Torah has been around for as long as he can remember, dating back to his first school experience. Stuart is an athletic sort who loves playing sports, especially tennis and basketball. He demonstrated his willingness to be a team player by stepping up at the eleventh hour to play The Four Questions this week. Stuart leyns at NHBZ Shabbos morning services most weeks. He can often be found, surrounded by books, in the social hall area of the Sanctuary.

The Questions:

1. **Who is your favorite Torah personality and why?**

A: "Noah. He was righteous in his generation."

2. **What is your favorite snack food?**

A: "Ice cream (of course)."

3. **What is your personal approach to daily life?**

A: "I look to do good and make a positive difference every day."

4. **What inspires you?**

A: "People who have undergone and overcome extreme hardships and obstacles and go on to accomplish great things and meaningful change."

Thank you, Stuart! You're a good sport!

Trib-ute (trib'yoot)

A gift, payment, declaration, or other acknowledgement of gratitude, respect or admiration.

Make a tribute to honor someone's simcha, good health or a loved one's memory.

Call (314-991-2100, ext 2) or email (office@nhbz.org) to make a tribute.

Tributes will be listed monthly in the Weekly News.

In the Community

- **Middos from the Mishna**, A Mother Daughter Program, Feb 5 and 12, 10:15 am
Keshet Connecting Generations presents a wonderful and fun learning opportunity for Mothers and Daughters (and any other women who 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.

Learning at NHBZ

Parashas Beshalach

The Jewish nation's passage through the split waters of the *Yam Suf* marked not only the final step of their Exodus from Egypt, but their first step toward becoming G-d's chosen people. In this manner, they followed in the footsteps of the Patriarchs.

Avraham, according to the Midrash, was on his way to the *Akeidah* with Yitzchak, when the *Satan* took the form of a stream and blocked their path. Avraham pressed on and as he waded through, the water reached his neck. But his devotion to fulfill the Divine request to take Isaac to the *Akeidah* enabled him to safely pass through those threatening waters.

Yitzchak's similar devotion to Hashem enabled him to remain steadfast in Canaan, even during the famine there, and to re-open Avraham's wells, which the Philistines had stopped up. Yaakov, too, was tested at a body of water – the Yabbok River – where he wrestled with the angel of Eisav.

The Israelites, confronted by a turbulent sea, acted with self-sacrifice by jumping into the *Yam Suf*, an act that propelled them forward with a new resolve, a new dimension of faith.

After crossing through the water, the Israelites express their newfound faith in song – the *Shiras Hayam*, the Song of the Sea. The Midrash states that at Creation the angels declared, "What is man that we should make mention of him?" G-d replied, "Come observe the scene of the Song of the Sea." As soon as they heard the Israelites sing, the angels began to sing as well: "O G-d, how glorious is Your Name in all the earth."

Song, through which celestial beings praise the Almighty in the Heavenly abode, is the language of the soul. Song possesses therapeutic powers for those who are physically and mentally handicapped. Moshe, who suffered from a speech impediment, sang at the sea without obstructions.

The Torah is called a *Shirah*, a song. The Torah is also allegorically referred to as water for the parched soul. The combination of water and song at the *Yam Suf* brought the nascent Jewish nation one step closer, physically and spiritually, to their acceptance of the Torah and their embrace of the Divine mandate.

Our mission today remains that of our forebears – to swim in the "Sea of Torah," to drink from its waters, and to sing out gloriously to G-d for His generous, eternal gift to us.

Rabbi Saul Aronov
Beth Israel Synagogue in Halifax, Canada

PURIM IS COMING !!!

Fulfill the mitzvah of Misloach Manos ~ gifts to friends! Give actual gifts of food to at least two friends, and then send our PURIM CARDS to everyone else!! All proceeds will benefit the NHBZ Chesed Fund. Cards may be purchased in our office, or call 314-991-2100, or email to office@nhbz.org.

\$10 per pack of 5 cards with envelopes
\$18 per pack of 10 cards with envelopes

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=tw7lIOVumZ8QeIPxHvApYZsox8VUem.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
- **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

FEBRUARY 4



Volume 6

Number 5

13 Shevat 5783

February 4, 2023

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



Sisterhood Welcomes YOU

All women are invited to join the NHBZ Sisterhood. There is no better time to get involved than NOW. Planning is underway for a Membership Tea, Rosh Chodesh Learning Series, a Mother-Daughter Arts Project, and more. But...to be successful...we need YOU!

Sisterhood continues to fund the JFed's 'Passport to Israel' Program for our eligible members, as well as other Shul activities. We are counting on you to send in your annual dues for 2023 – Send your check for \$25 – payable to NHBZ (write 'Sisterhood' in the memo line) or call the office.

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, or call 314-991-2100

Advice From a Tree by Ilan Shamir

Stand Tall & Proud
Go Out on a Limb
Remember Your Roots
Drink Plenty of Water
Be Content with Your Natural Beauty
Enjoy the View



In celebration of Tu B'Shevat

Book Club Invites YOU to Join

The Book Club regularly meets at 7:15-8:45 PM
on the **4th Monday of odd-numbered months**
~ with occasional modifications due to holidays ~

★ **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

★ **July 31 – The Golem and the Jinni: A Novel**, by Helene Wecker

All women are welcome!

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



PARSHAS BESHALACH: The Name's the Same

How is it possible that, after 210 years of enslavement in an alien environment, the Jews left Egypt as Reuben, Simeon, and Levi, and not as "Rameses" or "Potiphar"? The secret lies in the way they first entered Egypt: "These are the names of the Children of Israel who came to Egypt... Reuben, Simeon, Levi, etc...."

When Jews enter Egypt, a land whose way of life and general outlook is the very opposite of their own, the first vital step is to ensure that the children do not forget who they are and who their parents were. They must always know and ever remember that they are the Children of Israel, Jewish children, descendants of Abraham, Isaac and Jacob, of Sarah, Rebecca, Rachel and Leah. They must cling to their Jewish names with pride; their daily conduct must immediately identify them as Jewish children, as a Reuben, a Simeon, a Levi, and a Judah.

Such pride can only be instilled by a deep-rooted Jewish education, which imbues children with the strength of character to remain a separate, unique, distinct people, despite the severest hardships of the Egyptian exile. Such education builds an inner strength and provides the assurance that we will leave Egypt with all our children intact, with our sons and daughters proud, intense, and wholesome Jews.

Eternal Torah proclaims an ever-relevant message for all ages and for all lands — a message of particular pertinence and importance in our day and in this land: The survival of the Jewish people, the unity of the Jewish home, and the guarantee that our children will remain proud and aware Jews, is completely dependent upon a thorough, Torah-true education without compromise and without dilution.

– Rabbi Yitschak Meir Kagan www.chabad.org



Celebrate Tu Bishvat The New Year of Trees

with a Special Shabbat Lunch and Learn

Saturday, February 4, 2023.

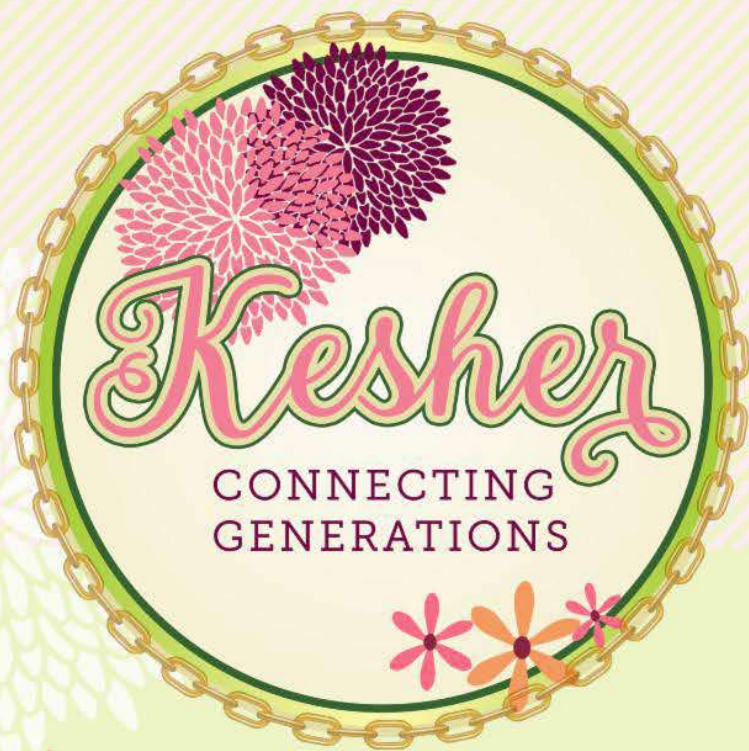
Services begin at 9:00am followed by lunch and a special guest speaker, Rabbi Avi Feigenbaum, Executive Director of Esther Miller Bais Yaakov High School, who will provide explanations, insights and inspiration about the often overlooked holiday of Tu Bishvat.



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





YOUNG FAMILIES'

SHABBATON at NHBZ



Friday, Feb 10, 5:00 pm

**Please join us for Kabbalat Shabbat Services
followed by a delicious Shabbos dinner!**



**RSVP by Sunday, Feb 5 to: office@nhbz.org
or use the handy dandy RSVP link through
this NHBZ QR code.**

All food under supervision of Rabbi Bogopulsky.

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.