



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

April 22, 2023 • 1 Iyar 5783 • Candle Lighting 7:25 pm • Shabbos Concludes 8:29 pm

Parsha Tazria-Metzora
Maftir Shabbat Rosh Chodesh
Haftorah

Leviticus 12:1 – 15:33
Numbers 28:9 – 15
Isaiah 66:1 – 24

Chumash pp. 608 – 635
Chumash pp. 890 – 893
Chumash pp. 1208 – 1210

Thanks to the NHBZ Israel Committee: **Margo Tzadok, Meira Ganel, Fran Reisler, Terri Schnitzer** and **Stuart Klamen** for today's Yom HaAtzmaut Celebration!
Thanks to **Stella & Leonid Vladimirov** for partially sponsoring the event.

Prayer

Shabbos, Friday, April 21

- 7:00 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 7:25 pm Candle Lighting

Shabbos, Saturday, April 22

- 9:00 am Shachris followed by Musaf
Pesukei D'Zimra: **Howard Sandler**
Shacharis: **David Rubin**
Leyning: **Rabbi Yitzchok Shimon Hess**
- 10:00 am Kids' Program (downstairs)
- 10:00 am "Soul Building" with Rabbi Yosef David (downstairs)
This week's topic: "TBA"
- 6:35 pm Shiur from **Rabbi Chaim Bogopulsky**
- 7:05 pm Mincha, Shalosh Seudos, Ma'ariv
- 8:29 pm Shabbos concludes

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



Minyan Times Apr 21 – 28, 2023

	Fri Apr 21	Shabbos Apr 22	Sun Apr 23	Mon Apr 24	Tues Apr 25	Wed Apr 26	Thu Apr 27	Fri Apr 28	Shabbos Apr 29
Shachris (am)	6:45*	9:00*	8:00	7:00	7:00	7:00	7:00	7:00	9:00
Mincha/Ma'ariv (pm)	7:00	7:10	7:00	7:00	7:00	7:00	7:00	7:00	7:10

*Rosh Chodesh Iyar

Father/Son Teen Minyan, Next Shabbos, April 29, 9:00 am



Fathers, sons, grandfathers, uncles and friends please join Rabbi Bogopulsky in the Chapel downstairs for this special minyan. Contact Rabbi Bogopulsky if you would like to lead davening. Kiddush to follow!

Congregation News

Mazel Tov on Simchas This Week! Apr 21 – 28, 2023

Happy Birthday

Fran Reisler	Apr 23	Madeline Hartranft	Apr 28
Evan Woolf	Apr 24	Shelly Muskin	Apr 28
Harry Lyons	Apr 26	Micha Szus	Apr 28



Coming Events

- This Shabbos, April 22 – Yom HaAtzmaut Kiddush Lunch Celebration
- Wednesday, April 26, 7:30 pm – Second of Rabbi Avi Feigenbaum's Three-Part Series entitled "Great Jewish Leaders – And How You Can Become the Next One"
- Shabbos, April 29 – Kiddush Lunch and Learn with Sharsheret – See flyer
- Sunday, April 30 – Lion's Den All-You-Can-Eat PIZZA NIGHT

"Great Jewish Leaders – And How You Can Become the Next One"

Did you miss the first of **Rabbi Avi Feigenbaum's** three-part series? Well, you are in luck! There are two more in-person classes (April 26 and May 3, 7:30 pm)! And, you may listen to the recording of the first class [here](#). Thank you, Rabbi Feigenbaum!

Lion's Den All-You-Can-Eat Pizza, Sunday, April 30, 5-7 pm

Delicious, hot KOSHER pizza! Fun for the whole family.

Pizza. Pasta. Salad. Fun.

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

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



Shul Policy Reminders



For the health and safety of our members and guests, NHBZ is now a NUT-FREE food zone!

We endeavor to keep any food with nuts as an ingredient out of the building. Please check labels carefully and refrain from bringing nut-based foods and snacks into the Shul.

ALL food and drink must be checked in by a Mashgiach. For alcoholic beverages, please allow for time to research the Kashrus. A few days' notice is requested. We greatly appreciate your cooperation.

Mi Sheberach Lists

To request someone's name be added to the Mi Sheberach list for the cholim (those who are not well), provide the following:

- Person's English name and Hebrew name (including the mother's Hebrew name, which we use when praying for healing)
- Whether you want the English name read aloud or kept confidential
- Whether you request the name be read for 30 days or indefinitely (we will be revising the list at least every 6 months)
- Name of person making the prayer request

Please use this [form](#) or email the information to the Office (office@nhbz.org) or call 314-991-2100, ext. 2. If you prefer, you may provide the information in confidence to Rabbi Bogopulsky.

Holocaust and Heroism – In Memoriam

We had a wonderful turn-out for this important event. Special thanks to our presenters: **Mimi Fiszel, Tobie Dobin and Sandy Dobin Schwartzburt, Dr. Eldad Bialecki and Dr. Isaac Amon.** Please watch your emails and upcoming bulletins for a link to a recording of the event (coming soon!).

In the Community

● Shiur for Women Only, Sunday, April 23 at 1:00 pm

A shiur to commemorate the yahrzeit of Daniel J. Schultz (z"l) will take place at the home of Lynda Cohen. Mrs. Toby Goldman will speak. Please consult community postings for address.

● JSU 3rd Annual Meat-Up, Sunday, April 30

Please join JSU for gourmet BBQ, Sushi, Jon's Secret Meat Rub, Yard Games/Entertainment, the Clydesdales (if available), characters, miniature ponies and more! See flyer for dates and details.

● Agudas Israel St. Louis Annual Dinner, **SAVE THE DATE**, Tuesday, May 9

The Agudas Israel of St. Louis Annual Dinner will be held Tuesday, May 9 at the Ritz-Carlton in Clayton. Please join us as we honor Mr. David and Dr. Daniela Hermelin and celebrate the 100th birthday of Mrs. Rita Bortz. Visit www.rayze.it/agudastl to read more about the honorees, make your reservation, and submit your ad for the dinner journal.

● St. Louis Jewish Literary Magazine

Jewish students throughout St. Louis constructed inspirational, humorous and insightful short stories, poems, artwork and divrei Torah. Request your free copy of the Machshava through eha.org/machshava. Contact litmag@eha.org with any questions.

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.

Learning at NHBZ

On-Going Classes

- **Gemara Learning with Rabbi Chaim Bogopulsky**, Weekdays, 6:15 am
- **St. Louis Kollel Amud-a-Week**, Mondays, 8:00 pm
- **“Journey through the Chumash” with Rabbi Chaim 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 Ze’ev 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 Ze’ev 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=tw7lIOVumZ8QelPxHvApYZsox8VUem.1>
- **Kitzur Shulchan Aruch with Rabbi Chaim Bogopulsky**, Sunday-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 Yosef David**, Every Shabbos, 10:00 am (downstairs)
- **Pre-Mincha Shiur with Rabbi Chaim Bogopulsky**, Every Shabbos afternoon, before Mincha
- **Mishna Learning with Rabbi Chanan Swidler**, Every Sunday morning, after Shachris



Sign-up Now Before All Seats Are Taken!

Sunday, May 21, 12:30 pm (Please have lunch before the tour)

Enjoy a guided 4-hour tour of historic Jewish St. Louis with guide **Linda Koenig**.

Learn about the contributions St. Louis Jewish residents made to both the Jewish community and the community at large.

A sampling of the itinerary: What is the Jewish connection to Keiner Plaza, the Wainwright Building, Macy's, the Old Courthouse, the 1904 World's Fair, Aloe Plaza, the Old Cathedral, and the Arch grounds? Who was St. Louis, and what was his relationship with the French Jews? What is that big monument across Kingshighway from the Chase? Did you know the Zionist flag first flew in St. Louis? Where and when and why?

We will see former synagogues, the old YMHA and a very historic Jewish cemetery among many other historic Jewish St. Louis sites.

ONLY 20 15 SEATS AVAILABLE!

- Pick-up and drop-off at NHBZ parking lot
- Airconditioned 20 passenger bus
- Gift bag with bottled water and snacks

\$55/person (based on 20 participants)

RSVP Today <https://www.nhbz.org/event/the-jewish-st-louis-bus-tour/>



THE SISTERHOOD SCOOP

APRIL 22

The Omer Count
49 Steps in Self Refinement

Volume 6

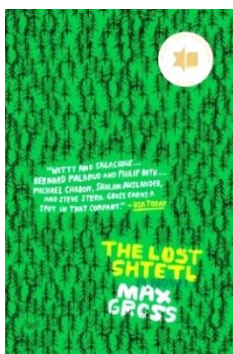
Number 14

1 Iyar 5783

April 22, 2023

Book Club Meets Monday April 24

The book club discussion of the novel, *The Lost Shtetl*, by Max Gross, will take place this **Monday, April 24**, 7:15-8:45 pm at the home of **Linda Shore**. Be sure to **RSVP and get directions** – call **Linda** at 314-576-1950, or email: linda.shore@sbcglobal.net



☆ **SAVE THESE DATES** ☆ **SAVE THESE DATES** ☆

☆ **May 22** – *The Watchmakers: A Story of Brotherhood, Survival, and Hope Amid the Holocaust*, by Harry Lenga & Scott Lenga at the home of Devy Goldenberg

☆ **July 31** – *The Golem and the Jinni: A Novel*, by Helene Wecker at the home of Sharon Summers

All women are welcome!

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



Speech and the Process of Redemption

The Talmud asks: Why was the Holy Temple destroyed? Because people spoke *Loshon Hara* about each other. Thus, says the Chafetz Chaim (the 20th century codifier of the laws of *Loshon Hara*), refraining from gossip is the single most effective way to reverse the damage and bring about the redemption!

There is no better time to undertake this challenge than today – in the midst of the season of redemption. Passover celebrates our emergence from slavery unto freedom. And, at this time we count the Omer, on the way toward receiving the Torah at Mount Sinai. Now is the time to break the discord and divisiveness which plague our people.

–Adapted from **Rabbi Shrager Simmons**, www.aish.com

Back by popular demand!!! Jewish Legacy Tour of St. Louis Sunday, May 21

Enjoy a 4-hour tour of historic Jewish St. Louis
with guide **Linda Koenig**

Tour Includes

- Roundtrip Air-Conditioned motor coach
- Pick-up and drop-off at NHBZ parking lot
- Private Tour Guide: Linda Koenig
- Itinerary highlights the Jewish connection to:
 - ★ Kiener Plaza
 - ★ Wainwright Building
 - ★ Macy's
 - ★ The Old Courthouse
 - ★ Former synagogues
 - ★ 1904 World's Fair
 - ★ Aloe Plaza
 - ★ The Old Cathedral
 - ★ Arch Grounds
 - ★ The old YMHA
- Gift bag with bottled water and snacks
- **\$55/person (based on 20 participants)**



Learn about contributions of St. Louis Jewish residents. What is that big monument across Kingshighway from the Chase? Who was St. Louis and what was his relationship with French Jews? Did you know the Zionist flag first flew in St. Louis? Learn where, when, and why.



Spaces are limited and filling up
**Tour departs from NHBZ parking lot on
Sunday, May 21, at 12:30pm**
(Please have lunch before the tour)

RSVP Today – Click on this link:

<https://www.nhbz.org/event/the-jewish-st-louis-bus-tour/>

יום הא'תזמאט

5TH IYAR

CELEBRATE
ISRAEL'S 75TH BIRTHDAY!



‘Sharsheret Supports STL’
and
Nusach Hari B’nai Zion
present



**Jewish Genes and
Hereditary Cancer**

*Understand how this impacts
men as well as women*

Shabbos, April 29, 2023

Kiddush Lunch & Learn following morning services

Sharsheret (‘chain’ in Hebrew) represents the connections we build to support Jewish women and their families at every stage of breast or ovarian cancer. Sharsheret educates Jewish women and men about the increased cancer risks they face because of their higher propensity to carry hereditary cancer gene mutations, including, but not limited to, the BRCA mutation, and what this means for future generations and the linkage to cancers beyond breast and ovarian (pancreatic, prostate, male breast, melanoma, uterine, colon, thyroid, and Lynch Syndrome).

Sharsheret Supports STL is the local community partner of the national Sharsheret organization. and a program of Nishmah at the J. It provides opportunities for women and their families that complement the programs and resources available from the national organization. For more information, contact Debbi Braunstein at dbraunstein@jcc.org or 314-442-3266.



SHARSHERET
Community Partners



Sunday, April 30th • 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 KOSHER 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



Please Join Us For
Father/Son Teen Minyan

Shabbat - April 29th

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