



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

July 15, 2023 • 26 Tamuz 5783 • Candle Lighting 8:07 pm • Shabbos Concludes 9:11

Parshas Mattos-Masei
Haftorah Mattos
Haftorah Masei

Numbers 30:2 – 36:13
Jeremiah 1:1 – 2:3
Jeremiah 2:4 – 28; 3:4; 4:1 – 2

Chumash pp. 900 – 935
Chumash p. 1192
Chumash pp. 1193 – 1194

Thanks to our generous sponsors this Shabbos

- Kiddush lunch in honor of **Heidi Mufson** sponsored by the **Rosenberg & Mufson Families**
- **Peggy & Jay Umansky** sponsor this week's NHBZ Weekly News in honor of the engagement of **Jonathan Adam Umansky** to **Ms. Brianna Dumont**

Prayer

Shabbos, Friday, July 14

- 6:30 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 8:07 pm Candle Lighting

Shabbos, Saturday, July 15

- 9:00 am Shachris followed by Musaf
Pesukei D'Zimra: **Howard Sandler**
Shacharis: **Mateo John**
Leyning: **Rabbi Yitzchok Shimon Hess**
- 10:00 – 11:30 am Youth Program (downstairs)
- 10:00 – 10:45 am Special Guest Speaker Rabbi Daniel Sentell (downstairs in the Chapel)
Today's Topic: "Lies and the Righteous People Who Tell Them"
- 7:20 pm *Shiur* from **Rabbi Chaim Bogopulsky**
- 7:50 pm Mincha, Shalosh Seudos, Ma'ariv
- 9:11 pm Shabbos concludes

Haftorah: **Naftali Kadosh**
Sermon: **Rabbi Chaim Bogopulsky**
Musaf: **David Rubin**



Minyan Times July 14 – July 22, 2023

	Fri Jul 14	Shabbos Jul 15	Sun Jul 16	Mon Jul 17	Tues Jul 18	Wed Jul 19	Thu Jul 20	Fri Jul 21	Shabbos Jul 22
Shachris (am)	7:00	9:00	8:00	7:00	7:00	6:45*	7:00	7:00	9:00
Mincha/Ma'ariv (pm)	6:30	7:50	6:30	6:30	6:30	6:30	6:30	6:30	7:50

*Rosh Chodesh Av

Father/Son Teen Minyan, Next Shabbos, July 22, 9:00 am

Join Rabbi Bogopulsky in the Chapel downstairs for this special minyan. If you would like to lead davening, please contact Rabbi Bogopulsky. Kiddush follows.

Congregation News

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

Happy Birthday

Ronald Makovsky	July 15	Brian Feit	July 19
Danny Sallis	July 17	Charlene Kass	July 20

Happy Anniversary

Debbie & Brian Sher July 20



Correction: Meira & Shaul Ganel's anniversary is July 12 (mistakenly published as July 14). We apologize for our error.

Coming Events

- This Shabbos, July 15 – Kiddush lunch in honor of **Heidi Mufson**
- Shabbos, July 22, 9:00 am – Father/Son Teen Minyan (Chapel, downstairs)
- Shabbos, July 29 – Kiddush lunch sponsored by **Sally Needle** as HaKoras Hatov to Hashem
- Sunday, July 30, 12:00 pm – NHBZ Proud and Inspired 24 hour Online Fundraising Campaign - MARK YOUR CALENDARS

Gateway to Tefilla: Making Davening Meaningful, Wednesdays, 7:00 pm

Rabbi Chaim Bogopulsky deepens our comprehension of our prayers, the meaning and significance of the words we say. With a better understanding, we get closer to Hashem. Join us on this sacred journey. All levels of knowledge encouraged to attend. (Class will begin after Mincha/Ma'ariv at 6:30pm. Please make every effort to join the Minyan! And, stay for the class.)

NHBZ Proud and Inspired – An Online Fundraising Campaign, July 30 – 31, 2023

NHBZ is unique in serving the entire Jewish community, including both adults and kids whose connection to the Jewish people may be no more than their willingness to say “I am a Jew.” NHBZ caters to those who want to be “Proud and Inspired.”



Whether from its ever-expanding kids, youth and young family programming, Synaplex Shabbat, Starting Points or Soul Building classes, ardently and unapologetically pro-Israel events, inspirational speakers or the personal care and guidance offered by Rabbi Chaim Bogopulsky and Rabbi Ze'ev Smason, each of us has our own “NHBZ story” to tell. That’s because NHBZ lives and breathes its mission: to inspire each member of the St. Louis Jewish community regardless of affiliation, level of observance, age or knowledge, to personally experience, explore, and share the beauty and wisdom of our Jewish heritage, and to support Israel.

NHBZ has a laser-like focus on making growth accessible and comfortable, in a welcoming, non-judgmental, and kid and family-oriented way. And while most of NHBZ’s programs and activities are purposefully either free or have a nominal charge they still have costs, and sometimes significant costs. Your financial support—or increased financial support—is **crucial to our shared mission**.

Mark your calendars and watch your mail and emails for details on how you can join the campaign!

Office Closed for Vacation, July 10 – July 18, 2023

The NHBZ Office will close for vacation July 10 – 18, 2023. You may reach our bookkeeper via email (bookkeeper@nhbz.org). **Rabbi Bogopulsky** is available by phone, email or in-person. In the event of a Shul-related emergency, please contact our President, **Kenny Bressler**. All other emails and phone messages will be returned as quickly as possible upon the Office’s reopening. Be well!

WhatsAPP NHBZ?!

If you haven’t already joined the NHBZ What’s App Group, it’s never too late! The best way to know the latest news, events and volunteering opportunities is through our What’s App group chat. Be in the know.

<https://chat.whatsapp.com/l93gZD69vU07X7k3iVLmKx>

Learning at NHBZ

Parshas Mattos-Masei

In this week's parsha, Hashem commands Moshe Rabeinu to establish cities of refuge, safe-havens for those who kill unintentionally, or even intentionally if their cases are still being decided by the Supreme Court. The Talmud tells us that the B'nei Yisrael built wide, paved roads leading to these cities and had signposts marking the way so that these hunted people (they were fair game to the deceased's next-of-kin) could quickly and easily reach safety without having to stop and ask directions.

Today, we have no actual cities of refuge. Nonetheless, the Lubavitcher Rebbe, zt"l writes that the Torah's message is eternal and the notion of these cities remains relevant. Many Jews are at a crossroads in their lives. One road is the path of Torah and mitzvos, which assures a fulfilled life both spiritually and materially. The other road, devoid of Torah and mitzvos, leads to assimilation, discontent and spiritual frustration. The job of rabbis and lay-people alike is to be like the signposts leading to these cities – clearly marking the Path of Life, showing people that this is their refuge, the way that will bring them toward fulfillment.

If we have an obligation to help our brothers and sisters with their material needs through the mitzvah of tzedakah, how much more so do we have an obligation to help all Jews with their spiritual needs, regardless of their observance, knowledge, and affiliation.

A Chassid of Rav Sholom Dov Ber, zt"l, of Lubavitch once inquired of the Rebbe why he spent so much of his time with simple, unlearned Jews. The Rebbe asked the Chassid – a jeweler by trade – if he had any gems with him. The Chassid emptied a bag of stones on the table. The Rebbe looked at them and picked out the largest one, "Is this the most precious stone you have," he asked. The Chassid shook his head. "Actually," he said, pointing out a small, uncut diamond, "This is the most precious. Once it is cut and polished properly its brilliance will be appreciated by all. With all due respect, Rebbe, when it comes to diamonds you have to be an expert." "Precisely," said the Rebbe. "When it comes to neshamos you also have to be an expert."

As we observe the Three Weeks that lead up to Tisha B'Av, let us reflect on our obligation to provide this spiritual safe-haven for all Jews. The Gemara tells us that the Beis Hamikdash was destroyed because of *sinas chinam*, senseless hatred. By employing *ahavas chinam*, senseless love, instead, we will turn the day of Tisha B'Av to a day of rejoicing with the building of the final Beis Hamikdash.

Rabbi Pinchas Herman
Congregation Sharei Israel in Raleigh, N.C.

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!
- **“Gateway to Tefilla” with Rabbi Chaim Bogopulsky**, Wednesdays, 7:00 pm (After Mincha/Ma’ariv)
Deepen your understanding of the prayers we say.
- **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**, Please join our Guest Rabbis who will speak each week while Rabbi David is away.
- **Pre-Mincha Shiur with Rabbi Chaim Bogopulsky**, Every Shabbos afternoon, before Mincha

New NHBZ Book Giving & Dedication Opportunity (Revised, June 2023)

Please help Rabbi Chaim Bogopulsky build up our Shul library. The books listed below, unless otherwise indicated, are in English, allowing for independent study and learning. Giving to Nusach Hari B’nai Zion provides you with an opportunity to fulfill the important mitzvah of contributing tzedakah (charity). Dedication of books is a wonderful opportunity to honor a Simcha or to remember a loved one. Please consider donating one or more of the following:

Artscroll Chumash Mikraos Gedolos (Hebrew)

\$55 One volume
\$250 Five volume set

Artscroll Gemara Arachin

\$60 One volume (2 copies requested for Amud-a-Week use)

Artscroll Gemara Pesachim

\$60 One volume (2 copies requested for Shabbos afternoon class)

Artscroll Sefer Hachinuch

\$55 One volume
\$500 Ten volume set

Metsudah Kitzur Shulchan Aruch

\$90 Two volume (Regular Size)

Kitzur Shulchan Aruch (Hebrew)

\$20 One volume

Kitzur Shulchan Aruch (Hebrew) with Piskei Teshuvos

\$90 Two volume set

Mishnah Berurah (Hebrew)

\$125 Six volume set
\$50 Individual volumes with English translation and elucidation (Consult with Rabbi Bogopulsky)

Dedications inscribed in each book donated. Please contact Rabbi Bogopulsky with any questions or to dedicate other volumes not listed here.

Contact the Office by phone (314-991-2100, ext 2) or email (office@nhbz.org) to place your order.

NOTE: Please note that the above prices, effective June 2023, are subject to change.

NHBZ TRIBUTES – JUNE, 2023

IN MEMORY OF

Vicki Chervitz's Father
Alan & Marcie Brook

Morris Scheer
Joni & Bob Kaiser

Barbara Seigel
Joni & Bob Kaiser
Mimi Fiszal
Jeffrey & Irena Scheer
Jay & Peggy Umansky

Herman Neudorf
Joni & Bob Kaiser

IN HONOR OF

David & Fran Reisler's
62nd Wedding Anniversary
Libby Sorkin Routman
Joni & Bob Kaiser
Judy Levin
Ann Greenstein

Bruce & Faith Waxman's
40th Wedding Anniversary
Ed & Helayne Levitt
Joni & Bob Kaiser
Judy Levin
Jay & Peggy Umansky
Libby Sorkin Routman
Howard & Phyllis Loiterstein
Jerry & Gail Tullman

Alan & Vivian Zarkowsky's
50th Wedding Anniversary
Joni & Bob Kaiser
Judy Levin
Jay & Peggy Umansky
Howard & Phyllis Loiterstein
Jerry & Gail Tullman
Craig & Jackie Berkin
Ed & Helayne Levitt
Libby Sorkin Routman
Karen & Mike Wetmore
Eliot & Sally Katz



IN HONOR OF

"My Immah & Abbah"
Yosef Granillo

Rhea Teddi Rosenberg
Libby Sorkin Routman
Joni & Bob Kaiser

Don & Julie Eisenberg's
Wedding Anniversary
Judy Levin

Stanley & Rhonnie Goldfader's
50th Wedding Anniversary
Jay & Peggy Umansky

Victor & Anna Rose Tendler's
45th Wedding Anniversary
Jay & Peggy Umansky

Andrew Feit's Marriage
to Katie Frank
Joni & Bob Kaiser

Les & Sari Neudorf
Libby Sorkin Routman

HAPPY BIRTHDAY TO

Rabbi Chaim Bogopulsky
Judy Levin

Joyce Hochberg
Judy Levin

Noah Belau-Rush
Judy Levin

Phyllis Silverman
Craig & Jackie Berkin

Barry Needle
Craig & Jackie Berkin



THE SISTERHOOD SCOOP

JULY 15



Volume 6

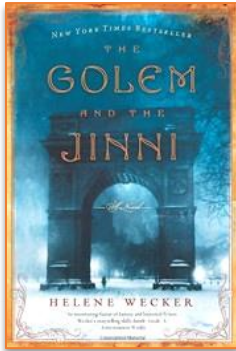
Number 25

26 Tammuz 5783

July 15, 2023

Sisterhood Book Club News

Book Club's next book is *The Golem and the Jinni: A Novel*, by Helene Wecker. The book will be discussed on **Monday, July 31, 7:15-8:45 PM** at the home of **Sharon Summers**. Combining the genre of historical fiction with elements of fantasy, this inventive and delightful novel tells the story of two magical creatures in 19th century New York City. **Sharon** will lead the discussion which promises to go beyond the exciting and adventurous lore of the story to consider philosophical questions of free will, faith, and what it means to be human.



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

☆ **September 11 – One Hundred Saturdays:** *Stella Levi and the Search for a Lost World*, by Michael Frank at the home of Sallie Volotzky

☆ **November 13 – The Company I Keep: My Life in Beauty, by Leonard Lauder; Location: TBA**

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

Milestones or Tombstones

"These are the journeys of the children of Israel..."

Why are the 42 stops referred to in the parsha as "journeys," rather than "encampments"?

They served as places of rest and milestones reached, not just places left behind, or points of departure. It's not the milestones we reach, but the stones we encounter along the mile that define us and make us who we are. The journey itself is part of the destination. And, ironically, it's often the achievements and "success" along the way that confine our progress. A Rebbe explained, *"Success means exerting effort, and consists of the continued struggle to do what is right..."*

Milestones often act as tombstones; both (can) bury away a life of vitality. Success shouldn't be measured by how far we get in life, but by the depth of life we get.

– Adapted from **Rabbi Mendel Kalmenson**, Chabad.com

On the First day of Av

Tragedies that are associated with the "entrance of Av"

- Peaks of the tallest mountains emerged above the receding waters of the Flood.
- Egypt was afflicted with Frog(s).
- Yahrzeit of Aharon HaKohen.
- Yahrzeit of Elazar b. Aharon HaKohen.
- Ezra and his followers arrived in Yerushalayim, 457BCE.
- Armed revolt at Treblinka, 1943. One of several outbreaks encouraged by the changing tide of the war against Germany.
- The Exodus bearing illegal immigrants was seized by the British, 1947. The Exodus 1947 carried 4000 Jews. Its defiance of the British navy and its ultimate forced return to Germany was one of the most dramatic & heroic episodes of post-war Jewish history.

– from www.ou.org

PARSHAS MASSEI: 'Dissent is Healthy'

In narrating the laws of the unintentional killer, the Torah says, the assembly shall judge and the assembly shall rescue the (unintentional) killer from the hands of the avenger of blood

--Deut. 35:24-25

From the phrase "the assembly shall rescue," the Talmud derives the law that the court should make every attempt to avoid imposing a death sentence. One Jewish law is remarkable: If the court (of 23 judges) renders a unanimous verdict of guilty, the case is dismissed (Sanhedrin 17a).

Rabbi Shlomo Kluger explains that there is an ongoing battle between truth and falsehood. Wherever there is truth, there will arise an opposition of falsehood. Therefore, if the majority of the judges find the defendant guilty and a minority dissent, we can assume that the truth is with the majority and that the minority represent falsehood. If, however, there is a unanimous verdict of guilt, it cannot possibly be correct, for if it were a true judgement, falsehood would find some way of making an opposing statement. Therefore, there is reason to assume that a unanimous verdict of guilt is incorrect.

When there are differences of opinion, a person can consider both sides and reach a logical conclusion. Unanimity may deprive a person of critical analysis.

We should exert caution when there is a unanimity of opinion. Few things in the world are so clear cut that there is not the slightest dissent.

– from **Rabbi Avraham Twerski's Insights on the Torah**, www.aish.com



Please Join Us For **Father/Son Teen Minyan**

SHABBAT, JULY 22

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

Women's Health Physical Therapy *with* **RPI Therapy Services**

What Is It And Why Should I Care?

All Women of the St. Louis Jewish community are invited to attend an informative presentation about women's pelvic health. What's normal? What can go wrong? What can be done for it?

Topics include:

- Incontinence
- Prolapse
- Pregnancy and postpartum
- Menopause/postmenopause
- Low back/hip/SI joint pain
- Pelvic pain

CHOOSE THE VENUE THAT FITS YOUR SCHEDULE:



Elisa Travis, PT has been in the field of Physical Therapy since 1993. She has worked in a variety of settings including acute care, pediatrics, inpatient orthopedic rehabilitation, homecare and women's health. She is also a kallah teacher, mikvah attendant and bodekes. She is a mother of 9 and bubbly of 6. She recently moved to STL from Cincinnati. Her husband, Rabbi Binyamin Travis is the new CEO of Torah Prep. Her passion is to educate women as well as healthcare professionals about the importance of prevention and treatment of pelvic dysfunction.



THREE DATE OPTIONS TO ATTEND

**7/9 NEW
LOCATION**

Sunday 7/9 @ Bonnie Goldmeier - 219 Tipton Way (63105) , 7:30 PM - 8:30 PM

Sunday 7/16 @ Temima Klein - 8034 Stanford, 7:30 PM - 8:30 PM

Monday 7/24 @ Mimi David - 827 Swarthmore Lane - 8 PM - 9 PM