



# NHBZ Weekly News

## Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

July 29, 2023 • 11 Av 5783 • Candle Lighting 7:57 pm • Shabbos Concludes 9:00 pm

Parshas Va'eschanan  
Haftorah Va'eschanan

Deuteronomy 3:23 – 7:11  
Isaiah 40:1 – 26

Chumash pp. 958 – 980  
Chumash pp. 1196 – 1197

*We thank our generous sponsor*

**Sally Needle** for the Kiddush lunch to express HaKoras Hatov to Hashem.

## SHABBOS NACHAMU

### Prayer

#### Shabbos, Friday, July 28

- 6:30 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 7:57 pm Candle Lighting

#### Shabbos, Saturday, July 29

- 9:00 am Shachris followed by Musaf
  - Pesukei D'Zimra: **Howard Sandler**
  - Shacharis: **Mateo John**
  - Leyning: **Rabbi Chaim Bogopulsky**
- 10:00 – 11:30 am Youth Programming (downstairs)
- 10:00 – 10:45 am Special Guest Speaker **Rabbi Daniel Sentell** (downstairs in the Chapel)  
Today's Topic: "The Secret (Kosher) History of Coca-Cola"
- 7:10 pm *Shiur* from **Rabbi Chaim Bogopulsky**
- 7:40 pm Mincha, Shalosh Seudos, Ma'ariv
- 9:00 pm Shabbos concludes



#### Minyan Times July 28– Aug 5, 2023

	Fri Jul 28	Shabbos Jul 29	Sun Jul 30	Mon Jul 31	Tues Aug 1	Wed Aug 2	Thu Aug 3	Fri Aug 4	Shabbos Aug 5
Shachris (am)	7:00	9:00	8:00	7:00	7:00	7:00	7:00	7:00	9:00
Mincha/Ma'ariv (pm)	6:30	7:40	6:25	6:25	6:25	6:25	6:25	6:15	7:35

#### Weekday Classes on Hiatus this Week

Weekday classes with **Rabbi Chaim Bogopulsky** and **Rabbi Ze'ev Smason, Emeritus** are on hiatus this week. Please watch your emails and the Weekly News for the date when each class resumes. Stay cool. Happy Summer!

# Congregation News

## Mazel Tov on Simchas This Week! July 29 – Aug 4, 2023

### Happy Birthday

Sally Needle

Aug 3

We wish **Tzipporah Horn** a very happy 10<sup>th</sup> birthday this Shabbos. She is visiting from Israel and sharing her special day with us! Mazel Tov!



## Events

### Coming Soon

- This Shabbos – Kiddush lunch sponsored by **Sally Needle**
- This Sunday, July 30, Noon – NHBZ Proud and Inspired 24 hour Online Fundraising Campaign – Get your teams ready!
- Shabbos, Aug 5 – Kiddush sponsored by **Ed & Helayne Levitt** in celebration of their 35<sup>th</sup> Wedding Anniversary
- Shabbos, Aug 12 – SAVE THE DATE: Ethan Cohen's Bar Mitzvah
- Sunday, Aug 13, 7:00 pm – SAVE THE DATE: Scotch, Cigars & Learning (Men Only)
- Wednesday, Aug 16, 7:15 pm – SAVE THE DATE: Rebbetzin on a Ride (Women Only)
- Friday, Aug 25, 7:30 pm – SAVE THE DATE: Ignite YP Shabbos Dinner at NHBZ

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

On your marks...get ready...  
PLEDGE YOUR SUPPORT!!

The NHBZ Proud and Inspired Online Fundraising Campaign is **this weekend!**

Noon, Sunday, July 30 through Noon, Monday,

July 31 is your 24-hour window of opportunity to drive your team to success while supporting NHBZ.

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 focuses 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**.

Once the campaign starts, please watch your emails for campaign progress! Share your Proud and Inspired support of NHBZ and encourage others to join the campaign.



# Learning at NHBZ

## ● Parashas Va'eschanan – Shabbos Nachamu

When the prophet Yirmiyahu describes the iniquities of the Jewish people, he says, "Jerusalem has sinned a sin." The prophet Yishayahu, referring to the Jews' suffering, says, "She has received double for all her sins." And when Yishayahu speaks about redemption, he says, "Comfort, comfort my people." The double nature of these verses ("sinned a sin;" "double for all her sins;" "Comfort, comfort") emphasizes that man constantly functions on two levels, spiritual and physical, the Midrash observes. Everything we do impacts on both our relationship with G-d and our relationship with the world around us.

This concept also applies to the Jews as a nation. Just like the individual Jew, the Jewish people constantly function on these two levels. On the one hand, our national focus is toward our relationship with G-d along, as articulated by the infamous Bilam: "Behold, it is a nation that dwells in solitude, not to be reckoned among the nations." On the other hand, as Yishayahu puts it, we are mandated to be a "light unto the nations."

The sins of the Jewish people, both as a nation and as individuals, occur on these same two levels. G-d conveys through Yishayahu, "Children have I raised and exalted, but they have rebelled against Me ... The have forsaken Hashem, they have angered the Holy One of Israel and have turned their back to Him." At the same time, the prophet declares, "How the faithful city has become a harlot. She had been full of justice, but now murderers ... Your princes are ... associates of thieves, each of them loves bribery." Sins against G-d; crimes against man.

Divine punishment was thus dealt measure for measure. G-d severs His relationship with us. "Your worthless meal-offering ... is an incense of abomination to me ... My soul detests your new moons and holidays ... When you spread your hands in prayer, I will hide my eyes from you ... I will not listen," G-d declared through the Prophet. On the physical level, he declares, "Your country is desolate, your cities burned with fire. As for your land, strangers consume its yield."

Fortunately, the redemption, too, shall have these dimensions. Our spirituality will be restored and "the Glory of Hashem will be revealed and all flesh together will see that the mouth of Hashem has spoken." So, too, our physicality will be restored: "As for your ruins and desolations ... you will now become crowded with inhabitants ... For Hashem will comfort Zion ... He will make her wilderness like Eden, ... joy and gladness will be found there, thanksgiving and the sound of music."

Too many of us lose sight of the importance of our dual role and responsibilities as Jews. Instead, many people focus on either a man-man relationship or a man-G-d relationship. This approach is clearly wrong. Judaism is a package deal. In order to be a good Jew, it is essential to perfect a relationship with G-d as well as one with fellow men.

It may be possible to be a good person without being a good Jew, but one cannot be a good Jew without being a good person. Only when this concept is internalized can our redemption materialize.

**Rabbi Joel Landau**  
*Congregation Beth Jacob in Irvine, CA*

## On-Going Classes

- **Gemara Learning with Rabbi Chaim Bogopulsky**, Weekdays – **ON HIATUS**
- **St. Louis Kollel Amud-a-Week**, Mondays, 8:00 pm
- **“Journey through the Chumash” with Rabbi Chaim Bogopulsky**, Tuesdays – **ON HIATUS**  
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 – **ON HIATUS**  
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 – **ON HIATUS**  
Deepen your understanding of the prayers we say.
- **Book of Kings with Rabbi Ze’ev Smason**, Monday-Thursday (On Zoom!) – **ON HIATUS**  
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 Chaim Bogopulsky**, Sunday-Thursday – **ON HIATUS**  
Invest a few minutes (right before Ma’ariv!) to expand your understanding of Halacha/Jewish Law.
- **“Soul Building” Series with Rabbi Yosef David**, **ON HIATUS** – Guest Rabbis will speak each week
- **Pre-Mincha Shiur with Rabbi Chaim Bogopulsky**, Every Shabbos afternoon, before Mincha
- **Mishna Learning with Rabbi Chanan Swidler**, Every Sunday morning, after Shachris

## Starting Points Returns, Last Shabbos of the Month, Starting September 30, 2023

Mark your calendars and join **Rabbi Ze’ev Smason** when “Starting Points” returns, Sept. 30!

## Mystical Dimensions of the High Holidays with Rabbi Emeritus Ze’ev Smason

We are very pleased to announce a new Home Group Discussion Series with **Rabbi Ze’ev Smason** at the home of **Don & Julie Eisenberg**. Classes will meet at 7:15 pm on Mondays, August 14, August 28 and September 11. Stay tuned to emails for a link to sign up. **Seating is limited** and we anticipate the classes “selling out.” RSVPs will be accepted through our website, and we will maintain a first come, first served waitlist. Please join the waitlist, and you will be notified if seats open. Thank you for your eager participation!

## 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](mailto:office@nhbz.org)) to make a tribute.

*Tributes will be listed monthly in the Weekly News.*





# THE SISTERHOOD SCOOP

## JULY 29



SHABBOS  
NACHAMU  
נחמו נחמו עמי

Volume 6

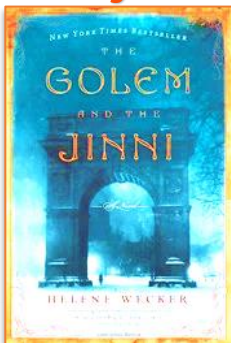
Number 27

11 Av 5783

July 29, 2023

### Book Club Meets Monday 7/31

The book this month is *The Golem and the Jinni: A Novel*, by Helene Wecker, and will be discussed this **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 curious 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

**RSVP for directions – Sharon Summers at 314-285-1687, or email [summers8032@gmail.com](mailto:summers8032@gmail.com) or contact Fran Alper at 314-993-4024 or [fran.alper@outlook.com](mailto:fran.alper@outlook.com) / [sisterhood@nhbz.org](mailto:sisterhood@nhbz.org)**

### Shabbos Nachamu



This Shabbos, following Tisha B'Av, we read the first of the seven haftorahs of comfort and consolation that bring us to Rosh Hashana. One interpretation of the mysterious text called *Perek Shira* suggests that if we want to know how to move beyond the calamities of 9<sup>th</sup> of Av to survive the darkness and endure through the harsh exile, we must follow the model of the *Retzifi*, a type of bird that does not like the cold. The *Retzifi* organize themselves together in a tight circle at the bottom of a ditch all winter, and each one keeps the next one warm under his wing. The lesson for us for survival and comfort is all about practicing **achdus**—unity and togetherness. If we confront our challenges with empathy, kindness, and a desire to draw closer together, we will not only survive, but we will thrive. Sitting on the floor crying together brings us closer, not farther apart, and indeed, *nachamu, nachamu ami*... you have found comfort despite the difficulty.

— adapted from [www.rabbiefremgoldberg.org](http://www.rabbiefremgoldberg.org)

### VA'ESCHANAN: 'Listen to Shema's Inner Message'

...Truly **hearing** another means being fully present; fully engaged... So indispensable is the sense of hearing that Jewish law rules that one who is responsible for another's deafness is obligated to compensate him for the complete value of his life, as if he robbed him of all his faculties. By contrast, if someone is found guilty of causing another to become blind, Jewish law states that he must compensate him for the loss of his eye only. This reflects the prominence with which the Torah regards the sense of hearing.

The portion of *Va'eschanan* includes the first paragraph of Judaism's main affirmation of belief: the Shema. The word *shema* means "hear." The *Shema* is a Divine call to the soul to perceive G-d's oneness. A Jew is to be fully engaged two times daily when reciting this expression of faith. It's an opportunity to connect with and build a stronger relationship with G-d.

When reciting the *shema*, we "hear" in order to deeply understand and integrate the meaning of the words. This daily integration is spiritually and mentally rejuvenating. It's the antidote to an attitude of same old, same old.

When the Torah was given at Mount Sinai, all of Israel proclaimed in unison: "We will do (*na'aseh*) and we will hear (*venishema*)."  
At Sinai, the giving of the Ten Commandments was accompanied by both natural and metaphysical phenomena. The Torah describes that "all the people saw the sounds of the thunder and the lightning." Rashi explains that the people actually saw that which was usually heard.

The last Hebrew letter of the word *shema* is an *ayin*, which means "eye." Perhaps in this context the word *shema* can be understood to integrate both hearing and seeing into one expansive dimension. It connects us to the heightened consciousness that we experienced witnessing the revelation of the Torah at Sinai. The juxtaposition of the Shema following the Ten Commandments in this week's Torah reading suggests an inner connection.

Sometimes, a letter in the Torah will be written larger or smaller than normal. This anomaly is to call our attention to a deeper underlying idea or teaching. In the *Shema*, both the *ayin* in the word *shema* ("hear") and the *dalet* in the word *echaD* ("one") are enlarged. These two letters spell the Hebrew word *eid*, which means "witness." This is the only occurrence within the entire Torah where two enlarged letters appear in a single verse.

From this, we learn that the mission of the Jewish people is to be a holy nation, as the prophet Isaiah stated, "You are my witnesses." Our mission began with Abraham and will continue into the future as the world fully recognizes the one true reality.

Furthermore, when those letters (*ayin* and *dalet*) are reversed, they spell the word *da*, which means "know." The *Shema* merges faith with knowledge. These eternally relevant words have empowered the Jewish people in every generation to have their faith become so strong that we know it. To make it relevant: 1) Make concerted efforts to hear yourself and others attentively; Be fully present; 2) Practice mindfulness to increase one's "inner hearing"; 3) Recognize daily how G-d's expansiveness permeates everything; and 4) Undertake to learn more about the *Shema*.

— adapted from **Katia Bolotin**, [www.chabad.org](http://www.chabad.org)





# NHBZ Men's Learning

650 NORTH PRICE ROAD • ST. LOUIS, MO 63132 • 314-991-2100 • EMAIL: [OFFICE@NHBZ.ORG](mailto:OFFICE@NHBZ.ORG) • [WWW.NHBZ.ORG](http://WWW.NHBZ.ORG)

## Scotch & Cigars **And Torah Learning** Outside on the NHBZ Patio

650 N. Price Road

# Sunday August 13

~Please Join us for minyan at~  
**6:15 PM - Program at 6:45**

Kosher Food under the supervision of Rabbi Bogopulsky.



Sponsors in any amount are welcome.  
Please contact the office

**314-991-2100 or [office@nhbz.org](mailto:office@nhbz.org)**

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**Please Join Us, Ladies!**  
FOR A WOMEN'S LEARNING EVENT

# REBBETZIN ON A RIDE

When a free spirited, and undisciplined Rebbetzin signs up for a 75 mile charity ride there are lots of physical and spiritual lessons to be culled. Join us for a detailed narrative from training to finish line with lots of Jewish nuggets along the way.



**WEDNESDAY**  
**AUG**  
**16<sup>th</sup>**

**7:15 PM at NHBZ,  
650 N. Price Road**

Join us as we welcome  
Rebbetzin **Giti Fredman** and hear  
all about her amazing journey.

**RSVP recommended but not required.**



# 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**