



# NHBZ Weekly News

## *Welcome to Nusach Hari B'nai Zion*

Affiliated with Union of Orthodox Congregations of America

August 19, 2023 • 2 Elul 5783 • Candle Lighting 7:33 pm • Shabbos Concludes 8:35 pm

Parshas Shoftim  
Haftarah Shoftim

Deuteronomy 16:18 – 21:9  
Isaiah 51:12 – 52:12

Chumash pp. 1024 – 1045  
Chumash pp. 1199 – 1200

*We thank our generous sponsors*

**Alan & Janet Haber** for this week's Shalosh Seudos in commemoration of the yahrzeit of their dear father, **Sidney Weisberg<sup>z"l</sup>**

## Prayer

### Shabbos, Friday, August 18

- 6:10 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 7:33 pm Candle Lighting

### Shabbos, Saturday, August 19

- 9:00 am Shachris followed by Musaf
  - Pesukei D'Zimra: **Howard Sandler**
  - Shacharis: **Mateo John**
  - Leyning: **Stuart Klamen**
- 10:00 – 11:30 am Youth Programming (downstairs)
- 10:00 – 10:45 am Starting Points with **Rabbi Ze'ev Smason, Emeritus** (downstairs in the Chapel)  
Today's topic: **"Jumpstart Change for the New Year"**
- 7:15 pm Mincha, Shalosh Seudos, Ma'ariv
- 8:35 pm Shabbos concludes



### Minyan Times Aug 18 – Aug 26, 2023

	Fri Aug 18*	Shabbos Aug 19	Sun Aug 20	Mon Aug 21	Tues Aug 22	Wed Aug 23	Thu Aug 24	Fri Aug 25	Shabbos Aug 26
Shachris (am)	6:45	9:00	8:00	7:00	7:00	7:00	7:00	7:00	9:00
Mincha/Ma'ariv (pm)	6:10	7:15	6:05	6:05	6:00	6:00	6:00	6:00	7:05

\*Rosh Chodesh

### Father/Son Teen Minyan, Next Shabbos and September 9, 9:00 am

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

## MAZEL TOV & THANK YOU to the COHEN FAMILY

Thank you to **Sandy & Jenn Cohen** for the beautiful celebration and delicious lunch.  
Mazel Tov to **Ethan Cohen** for becoming a Bar Mitzvah. You did a marvelous job! Thank you for so generously sharing your Simcha with your NHBZ family.

## Congregation News

### Mazel Tov on Simchas This Week! Aug 19 – Aug 25, 2023

#### Happy Birthday

Marcie Brook	Aug 19	Allison Feit	Aug 24
Leonid Vladimirov	Aug 19	Jonathan Yasinev	Aug 24
Debbie Sher	Aug 22	Dodi (Smason) Taylor	Aug 25



#### Happy Anniversary

Alan & Janet Haber	Aug 19	David & Norma Rubin	Aug 21
Ephraim & Michelle Mufson	Aug 20	Hal & Ellen Rosen	Aug 23
Reuven & Margo Tzadok	Aug 20		

### Events

#### Coming Soon

- Friday, Aug 25, 7:30 pm – Ignite YP Shabbos Dinner at NHBZ (See p. 4)
- Next Shabbos, Aug 26, 9:00 am – Father/Son Teen Minyan with **Rabbi Bogopulsky**

### Monument Dedication Notices, August 20, 2023

A monument dedication for **Janet Goldenberg<sup>a'h</sup>**, beloved sister of members **Anna Rose & Victor Tendler** and **Larry Goldenberg**, will take place on Sunday, August 20, 2023, at 10:00 am at Chesed Shel Emeth Cemetery, 650 White Road, Chesterfield, MO 63017.

A monument dedication for **Sarah (Sally) Talisnik<sup>a'h</sup>**, will take place on Sunday, August 20, 2023, at 10:30 am also at Chesed Shel Emeth Cemetery, 650 White Road, Chesterfield, MO 63017.

May our presence and prayers be a comfort to the families. May the memories of our beloved friends and family always be a blessing.

### NHBZ Needs a Weed Puller (or Two)

Help us spruce up for the Holidays! Make a lunch date (up to 10 people) with some friends. You pull the errant weeds and grasses, and we provide sandwiches from Kohn's for lunch! Let's make the Shul look its best. To lend a hand (and take advantage of our lunch offer) please call the Office at 314-991-2100, ext. 2. No green thumb required.

### Project "Information Update" Needs YOU

We are working hard to get all members' information updated. If you have not yet responded to our request to update your information, the time is NOW. We will use the information to create an updated member directory (not to mention that we want to celebrate your birthdays and anniversaries!). Wait no longer! Please mail, email or call the Office with your updated member information. Thank you for your cooperation.

RESERVED



# High Holiday Seating

*Rosh Hashanah is just around the corner!*

One of the benefits of Full Membership at NHBZ is having a guaranteed seat for Rosh Hashanah and Yom Kippur. This year, we are continuing the approach that we started last year. Guaranteed seats will be either **reserved** or **open**. You may choose a specific seat to reserve; or, if you prefer open seating, you may sit in any unreserved seat. There will be enough seats to guarantee that all Full Members have a seat.

**~ Again this year, seats will be reserved only upon request ~**

If you want a reserved seat, please contact Lenny Alper at [lenny.alper@outlook.com](mailto:lenny.alper@outlook.com) or Nancy Stenn at [office@nhbz.org](mailto:office@nhbz.org) **by 5:00 pm Friday, September 1** and we can help you **reserve the same seat as last, or pick a new seat** to your liking. Your seat will be marked as reserved. If you do not want a reserved seat, you do not need to contact us, and you may sit in any seat **that is not marked as reserved**.

***If you want a reserved seat, you must contact us by 5:00 pm Friday, September 1***



## Yizkor Book of Remembrance 2023/5784

Please review your entries [here](#), then use [this form](#) to let us know of any changes or if "same as last year." We request a \$10 donation for each name listed (or group of names such as "and family") in the Book of Remembrance, and an additional \$36 donation for each Name Read Aloud during Yizkor. The Book of Remembrance is used on Yizkor throughout the year for Yom Kippur, Shemini Atzeres, Passover and Shavuot.

## Lulav & Esrog Sets -- **Order yours today.**

It is time to place your orders for Lulav & Esrog sets. Please use [this link](#) to place your orders, or you may email your orders to the Office at [office@nhbz.org](mailto:office@nhbz.org), or call 314-991-2100. Be sure to leave your name, call back phone number and your order. Prices are as follows:

- Basic Lulav & Esrog set \$50
- Deluxe Lulav & Esrog set \$75
- Standard Lulav & Esrog set \$65
- Premium Lulav & Esrog set \$90

**\*All orders must be received and paid for on or before Friday, Sept. 8, 2023  
No exceptions, as order will be placed Monday morning, Sept. 11, 2023**

## MAZEL TOV!!!

\*Mazel tov to **Dovid & Tehila Anton** on the birth of a son, **Nosson Eliyahu**, and to **Daniel & Hindy Anton** and **Yisroel & Nechama Katz** on the birth of their new grandson. May he bring much nachas to the family!

\*Mazel tov to **Rabbi Avi & Rebbitzin Devorah Tova Okin** on their new position at Young Israel of Buffalo, NY. Rabbi Okin will also serve as the Rav HaMachshir for the Va'ad Hakashrut of Buffalo. Buffalo, you are in for a treat!

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

As anticipated, the Home Group Discussion Series with **Rabbi Ze'ev Smason** at the home of **Don & Julie Eisenberg** is **SOLD OUT**. Please join the waitlist [here](#), we will notify you if seats open. Thank you for your enthusiasm!

## In the Community

### ● Jewish Community Employment

Are you looking for a new job? Want to find your next employment opportunity? **Rabbi Daniel Sentell**, Coordinator, Jewish Community Employment at Goodwill is available to help! You may reach him at 314-646-2257 or email [dsentell@mersgoodwill.org](mailto:dsentell@mersgoodwill.org).

### ● Free Hebrew Reading Crash Course, Starts Wednesday, Aug. 23 at 7:00 pm

Aish St. Louis offers a free Hebrew Reading Crash Course. Learn to read Hebrew in 6 easy lessons! First class is Wednesday, August 23 at 7:00 pm at the Aish Firehouse, 357 N. Woods Mill Road, Chesterfield, MO 63017. **Reservations required.** See flyer, page 6.



### **WANTED: A Good Home for Our Sukkah**

We are giving away our 8' x 10' Sukkah! It is easy to put up, and I will come to your home to put it up the first time!

We are downsizing our home, and no longer have the space for a Sukkah of this size. If you are interested or have any questions, please feel free to contact me!

**Jesse Barash** ([jessebarash@gmail.com](mailto:jessebarash@gmail.com) or 314.440.3047)

# Learning at NHBZ

## Parasha Shoftim

Parshas Shoftim discusses the appointment of a king over *Eretz Yisrael*. Unlike most national rulers, our king must refrain from indulging in the excesses common to his contemporaries. The Torah teaches, "Only he will not have too many horses...And he will not have too many wives...And he shall not greatly increase gold and silver for himself."

The reason given by the Torah for these prohibitions is in order that he should remain humble, lest he forget that even a Jewish king is still a servant of G-d. Obviously, this Mitzvah can only be performed when the Jewish people have returned, in their entirety, to *Eretz Yisrael*. Yet, there remains a beautiful lesson that applies to this day. The *Shaim Meshmuel*, the *sochotchover rebbe*, zt'l, explains that every person has the spirituality of an entire world within him or herself. It is the job of each of us to rule over that world and to protect that potential spiritual growth.

This world comprises the body, the spirit, and the intelligence – all three of which are referred to in the parshah. The King's need to limit his wealth corresponds to the individual's need to control his intellect. Just as money is only a means and not an end in itself, so, too, intellect is a tool to be used for spiritual wisdom and understanding, not something to be exercised for any purpose. The prohibition against horses corresponds to a need to control the spirit of man, the source of arrogance. As we learn in *Avos*, "Be exceedingly humble in spirit." (The Torah is warning us not to "get on our high horse"!).

Finally, the king's limitation on wives shows a need to control the desires of the body. Every individual must control his physical desires, lest he become consumed by them and drawn away from G-d.

The Torah not only gives the king these prohibitions but also gives him one more *mitzvah* to help him avoid falling into the trap of excess: "And he shall write two copies of this Torah...And it shall be with him and he shall read from it all the days of his life, so that he will learn to fear Hashem, his G-d, to observe all the words of this Torah and these decrees and do them." This timeless directive applies to us all. In order to avoid the temptations of the body, spirit, and intellect, it is essential that every individual Jew dedicate himself to the study of Torah. For, in the words of the parshah, only through the study of Torah will one "learn to fear Hashem...observe all the words of the Torah...to do them."

May it be the will of *Hakadosh Baruch Hu* that we all live our lives with the understanding that we are all like kings, shapers of our own spiritual destinies, and that, like kings, we must be careful to keep our priorities straight and our mission clear.

**Rabbi Mark Cohn**

*Executive Director of the Southern Region of the Orthodox Union*

## 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!



## 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 – **RESUMES AUG. 29**  
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 – **RESUMES AUG. 30**  
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=tw7II0VumZ8QeIPxHvApYZsox8VUem.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**, **ON HIATUS** – Guest Rabbis will speak each week
- **Pre-Mincha Shiur with Rabbi Chaim Bogopulsky**, Every Shabbos afternoon
- **Mishna Learning with Rabbi Chanan Swidler**, Every Sunday morning, after Shachris

**Learn to read Hebrew  
in 6 easy lessons**

**Free**

**HEBREW READING  
CRASH COURSE**

**Wednesdays at 7 pm  
beginning Aug 23rd**

At the Aish Firehouse  
357 N. Woods Mill Rd.  
Chesterfield, MO  
63017



Reservations required.  
Call 314-862-2474  
or email  
[ydavid@aish.com](mailto:ydavid@aish.com)



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# THE SISTERHOOD SCOOP

# AUGUST 19



Volume 6

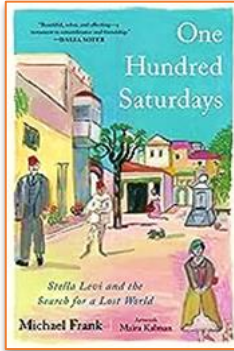
Number 30

2 Elul 5783

August 19, 2023

## Book Club Invites YOU to Join!

The next book selection is ***One Hundred Saturdays: Stella Levi and the Search for a Lost World***, by Michael Frank. One of Wall Street Journal's Ten Best Books of the Year, this remarkable story of 99-old Stella Levi whose conversations with the author over the course of six years bring to life her resilience, wisdom, and ability to survive.



The discussion of the book will be **Monday, September 11, 7:15-8:45pm** at the home of **Sallie Volotzky**.

The final book selection for 2023 will be ***The Company I Keep: My Life in Beauty***, by Leonard Lauder and the discussion will be on **Monday, November 13** at the home of **Myra Radinsky**.

For more info call Fran Alper at 314-993-4024 or [fran.alper@outlook.com](mailto:fran.alper@outlook.com) or [sisterhood@nhbz.org](mailto:sisterhood@nhbz.org)

## Wake Up / Elul is Here



Elul is a period of intensive introspection, a time of clarifying life's goals, and of coming closer to G-d. It is a time for realizing purpose in life – rather than perfunctorily going through the motions of living. It is a time when we step back and look at ourselves critically and honestly, as Jews have from time immemorial, with the intention of improving. The four Hebrew letters of the word Elul (aleph-lamed-vav-lamed) are the first letters of the four words *Ani l'dodi v'dodi lee* – "I am to my Beloved and my Beloved is to me" (Song of Songs 6:3). These words sum up the relationship between G-d and His people. In other words, the month preceding Rosh Hashanah is a time when G-d reaches out to us, in an effort to create a more spiritually-inspiring atmosphere, one that stimulates *teshuva*.

– from [www.aish.com/elul](http://www.aish.com/elul)

## PARSHAS SHOFTIM: *The Final Frontier of Security*

Security is a global hot topic... Since 9/11, airports around the globe have security screenings, our homes have alarm systems, and our personal computers and office networks are protected with firewalls.

It's now not only acceptable, but fashionable to limit access on just about every level of our lives. We know how to keep the burglars, terrorists, and spammers out.

Yet, ironically, we still remain vulnerable to trespass of a different kind.

A wise man commented: "Jews have always considered it taboo to enter a church, yet nowadays they bring the church into their own homes." "Church" is more than a place of worship; in a broader sense it symbolizes any idea antithetical to Jewish values.

You could sit in the comfort of your Jewish home, flanked by a silver mezuzah, Shabbat candlesticks and a portrait of your grandfather sporting a flowing white bearded. Press a button on your remote control and you invite people, images, sounds and themes that are contrary to every Jewish value.

"Judges and policeman you shall place at all your gates," the Torah tells us (Deut. 16:18). You could read that at face value—a Jewish town needs to have a judicial system. Or you could approach this line as a Jew should: as a personal lesson. As with every verse in the Torah, if you cannot find the relevant personal lesson, you have missed the larger point. Let's read that sentence again, with different emphasis this time: "Judges and policemen you shall place on all your gates." Your gates are the access points to your soul: your eyes, ears, and mouth.

It's important to keep unwanted visitors out of your house; it's just as important to keep them out of your head (and your kids' heads).

We've invested a fortune in physical security, we should at least equal the effort for our spiritual security.

– Adapted from **Rabbi Ari Shishler**, [www.chabad.org](http://www.chabad.org)

**"No matter how many mistakes you make or how slowly you progress, you are still way ahead of everyone who isn't trying."**

– anon, from [www.aish.com](http://www.aish.com)

**It's that time of year again!**

**Everyone is Invited to participate**

**in Sisterhood's**

**New Year Greetings**

**Fundraiser for 5784**

**NHBZ Sisterhood wishes you Health, Happiness & Prosperity in the New Year...**

**...and invites you to wish L'Shana Tova Tikatevu to everyone in our NHBZ family!**

**Send your donation (\$10 min / NO max) to NHBZ Sisterhood and your name will be published in the 5784 Rosh Hashanah Bulletin! See flyer for details.**



# New Year Greetings

## fundraiser

The **NHBZ Sisterhood** wishes you  
Health, Happiness & Prosperity in the New Year...

...and invites you to wish **L'Shana Tova Tikatevu**  
to everyone in our NHBZ family!

Make your check payable to **NHBZ** – write 'Sisterhood Greeting' on the  
memo line – suggested minimum donation is \$10 per name – no maximum!

**Names will be published in the 5784 Rosh Hashanah Bulletin**

Send your contribution, along with the form below, **by August 28** to:

NHBZ Sisterhood  
650 North Price Road  
St. Louis, MO 63132

or you may email your greeting information directly to [bookkeeper@nhbz.org](mailto:bookkeeper@nhbz.org)  
or visit the website [www.nhbz.org](http://www.nhbz.org) to make a payment

FOR QUESTIONS, CALL THE NHBZ OFFICE, 314-991-2100, EXT.3, OR EMAIL: [sisterhood@nhbz.org](mailto:sisterhood@nhbz.org)

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### NHBZ SISTERHOOD NEW YEAR GREETING ~ FOR ROSH HASHANAH 5784 BULLETIN

Name \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Amount enclosed \$ \_\_\_\_\_ [suggested minimum donation is \$10 per name – no maximum!]

Please list my name as follows:

\_\_\_\_\_

Proceeds benefit NHBZ's Passport to Israel Program and other NHBZ Sisterhood projects

Wishing you a Good and Sweet Year!







# YOUNG PROFESSIONALS SHABBAT DINNER

August 25, 2023 | 7:00 pm

## **Hosts are invited to attend**

For more information and to become a host contact

Rabbi Bogopulsky: 845-642-6758

or Jennifer Hartranft: 314-853-9613

**HOST THE SHABBAT DINNER WITH US VIA THE SPONSORSHIP  
OPPORTUNITIES BELOW**

**SILVER \$300 | GOLD \$500 | PLATINUM \$1000**

**Text SHABBATHOST to 44-321 to become a sponsor**

## **SHABBAT DINNER HOSTS**

Dr. Eldad and Danielle Bialecki | Rabbi Chaim and Batya Bogopulsky  
Kenny and Barb Bressler | Janet and Alan Haber  
Jennifer and Bryson Hartranft | Dr. Daniel and Marcella Morgensztern  
Ephraim and Michelle Mufson | Ella and Edward Pernik  
Zev Rosenberg | Nancy and Jason Rush | Richard Woolf



# **Fathers & Sons**

## **Please Join Us**

# **SHABBAT, AUG 26TH**

**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](http://www.nhbz.org) | 314.991.2100**