



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

November 18, 2023 • 5 Kislev 5784 • Candle Lighting 4:28 pm • Shabbos Concludes 5:31 pm

Parashas Toldos
Haftorah Toldos

Genesis 23:19 – 28:9
Malachi 1:1 – 2:7

Chumash p. 124 – 143
Chumash p. 1137-38

This week's bulletin is generously sponsored by Rachael Pevnick:

"Thank you to the Chesed committee for the thoughtfulness and the food that was brought to the hospital. Thank you to everyone for the prayers and kind thoughts for my recovery,"

Prayer

Friday, November 17

- 7:00 am Shachris
- 4:25 pm Mincha
- 4:28 pm Candle Lighting



Shabbos, Saturday, November 18

- 9:00 am Shachris followed by Musaf:
 - ☆ Pesukei D'Zimra: **Howard Sandler**
 - ☆ Shacharis: **Mateo John**
 - ☆ Leyning: **Stuart Klamen**
- 10:00-10:45 am: Rabbi David: Downstairs
 - Topic: **TBA**
- 4:15 pm Mincha
- 5:31 pm Shabbos concludes

- ☆ Haftorah: **Marvin Lerner**
- ☆ Sermon: **Rabbi Chaim Bogopulsky**
- ☆ Musaf: **Rabbi Chaim Bogopulsky**



Minyan Times November 17– November 25

Minyan Men: Daily minyan will return to the Rabbi Rivkin Chapel

| | Fri Nov 17 | Shabbos Nov 18 | Sun Nov 19 | Mon Nov 20 | Tues Nov 21 | Wed Nov 22 | Thu Nov 23* | Fri Nov 24 | Shabbos Nov 25 |
|---------------------|---------------|-------------------|---------------|---------------|----------------|---------------|----------------|---------------|-------------------|
| Shachris (am) | 7:00 | 9:00 | 8:00 | 7:00 | 7:00 | 7:00 | 8:00 | 7:00 | 9:00 |
| Mincha/Ma'ariv (pm) | 4:25 | 4:15 | 4:25 | 4:25 | - | - | 4:20 | 4:25 | 4:10 |
| Ma'ariv Only (pm) | - | - | - | - | 7:30 | 7:30 | - | - | - |

*HAPPY THANKSGIVING

Rabbi Chaim Bogopulsky • Rabbi Aaron Borow, Emeritus • Rabbi Ze'ev Smason, Emeritus • Kenneth Bressler, President
Nusach Hari B'nai Zion • 650 N. Price Rd. St. Louis, MO 63132 • Phone 314.991.2100 • Web: www.nhbz.org

Congregation News

Mazel Tov on Simchas This Week!

Birthdays:

| | |
|----------------|--------|
| Kenny Bressler | Nov 17 |
| Ezra Cohen | Nov 21 |
| Erol Amon | Nov 22 |
| Alan Brook | Nov 22 |

Anniversaries:

| | |
|-------------------------|--------|
| Jerry & Devy Goldenberg | Nov 18 |
| Marvin & Doris Lerner | Nov 20 |



Upcoming Events

- Kosher Thanksgiving for Police and Firefighters, **Nov 23**; Contact office@nhbz.org to volunteer or sponsor.
- Father/Son Minyan with Rabbi Bogopulsky, **Dec 2**.
- **Anniversary Dinner, Dec 3**

Learning at NHBZ

On-Going Classes

- **Gemara Learning with Rabbi Chaim Bogopulsky**, Weekdays, 6:15 am
- **“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 at 7:00 pm, followed by Ma’ariv at 7:30 pm.
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 & Monday – In between Mincha and Ma’ariv, and Tuesday & Thursday at 7:15 pm, followed by Ma’ariv at 7:30 pm.
Invest a few minutes to expand your understanding of Halacha/Jewish Law.
- **Partners in Torah** Monday nights at 8 pm. Sign up available in person.
- **“Soul Building” Series with Rabbi Yosef David**, Shabbos mornings, 10:00 am
- **Pre-Mincha Shiur with Rabbi Chaim Bogopulsky**, Every Shabbos afternoon
- **Mishna Learning with Rabbi Chanan Swidler**, Every Sunday morning, after Shachris

Parshas Toldos

The Torah's statement in Parshas Toldos that "Yitzchak prayed across from (lenochach) his wife" raises several questions.

Rabbi Eliyahu Mizrachi asks: How could Yitzchak pray in front of Rivka? He would seem to be praying not to G-d but to his wife. The Maharal of Prague raises the issue of his being distracted by his wife. Furthermore, why would Yitzchak need to pray across from his wife? Does G-d need Yitzchak to point out Rivka?

Rashbam answers that Yitzchak prayed for his wife-about her, but not necessarily in her presence. He did not pray at or to her. Seforno and Redak maintain that Yitzchak simply stood across from her when he prayed. Redak claims that he did so in order to stir his emotions as he prayed. Just as visiting the sick stimulates one's compassion to pray for them, so too did Yitzchak feel that by being in the presence of Rivka he would feel more compassion for her and pray with more devotion.

We are always encouraged to pray for all Jews; there are hardly any prayers, in fact, that are just for an individual. This fits well with the notion that prayer replaces the communal sacrifices brought in the Temple. The daily sacrifice was brought on behalf of all Israel. We too should pray for all of Israel together. However, we also are taught that prayers were instituted by our Forefathers, centuries before the Temple. This conception of prayer addresses the need for individual prayer for individual circumstance.

Jewish prayers emphasize the community over the individual. Our overriding concerns for the Jewish People and the State of Israel often distract us from the needs of the individual. Our challenge is to maintain our interest and concern for the individual within our universal and broader concerns. We have to continue to be concerned with our own personal needs and the personal needs of others, and not get lost in broad generalities. We cannot allow our communally oriented prayers to distract our heartfelt concerns for those who are *nochachim*, who stand opposite us in our own families.

We must follow the advice of the Talmud, which states, "One who has a sick person in his home, says [a prayer for him] in the blessing for healing." We need to add our own private prayers to our communal prayers and we must never shy from pleading the case of the individual within the context of the community.

Rabbi Joel Finkelstein

Anshei Sphard-Beth El Emeth Congregation, Memphis, Tennessee

In the Community:

Monument dedication for **Rosalind Rosen**.

The dedication will take place Friday, November 24th, 10:00 A.M., at Chesed Shel Emeth Cemetery.

650 White Road, Chesterfield, MO, 63017

Join us this Sunday, November 19th for a rally to Bring Them Home!

The rally will take place in the Delmar Loop from 12:30 P.M. to 2:00 P.M.

This rally will include a hostage and stroller procession- bring a stroller if you have one.

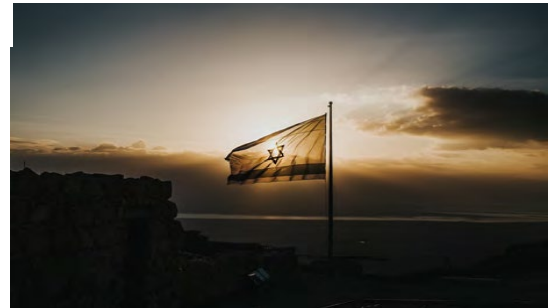
Park at the lot next to the Delmar Market at the corner of Kingsland and Delmar.

Security will be provided.

Help for Israel

Here are some **suggested** places to donate:

1. Magen David Adom
 - ✧ Online: <https://afmda.org/donate/>
 - ✧ Mailing a check:
 - ✧ American Friends of Magen David Adom
20 West 36th Street, Suite 1100
New York, NY 10018
 - ✧ Call: 866-632-2763
2. United Hatzalah:
 - ✧ Online: https://israelrescue.org/campaign/israel-under-attack/?utm_source=homepage&utm_medium=popup-new-2&utm_campaign=gaza2023
3. Friends of the IDF:
 - ✧ Online: <https://www.fidf.org/>
 - ✧ Mailing a check:
 - ✧ Friends of the Israel Defense Forces
 - ✧ PO Box 4224 NY, NY 10163 USA.
 - ✧ Call: 1-888-318-3433
4. Shaving Israel
 - ✧ PO Box 6991
 - ✧ Chesterfield, MO, 63006
 - ✧ www.shavingisrael.org





THE SISTERHOOD SCOOP NOVEMBER 18



Volume 6

Number 42

5 Kislev 5784

November 18, 2023

HAPPY THANKSGIVING

“There is one spiritual discipline which religion once gave us and which we still need. It is the simplest act of saying ‘thank you’ to G-d.



GOBBLE TOY!

There are prayers in which we ask G-d for the things we do not have, but there are others in which we simply thank G-d for the things we do have: family, friends, life itself with its counterpoint of pleasure and pain, the sheer exaltation of knowing that we are here when we might not have been.

Gratitude, the acknowledgment that what we have is a gift, is one of the most profound religious emotions. Making a blessing over life is the best way of turning life into a blessing.”

—**Rabbi Lord Jonathan Sacks** ^{Z”L}
from “*Celebrating Life*”

Book Club News



We thank **Myra Radinsky** for hosting the Book Club on November 13 and for leading the discussion of ***The Company I Keep: My Life in Beauty***, by Leonard Lauder, relating the fascinating, personal account of his mother Estée Lauder, and the company she built.

The Book Club meets on the fourth Monday of odd-numbered months at 7:15-8:45 PM. The first meeting of 2024 will be January 22 when the Book Club will discuss ***People Love Dead Jews: Reports from a Haunted Present*** by Dara Horn

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

TOLDOS: Choose Your Strategy

How do you fix a place, a problem, a person—anything at all?
By rejecting the bad and embracing the good.

If so, you have two possible strategies:

You could focus on all that is bad, ugly, and diseased, scraping it away and chasing it out, so that eventually all that’s left is pure and healthy.

Or you could focus on whatever is still healthy and functional, embracing it, fortifying it, and using it for its true purpose, so that eventually the dark crust in which it was imprisoned simply falls away.

Certainly, both strategies are necessary, and both have their time and place. But where do you begin?

It depends. When the human soul shines bright and strong, with just a few details out of place—then you can focus on what is wrongs, discarding whatever bad remains.

But when everything is a mess, when the soul lies in a deep coma, when darkness rules in every cell—then to focus on the negative and attack the disease head-on could prove fatal.

Then you have no choice but to seek out the precious sparks of life that have survived.

In truth, those are the most potent cells, like precious stones hidden at the bottom of a dark mine.

Rescue those sparks of life, and with their power everything can be healed.

— **Rabbi Tzvi Freeman**, www.chabad.org

NHBZ stands with Israel

ST. LOUISANS

MARCH FOR ISRAEL

MARCH TO FREE HOSTAGES

MARCH AGAINST ANTISEMITISM





Kosher Thanksgiving Police and Firefighters Feast

650 NORTH PRICE ROAD • ST. LOUIS, MO 63132 • 314-991-2100 • EMAIL: OFFICE@NHBZ.ORG • WWW.NHBZ.ORG

NHBZ loves the security and protection that the Olivette Police and Firefighters provide, and is grateful for their superior service!

Let's show our appreciation by cooking and serving a traditional Thanksgiving Dinner for Police Officers and Firefighters who must spend Thanksgiving on call at the station rather than at home with their families.

To make this happen, [We Need Sponsors](#) to defray the cost of the meal. Please consider becoming a sponsor for any amount of money. Contact office@nhbz.org or call 991-2100

[We Also Need Volunteers on Thanksgiving Day](#) to do the following: Deliver and serve the Thanksgiving Feast to the Police and Firefighters on Thanksgiving Day. Come and bring your kids or grandkids. Kids will be able to see Police and Fire Station, and talk to police officers and firefighters.

It will be lots of fun!



If you want to help and volunteer, Please contact Stella Vladimirov at (314) 540-4450