



# NHBZ Weekly News

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

Affiliated with Union of Orthodox Congregations of America

January 6, 2024 • 25 Tevet 5784 • Candle Lighting 4:35 pm • Shabbos Concludes 5:40 pm

Parashas Shemos  
Haftorah Shemos

Exodus 1:1 – 6:1  
Isaiah 27:6 – 28:13; 29:22-23

Chumash p. 292 – 317  
Chumash p. 1146 - 49

Thank you to **Dr. Susan Feigenbaum**  
for generously sponsoring this week's bulletin  
in honor of **Dr. Jay Pepose's** Birthday!

## Prayer

### Friday, January 5

- 7:00 am Shachris
- 4:30 pm Mincha
- 4:35 pm Candle Lighting

### Shabbos, Saturday, January 6

- 9:00 am Shachris followed by Musaf:
  - ☆ Pesukei D'Zimra: **TBA**
  - ☆ Shacharis: **Mateo John**
  - ☆ Leyning: **Stuart Klamen**
- 10:00-10:45 am: **Rabbi David**: Downstairs
  - Topic: Is Pride a Good Thing: Should It Be Cultivated or Destroyed?
- 4:20 pm Mincha
- 5:40 pm Shabbos concludes



- ☆ Haftorah: **Rabbi Chaim Bogopulsky**
- ☆ Sermon: **Rabbi Chaim Bogopulsky**
- ☆ Musaf: **Alan Haber**



### Minyan Times January 5– January 13

|                     | Fri<br>Jan 5 | Shabbos<br>Jan 6 | Sun<br>Jan 7 | Mon<br>Jan 8 | Tues<br>Jan 9 | Wed<br>Jan 10 | Thu<br>Jan 11 | Fri<br>Jan 12 | Shabbos<br>Jan 13 |
|---------------------|--------------|------------------|--------------|--------------|---------------|---------------|---------------|---------------|-------------------|
| Shachris (am)       | 7:00         | 9:00             | 8:00         | 8:00         | 7:00          | 7:00          | 6:45          | 7:00          | 9:00              |
| Mincha/Ma'ariv (pm) | 4:30         | 4:20             | 4:30         | -            | -             | -             | -             | 4:42          | 4:30              |
| Ma'ariv Only (pm)   | -            | -                | -            | *7:45        | 7:30          | 7:30          | 7:30          | -             | -                 |

\*Monday Ma'ariv time moved to 7:45 pm to accommodate Partners in Torah; Minyan held upstairs.

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](http://www.nhbz.org)

# Congregation News

## Mazel Tov on Simchas This Week!

### Happy Birthday!

Stanley Goldfader Jan 6  
Devora Bogopulsky Jan 8  
Jay Pepose Jan 9

Nancy Lisker Jan 6  
Stephen Radinsky Jan 8  
Norman Shore Jan 11



### Minyan Minute:

What is "**Minyan Minute**"? The **Minyan Minute** provides insight to our members about our minyanim. The goal is to enlighten, educate, and motivate others to join us. Please come and fulfill the important mitzvah of praying with a minyan. You will be surprised by the unexpected benefits.

"Attending minyan makes me aware every morning of how blessed my family and I are. It also deepens my friendships with fellow congregants who attend. And I leave minyan feeling good that I have fulfilled my responsibility as a Jew to pray in a daily minyan."

*Anonymous*

"I started attending minyan when Rabbi Okin began the Mishmar class on Thursday nights and I figured I would attend minyan before the class. I have continued attending minyan because I found that I really enjoyed the weekday minyan davening."

*Gavriel Matt*

To share your thoughts with our NHBZ kehillah (community), please contact Bruce Waxman [brucewaxman@waxmanaassociates.com](mailto:brucewaxman@waxmanaassociates.com) or Alan Zarkowsky [avzark@aol.com](mailto:avzark@aol.com)

### SAVE THE DATE!

- ☆ Rabbi Shais Taub: The Power of Perspective, **January 6<sup>th</sup> at 8 pm**. See flyer for details.
- ☆ NHBZ Shabbos dinner in honor of Tu B'Shvat, **Friday, January 19<sup>th</sup>**. Open to the community. See flyer for further details. Sponsors are welcome.
- ☆ JNF: A Night of Unity in St. Louis. **Thursday, January 25<sup>th</sup>**, featuring Alon Ben-Gurion, grandson of David Ben-Gurion; RSVP *no later than January 15<sup>th</sup>*. [www.jnf.org/UnityStL](http://www.jnf.org/UnityStL)

## Attention: Coat Room Cleanout

In the next few weeks, we will be clearing out all unknown and extraneous stuff from the **coatroom in the lobby**.

If any of this belongs to you, and you don't want it thrown away, please pick it up and **take it home!**



## NHBZ DECEMBER 2023 TRIBUTES

### **IN MEMORY OF**

#### **Marvin Gitel**

Alec Koppel  
 Dana Regenbogen  
 Friends & Coworkers at Jarrell Contracting  
 Amy & Denny Feit  
 Rachael Pevnick  
 Kimberly Jarrell  
 Ian Rapport  
 Phyllis & Howard Loiterstein  
 Margo & Reuven Tzadok  
 Debbie & Jesse Barash  
 Terri & Jeff Schnitzer  
 Sharon Smith  
 Jessica Fadem  
 Dr. Susan Feigenbaum & Dr. Jay Pepose  
 Carol Gusdorf  
 Eliot & Sally Katz  
 Radine Robbins  
 Maria DeMasi  
 Les & Sari Neudorf  
 Michael Lpel  
 Paul & Elaine Talaski  
 Robert Farraris & Teryn Farbstein  
 Connie & Norman Rogers  
 Daniel & Marcela Morgensztern  
 Gail & Arnold Meyers  
 Joni & Bob Kaiser  
 Mimi Fiszal  
 Judith Levin  
 Eric & Amy Wallerstein

#### **Sam Lyss**

Amy & Denny Feit  
 Rachael Pevnick  
 Phyllis & Howard Loiterstein  
 Margo & Reuven Tzadok  
 Terri & Jeff Schnitzer  
 Shirley Bluestein  
 Dr. Susan Feigenbaum & Dr. Jay Pepose  
 Eliot & Sally Katz  
 Debbie & Jesse Barash  
 Marla & Gary Goldstein  
 Daniel & Marcela Morgensztern  
 Daniel & Melanie Winograd  
 Joni & Bob Kaiser  
 Mimi Fiszal  
 Judith Levin

#### **Samuel Bluestein**

Vicki Redler Chervitz  
 Meira & Shaul Ganel  
 Bob & Helene Braun

#### **Ethel Lerner**

Debbie & Jesse Barash

#### **Fred Kodner**

Sharon Smith

#### **Hal Rosen**

Irwin & Arlene Fredman  
 Rachael Pevnick  
 Margo & Reuven Tzadok  
 Debbie & Jesse Barash  
 Terri & Jeff Schnitzer  
 Dan & Melanie Winograd  
 Dr. Susan Feigenbaum & Dr. Jay Pepose  
 Eliot & Sally Katz  
 Sandra Kahn  
 Shirley Bluestein  
 Joan & Jules Stiber  
 Mimi & Marty Levy  
 Linda & David Marcus  
 Jerry & Gail Tullman  
 Joni & Bob Kaiser  
 Judith Levin

#### **Carolyn Koppel**

Amy & Denny Feit  
 Rachael Pevnick  
 Irwin & Arlene Fredman  
 Margo & Reuven Tzadok  
 Debbie & Jesse Barash  
 Meira & Shaul Ganel  
 Terri & Jeff Schnitzer  
 Maxine Thomas  
 Shirley Bluestein  
 Dan & Melanie Winograd  
 Dr. Susan Feigenbaum & Dr. Jay Pepose  
 Leslie Gitel  
 Michelle Mufson  
 Richard Senturia  
 Eliot & Sally Katz  
 Leonard Frankel  
 Mimi & Marty Levy  
 Libby Sorkin Routman  
 Jeff & Irena Scheer  
 Marla & Gary Goldstein  
 Daniel & Marcela Morgensztern  
 David, Norma & Yitzchak Rubin  
 Robert Farraris & Teryn Farbstein  
 Jerry & Gail Tullman  
 Mimi Fiszal  
 Judith Levin

#### **Leo Bressler**

Helayne Levitt  
 Irwin & Arlene Fredman  
 Joni & Bob Kaiser  
 Debbie & Jesse Barash  
 Amy & Denny Feit  
 Mimi Fiszal  
 Louis Goldman  
 Judith Levin  
 Rachael Pevnick  
 Alan & Marcie Brook  
 Eliot & Sally Katz  
 Keith & Karen Zeff

**IN MEMORY OF CONT'D****Evelyn Klayman**

Rachael Pevnick  
 Irwin & Arlene Fredman  
 Shirley Bluestein  
 Daniel & Marcela Morgensztern  
 David, Norma & Yitzchak Rubin  
 Fran Hoffman  
 Dr. Susan Feigenbaum & Dr. Jay Pepose  
 Robert Farraris & Teryn Farbstein  
 Michelle Mufson  
 Daniel & Melanie Winograd  
 Ellen Rosen  
 Jerry & Gail Tullman  
 Eliot & Sally Katz  
 Joni & Bob Kaiser  
 Mimi Fiszal

**Mervyn Felsher**

Sharon Smith

**Nathanne Senturia**

Dr. Susan Feigenbaum & Dr. Jay Pepose

**Zelda Schuman**

Daniel & Melanie Winograd

**IN HONOR OF****Dr. Susan Feigenbaum & Dr. Jay Pepose**

Shirley Schermer  
 Terri & Jeff Schnitzer  
 Dan & Melanie Winograd  
 Leslie Gitel

**Nancy Rush**

Terri & Jeff Schnitzer  
 Dan & Melanie Winograd  
 Libby Sorkin Routman

**Marcela Morgensztern**

Terri & Jeff Schnitzer  
 Libby Sorkin Routman

**Stuart Klamen**

Terri & Jeff Schnitzer  
 Dan & Melanie Winograd  
 Joanna & Donald Singer  
 Debbie & Joel Garbow  
 Stephanie Bahn-Poteet

**Rhonnie Goldfader**

Terri & Jeff Schnitzer  
 Dan & Melanie Winograd

**Margo Tzadok**

Terri & Jeff Schnitzer  
 Dan & Melanie Winograd

**Amy Feit**

Terri & Jeff Schnitzer  
 Dan & Melanie Winograd

**Dr. David Reisler- Happy Birthday!**

Dr. Susan Feigenbaum & Dr. Jay Pepose  
 Judith Levin

**Devora Leah Bogopulsky's Bat Mitzvah**

Amy & Denny Feit  
 Granillo Family  
 Judith Levin

**Stella & Leonid Vladimirov- Happy Anniversary!**

Dr. Susan Feigenbaum & Dr. Jay Pepose

**Gail Rose- Happy Birthday!**

Dr. Susan Feigenbaum & Dr. Jay Pepose  
 Judith Levin

**David Morgensztern's Aliyah**

Marcela Morgensztern

**Alan & Vivian Zarkowsky**

Morgensztern Family

**Dr. Faye Cohen – Happy Birthday!**

Dr. Susan Feigenbaum & Dr. Jay Pepose  
 Judith Levin

**Carole Granillo- Thank you for the cholent!**

Libby Sorkin Routman

**Maxwell Goldman- Happy Birthday!**

Judith Levin

**Louis Goldman- Happy Birthday!**

Judith Levin

**Eli Szus- Happy Birthday!**

Judith Levin

**Gary Sudin- Happy Birthday!**

Judith Levin

**Marvin Lerner- Happy Birthday!**

Judith Levin

**Norman Liss- Happy Birthday!**

Judith Levin

**David Gellman- Happy Birthday!**

Judith Levin

**Peggy Umansky- Happy Birthday!**

Judith Levin

**Chiyya Smason- Happy Birthday!**

Judith Levin

**Eldad Bialecki- Happy Birthday!**

Judith Levin

**Chava Bogopulsky- Happy Birthday!**

Judith Levin

**REFUAH SHLEMA****Mimi Fiszal**

Dr. Susan Feigenbaum & Dr. Jay Pepose

**Rachael Pevnick**

Dr. Susan Feigenbaum & Dr. Jay Pepose  
 Elaine Safron

## Parashas Shemos

The book of Shemos begins with the story of the Exodus, introducing Moshe and the unique qualities that make him worthy of leading the redemption.

G-d tells Moshe to go to Pharaoh and demand the release of his people – but Moshe is reluctant. He hesitates to go for two reasons: one, he doubts his stature is great enough to appear before Pharaoh, and two, he questions the possibility of the people actually being redeemed.

Moshe's reaction is troubling. One can understand his apprehension about facing Pharaoh, the Midrash tells us, because he had run away from the royal house after killing an Egyptian. But how could Moshe doubt the actual redemption? How could Moshe second-guess the wishes of G-d?

Our Sages teach that there are two types of redemption. The ideal form of redemption is not an escape from adverse circumstances, but simply a progression to greater circumstances. Even in an exile that is not dark and repressive, redemption is still the desired goal. The other form of redemption is one that is mandated by harsh circumstances. Due to the duress of situations and surroundings, redemption becomes the desired goal.

The distinction between the two is essential to a clear appreciation of what redemption has to offer us. When conditions in the Diaspora are such that life is good, that all our needs are filled, that nothing is lacking, many are not willing to strive toward a greater spiritual redemption. As soon as they encounter difficulties, they stop everything and remain content with their present situation. But the individual who senses a deeper redemption desires the ideal. No matter how comfortable his circumstances, no matter what the obstacles are, nothing will stop him from achieving his goal.

There was never any doubt that Moshe wanted redemption for the Jewish nation, but he wanted them to leave Egypt under ideal circumstances. He knew that if they left with the attitude that they were fleeing from persecution, they would encounter difficulties later on. Sure enough, their complaints led to the construction of the Golden Calf.

Moshe sought to avoid this by postponing the redemption until the Jewish nation was prepared to leave in a frame of mind that would bring them gracefully into Eretz Yisrael.

But Hashem does not consent. He tells Moshe that He suffers along with His nation, and while they do not recognize the magnitude of their suffering, G-d does. So, He wants them taken out of Egypt under less-than-perfect circumstances, even though it will lead to problems down the road. They are judged by their present situation not by their future behavior.

Living in a world and a society such as ours, we sometimes forget our ultimate goals. May we be cognizant of who we are and who we ought to be.

**Rabbi Gerson Sonnenschein**

*Congregation Kadima, Springfield, MA*

**NHBZ**

WhatsApp group



### Want even more NHBZ news and updates?

Join our WhatsApp group!

To join: either scan the QR code with your phone OR screenshot the code and scan it from your photos!



# Learning at NHBZ

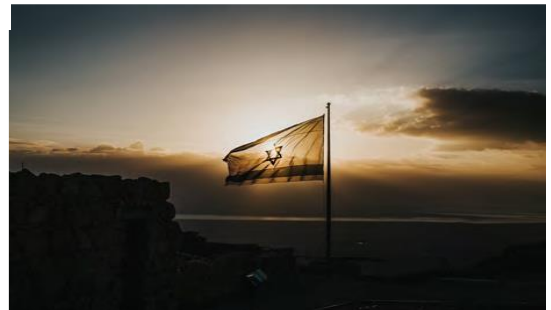
## On-Going Classes

- **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. (On Hiatus this week)  
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=tw7IIOVumZ8QeIPxHvApYZsox8VUem.1>
- **Kitzur Shulchan Aruch with Rabbi Chaim Bogopulsky**, Sunday–In between Mincha and Ma’ariv, and Monday, 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

## 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](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
  - ✧ Online: [www.shavingisrael.org](http://www.shavingisrael.org)
  - ✧ Mail a check:
  - ✧ PO Box 6991
  - ✧ Chesterfield, MO, 63006





# THE SISTERHOOD SCOOP

## JANUARY 6



Volume 7

Number 1

25 Teves 5784

January 6, 2024

### Book Club News



The Sisterhood Book Club will meet **Monday, January 22, 7:15-8:45 PM** at the home of **Sharon Summers** in Richmond Heights. Please RSVP for the address and directions. Contact Sharon at 314-285-1687, or email [summers8032@gmail.com](mailto:summers8032@gmail.com), or for more info, call Fran Alper at 314-993-4024, or email: [fran.alper@outlook.com](mailto:fran.alper@outlook.com) or [sisterhood@nhbz.org](mailto:sisterhood@nhbz.org).

The group will discuss the book Kirkus reviews described as *"Brilliantly readable... Readers will be enthralled throughout by the fierce logic of Horn's arguments, novelty of research, black humor, and sharp phrasing... A riveting, radical, essential revision of the stories we all know — and some we don't."*

The book has the controversial title, **People Love Dead Jews: Reports from a Haunted Present** by Dara Horn, but is a thoughtful, well-written, and highly engaging read. *Come join us!*



WE STAND WITH ISRAEL

### Night of Unity

**Thurs., January 25, 2024 ☆ 6:00 PM**

**Address Provided Upon Registration**

RSVP

[JNF.ORG/UNITYSTL](http://JNF.ORG/UNITYSTL)

**All NHBZ members** are invited to come together with community members and fellow Zionists for **A Night of Unity**. RSVP to [www.jnf.org/UnityStl](http://www.jnf.org/UnityStl) with NHBZ table captain: **Teree Farbstein**. We will stand in solidarity and hear how the pivotal work of Jewish National Fund-USA provides essential aid where it matters most. We were there yesterday, we are there today, and we will be there tomorrow.

Featuring... **Alon Ben-Gurion**, the grandson of David Ben-Gurion. Alon will blend personal recollections with historical accounts, unveiling his grandfather David Ben-Gurion's pivotal role in Israel's growth, and explore the deep implications of October 7th, offering valuable insights for our community.

**RSVP Required ☆ No Cost to Attend**  
**Sponsorship Opportunities Available**  
**Dietary Laws Observed**



JEWISH  
NATIONAL  
FUND  
USA

### SHEMOT: By Name and Number

*"These are the names of the children of Israel who came to Egypt: Reuben, Shimon..." (Exodus 1:1).*

The famed commenter, Rashi writes: "Although G-d already enumerated them by name when they were living, He enumerates them again at their death to express G-d's love for them, for they are compared to the stars which He brings out and brings in by number and by name, as it is said "He brings out their hosts by number, He calls them all by name."

Israel is compared to the stars.

Every star has two distinct aspects. There is the quality common to all stars — the importance and greatness of each star as a star. This merits that they be mentioned by number, because precious and important things are carefully counted. Bringing out the stars "by number" shows the preciousness of all stars but does not express the individual characteristics of each particular star. These find expression in the star's name: the qualities that distinguish one star from another, the properties possessed by each star that are unique to it alone, the particular influence it exerts in the cosmos different from that of any other star — all these merit that each be called by its own name, as the prophet declares, G-d "...calls them all by name."

It is evident then that "name" and "number", though they both indicate importance, express two separate — almost contradictory - aspects of the object enumerated and named. Number expresses that aspect common to all the enumerated things. If several items are counted together it is because of the common element they all share (items sharing no common factor would not be counted together). On the other hand, name expresses that quality in which the item is distinct, separate and different from another object, which is why each has a different name.

Israel is compared to the stars.

Israel, too, possess the two aspects: there is the essence of the Jew, the "part of G-d above" possessed by every Jew as Jew; the Al-mighty makes this endearment known by mentioning the sons of Jacob by number. G-d's enumerating the Jews by name, on the other hand, expresses His love of each individual as a separate, distinct, unique soul, with qualities shared by no other.

— **Rabbi Yitschak Meir Kagan**, [www.chabad.org](http://www.chabad.org)

**"The Jewish view of the human condition is that everything we achieve is due to our own efforts, but equally and essentially the result of God's blessing."**

— **Rabbi Lord Jonathan Sacks** <sup>Z"l</sup>





# Community Shabbos Dinner

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*Please Join Us*  
*Friday, January 19th*

*at Nusach Hari B'nai Zion*  
*in honor of Tu B'Shvat, Observed this*  
*year on Thurs., January 25th*

**Mincha / Kabbalat Shabbos 4:45**  
**Followed by a delicious dinner 5:45**

*Tu B'Shvat themed dinner will be prepared*  
*by our very own culinary artist, Norma Rubin*



\$25 for adults \$15 for children ages 5-12, under age 5 free. \$80 family max

**RSVP by January 12th**  
**[office@nhbz.org](mailto:office@nhbz.org) or 314-991-2100**



ב"ה

St. Louis Welcomes World-Renowned

# RABBI SHAIS TAUB

FOR A SHABBAT OF CHASSIDUT



## THE POWER OF PERSPECTIVE: FINDING CALM, POSITIVITY & PURPOSE

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SPECIAL MOTZOEI SHABBAT PROGRAM

**SAT, JAN 6 | 8:00 PM**

Shtetl Band | Pizza & Sushi

**Morris & Ann Lazaroff Chabad Center and Regional Office**

8124 Delmar Boulevard, University City, Missouri, 63130



# 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 Nora 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**