



# NHBZ Weekly News

*Welcome to Nusach Hari B'nai Zion*  
 Affiliated with Union of Orthodox Congregations of America

April 6, 2024 • 27 Adar 2 5784 • Candle Lighting 7:11 pm • Shabbos Concludes 8:16 pm

Shabbos HaChodesh  
 Parashas Shemini  
 Maftir  
 Haftorah HaChodesh

Leviticus 9:1 – 11:47  
 Exodus 12:1 – 12:20  
 Ezekiel 45:18 – 46:15

Chumash p. 588 – 607  
 Chumash p. 348-354  
 Chumash p. 1218-1219

## Prayer

### Friday, April 5

- 7:00 am Shachris
- 5:45 pm Mincha/Ma'ariv
- 7:11 pm Candle Lighting



### Shabbos, Saturday, April 6

- 9:00 am Shachris - Torah Reading - Musaf
  - ☆ Pesukei D'Zimra
  - ☆ Shacharis
  - ☆ Leyning
  - ☆ Haftorah
  - ☆ Sermon: **Rabbi Avi Feigenbaum**
  - ☆ Musaf
- 10:00 am **Rabbi Feigenbaum**: Downstairs
- 6:55 pm Mincha- Shalosh Seudos - Ma'ariv
- 8:16 pm Shabbos concludes

### Minyan Times April 5– April 13:

	Fri April 5	Shabbos April 6	Sun April 7	Mon April 8	Tues April 9	Wed April 10	Thu April 11	Fri April 12	Shabbos April 13
Shachris (am)	7:00	9:00	8:00	7:00	6:45*	7:00	7:00	7:00	9:00
Mincha/Ma'ariv (pm)	5:45	6:55	7:10	7:45	7:10	7:10	7:10	7:10	7:00

\*Rosh Chodesh

## Congregation News

### Milestones This Week:

#### Happy Birthday!

Margo Tzadok April 6  
 Trudy Sudin April 8  
 Yishama Minoff April 9  
 Melissa Schapiro April 9  
 Avram Cohen April 10

#### Happy Anniversary!

Gavriel & Sarah Beth Matt Mar 26  
 Jason Rush & Nancy Belau-Rush April 6



# Yahrzeits Observed This Week:

## Fri eve Apr 5- Sat Apr 6

26 Adar 2 Noson Klarfeld  
26 Adar 2 Lillian Moldafsky  
26 Adar 2 Belle Ulstein

## Sat eve Apr 6 - Sun Apr 7

27 Adar 2 Edwin Brownstein  
27 Adar 2 David Gutman

## Sun eve Apr 7 - Mon Apr 8

28 Adar 2 Anna Rapaport  
28 Adar 2 Sidney Schwartz  
28 Adar 2 Mary Caroline Taller

## Mon eve Apr 8 -Tues Apr 9

29 Adar 2 Louis Spritz  
29 Adar 2 Shirley Troyan  
29 Adar 2 Frida Weiss

## Tues eve Apr 9 -Wed Apr 10

1 Nissan David Levi

## Wed eve Apr 10 - Thurs Apr 11

2 Nissan Max Corman  
2 Nissan Aaron Dobin  
2 Nissan Shirley Roth

## Thurs eve Apr 11 - Fri Apr 12

3 Nissan Nista Bat Tehila  
3 Nissan Sydney Kalina  
3 Nissan Esther Roselman  
3 Nissan Kurt Walters

## [Sedra Shemini](#)

The word Shemini refers to the 8th day. It was the 8th day of the dedication of the Mishkan, the tabernacle, during the second year that our ancestors were in the desert. It should have been a time of great joy. However, tragedy occurred when two sons of Aharon, the Kohen Gadol, offered strange fire on the altar. They were punished and consumed by the fire. One of the reasons given by the Midrash for the death of Nadav and Avihu, the sons of Aharon, is that they entered the sanctuary after drinking wine. The Torah prohibits drinking by the Kohanim when they were "on duty".

The Dubner Magid, Rabbi Jacob ben Wolf Kranz of Dubro - 18th century Russia, explains the specific prohibition of drinking wine in the sanctuary with the following parable: "A baker and a physician, who were both seeking work, meet. The physician suggests that they travel together. The baker declines explaining – where there are sick people who need a physician, there is no market for his pastries... where there are healthy people, with healthy appetites, there is no need for a physician. In the same manner, wine and the sanctuary are opposites. Artificial stimulation of any sort, via wines or drugs, is necessary only when there is something basically wrong. If, however, everything is in order – if a person observes GD's commandments – and leads a proper life, he has no need for artificial stimulants." Nadav and Avihu may have felt that they needed to be stimulated artificially to serve Hashem. The motivation should have come from the heart, not from the strong drink.

What goes into the mouth is important from the health standpoint as well as from the religious view. Orthodoxy considers kashrus not only as a mitzvah, but also as a basic foundation of Judaism. Some of our great rabbis found fascinating moral lessons to be learned from the laws of kashrus. The Klei Yakor, Rabbi Shlomo Ephraim ben Aaron who lived in Czechoslovakia in the 17th century, states – "there are many non-kosher animals who do not chew their cud or do not have split hooves. Why has the pig become the symbol for Jews of all that is disgusting and abhorrent?" The answer is that the single most abominable trait, according to the Torah, is that of hypocrisy. Many animals which are unkosher do not have a cloven hoof, (e.g. - lion, tiger, bear, horse, camel, donkey, monkey, rabbit, squirrel, dog, cat, etc.). The pig has one of the signs of kashrus - a cloven hoof. It is the only animal that appears to be kosher on the outside and, only upon further investigation, is discovered to be non-kosher since it does not chew its cud. Thus, the pig is the symbol of the trait of hypocrisy which we should stay away from. The Ramban, Rabbi Moshe ben Nachman who lived in 13th century Spain, states that there is no general rule given in the Torah as to which fowl are kosher. The Ramban claims "those birds which are violent and cruel are prohibited because of the fear that we will learn from their ways and become violent ourselves".

Thus, the Torah emphasizes how strongly we are swayed by our environment. Just as we should be careful about the food we eat, so too should we be careful in choosing the books we read, the movies we see, the friends we make - avoiding those things which would have a damaging effect on character.

## SAVE THE DATE!

- ✧ **Tuesdays at 1:00 pm** join us for Mahjong in the youth lounge.
- ✧ **Next week** keep an eye on your inbox for information about selling chametz!
- ✧ **Thursday, May 2<sup>nd</sup> at 7 pm** Israeli wine tasting. See flyer for details

## 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! **Will return April 10<sup>th</sup>**.
- **“Gateway to Tefilla” with Rabbi Chaim Bogopulsky**, Wednesdays at 6:30 pm. Deepen your understanding of the prayers we say.
- **Book of Esther with Rabbi Ze’ev Smason**, Monday-Thursday 3:00 pm (On Zoom!) An online class providing an exciting and informative look into the book of Esther. Thirty-minute sessions on Zoom. Join class via this link: **Will return April 8<sup>th</sup>**  
<https://us04web.zoom.us/j/78974795850?pwd=tw7IIOVumZ8QelPxHvApYZsox8VUe>
- **Kitzur Shulchan Aruch with Rabbi Chaim Bogopulsky**, Sundays, Tuesdays, Wednesdays & Thursdays between Mincha and Ma’ariv, and Mondays at 7:30 pm. Invest a few minutes to expand your understanding of Halacha/Jewish Law.
- **Partners in Torah** Monday nights at 8 pm.
- **“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

## NHBZ

WhatsApp group



*Spring* into the conversation by joining in our WhatsApp Group! Stay up to date on day-to-day news and information.

Simply scan the QR Code and request to join.

## MARCH 2024 TRIBUTES

### IN MEMORY OF

**Rada Vladimirov**

Kenny & Barb Bressler  
Gail & Jerry Tullman

**Leo Bressler**

Terri Schnitzer

**Samuel Bluestein**

Brent & Rachael Kornblum

**Roland Oser**

Phyllis & Howard Loiterstein  
Peggy & Jay Umansky

**Allan Swan**

Eliot & Sally Katz

### REFUAH SHLEMA

**Dr. David Reisler**

Bob & Joni Kaiser

### IN HONOR OF

**Rabbi Ze'ev & Chani Smason's Award**

Phyllis & Howard Loiterstein

**Kenny Bressler- For Being Great President**

Terri Schnitzer  
David, Norma, & Yitzchak Rubin

**Irwin Fredman's Second Bar Mitzvah**

Dr. Jay Pepose & Dr. Susan Feigenbaum

**Ram & Sally Volotzky's Anniversary**

Dr. Jay Pepose & Dr. Susan Feigenbaum

### IN HONOR OF (Cont'd)

**Rabbi Ze'ev & Chani Smason's Anniversary**

Dr. Jay Pepose & Dr. Susan Feigenbaum

**Dan & Melanie Winograd's Anniversary**

Dr. Jay Pepose & Dr. Susan Feigenbaum

**Rhonnie & Stan Goldfader's Anniversary**

Ed & Helayne Levitt  
Daniel & Marcela Morgensztern

**Jennifer & Bryson Hartranft's Anniversary**

Bob & Joni Kaiser

**Sari & Leslie Neudorf's Anniversary**

Bob & Joni Kaiser

**Nancy & Jason Rush Daughter's  
Engagement**

Dr. Jay Pepose & Dr. Susan Feigenbaum

**Boris & Alla Yasinev, on the Birth of Their  
Grandson**

David, Norma, & Yitzchak Rubin  
Bob & Joni Kaiser

**Happy Birthday Janet Haber**

Dr. Faye, Brian, & Scott McCary  
Dr. Jay Pepose & Dr. Susan Feigenbaum

**Happy Birthday Alan Haber**

Dr. Faye, Brian, & Scott McCary  
Bob & Joni Kaiser

**Happy Birthday Shirley Bluestein**

David & Norma Rubin  
Bob & Joni Kaiser  
Libby Sorkin Routman  
Eliot & Sally Katz

Dr. Jay Pepose & Dr. Susan Feigenbaum

**Happy Birthday Rachael Pevnick**

Bob & Joni Kaiser

**Happy Birthday Ephraim Mufson**

Dr. Jay Pepose & Dr. Susan Feigenbaum

**Happy Birthday Mimi Fiszel**

Daniel & Marcela Morgensztern

**Happy Birthday Alan Zarkowsky**

Bob & Joni Kaiser





# THE SISTERHOOD SCOOP

# APRIL 6

Volume 7

Number 13

27 Adar II 5784

April 6, 2024

## Book Club News

We thank **Joyce Hochberg** for graciously offering her home to host the March 25<sup>th</sup> Book Club, and we thank **Sharon Summers** for expertly leading the discussion of “**Under Jerusalem: The Buried History of the World’s Most Contested City**,” by Andrew Lawler.

The next meeting of the Book Club will be **Monday, May 20**, 7:15-8:45PM, at the home of Sallie Volotzky in Creve Coeur.

The book is: “**An Unorthodox Match**” – a powerful and moving novel of faith, love, and acceptance – by award-winning novelist, journalist, and playwright, Naomi Ragen.



Mark your calendars for future Book Club Meetings:

**July 22:** *Night Angels: A Novel*, by Weina Dai Randel

**September 23:** *Gates of November*, by Chaim Potok

**November 18:** TBA

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

**All women are welcome to join us!**

## SHEMINI: Nutrition in the News: Is It Kosher?

It seems like I’m constantly reading about the new best “super” food. First, it was quinoa, followed by kale. Then, after stuffing my freezer with fresh fish, I read the warnings about mercury levels, and that I should never, ever buy farmed salmon.

Last month I read the benefits of a diet rich in proteins and low in carbohydrates. This month I was informed about harmful antibodies fed to animals and the dangers of excess animal fat. And, of course, the jury is still out on all the pros and cons of a writer’s best friend—coffee.

Daily, we learn about new hidden toxins in our food. Is organic food safer? Are genetically modified grains dangerous? What are the effects of preservatives?

When it comes to nutrition, we are probably the most educated generation to date. We’ve become sensitized to the cause and effect of negative influences on our bodies, on our psyche and on our world.

The innocent-looking food doesn’t appear dangerous. The harmless piece of chicken that was supposedly given antibodies looks exactly like the free-range, grain-fed poultry sold for double the price. And who could distinguish organic bananas from regular ones?

But as informed consumers, we recognize that it isn’t only what we see that makes an impact. This is true in all areas of life, but nowhere is this more consequential than in the food we ingest, where the food actually becomes assimilated into our flesh.

So we’ve come to realize the subtle but potentially dire effects on our food, but do we ever consider our food’s spiritual “profiles”? Does the food or drink that we consume affect us on a spiritual plane, on a soul level, influencing our character and natural tendencies?

This week’s Parshah, Shemini, introduces the Torah’s dietary laws. Kosher land animals must be slaughtered in a very specific manner and have split hooves and chew their cud. Fish need fins and scales, and there is a list of forbidden fowl. Notice how all kosher animals and fowl have the characteristics of being non-predatory, peaceful and non-destructive.

Moreover, perhaps, the non-kosher animal’s closed hoof represents a spiritual quality of rigidity—being closed off and untouched to the plight of others. Do the kosher animal’s “split” and “open” hooves symbolize approachability and sensitivity, as well as receptiveness to growth? Does chewing its cud remind us how we too need to chew things over, and not be too quick or impulsive to judge?

Similarly, do the fins that propel a kosher fish forward represent its ambition, which needs to be tempered, like all of our ambitions, by protective scales representing integrity and principles?

On the surface, we may not be able to differentiate between many kosher and non-kosher foodstuffs. But on a spiritual and mystical level, the qualities of every creature affect us profoundly. Unkosher food may be just as physically nutritious, but its spiritual traits can clog our spiritual arteries from being able to assimilate a Torah consciousness. And perhaps there is no generation better equipped to understand this than our own.

– by **Chana Weisberg**, [www.chabad.org](http://www.chabad.org)

## The Jewish People Lives

“A mere three years after coming eye to eye with the Angel of Death, the Jewish people, by establishing the State of Israel, made the single most powerful affirmation in two thousand years that Am Yisrael Chai, the Jewish people lives.”

– **Rabbi Lord Jonathan Sacks zt”l**

Between Hope and Humanity (Shemini, Covenant & Conversation)



# Israel Unity MISSION

JULY 2 - 7, 2024

**Interested? Questions?**

Contact Mimi David

[mimidavid@aishstl.com](mailto:mimidavid@aishstl.com)



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**Learn** and reflect with daily sessions grounded in Jewish values

**Experience** Israel and forge relationships with Jewish parents from Israel and around the globe

**Tour** Jewish heritage sites and immerse yourself in a soulful Shabbat in Jerusalem

**Gain** inspiration and practical tools to continue to support Israel and take action when you return home

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**NUSACH HARI  
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**PARSHAS VAYIKRA**

**MARCH 23**  
13 ADAR



**YOUNG  
ISRAEL**

**PARSHAS EMOR**

**MAY 18**  
10 IYAR



**U. CITY  
SHUL**

**PARSHAS BAMIDBAR**

**JUNE 8**  
2 SIVAN



**AGUDAS  
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**PARSHAS KI SEITZEI**

**SEPTEMBER 14**  
11 ELUL

LOOKING FORWARD TO SEEING YOU!

