



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

September 9, 2023 • 23 Elul 5783 • Candle Lighting 7:02 pm • Shabbos Concludes 8:04 pm

Parsha Nitzavim/Vayeilech
Haftarah Nitzavim

Deuteronomy 29:9 – 31:30
Isaiah 61:10 – 63:9

Chumash pp. 1086 – 1100
Chumash pp. 1202 – 1204

Prayer

Shabbos, Friday, September 8

- 6:50 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 7:02 pm Candle Lighting

Shabbos, Saturday, September 9

- 9:00 am Shachris followed by Musaf

- Pesukei D'Zimra: **Howard Sandler**
- Shacharis: **Stuart Klamen**
- Leyning: **Stuart Klamen**

Haftarah: **Reuven Tzadok**
 Sermon: **Rabbi Chaim Bogopulsky**
 Musaf: **Alan Haber**

- 10:00 – 11:30 am Youth Programming (downstairs)
- 10:00 – 10:45 am Soul Building with **Rabbi Yosef David** (downstairs)
Today's topic: **"Rosh Hashanah: It's Time to Be Proactive"**
- 6:50 pm Mincha, Shalosh Seudos, Ma'ariv
- 8:04 pm Shabbos concludes

Sunday, September 10

- 12:30 am **Rabbi Avi Feigenbaum** presents: **"Selichos: The Beginning or the End"**
followed by Selichos
- 8:00 am Shachris
- 6:55 pm Mincha

Minyan Times Sep 8 – Sep 16, 2023

	Fri Sep 8	Shabbos Sep 9	Sun Sep 10	Mon Sep 11	Tues Sep 12	Wed Sep 13	Thu Sep 14	Fri Sep 15	Shabbos Sep 16
Shachris (am)	7:00	9:00	8:00*	6:30*	6:30*	6:30*	6:30*	6:15*	8:00
Mincha/Ma'ariv (pm)	6:50	6:50	6:55	6:55	6:55	6:55	6:55	6:50	6:30

*Selichos (12:30 am Sunday, Sep 10; other times as listed)



Father/Son Teen Minyan, This Shabbos, 9:00 am (downstairs Chapel)

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!

[A Snapshot of Rosh Hashanah Davening Times](#)

For the 2023 High Holiday and Yom Tov Complete Schedule, please go to our website.

Erev Rosh Hashanah Day 1, Friday Evening, September 15

- 6:15 am Selichos
- 6:50 pm Mincha/Ma'ariv
- 6:51 pm Candle Lighting

Rosh Hashanah Day 1, Shabbos, September 16

- 8:00 am Shachris followed by Musaf
- 6:30 pm Mincha/Ma'ariv
- 7:53 pm Yom Tov Candle Lighting (not before 7:53 pm)

Erev Rosh Hashanah Day 2, Saturday Evening, September 16

- 6:30 pm Mincha/Ma'ariv
- 7:53 pm Yom Tov Candle Lighting (not before 7:53 pm)

Rosh Hashana Day 2, Sunday, September 17

- 8:00 am Shachris followed by Musaf
- 6:30 pm Mincha/Tashlich/Ma'ariv
- 7:51 pm Yom Tov concludes

Congregation News

Mazel Tov on Simchas This Week! Sep 9 – Sep 15, 2023

Happy Birthday

Fran Hoffman	Sep 10	Jesse Barash	Sep 11
Daniel Morgensztern	Sep 10	Ayelet Smason	Sep 12
Irwin Rosen	Sep 10	Rebecca Goldman	Sep 14
Corey Woolf	Sep 10		



Events

Coming Soon

- Shabbos, Sep 9, 9:00 am – Father/Son Teen Minyan with **Rabbi Bogopulsky**
- Wednesday, Sep 13, 2:30 pm – Community Coffee with JFS – See flyer
- Motzei Shabbos, Oct 7 – Simchas Torah Seudah (Details, page 3)

Belly Up to the Bar(s) – A Simchas Torah Seudah, NHBZ Style



Thanks to **Jackie Berkin, Sally Needle** and **Anna Rose Tandler**, we are having a Simchas Torah Seudah! FREE TO ALL! Join us for dinner, Motzei Shabbos, October 7, after davening/Hakafos.

We will raise the bar(s) on this one! PASTA bar, SALAD bar, garlic bread, other treats plus Jackie's Famous Whiskey Slush!!! All food under the supervision of Rabbi Chaim Bogopulsky.

RSVPs requested [here](#). Walk-ins welcome. Sponsors (\$25 minimum) invited.

Learning at NHBZ

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, 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, after Mincha/Ma’ariv
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-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**, Shabbos morning, 10:00 am
- **Pre-Mincha Shiur with Rabbi Chaim Bogopulsky**, Every Shabbos afternoon
- **Mishna Learning with Rabbi Chanan Swidler**, Every Sunday morning, after Shachris



In the Community

- **Agudah Israel Missouri Charidy Campaign**, Monday, Sept. 11
Monday & Tuesday, Agudath Israel of Missouri is running a Charidy campaign. This organization, under the leadership of Hillel Anton, has been successful through the EAO in providing hundreds of thousands of dollars to Jewish education, and has plans for increasing its impact with other efforts. Please respond generously to enable Agudah to continue its work on behalf of the entire community, and to expand with new opportunities. charidy.com/agudahMO
- **“Tales from the Hitchhiking Rabbi”**, Tuesday, Sept. 12 at 6:30 pm
The entire community is invited to prepare for the High Holidays with an evening of entertainment and inspiration with **Rabbi Yonason Goldson**. For more details, please visit <https://torahideals.com/rsvp>



New Year Greetings

5784  2023/24

The NHBZ Sisterhood thanks the following for participating in this year's New Year Greeting campaign to wish everyone in our NHBZ family Good Health, Happiness, and Prosperity in the New Year!

Shana Tova U'metuka

Caryn Alper
Joanna Alper
Lenny & Fran Alper
Craig & Jackie Berkin
Sam & Shirley Bluestein
Alan, Marcie, Nathan
and Eliana Brook
Don & Julie Eisenberg
Teree Farbstein
Amy & Denny Feit and Family
Mimi Fiszal
Meira Ganel
Rhonnie & Stanley Goldfader
Sandy and Marvin Greenberg
Alan and Janet Haber
Joni & Bob Kaiser
Sally & Eliot Katz
Michael & Charlene Kass
Judith Levin

Ed & Helayne Levitt
Phyllis & Howard Loiterstein
Dr. Daniel & Marcela
Morgensztern and Family
Sally Needle
Ruth Alper Novack & Family
Lois Perryman
Rachael Pevnick and Family:
Larry & Robin Pevnick & Family
Andrea & Stan Goldenberg & Fam
Debbie & Brian Sher and Family
Steve & Myra Radinsky
Hal & Ellen Rosen
Libby Sorkin Routman and Family
Sharon Summers
Jerry & Gail Tullman
Stella & Leonid Vladimirov
Faith & Bruce Waxman

Names listed above include donations received through September 6.

There is still time to add your name to the list. Please be generous.

All proceeds support NHBZ's Passport to Israel Program.



THE SISTERHOOD SCOOP

SEPTEMBER 9



Volume 6

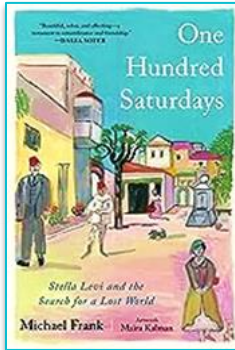
Number 33

23 Elul 5783

September 9, 2023

Book Club Meets Mon., Sept. 11

The Book Club meets this Monday, Sept. 11, 7:15-8:45 in the evening, at the home of Sallie Volotzky. **RSVP to: sallievolotzky@msn.com**



The book selection is the award winning **One Hundred Saturdays: Stella Levi and the Search for a Lost World**, by Michael Frank. One of the 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 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 or sisterhood@nhbz.org

Questions to Ask Yourself Before Rosh Hashanah

1. What have I learned in the past year?

What can you learn from your successes? And perhaps more importantly, what can you learn from your mistakes? Make a list. Look for patterns.

2. What are my goals for the coming year?

Which areas would you like to grow in? What are your priorities? What can you remove from of your schedule? What would you like to add that would enhance your life and align with your values?

3. Where is G-d in my life?

In the Hebrew month of Elul that precedes Rosh Hashanah, G-d is closer, even if you aren't sure how to pray or connect with Him. Add more prayers in your day, or just start with the short "Modeh Ani" prayer recited when you first open your eyes in the morning to thank G-d for the gift of a new day ...Or say the *Shema* before you go to sleep to express not only gratitude for what happened that day and to express a desire to connect with G-d and an acknowledgement of His importance in your life.

4. What am I most grateful for?

Gratitude can change how you see the world. When you focus on the blessings you have, you see abundance in your life. Keep a simple gratitude journal, listing the small and big things for which you are grateful, and the things you may have taken for granted.

5. Which relationships in my life need my attention?

Is there someone that you need to apologize to...or to forgive? Maybe a friendship that you have let go that you would like to begin again? Or perhaps there is a child, a parent, or a spouse who needs your attention or your time.

These days leading up to Rosh Hashanah are opportunities to reconnect, to your deeper, authentic self, to the people you love, and to G-d. Recognize the gift of the sacred pause of these days. Make some time to ask yourself these questions to reflect and grow.

– adapted from **Debbie Gutfreund**, www.aish.com

There is still time 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 next Shabbos Bulletin! See flyer for details.



Simanim means signs or omens – a signal indicating the way things will be. It's customary to eat foods that are Simanim for a good new year on the nights of Rosh Hashanah. The most famous siman is apples dipped in honey. This is eaten at the beginning of Rosh Hashanah dinner along with the blessing *May it be Your will, L-rd, our G-d and the G-d of our forefathers, that You renew us for a good and a sweet new year.* 🍏 🍏 🍏 Other traditional simanim include pomegranates, fish and the head of a fish. – from www.aish.com



Fathers & Sons

Please Join Us

SHABBAT, SEPT 9TH

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 | 314.991.2100



YOU'RE INVITED TO A
Coffee Social



**Wednesday, September 13th
from 2:30 - 4:00 PM at NHBZ**

NHBZ Chesed Committee cordially invites you for coffee and light refreshments. Let's socialize and learn from our special guests:



**Alexandra Burchardt and
Sarah Levinson**

from JFS' (Jewish Family Services)
Older Adult Services Department.

They will present a brief overview of the comprehensive range of services available through JFS to help older people remain independent and connected to the community, reduce hunger, and empower children to thrive.

Please Join Us!

If you are interested in learning more about their services, please join us! Don't forget to invite your friends! This event is free and open to all members and non members!



YOU'RE INVITED TO JOIN US FOR A
New Weekly Class

Led by our very own Rabbi Chaim Bogopulsky!

GATEWAY TO TEFILLA:

*Making
Davening
Meaningful*



Wednesday evening following Mincha / Maariv