



# NHBZ Weekly News

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

January 27, 2024 • 10 Shevat 5784 • Candle Lighting 4:57 pm • Shabbos Concludes 6:01 pm

Parashas Beshalach  
Haftorah Beshalach

Exodus 13:17 – 17:16  
Judges 4:4 – 5:31

Chumash p. 366 – 393  
Chumash p. 1152-54

## Thanks to our generous sponsors:

- ☆ **Irwin Fredman** for sponsoring a cake this Shabbos in honor of his birthday!
- ☆ **The Bressler, Szus, and Sutton Families** for sponsoring the Shabbos Bulletin in appreciation of the outpouring of sympathy wishes, condolence calls, and tributes in memory of their Father, Father-in-Law, Grandfather, Great Grandfather and Uncle-**Leo Bressler, z"l**- may his memory be a blessing.

## Prayer

### Friday, January 26

- 7:00 am Shachris
- 4:55 pm Mincha
- 4:57 pm Candle Lighting

### Shabbos, Saturday, January 27

- 9:00 am Shachris followed by Musaf
  - ☆ Pesukei D'Zimra: **Amir Noy**
  - ☆ Shacharis: **Dr. Elie Sutton**
  - ☆ Leyning: **Rabbi Yitzchok Hess**
- 10:00-10:45 am: **Rabbi David**: Downstairs
  - ☆ Topic: TBA
- 4:45 pm Mincha
- 6:01 pm Shabbos concludes



- ☆ Haftorah: **Moshe Pinto**
- ☆ Sermon: **Rabbi Chaim Bogopulsky**
- ☆ Musaf: **Eli Szus**

## Minyan Times January 26– February 3

	Fri Jan 26	Shabbos Jan 27	Sun Jan 28	Mon Jan 29	Tues Jan 30	Wed Jan 31	Thu Feb 1	Fri Feb 2	Shabbos Feb 3
Shachris (am)	7:00	9:00	8:00	7:00	7:00	7:00	7:00	7:00	9:00
Mincha/Ma'ariv (pm)	4:55	4:45	4:55	-	-	-	-	5:00	4:50
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

Rabbi Chaim Bogopulsky • Rabbi Aaron Borow, Emeritus • Rabbi Ze'ev Smason, Emeritus

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!

Phyllis Loiterstein Jan 28  
Terri Schnitzer Jan 29  
Andrew Berg Jan 31

Sally Katz Jan 29  
Irwin Fredman Jan 30

Thank you to our culinary artist **Norma Rubin** for the wonderful Community Shabbos Dinner she prepared for us on Friday, January 19. Norma planned every detail of the Tu B'Shvat menu and executed the meal in her superb, legendary style.

... And the reviews are undeniable... It was a delicious, lovely dinner!

*Thank you, Norma!*



Thank you to Jennifer Hartranft, Stella Vladimirov, Nancy Rush, Marcela Morgensztern, Gail Tullman, Sallie Volotzky, and Sari Neudorf for helping set up and execute the Tu B'Shvat dinner.

### SAVE THE DATE!

- ✧ Pizza Night returns **January 28<sup>th</sup>**. See flyer for details.
- ✧ **Tuesdays at 1:00 pm** join us for Mahjong in the youth lounge.

### 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.

"Please come and fulfill the important mitzvah of praying with a minyan."

"It's definitely better to pray with a minyan in shul than with a minyan at home (except for shiva)",

"It's definitely better to pray without a minyan in shul than without a minyan at home", based on Talmud and Shulchan Aruch.

"praying with a minyan is beautiful for your soul"

"the minyan is the most democratic grouping, where all are equally important, irrespective of their other stations in life"

"it gives the youngest 13 year old, the same status as a 113 year old. what other institution does that." onwards and upwards...daven with a minyan and be counted and elevated.

**Menachem Szus**

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)

Please join the ADL in urging your state legislators to support creating a Nonprofit Security Grant Program in Missouri. The legislation will protect State-wide faith-based community organizations and keep us safe! Speaker Plocher needs to hear from you why the state legislature needs to act. Use the link below from the ADL to send him a prepared email. It's easy, just add your information to the form and click.

<https://adl.salsalabs.org/mo-nsgp/index.html>

## *Parashas Beshalach*

The Jewish nation's passage through the split waters of the *Yam Suf* marked not only the final step of their Exodus from Egypt, but their first step toward becoming G-d's chosen people. In this manner, they followed in the footsteps of the Patriarchs.

Avraham, according to the Midrash, was on his way to the *Akeidah* with Yitzchak, when the *Satan* took the form of a stream and blocked their path. Avraham pressed on and as he waded through, the water reached his neck. But his devotion to fulfill the Divine request to take Isaac to the *Akeidah* enabled him to safely pass through those threatening waters.

Yitzchak's similar devotion to Hashem enabled him to remain steadfast in Canaan, even during the famine there, and to re-open Avraham's wells, which the Philistines had stopped up. Yaakov, too, was tested at a body of water – the Yabbok River – where he wrestled with the angel of Eisav.

The Israelites, confronted by a turbulent sea, acted with self-sacrifice by jumping into the *Yam Suf*, an act that propelled them forward with a new resolve, a new dimension of faith.

After crossing through the water, the Israelites express their newfound faith in song – the *Shiras Hayam*, the Song of the Sea. The Midrash states that at Creation the angels declared, "What is man that we should make mention of him?" G-d replied, "Come observe the scene of the Song of the Sea." As soon as they heard the Israelites sing, the angels began to sing as well: "O G-d, how glorious is Your Name in all the earth."

Song, through which celestial beings praise the Almighty in the Heavenly abode, is the language of the soul. Song possesses therapeutic powers for those who are physically and mentally handicapped. Moshe, who suffered from a speech impediment, sang at the sea without obstructions.

The Torah is called a *Shirah*, a song. The Torah is also allegorically referred to as water for the parched soul. The combination of water and song at the *Yam Suf* brought the nascent Jewish nation one step closer, physically, and spiritually, to their acceptance of the Torah and their embrace of the Divine mandate.

Our mission today remains that of our forebears – to swim in the "Sea of Torah," to drink from its waters, and to sing out gloriously to G-d for His generous, eternal gift to us.

**Rabbi Saul Aronov**  
Beth Israel Synagogue, Halifax, Canada

# Learning at NHBZ

## On-Going Classes

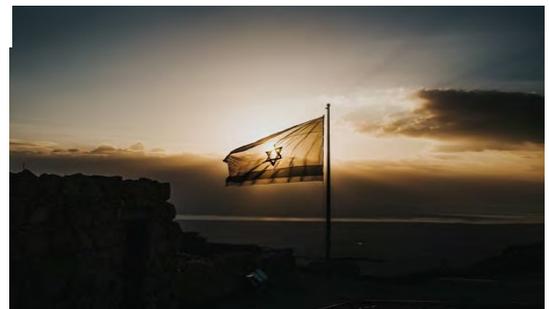
- **Gemara Learning with Rabbi Chaim Bogopulsky**, Weekdays, 6:15 am.
- **“Journey through the Chumash” with Rabbi Chaim Bogopulsky**, Tuesdays, 12:00 pm  
Take an amazing journey of learning! Step by step, we will explore the Chumash.
- **Pirkei Avos / Ethics of the Fathers with Rabbi Ze’ev Smason**, 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=tw7IIOVumZ8QelPvHvApYZsox8VUem.1>
- **Kitzur Shulchan Aruch with Rabbi Chaim Bogopulsky**, Sundays before Ma’ariv.  
Mondays, Tuesdays & Thursdays 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

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## 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 27



Volume 7

Number 5

17 Shevat 5784

January 27, 2024

## Book Club now to meet **THIS Monday, January 29**

The Sisterhood Book Club  will meet this **Monday, January 29, 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

Many NHBZ members joined with the community and fellow Zionists for **A Night of Unity** on Thursday, January 25, at the Frontenac Hilton, that featured **Alon Ben-Gurion**, grandson of David Ben-Gurion.

**NHBZ supports Israel**



[www.chabad.org](http://www.chabad.org)

Miriam led the women in song and dance. In her merit the Israelites were miraculously provided with water in the desert.

## BESHALACH: The Appreciation of a Nation

*It happened on the seventh day that some of the people went out to gather, and they did not find. (Ex. 16:27)*

After Moses said that no manna would fall on Shabbos, Dasan and Aviram tried to trick the people into thinking that the manna had fallen on Shabbos by scattering some on the ground at sunrise. Birds came and ate all the manna they had spread before the Bnei Yisroel woke up. Had the people seen even a small amount of manna on Shabbos after Moses had said that it wouldn't fall might have caused a tremendous amount of confusion, which could have led to a rebellion against Moses. Once a year we show appreciation to the birds by feeding them bread.\*

Birds naturally eat. By eating all the manna they didn't do anything that goes against their nature. In fact they didn't even know that they were doing a great kindness, they just saw bread and ate it. Why then do we reward them yearly?

It is true that birds eat, and eating the manna was not an act against their nature. However, because the eating of the manna was favorable for us, we need to be grateful for it. Being grateful is not dependent on what drove the benefactor to do the act; rather it is for the one receiving the kindness to show appreciation – regardless of the intentions of the giver.

Focusing on what you're lacking leads to misery. When one has a sore throat he can focus on his throat – which will then make him gloomy, or he can focus on the fact that he's breathing fine, his business is going smooth... On average, 90% of things in our life are good. The key to happiness is to be appreciative – focus on the 90%!

\*There is a custom to put out bread for the birds on the week of Parshas B'shalach, in gratitude for the fact that they ate the manna.

– **Rabbi Eli Scheller**, [www.aish.com](http://www.aish.com)

## Being Optimistic

Every situation contains within it a possibility of success – and a possibility of failure. When the Jewish people were in the desert, fleeing from the pursuing Egyptians, nobody knew how it was going to turn out. But in the end, G-d made a great miracle by splitting the Red Sea and saved them.

The grateful people burst out in jubilant songs and praise for G-d's kindness. While the men only sang, Miriam and the women played musical instruments to accompany themselves. Where did they get instruments in the middle of the desert? It turns out that they had trusted from the very beginning that G-d would save them. So much so that they had taken instruments with them, so they could celebrate when it happened!

G-d wants us to learn from these great women, to trust Him by being optimistic and focusing on positive outcomes. Not only does this help us to live happier lives, but quite often it even helps open us up to let the good things happen. – **Nesanel Yoel Safran**, [www.aish.com](http://www.aish.com)

**Sunday, Jan 28<sup>th</sup> • 5:00-7:00 pm**

**\$15 ALL ADULTS \$8 KIDS AGES 3-12 - KIDS UNDER 3 FREE!**

Cheese is Cholov Yisroel; pareve crusts available upon request. All food under the supervision of Rabbi Chaim Bogopulsky

NHBZ.ORG 314-991-2100

DON'T MISS PIZZA NIGHT!

Nusach Hari  
B'nai Zion

Dine In  
at the shul

# The Lion's Den KOSHER Pizza Night

**ALL YOU CAN EAT BUFFET**

Includes Pizza, Pasta, Salad and French Fries plus a Dessert and a Beverage

# Returns!



*Amazing  
Salad!*

We accept credit cards at  
**NHBZ PIZZA NIGHT**



*Delicious  
Pasta*

**NHBZ PIZZA NIGHT**



I ❤️  
PIZZA

**NHBZ PIZZA NIGHT**

# BLOOD DRIVE

## St. Louis Jewish Community

Sunday, February 4 10:00 am - 4:00 pm

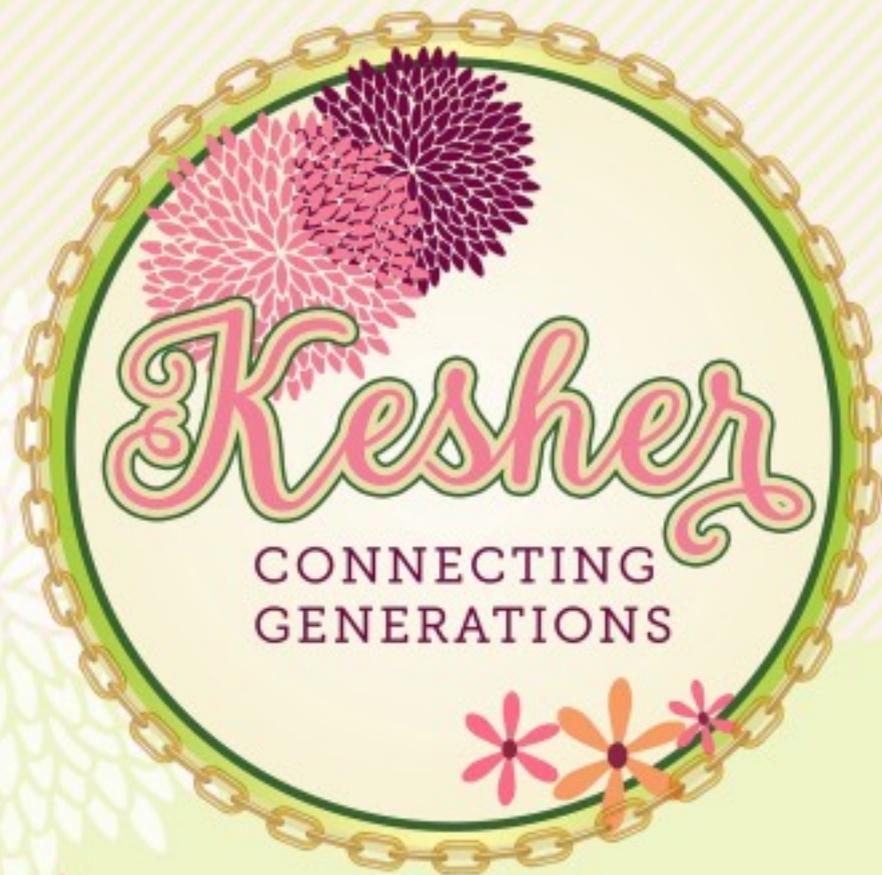
Young Israel of St. Louis 8101 Delmar Blvd

*Masks optional. Appointments required.*

To schedule an appointment, **scan QR code**,  
call ImpactLife at 800.747.5401,  
or go to [bloodcenter.org/group, grp #11448](http://bloodcenter.org/group, grp #11448)



**All NHBZ Members**  
**are encouraged to participate**  
**in the StL Jewish Community**  
**Blood Drive**



# Mother Daughter Program

Sunday Mornings  
10:30-11:45 am

Girls: Kindergarten to Fifth Grade  
With new 6th grade+ program!

## Derech Eretz

February 4th

הַכֶּרֶת הַטוֹב

Saying thank you  
and no thank you

February 25th

נוֹשָׂא בְעוֹל חֶבְרוּ

Sharing someone  
else's pain

March 3rd

כַּבֵּד אֶת אָבִיךָ וְאֶת אִמְךָ

Speaking and listening  
to parents and  
teachers

March 17th

יָצוּ טוֹבָה

Complimenting others  
and responding  
to compliments

Location: Nusach Hari B'nai Zion, 650 N Price Rd, Olivette, MO 63132

No Admission Fee

Be added to the Keshher Whatsapp group! Text Temima: 314 817 4336

### COMMITTEE:

Tzirel Biron, Batya Bogopulsky, Sarah Glazer, Riki Gutovich, Temima Klein, Elissa Schachter

Corporate sponsorships available

Want to be  
more involved?  
Look out for more  
details how you can  
have more of a part  
in KESHER than  
ever before.