



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

May 4, 2024 • 26 Nissan 5784 • Candle Lighting 7:37 pm • Shabbos Concludes 8:42 pm

Parashas Acharei
Haftorah Acharei

Leviticus 12:1 – 13:58
II Kings 4:42 – 5:19

Chumash p. 608 – 619
Chumash p. 1170 - 1172

Prayer

Friday, May 3

- 7:00 am Shachris
- 6:10 pm Mincha/Ma'ariv
- 7:37 pm Candle Lighting



Shabbos, Saturday, May 4

- 9:00 am Shachris - Torah Reading - Musaf
 - ☆ Pesukei D'Zimra
 - ☆ Shacharis
 - ☆ Leyning
 - ☆ Haftorah
 - ☆ Sermon: **Rabbi Chaim Bogopulsky**
 - ☆ Musaf
- 10:00 am **Rabbi David:**
- 7:25 pm Mincha- Shalosh Seudos - Ma'ariv
- 8:42 pm Shabbos concludes

Minyan Times May 4 – May 11:

	Fri May 3	Shabbos May 4	Sun May 5	Mon May 6*	Tues May 7	Wed May 8^	Thu May 9^	Fri May 10	Shabbos May 11
Shachris (am)	7:00	9:00	8:00	7:00	7:00	6:45	6:45	7:00	9:00
Mincha/Ma'ariv (pm)	6:10	7:25	6:10	7:45	6:10	6:10	6:10	6:10	7:30

*Yom HaShoah ^Rosh Chodesh

SAVE THE DATE!

- ☆ **Tuesdays at 1:00 pm** join us for Mahjong in the youth lounge.
- ☆ **Monday, May 6th at 6:00 pm** Community-wide Yom HaShoah event at the St. Louis Jewish Federation. See flyer for details. RSVP [here](#).
- ☆ **Tuesday, May 7th 2:00 – 6:00 pm** Blood drive at Aish HaTorah Jewish Learning Center in memory of *Arianna "Ari" Dougan*. See flyer for details
- ☆ **Shabbos, May 18th** Join us in celebrating a Yom Ha'Atzmaut themed Shabbat. Please call or email the office if you wish to sponsor this celebration
- ☆ **Sunday, May 19th**, Pizza Night from 5:00 – 7:00 pm! To volunteer email Nora at office@nhbz.org

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

Congregation News

Milestones This Week:

Happy Birthday!

Boruch Smason	May 5	James Pollock	May 8
Rubin Amon	May 5	Shawn Pernik	May 9
Daniel Chayet	May 7	Linda Szus	May 9
Denny Feit	May 8	Jerry Tullman	May 9



Happy Anniversary!

Craig & Marsha Feenberg May 4 Victor & Anna Rose Tendler May 7

Yahrzeits Observed This Week:

Thurs eve May 2 - Fri May 3

25 Nissan Helen Heitner
25 Nissan Goldie Hogan
25 Nissan Beatrice Weiner

Sat eve May 4 -Sun May 5

27 Nissan Fay Petrovsky

Sun eve May 5 -Mon May 6

28 Nissan Ethel Brody
28 Nissan Michael Frederick
28 Nissan Sarah Grus
28 Nissan Sara "Sonia" Katz
28 Nissan Abraham Ring

Mon eve May 6- Tues May 7

29 Nissan Ada Kramer

Tues eve May 7 – Wed May 8

30 Nissan Doborah Kogan
30 Nissan Jerome Levin
30 Nissan Mary Solomon
30 Nissan Jennie Tolpin

Wed eve May 8 – Thurs May 9

1 Lyar Constance Flax

Daily Minyan Moving Back Downstairs

Beginning with Shacharis on Wednesday, May 1st (the day after Pesach) our daily minyan will move back to our Chapel on the lower level. That's Shacharis Sunday through Friday mornings and Mincha/Maariv Sunday through Thursday evenings. Shabbos and Yom Tov will remain upstairs in our main Sanctuary.

Shacharis times remain the same: Sunday at 8:00 am, Monday through Friday at 7:00 am and Shabbos/Yom Tov at 9:00 am. Check the bulletin for Mincha/Maariv times. (It's always a good idea to double check the time due to occasional necessary changes.)

Thank you to everyone who helps maintain our daily minyan. If you are not yet part of this exceptional, wonderful group, please join us. Let Rabbi Bogopulsky, Howard Sandler, or Alan Zarkowsky know which minyanim we can count on you attending. Whether you attend every minyan or once a week, everyone is welcomed and greatly appreciated.

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. 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:
<https://us04web.zoom.us/j/78974795850?pwd=tw7IIOVumZ8QelPxBvApYZsox8VUe>
- **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

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.*

NHBZ MINYAN
WhatsApp group



Join our WhatsApp Group to stay updated on daily Minyan information!

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



THE SISTERHOOD SCOOP

MAY 4



Volume 7

Number 16

26 Nissan 5784

May 4, 2024

Sisterhood Book Club News

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, boundaries, 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:
314-993-4024, fran.alper@outlook.com or
sisterhood@nhbz.org

All women are welcome to join us!



Remember to Count the Omer ...and to make these days count

The Torah commands that from the second night of Passover until the day before the holiday of Shavuot, we, the Jewish people, engage in the unique mitzvah of Sefirat HaOmer (counting of the Omer) for seven complete weeks – 49 days. At the end of this time we celebrate Shavuot, which means “weeks.”

Why do we count these days? We learn several reasons. The foremost is that the count demonstrates our thrill for the impending occasion of receiving the Torah, celebrated on Shavuot. Just as a child often counts the days until the end of school or an upcoming family vacation, we count the days to show our excitement at again receiving the Torah (as we do in fact receive the Torah in a renewed sense every year).

We also learn that this period is meant to spiritually prepare and refine ourselves. When the Jewish people were in Egypt, nearly 3,400 years ago, they had assimilated many of the immoral ways of the Egyptian people. The Jews had sunk to an unprecedented level of spiritual defilement and were on the brink of destruction. At the last possible moment, the children of Israel were miraculously redeemed. They underwent a spiritual rebirth and quickly ascended to the holiest collective state they had ever reached. They were so holy, in fact, that they were compared to angels when they stood at the foot of Mt. Sinai to receive the Torah.

The commandments of the Torah are not meant merely as our history, but instead represent an ongoing life lesson for every Jew. We view the Torah as freshly received every day of our lives, and approach it and its commandments with appropriate vigor.

So too must we digest the lesson of the counting of the Omer. It is specifically during this time that we strive to grow and mature in our spiritual state. The Torah does not allow us to become satisfied with our current level of spirituality. Instead, it tells us to set high goals for ourselves, and then methodically strive to reach [those goals].

The growth that occurs during this time is akin to a marathon. We pace ourselves and seek to improve day by day until we reach the day that we again receive the Torah. In this process, we look deep within ourselves and work on all of our negative attributes. If we are challenged in the realm of acts of kindness, we go out of our way to do more charitable works. If we are lacking in the area of justice, we hold ourselves to the highest possible standards and are exacting and demanding in our personal behavior and habits. And so it goes for all of our traits.

– adapted from Yeruchem Eilfort (www.chabad.org)

The Seven Basic Emotions of Human Experience

- **Chesed - Loving-kindness**
- **Gevurah - Justice and discipline**
- **Tiferet - Harmony, compassion**
- **Netzach - Endurance**
- **Hod - Humility**
- **Yesod - Bonding**
- **Malchut - Sovereignty, leadership**

At the root of all forms of enslavement, is a distortion of these emotions. Each of the seven weeks between Passover and Shavuot is dedicated to examining and refining one of them.

“If the symbol of Jewish timelessness is the everlasting light, the symbol of Jewish time is the counting of the Omer.”

– Rabbi Lord Jonathan Sacks zt”l

Sunday, May 19th • 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

APRIL 19th 2018





YOM HASHOAH
COMMUNITY-WIDE EVENT

Save
the **Date**

MAY
6

Doors open **5:45 PM** | Program starts **6:00 PM**

**The Juniors and Seniors of Kadimah High School
present their Holocaust Film Projects.**

Jewish Federation
of St. Louis
12 Millstone Campus Dr.

*This program is
for adults and
children aged 12+*

