



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

July 20, 2024 • 14 Tamuz 5784 • Candle Lighting 8:05 pm • Shabbos Concludes 9:08 pm

Parashas Balak
Haftorah Balak

Numbers 22:2 – 25:9
Micah 5:6 – 6:8

Chumash p. 856 – 875
Chumash p. 1189-1190

Welcome to Our New Members: **Joe Newman and Jon Newman**
We thank the **McCary Family** for enhancing Kiddush this Shabbos
In honor of **Brian McCary's Birthday**

Prayer

Friday, July 19

- 7:00 am Shachris
- 7:00 pm Mincha/Ma'ariv
- 8:05 pm Candle Lighting



Minyan Times July 19 – July 27:

	Fri July 19	Shabbos July 20	Sun July 21	Mon July 22	Tues July 23	Wed July 24	Thu July 25	Fri July 26	Shabbos July 27
Shachris (am)	7:00	9:00	8:00	7:00	6:45*	7:00	7:00	7:00	9:00
Mincha/Ma'ariv (pm)	7:00	7:50	7:00	7:30	7:30	7:00	7:00	7:00	7:50

*Fast Tzom Shiva Assar Be'Tamuz
Fast Begins: 4:20 am
Fast Concludes: 9:01 pm

Shabbos, Saturday, July 20

- 9:00 am Shachris - Torah Reading – Musaf
- Distinguished Pulpit Rabbi this Shabbos:
Rabbi Shmuel Miller - Epstein Hebrew Academy Head of School
- 10:00 am **Soul Building with Rabbi David:**
“Awareness & Being Observant Are Not the Same Thing. How Do We Become More Aware?”
- 7:50 pm Mincha- Shalosh Seudos - Ma'ariv
- 9:08 pm Shabbos concludes

New Kiddush Menu Available!

You can sponsor our Classic Kiddush for \$180. Enhancements are available upon request. What a great way to celebrate a birthday, an anniversary, a special event, or just to say thank you! Please, contact our office to become a sponsor.

The Three Weeks:

This Tuesday, July 23 is the 17th of Tamuz, the fast day which starts the period of national mourning called the three weeks culminating in Tisha Baav the ninth day of Av on August 13. The ninth day of is the saddest day in the Jewish calendar. Commemorates the origin of Jewish tragedy from millennium. The crying that the Jewish people did when they heard the bad report of the spies pertaining to the land of Israel what is the cause for this being A Day of crying for the Jewish people until the redemption of the Messiah. The people cried because they didn't believe their own worthiness and doubted God's ability to give them the land of Israel.

The first day of the 17th of Tamuz commemorate five tragedies that happened to Jewish people on that day.

1. The first set of tablets that had the 10 Commandments were broken when Moses saw the golden calf.
2. At the end of the first temple (Beit Hamikdash) the daily sacrifice was suspended.
3. The walls of the city of Jerusalem were breached by Roman soldiers at the end of the second temple.
4. Apustumus A Roman leader publicly burned a Torah scroll to agitate and antagonize the Jewish population in Israel.
5. An idol was placed in the Beit Hamikdash

Because of the many calamities the befell the Jewish people during these 21 days, our sages established them as a time of mourning and introspection. We therefore minimize our happiness but not having any weddings, live music or dance parties etc. during the three weeks. The fast day starts at 4:20 AM and ends at 9:01 PM.

**-Rabbi Yosef David
Aish St. Louis**



A special thanks to Dr. Faye Cohen for supporting the Minyan Men and providing so many delicious treats!

-The Minyan Committee

Congregation News

Happy Birthday!

Brian Feit	July 19
Charlene Kass	July 20
Larry Freistein	July 23
Sandy Kahn	July 23
Craig Feenberg	July 24
Brian McCary	July 24
Benjamin Garmaise	July 25

Happy Anniversary!

Debbie and Brian Sher July 20



Yahrzeits Observed This Week:

Thurs eve July 18 -Fri July 19

13 Tamuz Irv Comensky
13 Tamuz Nathan M Ferman
13 Tamuz Sam Kleg
13 Tamuz Elliot Landau
13 Tamuz Sandra Segall

Sat eve July 20 - Sun July 21

15 Tamuz Sonya Baer
15 Tamuz Isadore Pultman
15 Tamuz Sue Levy

Mon eve July 22 -Tues July 23

17 Tamuz Carl Koplowitz
17 Tamuz Dorothy Lugger
17 Tamuz Sam Schraier

Tue eve July 23 – Wed July 24

18 Tamuz Hayden Serlin

Fri eve July 19– Sat July 20

14 Tamuz Ludwig Edelstein

Sun eve July 21 -Mon July 22

16 Tamuz Andre Bialecki
16 Tamuz Sarah Goldberg
16 Tamuz Sola Koyen

Wed eve July 24– Thurs July 25

19 Tamuz Shaina Morowitz
19 Tamuz Shmuel Koyfman

SAVE THE DATE!

- ✧ **Monday July 22 at 7:15 pm** NHBZ Book Club meets to discuss “*Night Angels*” see Sisterhood Scoop for details
- ✧ **Shabbos July 27** Synaplex returns! See flyer for details
- ✧ **Sunday July 28 from 5:00-7:00 pm** NHBZ Pizza Night- email Nora at office@nhbz.org to volunteer!
- ✧ **Sunday August 4 from 10:00 am to 2:00 pm** Blood Drive at U-City Shul; Register with this link: https://login.bloodcenter.org/donor/schedules/drive_schedule/126940

Phase 1 of Security Enhancements Have Been Completed

We received an \$86,000 grant from the government for Security Enhancements. Over the past few months, we have completed the 1st Phase which included the following:

- New Video Surveillance system including 13 new video cameras and monitoring plus new panic buttons to alert the police in the event of an emergency.
- Installation of security laminates on several of our windows which are now shatter proof including bullet proof laminates on the south windows and doors that lead out to the patio and pergola.
- Additional exterior lighting to eliminate areas which were previously dark at night that could pose a security threat.
- Installation of several new locks to allow us to shelter in place in the event of an intruder plus a new lock for the ark that contains our Torah Scrolls in the sanctuary.
- Purchase of walkie talkies to enhance our communications, especially from the licensed Security personnel.

While there are many people to thank, we especially want to recognize the work and contributions of Alan Haber, Tony Granillo, Hindy Anton, Nora Baranyk, Jesse Barash and Scott Biondo of the Jewish Federation.

Everyone should now feel our synagogue is a safer place to pray, study and socialize in.

However, this is only the 1st step. The 2nd step is equally as important as follows....

It is critical that you participate in the Safety Preparedness Training. This will prepare all of us to take the appropriate actions in the unfortunate event of an armed intruder. Please be on the alert for information on training sessions in the upcoming Shabbos Bulletins.

Learning at NHBZ

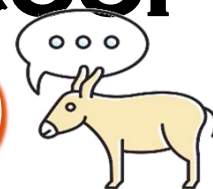
On Going Classes

- **Journey Through the Chumash with Rabbi Daniel Sentell.** Tuesdays at 12:00 pm. Take an amazing journey of learning, step by step we will explore the Chumash. **Starts July 23 weekly!**
- **The Inside Story with Rabbi Avi Feigenbaum:** The Torah's Wisdom for Our Everyday Life. Wednesdays at 7:30 pm, **Starts July 24!**
- **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!
- **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=tw7IIOVumZ8QelPxHvApYZsox8VUe>
- **"Soul Building" Series with Rabbi Yosef David,** Shabbos mornings, 10:00 am
- **Mahjong** in the youth lounge Tuesdays at 1:00 pm
- **Mishna Learning with Rabbi Chanan Swidler,** Every Sunday morning, after Shachris



THE SISTERHOOD SCOOP

JULY 20



Volume 7

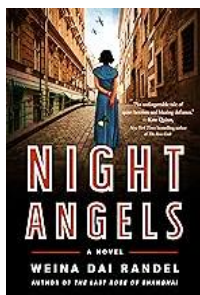
Number 26

14 Tammuz 5784

July 20, 2024

Book Club Meets *this Monday*

The next meeting of the book club is **Monday, July 22, 7:15-8:45pm**, at the home of **Linda Shore**. The book is ***Night Angels: A Novel***, by Weina Dai Randel, a profoundly moving novel inspired by the true story of Dr. Ho Fengshan, Righteous Among the Nations, about a diplomatic couple who risked their lives to help Viennese Jews escape the Nazis. **RSVP to Linda Shore**, or **Fran Alper at 314-993-4024**, fran.alper@outlook.com, or sisterhood@nhbz.org



Future Sisterhood Book Club meeting dates are:

☆ **September 23: *Gates of November***, by Chaim Potok, at the home of Vivian Zarkowsky

☆ **November 18: *Outwitting History: The Amazing Adventures of a Man Who Rescued a Million Yiddish Books*** by Aaron Lansky

All women are welcome! Call for info!

The Three Weeks

From Destruction to Renewal

Fast begins Tues.
July 23, 4:20am

The three weeks "between the strictures" of Tammuz 17 and Av 9 are designated as a time of mourning over the destruction of the Holy Temple and the resultant *galut*—physical exile and spiritual displacement—in which we still find ourselves. In this period, both the first and second Temples were destroyed, and many calamities befell the Jewish people throughout the generations.

It is a time of fasting and lamentation as well as a time of increased Torah study and giving of charity. *A sense of purification accompanies the fasting, a promise of redemption pervades the mourning, and a current of joy underlies the sadness.* The Ninth of Av, say our sages, is not only the day of the Temple's destruction—it is also the birthday of Moshiach.

— excerpted from *Chabad.org*

PARSHAH BALAK: **Lightening Rod**



Parshat Balak tells of the Jewish people encountering the Moabites in the desert. The king of Moab wants to fortify his country's strength, so he hires a spiritualist named Bilaam to curse the Jewish people.

The question is: If the king of Moab wants to be stronger, why not simply get a **blessing** for the Moabites. Why does he have Bilaam **curse** the Jews?

The answer is there are two ways to get ahead in this world: One way is to build yourself up. But that takes hard work and discipline. The other way is to cut others down.

We've all seen it before: One member of the corporate team feels a lack of recognition, so he belittles the achievements of others – which appears to raise himself by comparison.

Interestingly, this same dynamic may lie at the root of anti-Semitism. Before the Torah was given, people built their lives on a subjective concept of right and wrong. But at Mount Sinai, it became clear that there is one G-d Who sets moral standards for humanity.

And with that, the Jews became a lightning rod for those opposed to the moral message. It's like in school where everyone is throwing spitballs, except one kid. The other kids – in order to avoid the appearance of misbehavior – have two choices: either stop throwing spitballs or beat up the other kid.

The Talmud even points out that the word Sinai is closely related to *sinah*, the Hebrew word for hatred. In other words, the very source of morality – Sinai – triggers a great hatred from those opposed to its message. Amazingly, the evil Hitler gave this reason for persecuting the Jews, by saying: "I free mankind from the restraints of conscience and morality."

At the end of Parshat Balak, the Moabites lure the Jews into acts of idolatry and promiscuity. The Moabites finally achieved their goal: The high-flying Jews had their strength sapped, leaving the hate-filled Moabites more evenly matched. – **Rabbi Shraga Simmons**, www.aish.com

"What makes Jews 'a nation dwelling alone, not reckoned among the nations,' is that their nationhood is not a matter of geography, politics or ethnicity. It is a matter of religious vocation as G-d's covenant partners, summoned to be a living example of a nation among the nations made distinctive by its faith and way of life. Lose that and we lose the one thing that was and remains the source of our singular contribution to the heritage of humankind."

– **Rabbi Lord Jonathan Sacks**^{Z"l}

Not Reckoned Among the Nations (Balak, Covenant & Conversation)



Rekindled

An open invitation to NHBZ's



Saturday,

Shabbat Morning

Join us for the much-anticipated return!

July 27, 2024

Regular services begin at **8:30 a.m.**

Soul Building Series at **10:00 a.m.**

(led by Rabbi Yosef David of Aish HaTorah)

Babysitting provided for younger kids from 10:00 a.m. until 12:15 p.m.

Break-out sessions beginning at 11:15 a.m.

☆ **“What’s At Stake: U.S./ Israel Relations in the Upcoming Elections”**

(Led by Keith Beardslee, St. Louis Council AIPAC)

☆ **“Jew Hatred: Why are 'They' so Intolerant?”**

(Hint: We can fix it!)” (Led by Rabbi Yosef David,
Executive Director of Aish St. Louis)

☆ **“The Three Weeks: Distance Makes the Soul Yearn Stronger”** (Led by Rabbi Shimmy Fried of the St.

Louis Kollel)

Following these sessions, at approximately 12:15 pm, all attendees will then re-gather together for a Kiddush lunch.

NHBZ's Synaplex Shabbat is free and open to the Jewish public. Home hospitality for the weekend is available.

NHBZ Transition Plan Talent Line-Up:



Rabbi Yosef David
Executive Director
Email: yddavid@aishstl.com
314-920-9270



Rabbi Yosef David hails from Lakewood New Jersey and attended the world renown MIR YeShiva in Jerusalem. He credits those five amazing years as the catalyst for his deep love for Israel and his broad knowledge of its sites and incredible history. Rabbi David is the executive Director Of Aish Hatorah of St. Louis and loves teaching the ideas values and wisdom of Torah. He believes our wonderful shared heritage should be made relevant and be accessible to every single Jew.

He has been leading the educational services at Nusach Haari for the past 10 years and recently has created a weekly Saturday morning class titled Soul building. Rabbi David loves leading thought-provoking discussion groups on any/every topic. He feels privileged to lead an extremely popular men's mission to Israel and Co-leads the Aish Hatorah couples' trip with his wife Mimi. Yosef and Mimi enjoy hosting shabbos & holidays dinners and any other time he can get a group of Jews together. Together, they have won several BBQ contest awards. In his free time, he enjoys working out, weightlifting, and experiencing outdoors. Joseph and Mimi have been married for over 28 years and have seven awesome kids ranging in age from 27–11 years old.



Mrs. Mimi David
Director of Women's
Education – Aish STL
Email: mimidavid@aishstl.com



Originally from New York but a mid-westerner by choice, Mimi David lives with her family in St. Louis, Missouri. As Director of *Women's Education for Aish HaTorah of St. Louis*, Mimi spends her time doing what she loves best: learning with and teaching fabulous Jewish women about the beauty, depth, and relevance of Judaism. Whether it is a highly attended Lunch-and-Learn, popular book club, or a Mamas in Pajamas zoom class, Mimi is a sought-after teacher and lecturer. She writes articles on Jewish content and hosts a monthly challah club that has standing room only. An experienced, dynamic (and fun!) trip leader, Mimi has led 18 missions to Israel for women and for couples.

Mimi has been involved in Jewish education on the high school level for over 20 years. She is a professional dating coach with clients all over the country. As a kallah teacher and Mikvah mentor, one of her passions is teaching women about the mitzvah of Mikvah. In addition to feeding people's souls, Mimi is a great cook and hosts lots of guests, with whom she enjoys sharing delicious Shabbos and holiday meals.

Mimi's most important job is shared with her husband Yosef: raising their family of 7 awesome kids (and an amazing in-law kids, and the most delicious grandchildren!). She and Yosef firmly believe in the idea that Jewish inspiration begins at home.



Rabbi Yaakov Berkowitz Director

Yberkowitz@stlkollel.com

From Baltimore, Maryland, Rabbi Berkowitz grew up in the close-knit Torah community known as "Yeshiva Lane." He studied at Ner Israel, the Yeshiva of Cliffwood, New Jersey and the famed Mir Yeshiva in Jerusalem. In 2008, Yaakov married Rivka Serel, the eldest daughter of "the Yari's." After four years in Israel, the couple came back to St. Louis. They are the doting parents of six delightful children. Rabbi Berkowitz is currently the Menahel (Director) of the Kollel.



Rabbi Shimmy Fried- friedshimmy@gmail.com

Rabbi Fried was born and raised in Baltimore, MD. After high school, he studied for several years in Yeshivas Toras Moshe (Israel). Subsequently, he continued his studies in Beth Medresh Gevohah and Kollel Tiferes Yitzchak (both in Lakewood, NJ). Rabbi Fried has been involved in a wide array of summer programs, teaching school age children, yeshiva students, college students, and adults. Rabbi Fried and his wife Dina (Nee' Florans) joined the St. Louis Community Kollel this past summer and are blessed with three adorable children. They love connecting with Jews of all backgrounds and ages and spreading the light of Torah.



Rabbi Yitzchok Shimon Hess- yitzyhess@gmail.com

Born in Passaic, New Jersey, Rabbi Yitzchok Shimon Hess's family moved to Lakewood soon after. Rabbi Hess spent time studying in Yeshivas Keren Hatorah in Lakewood then went to Eretz Yisrael to learn under Rabbi Dovid Soloveitchik. Later, he returned to Lakewood to learn in Beis Medrash Govoha, and the Cranbury Kollel, also in New Jersey. Three years ago, Rabbi Hess joined the St. Louis Community Kollel and has given an array of shiurim and classes and writes a bi-weekly column for the Kollel's Family Torah Journal.



Rabbi Shmuel Miller
Head of School
Email: smiller@eha.org



Rabbi Miller has over three decades of experience in Jewish communal work, always with the aim of empowering Jews from all walks of life to embrace the timeless truths of Torah and engender a love of learning and living. As a regional Director of NCSY, he revitalized the region through clarifying its purpose, resulting in an increase in appeal, participation, community embrace and partnership.

Rabbi Miller holds a B.A. in Psychology from UCLA and post-graduate degree in adolescent mental health from the Tavistock Clinic in the UK. He received semicha from Tiferet Yerushalayim in Israel and kabbalah in shechitah in South Africa.

He has also served as Rabbi for Congregation Ohr Somayach in South Africa, established the Mid-Atlantic Chai Lifeline office, and has served in administrative roles in Jewish day and high schools in the UK, and on the West Coast. Rabbi Miller engages with families, children, and partners with genuine positive regard and interest. His joys include learning, photography, public speaking, performing music, and freshly brewed coffee. Over the past three years, Epstein Hebrew Academy has experienced a 30% growth in student enrollment, more robust general and Jewish studies curriculum and programs, and has attracted Jewish families from all levels of observance.



Rabbi Dov Nimchinsky EHA / Kadima Faculty

rabbinimchinsky@gmail.com

Rabbi Nimchinsky has dedicated over 30 years to Jewish education, bringing a wealth of experience in both administrative roles and classroom teaching. His expertise in Judaic Studies has benefited middle and high school students across North America. He has also been very involved with teaching in a variety of adult education programs. In August 2023, he joined the faculty at Epstein/Kadimah High School in St. Louis. Rabbi Nimchinsky is married to Rivkey Nimchinsky, who also teaches at Epstein. Together, they have nine amazing children and a growing number of wonderful grandchildren.



Rabbi Avi Feigenbaum

afeigenbaum@embystl.com

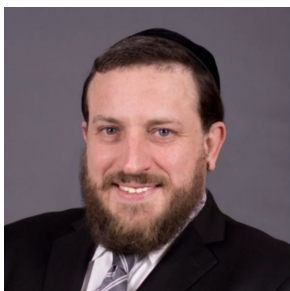
Executive Director



Esther Miller Bais Yaakov
- HIGH SCHOOL -

לע"נ אסתר חיה בת ר' אליהו ע"ה

For the past two years, Rabbi Feigenbaum has served as the Executive Director of Esther Miller Bais Yaakov. For the prior nine years he was the director of education of Etz Chaim Synagogue in Jacksonville, Fla., where he focused on creating innovative learning opportunities for Jewish education outside synagogue walls.



Rabbi Daniel Sentell- daniel.sentell@gmail.com

Coordinator of Jewish Community Employment Services



Rabbi Sentell grew up in Memphis and received his education at Yeshiva University, the Novardok Yeshiva, and Kollel Zichron Avraham. In Monsey, NY he served as the senior Rabbi at Congregation Beis Meir Chevra Shas. Additionally, he has served as a Dayan in the Beis Yosef Beis Din in Boro Park, as an editor for Machon Ayil, and as a scholar-in-residence in various East Coast communities. Currently he works as the Coordinator for Jewish Employment Services at MERS Goodwill.

NHBZ 2nd Annual Online Fundraiser – Begins July 28th

This is our main fundraiser for the year, so we set the goal at **\$100,000**. The good news is it lasts ONLY 24 hours!

We need everyone to participate both financially and by reaching out to your contacts. Please form your online teams now (and let Dan Winograd, Bruce Waxman or Menachem Szus know who is the Team Captain and Team Name). The winning team will get free family admission to one upcoming NHBZ Lion's Den Pizza night for their entire immediate family. *All the pizza you can eat!!!*

Thank you to the individuals who have already committed to serve as matchers to our upcoming online fundraiser:

- Lenny and Fran Alper
- Jesse and Debbie Barash
- Bressler, Kenny and Barb
- Estate of Leo Bressler
- Dr. Faye Cohen and Brian McCary
- Denny and Amy Feit
- Dr. Richard Frankel
- Bryson and Jennifer Hartranft
- Bob and Joni Kaiser
- Dr Eliot and Sally Katz
- Howard and Phyllis Loiterstein
- Mark and Gail Rose Ragin
- Linda and Menachem Szus
- Anonymous Donors
- Bruce and Faith Waxman
- Nancy Rush
- Dan and Melanie Winograd

It's not too late!! If you want to serve as a matcher, please reach out to Menachem Szus: menachem@alonsystems.com



WOMEN'S YARCHEI KALLAH

5 7 8 4 / 2 0 2 4

12TH
YEAR!

WITH
MRS.
SARA
ALIZA
SCHEINBERG

כ"ד - כ"ה תמוז
JULY 30TH & 31ST

TUESDAY & WEDNESDAY MORNING 10:30AM - 12:00PM TEXT-BASED CLASSES

PATHWAY TO THE REDEMPTION

- The Jewish people's connection to their homeland - historical vs. our current existence
- Fact vs. Myth regarding Mashiach's arrival
- How can we lay the final bricks on the Beis Hamikdash that we are all longing for?

Hosted by Young Israel - \$10 each, \$15 for both

TUESDAY EVENING 6:30 - 7:45PM CLARIFYING OUR ROLES IN A POST OCTOBER 7TH WORLD

AN EVENING OF INTROSPECTION ON CURRENT EVENTS ALONG
WITH AN ARRAY OF SUSHI AND SALADS FROM JON RUBIN

Nusach Hari B'Nai Zion - \$20

TUESDAY EVENING 8:15 - 9:15PM

RAISING INTERNAL CHILDREN IN AN EXTERNAL WORLD

Nusach Hari B'Nai Zion \$10*

*\$5 for those who joined the Sushi & Learn

WEDNESDAY AFTERNOON 12:15 - 1:30

LUNCH & SHMOOZE

ENJOY A DELICIOUS LUNCH BY JON AND
SHMOOZE ABOUT WHAT'S ON YOUR MIND...?

At the Kollel Torah Learning Center - \$18

TO REGISTER EMAIL OFFICE@STLKOLLEL.COM

DEDICATED BY



MRS. ELLEN ABRAMSON
in loving memory of her husband
Dr. Neil Abramson a"h

AND



MRS. RIVKA JACOBS
in loving memory of her husband
Mr. Stan Jacobs a"h



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