



NHBZ Weekly News

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

August 24, 2024 • 20 Av 5784 • Candle Lighting 7:26 pm • Shabbos Concludes 8:24 pm

Parashas Eikev
 Haftorah Eikev

Deuteronomy 7:12– 11:25
 Isaiah 49:14-51:3

Chumash p. 980 – 997
 Chumash p. 1197-1199

We thank **David and Norma Rubin** for sponsoring Kiddush Lunch in honor of their **13th wedding anniversary**, and in honor of **Yitzchak Rubin's** send off to Israel.

Thank you to **Rachael Pevnick** for enhancing Kiddush this Shabbos.

We thank **Alla and Boris Yasinev** for sponsoring this week's bulletin
 In Memory of Alla's father **Nachum Shapiro z"l**.

We thank **Alla and Boris Yasinev** for sponsoring dessert in honor of **Jonathan Yasinev's** birthday.

Prayer

Friday, August 23

- 7:00 am Shachris
- 7:00 pm Mincha/Ma'ariv
- 7:26 pm Candle Lighting



Shabbos, Saturday, August 24

- 9:00 am Shachris - Torah Reading – Musaf
- Distinguished Rabbi of the Week:
Rabbi Yaakov Berkowitz
- 10:00 am **Soul Building with Rabbi Binyamin Travis: "Why Smile?"**
- 7:00 pm Mincha- Shalosh Seudos - Ma'ariv
- Third Meal and Learn with **Rabbi Nimchinsky!**
- 8:24 pm Shabbos concludes

"Thank you so much for your support, donations, contributions, food, and gift cards in memory of our mom. Thank you all for your support during this difficult time."

-Alla Yasinev

Minyan Times August 23 – August 31:

	Fri Aug 23	Shabbos Aug 24	Sun Aug 25	Mon Aug 26	Tues Aug 27	Wed Aug 28	Thu Aug 29	Fri Aug 30	Shabbos Aug 31
Shachris (am)	7:00	9:00	8:00	7:00	7:00	7:00	7:00	7:00	9:00
Mincha/Ma'ariv (pm)	7:00	7:35	7:00	7:00	7:00	7:00	7:00	7:00	7:00

Congregation News

Happy Birthday!

Debbie Sher	Aug 22
Allison Feit	Aug 24
Jonathan Yasinev	Aug 24
Dodi Smason	Aug 25



Happy Anniversary

Jessie & Debbie Barash	Aug 27
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Yahrzeits Observed This Week:

Thurs eve Aug 22 -Fri Aug 23

19 Av Ida Comensky
19 Av Samuel Reiser
19 Av Nachum Shapiro

Sat eve Aug 24– Sun Aug 25

21 Av Morris Gutterman
21 Av Rosalia Mekel

Tue eve Aug 27 – Wed Aug 28

24 Av Rose Kwiatek

Fri eve Aug 23– Sat Aug 24

20 Av Edward Greenberg
20 Av Alan Saltzman
20 Av Leatrice Shank

Sun eve Aug 25 -Mon Aug 26

22 Av Helen Weinstein

Mon eve Aug 26 – Tue Aug 27

23 Av Herman Hoffman

Wed eve Aug 28– Thurs Aug 29

25 Av Sam Eisen
25 Av Louis Geeser
25 Av William Kunin
25 Av Lawrence Serlin
25 Av Lottie Slumsky

SAVE THE DATE!

- ✧ **Sunday, August 25 from 5:00 to 7:00 pm** Pizza Night at NHBZ! Email office@nhbz.org to volunteer.
- ✧ **Monday, September 9 at 7:45 pm** Partners in Torah resumes.
- ✧ New classes starting in **September!**

Minyan Minute

The Minyan is the backbone of our Shul- Thank you to all the men who show up to support!

-The Minyan Committee



Jewish Arts & Culture Festival

SAINT LOUIS

Seeking volunteers!

Want to help spread the word about NHBZ? Looking for a fun community activity? WE NEED YOU! SABABA – Jewish Arts and Cultural Festival – will be held on SUNDAY, SEPT. 29 from 10:30am-4pm at the Staenberg Family Complex (outdoors in the back parking lot). Enjoy food, music, art, and informational booths from community organizations. We are looking for volunteers to sit at the NHBZ table to represent our shul, chat with festival attendees, and promote our events.

Volunteer hours run from 9:00am to 5:00pm, but each shift is only 2 hours.

Please call the office at 314-991-2100 to sign up for a shift of your convenience. Thank you for helping spread the word about NHBZ.

Learning at NHBZ

Do you have a question for a Rabbi?

Rabbi David can be contacted and will make himself available for rabbinic counsel as well as life cycle events (e.g., deaths, bar mitzvahs, stone unveilings, bris, baby namings, etc.) and halachic questions or other Jewish emergencies.

He can be reached at 314-920-9270 or yddavid@aishstl.com

Ongoing 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.
- **The Inside Story with Rabbi Avi Feigenbaum:** The Torah's Wisdom for Our Everyday Life. Wednesdays at 7:45 pm.
- **“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 7 Habits Prep for Rosh Hashanah: Powerful Torah Lessons for Personal Change” with Rebetzin D’Vorah Miller** a women’s only class on Thursdays at 7 pm on **September 12 and 19.**



THE SISTERHOOD SCOOP

AUGUST 24



Volume 7

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20 Av 5784

August 24, 2024

NHBZ Book Club News Update!

The previously announced book selection for September 23 — *Gates of November*, by Chaim Potok — has been postponed to a future date.

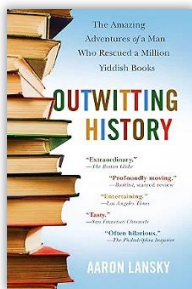
There will be no Book Club meeting for September. The Book Club will resume on November 18, with the discussion of the book, *Outwitting History: The Amazing Adventures of a Man Who Rescued a Million Yiddish Books*, by Aaron Lansky.

Everyone is invited to attend the Nov. 18 meeting when we will discuss “*Outwitting History*” and also select the next books that we will read and examine in January and March of 2025!

Watch this space for details!

For more information, email fran.alper@outlook.com or sisterhood@nhbz.org

All women are welcome to join!



EIKEV: The Challenge of Scripted Prayers

The Biblical commandment of prayer is worded as an enjoiner to serve G-d with "all our hearts" – which the Sages understood to be a commandment to pray. Originally, everyone offered personalized prayers, employing words which expressed their unique feelings. And as feelings fluctuate, so did every individual's personal prayers fluctuate on a daily basis. Eventually, the Men of the Great Assembly instituted uniform prayer for all Jews, creating the basic text of the prayer book which is used to this very day.

Is it possible to dictate the feelings one should be expressing to G-d?

Can a person's relationship with his Creator be scripted? In the teachings of Chassidut, words are considered to be "vessels"—vessels for the feelings and thoughts which generate them. Two people can say the exact same words, words which seemingly express the same sentiment, but only the "vessel" is the same, the emotions behind the words can be worlds apart. Two people can tell their spouses, "I love you"; does that mean that their love is the same, in either quantity or quality? Obviously not.

We live in a world largely obsessed with external trappings. Everything is judged by its most revealed dimension, while the essence goes unnoticed. Uniqueness is expressed through a nose-ring or sports car, not through emphasizing character and wisdom. Sometimes it is necessary to have two items which are externally alike in order to appreciate the profound difference which actually exists between the two.

The challenge we have is to create a personal prayer filled with personal feelings and sentiments — while using the same words as the person sitting next to us in the synagogue. This means truly immersing oneself in the prayer, for if the vessels are empty, if the words lack a backing of feelings and concentration, then the prayer which is being offered is actually no different than the prayer of every other John Doe.

And G-d loves unique prayers... —*Rabbi Naftali Silberberg*, www.chabad.org

THIS WEEK IN JEWISH HISTORY
 25 Av = Thursday, August 29, 2024
Anne Frank's hideout discovered by the Nazis on 25 Menachem Av, 1944

To Lead is to Listen

“... in Judaism listening is a deeply spiritual act. To listen to G-d is to be open to G-d. That is what Moses is saying throughout Devarim: “If only you would listen.” So it is with leadership – indeed with all forms of interpersonal relationship. Often the greatest gift we can give someone is to listen to them.

In the encounter at the Burning Bush, G-d summoned Moses to be a leader and Moses replied that he is not a man of words...that he is “slow of speech and tongue”. Why would G-d choose a man who found it difficult to speak to lead the Jewish people? Perhaps because one who cannot speak learns how to listen.

A leader is one who knows how to listen: to the unspoken cry of others and to the still, small voice of G-d.”

– *Rabbi Lord Jonathan Sacks* Z”L

Two men of Chelm went out for a walk, when suddenly it began to rain.

“Quick,” said one. “Open your umbrella.”

“It won’t help,” said his friend. “My umbrella is full of holes.”

“Then why did you bring it?”

“I didn’t think it would rain!”





Special Classes

D'vorah Miller will be teaching a two-part Women's only class for Rosh Hashana Preparedness.

September 12TH & 19TH



7 Habits Prep for Rosh Hashanah

September 12th

"Being Proactive"

Leading ourselves into the new year, and

September 19th

"Sharpening Our Saw"

Leading ourselves throughout the year

Classes will be held at NHBZ

Thursdays at 7:00pm



Weekday Classes

Mimi David will be teaching an ongoing women's only class titled:

Masquerade!



Women are invited to join us for a deep dive into the book of Esther. This text based class will reveal the secrets of this famous story and uncover what really happened then, and how it resonates until today. Participants need to bring their own copy of the ArtScroll Megillah.

**The first two classes will be held at NHBZ
Thursdays at 2:00pm,
September 5th
and September 26th.**





Weekday Classes

"The Torah's wisdom for our everyday life"

**Exploring the weekly Torah portion
in a transformational way.**



**Join us every Wednesday evening at 7:45 as
Rabbi Feigenbaum inspires us with insights
into the weekly Torah portion that will give us
inspiration in our daily lives. Open to the entire
Jewish community. Learning for every level.
Come for one class or come every week.**

**Class will meet downstairs at NHBZ
Wednesday Evening at 7:45.**



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