



NHBZ Weekly News

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

August 3, 2024 • 14 Tamuz 5784 • Candle Lighting 7:52 pm • Shabbos Concludes 8:53 pm

Parashas Mattos/Masei
 Haftorah Masei

Numbers 30:2 – 36:13
 Jeremiah 2:4-28; 4:1-2

Chumash p. 900 – 935
 Chumash p. 1193-1194

Thank you to **Jon and Joseph Newman**
 for sponsoring Kiddush in Memory of the first yahrziet of their father
Joshua Newman, z"l

Thank you to **Vivian and Alan Zarkowsky**
 for enhancing Shalosh Seudos in Memory of **Marian Walters, z"l**

Prayer

Friday, August 2

- 7:00 am Shachris
- 7:00 pm Mincha/Ma'ariv
- 7:52 pm Candle Lighting



Shabbos, Saturday, August 3

- 9:00 am Shachris - Torah Reading – Musaf
- Distinct Rabbi of the Week: **Rabbi Yosef David**
- 10:00 am **Soul Building with Rabbi David: "I NEVER GET ANGRY!" Understanding Triggers of Anger.**
- 7:35 pm Mincha- Shalosh Seudos - Ma'ariv
- Third Meal and Learn with **Rabbi Nimchinsky!**
- 8:53 pm Shabbos concludes

Minyan Times August 2 – August 10:

	Fri Aug 2	Shabbos Aug 3	Sun Aug 4	Mon Aug 5	Tues Aug 6	Wed Aug 7	Thu Aug 8	Fri Aug 9	Shabbos Aug 10
Shachris (am)	7:00	9:00	8:00	*6:45	7:00	7:00	7:00	7:00	9:00
Mincha/Ma'ariv (pm)	7:00	7:35	7:00	7:30	7:00	7:00	7:00	7:00	7:25

*Rosh Chodesh

Congregation News

Happy Birthday!

Joe Newman	Aug 1
Sally Needle	Aug 3
Eddie Pernik	Aug 4
Julie Eisenberg	Aug 6
Jonah Shifren	Aug 6



Happy Anniversary!

Ed & Helayne Levitt	Aug 7
Stephen & Myra Radinsky	Aug 7
Jeff & Terri Schnitzer	Aug 8

Yahrzeits Observed This Week:

Thurs eve Aug 1 -Fri Aug 2

27 Tamuz Anne Greenberg
27 Tamuz Sylvia Lyss
27 Tamuz Libby Needle
27 Tamuz Norman Segall
27 Tamuz Marian Walters

Fri eve Aug 2– Sat Aug 3

28 Tamuz Lenora Dobin
28 Tamuz Leedona Miller
28 Tamuz Joshua Newman
28 Tamuz Harry Petrovsky

Mon eve Aug 5 -Tues Aug 6

2 Av Adele Sandler
2 Av Sidney Weintraub

Tue eve Aug 6 – Wed Aug 7

3 Av Alex Novoselsky
3 Av Sol Slumpsky
3 Av Bernard Winograd

Wed eve Aug 7– Thurs Aug 8

4 Av Hershel Ben Zalman

SAVE THE DATE!

- ☆ **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
- ☆ **Tuesday, August 13** Tisha B'Av- See page 4 for information about the holiday.

Minyan Minute

Everyone has fears and worries. It may be about health, safety, finances etc. However, constant worrying doesn't help anyone and impairs one's ability to function. The Rabbis instituted three times a day for prayer (although one may daven to Hashem in their own words any time of day.) Let us pour all our worries into the thrice daily prayers. When we open the siddur, we will storm the gates of Heaven for his assistance. But, when we close the siddur, we can remain calm and let go and let G-D, for ultimately, he is in control.

- **Rabbi Shimmy Fried**

Learning at NHBZ

Do you have a question for a Rabbi?

Rabbi David can be contacted and 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 ydavid@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. **No class 8/13 for Tisha B'av**
- **The Inside Story with Rabbi Avi Feigenbaum :** The Torah's Wisdom for Our Everyday Life. Wednesdays at 7:30 pm.
- **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! **On Hiatus Until Further Notice**
- **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: **On Hiatus Until Further Notice**
- **"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



Photos from **Mimi David's** women's only class at NHBZ!



JOIN US FOR

Tisha B'Av

Monday evening, Aug. 12th
in the main shul.

Mincha at 7:45 • **Fast begins** 7:58 pm

Maariv Immediately following Mincha

Followed by **Eicha** (Lamentations) read by Rabbi Nimchinsky
Intro and explanation of the Kinos with Rabbi Nimchinsky.

Tuesday, Aug. 13th

AISH PRESENTS
OCTOBER 7
VOICES OF PAIN, HOPE AND HEROISM

THIS TISHA B'AV
VIEW AISH'S POWERFUL NEW FILM
BE EMPOWERED BY THE INCREDIBLE STORIES OF
FIVE RESILIENT FAMILIES WHOSE LIVES
WERE CHANGED FOREVER.

HOSTED BY JAMIE GELLER & RABBI DOV BER COHEN

REGISTER TODAY
[AISH.COM/9AVFILM](https://www.aish.com/9AVFILM)

To arrange a group screening go to [aish.com/9avCommunity](https://www.aish.com/9avCommunity)

aish

Shachris at 8:30. Please note late start time for the fast day and that We do Not wear Tallis or Tefillin at shachris on Tisha B'Av. We will hear explanations and insights on five of the kinos from Rabbi Nimchinsky.

Mincha at 7:20pm with Tallis and Tefillin.

Maariv at 8:00pm. Fast over at 8:41 pm.

Special Program

with the just released for
Tisha B'Av film from Aish

12:30 Introduction to the Tisha B'Av film
with Rabbi Shmuel Greenwald

12:40-1:50 film

1:50-2:00pm wrap up and questions
with Rabbi Greenwald

2:00-2:30 kinos with Rabbi Feigenbaum.
He will explain and lead 5 of the
chapters of kinos



THE SISTERHOOD SCOOP

AUGUST 3



Volume 7

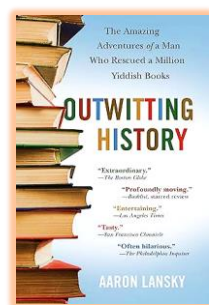
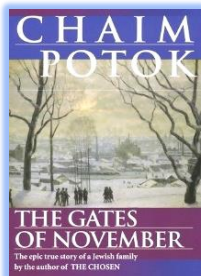
Number 28

28 Tammuz 5784

August 3, 2024

NHBZ Book Club News!

The next book selection is [Gates of November](#), by Chaim Potok, which will be discussed on **September 23** at the home of **Vivian Zarkowsky**. The Book Club discussion will be led by **Sallie and Ram Vlotzky**.



The final Book Club meeting of 2024 will be **November 18** when the group will read and discuss [Outwitting History: The Amazing Adventures of a Man Who Rescued a Million Yiddish Books](#), by Aaron Lansky.

All women are welcome!

For more Info call Fran Alper at 314-993-4024 fran.alper@outlook.com, or sisterhood@nhbz.org

THIS DATE IN JEWISH HISTORY

29 Tammuz – Yahrzeit of Rashi, 'best friend' of anyone who learns Torah or Talmud, 1105

During "The Nine Days"

Our sadness intensifies as we mourn



The first nine days of Av are a time of heightened mourning as the Jewish nation mourns the calamities that befell our people during the destruction of the two Holy Temples, which happened nearly 500 years apart at the same time of year. We observe this period by avoiding haircuts, purchasing new clothing, holding or attending weddings, and enjoying music.

There are various stages within the Nine Days, and the sadness increases as we get closer to the destruction. Thus, the week of 9 Av is more stringent than the days before it. Things further intensify on the 7th of Av, the day the destroyers entered the Temple complex. And then on the afternoon before 9 Av, we begin many of the practices of the fast day itself, such as desisting from most Torah study.

– excerpted from www.chabad.org

MATOS-MASSEI: Ethical Behavior

In this week's Parshah the Torah tells us, "You shall be guiltless towards G-d and towards Israel" (Numbers 32:22). From this we learn that one should always have at least two people together as trustees when it comes to public funds. We also learn this from Moses. Moses was the trusted servant of G-d Himself, of whom the Torah relates that after his passing nobody every equaled his level of closeness to G-d. Yet the Torah tells us that when an accounting was being made of the materials donated to the Sanctuary, it was done "by the hand of Itamar the son of Aaron." Moses was surely trusted by G-d. Yet he had somebody else with him when doing the accounts. The Torah teaches us not to leave any grounds for suspicion on the part of the casual observer.

We see this also from Jewish Law. The law is that when the priests were carrying around the money donated to the Temple, they were not allowed to wear either a cloak with a hem on it, or anything with space in which money could be hidden, in case of any suspicions, however false, which might be aroused. We are told to be free of blame and suspicion before our fellow and before G-d, as we quoted earlier, to "...be guiltless towards G-d and towards Israel."

Like many ideas discussed in the Torah, our first reaction may well be "that is very obvious." But how often do we find ourselves placing ourselves, or others, in a situation which is open to misinterpretation or to false suspicion. We see from the Torah that we must always be careful not to create any kind of situation where it even appears that we are doing the wrong thing. It is even more important to take care not to place others in such a situation, for everyone's benefit.

The question was once asked, "Which is more important—Torah precepts or ethical concepts?" It is a well-meaning but misguided question. Torah precepts include ethical and moral practices, whether in our business lives, personal lives, or daily relationships with others. Torah is as much about our relationship "between man and man" as "between man and G-d" and the ultimate fulfillment of Torah requires us our concentration on both. So, the answer to the question? The one is included in the other. Torah observance must include ethical and moral behavior. Indeed, large sections of Jewish Law deal with fair practice, civil law, slander and libel, contracts, promises, and so much more. The Torah is our guidebook not just in "spiritual" and "G-dly" matters but in mundane, everyday matters. It is in our day-to-day material lives that we are specifically able to elevate our surroundings through adherence to the ethics of Sinai.

– **Rabbi Mordechai Wollenberg**, www.chabad.org



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 7:30 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 7:30.**



Weekday Classes

"Chumash in the Original"

**Taught by Rabbi Daniel Sentell,
every Tuesday from 12:00-12:45PM**



Join us for an in-depth class that will explore the deeper lessons of each verse, how the major commentators - (Rashi!) - developed their commentaries, and the traditions the Rabbis received for biblical exegesis.

Hebrew reading is not necessary for this class.

**Class will meet downstairs at NHBZ
Tuesdays at Noon to 12:45 PM.**



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