



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

August 17, 2024 • 13 Av 5784 • Candle Lighting 7:36 pm • Shabbos Concludes 8:34 pm

Parashas Va'eschanan
Haftorah Va'eschanan

Deuteronomy 3:23– 7:11
Isaiah 40:1-26

Chumash p. 958 – 979
Chumash p. 1196-1197

This week's bulletin is sponsored by **Shirley Bluestein** in observance of her parents' yahrzeits, **Hyman Max z"l** and **Esther Mindel z"l**. We thank an **anonymous donor** for sponsoring the Kiddush. Welcome to our new members, **Gwen and Barry Liebman**

Prayer

Friday, August 16

- 7:00 am Shachris
- 7:00 pm Mincha/Ma'ariv
- 7:36 pm Candle Lighting



Shabbos, Saturday, August 17

- 9:00 am Shachris - Torah Reading – Musaf
- Distinguished Rabbi of the Week: **Rabbi Shmuel Miller**
- 10:00 am **Soul Building with Alex Lyss: "Jewish or Jew-ish?"**
- 7:45 pm Mincha- Shalosh Seudos - Ma'ariv
- Third Meal and Learn with **Rabbi Nimchinsky!**
- 8:34 pm Shabbos concludes

Minyan Times August 16 – August 24:

	Fri Aug 16	Shabbos Aug 17	Sun Aug 18	Mon Aug 19*	Tues Aug 20	Wed Aug 21	Thu Aug 22	Fri Aug 23	Shabbos Aug 24
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	7:45	7:00	7:00	7:00	7:00	7:00	7:00	7:35

*Tu B'Av

Congregation News

Happy Birthday!

Robert Levine	Aug 16
Michael Morgensztern	Aug 16
David Rubin	Aug 16
Nancy Rush	Aug 18
Marcie Brook	Aug 19
Leonid Vladimirov	Aug 19
Beatrice Epstein	Aug 22
Allison Feit	Aug 22

Happy Anniversary!

Ari & Lila Belasen	Aug 17
Alan & Janet Haber	Aug 19
Ephraim & Michelle Mufson	Aug 20
Reuven & Margo Tzadok	Aug 20
David & Norma Rubin	Aug 21



Yahrzeits Observed This Week:

Thurs eve Aug 15 -Fri Aug 16

12 Av Molly Goldfader
12 Av Esther Mindel
12 Av Ted Pevnick

Fri eve Aug 16– Sat Aug 17

13 Av Shmuel Kerner
13 Av Joseph Solomon
13 Av Susan Stenn
13 Av Milton Tofle

Sat eve Aug 17– Sun Aug 18

14 Av David Sherp

Sun eve Aug 18 -Mon Aug 19

15 Av Betty Pollock
15 Av Jane Sherman
15 Av Sandra Woolf

Mon eve Aug 19 – Tue Aug 20

16 Av Albert Finer
16 Av Sanford Werthemeimer

Tue eve Aug 20 – Wed Aug 21

17 Av Hyman Mordechai Mindel
17 Av Sara Ann Morris

Wed eve Aug 21– Thurs Aug 22

18 Av Shirley Kass
18 Av Florence Krause
18 Av Efim Shor

SAVE THE DATE!

- ✧ **Shabbos, August 24** David and Norma Rubin sponsoring Kiddush Lunch
- ✧ **Sunday, August 25 from 5:00 to 7:00 pm** Pizza Night at NHBZ! Email office@nhbz.org to volunteer.

Minyan Minute

Haven't attended Minyan in a while? Now is the time! Many of our regular Daveners are vacationing and we could use your help. Join the WhatsApp group for further communication.
-The Minyan Committee

Learning at NHBZ

Mimi David will be leading her new class "**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 and how it resonates today. Participants will need to bring their own copy of the ArtScroll "The Megillah". **First two classes are Thursdays September 5 and 26 at 2:00 pm!**

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 y david@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. **No class August 21.**
- **"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 17



Volume 7

Number 29

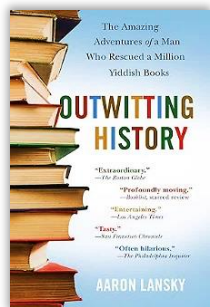
13 Av 5784

August 17, 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. The title of an alternate book selection will be announced in next week's Bulletin and emailed to members of the Sisterhood Book Club. The new book will be discussed on Monday, September 23 at the home of **Vivian Zarkowsky**. Watch this space for details!

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. For more info, email



fran.alper@outlook.com or sisterhood@nhbz.org

All women are welcome to join!

Shabbat Nachamu

Shabbat Nachamu (lit. "Sabbath of Consolation") is the Shabbat following the fast of *Tisha B'Av*, so named because of the passage read for the haftarah: *Nachamu, nachamu ami* — "Comfort, comfort my people." After the Three Weeks of darkness and destruction, G-d consoles the Jewish People through the words of His prophet Isaiah. This haftarah is the first of the series of readings known as *shiva d'nechemta*, "the seven of consolation," read over the seven weeks between *Tisha B'Av* and *Rosh Hashanah*.

The *Midrash* explains that the word "comfort" appears twice because of the twofold nature of the consolation: once for the destruction of the First Holy Temple and again for the destruction of the Second Temple.

G-d's consolation for the destruction of the Temples lies in His promise that a Third Holy Temple will be built after the coming of Moshiach. This reading is thus a reassurance that we have been guaranteed by G-d that the time will come when the Jewish exiles will return home with the arrival of Moshiach. —*excerpted from www.chabad.org*

VAESCHANAN: Today's The Day

The Shema, the fundamental Jewish affirmation of connection, trust and devotion between G-d and the Nation of Israel, is so essential to the G-d consciousness of the Jew that it is a focal component of the morning and evening services. Most important, it contains practical steps explaining how to achieve this vital relationship with the Divine.

The Chofetz Chaim professes that the Jew must approach every day with three perceptions imbedded into his soul: today is my only day to live; the chapter of Mishna/folio of Talmud that I am currently studying is all there is to learn and master; and I am the only Jew alive such that the existence of the entire world rests on my shoulders. Why must a Jew maintain this attitude?

"You shall love G-d your L-rd with all your heart, with all your soul and with all your resources. And these matters that I command you today shall be upon your heart." (Devarim/Deuteronomy 6:5-6)

A person could contemplate the breadth and depth of his relationship with G-d, as alluded to in the first verse, and convince himself that there is so much to accomplish that he need not do much today for there is always tomorrow; there is so much to learn that he will never actually complete the Order of Mishna/Tractate of Talmud, so there is not much purpose to starting; there are so many Jews to fulfill the Divine mission that their deeds can keep the world going.

The Chofetz Chaim debunks these delusions with an allegorical understanding of the second verse. "And THESE matters": there are no great volumes to learn and comprehend, just the small quantity you find immediately before you, so there is no reason to procrastinate; "that I command YOU": it is only you and G-d in this world, so you must do all you can; "TODAY": you only have today, so maximize it to draw yourself as close to G-d as possible and fill your day with righteous deeds, do not delay; "shall be upon your heart": these three lessons shall fill your heart perpetually.

Have a Good Shabbos! — Posted by **Rabbi Pinchas Avruch**, www.torah.org

"Jews have had an influence out of all proportion to their numbers because we are all called on to be leaders, to take responsibility, to contribute, to make a difference to the lives of others, to bring the Divine Presence into the world. Precisely because we are small, we are each summoned to greatness." — *Rabbi Lord Jonathan Sacks zt"l*, *The Fewest*

of all Peoples (Va'etchanan, Lessons in Leadership, Covenant & Conversation)

Sunday, Aug 25th • 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 is certified kosher under the supervision of the vaad.

NHBZ.ORG 314-991-2100
DON'T MISS PIZZA NIGHT!



*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

AUGUST

Best Cheese Pizza ... this side of the Mississippi!

*Amazing
Salad!*

We accept credit cards at
NHBZ PIZZA NIGHT

I ❤️
PIZZA

NHBZ PIZZA NIGHT

*Delicious
Pasta*

NHBZ PIZZA NIGHT



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