



Parshas Shemos

January 17-18, 2025

17-18 Tevet 5785

Candle Lighting 4:48 PM

Shabbos Concludes 5:51 PM

Please join us for the Board Installation Lunch this Shabbos following services

Mazel Tov

Mazel tov to Joshua John and Ella Ullman on their engagement!

Shabbos Programming

Soul Building with Rabbi Feigenbaum
The Land of the Free! What is Really Freedom?

10:00 AM

Childcare 10:00 AM-11:30 AM
Weather Permitting

Torah Portions

Torah Reading
Exodus 1:1-6:1

292-316

Haftorah:
Isaiah 27:6-28:13, 29:22-
23

1146-1148



Prayer Times

Friday, January 17

Mincha/Maariv 4:40 PM

Candle Lighting 4:48 PM

Shabbos, January 18

Shachris/Mussaf 9:00 AM

Drasha by the Distinguished
Rabbi Miller

Mincha 4:30 PM

Shalosh Seudos and Learn after
Mincha
by Rabbi Nimchinsky

Shabbos Concludes 5:51 PM

Minyan Times January 19-25

	Sun Jan 19	Mon Jan 20	Tues Jan 21	Wed Jan 22	Thurs Jan 23	Fri Jan 24	Shabbos Jan 25
Shachris	8:00	7:00	7:00	7:00	7:00	7:00	9:00
Mincha/ Maariv	4:45	4:45	4:45	4:45	4:45	4:50	4:35

Congregation News

Yahrzeits Observed This Week

Friday eve Jan 17 - Sat Jan 18
18 Tevet - Louis Tullman

Sat eve Jan 18 - Sun Jan 19
19 Tevet - Goldie Orlovick

Sun eve Jan 19 - Mon Jan 20
20 Tevet - Charles Gelb

Tues eve Jan 21 - Wed Jan 22
22 Tevet - Sadie Chervitz
22 Tevet - Jake Spritz

Save The Date!

Sisterhood Book Club Meeting on the novel
Shelf Life by Martin Sneider
January 26 - 3:30 PM

Pizza Night
January 26

Kesher Mother Daughter Program
Every Sunday Morning in February

Mimi David's Masquerade Class
February 6, and February 27 - 2:00 PM

Happy Birthday!

Leonard Alper - January 21
Scott Gitel - January 21
Rachael Pevnick - January 22

Ongoing Classes

Sundays

Rabbi Swidler's "Learning Mishna"
after Shachris

Mondays

Partners in Torah
8:00-9:00 PM

Tuesdays

Rabbi Sentell's "Chumash in the
Original"
12:00-12:45 PM

Wednesdays

Rabbi Feigenbaum's "The Torah's
wisdom for our everyday life"
7:00 PM

Thursdays

Rabbi Hess's Amud-a-Week
after Maariv

Mondays-Thursdays

Rabbi Smason's "The Book of Judges"
Zoom Class 3:00 PM

[https://us04web.zoom.us/j/78974795850?
pwd=tw7II0VumZ8QeIPxHvApYZsox8VUem.1](https://us04web.zoom.us/j/78974795850?pwd=tw7II0VumZ8QeIPxHvApYZsox8VUem.1)



THE SISTERHOOD SCOOP

JANUARY 18



Book Club
Jan. 26

Volume 8

Number 3

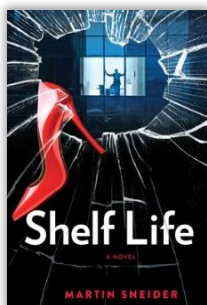
18 Teves 5785

January 18, 2025

NHBZ SISTERHOOD BOOK CLUB NEWS Come for Book Club... ... Stay for Pizza

MEET THE AUTHOR Martin Sneider

The Book Club is honored to host notable fashion retail legend, shoe maven, and member of NHBZ as the featured presenter for the January Book Club meeting!



Martin Sneider will discuss his first novel, **Shelf Life**, a Jewish-American family saga about the rise of its fashion retailing empire and how it splits and impacts the family.

The Book Club will meet on **Sunday afternoon, January 26, 2025, at 3:30PM, at NHBZ**. This new time and date for January will allow Book Club members to get together during daylight and enjoy NHBZ's All-You-Can-Eat-Kosher-Buffer Pizza Night following the discussion!

Additional Book Club dates for 2025

All subsequent Book Club dates meet on Monday nights, 7:15-8:45PM – locations TBA:

- March 24 – **Before the Storm**, James Shipman
- May 19
- July 28
- September 15
- November 24

For more info and to **RSVP**, call **Fran Alper** at: fran.alper@outlook.com or sisterhood@nhbz.org

Tevet 20 (Tuesday, January 20, 2025) – RaMBaM (Maimonides),

Rabbi Moshe ben Maimon (1135-1204), passed away in Cairo, Egypt, and was buried in Tiberias, Israel. Outstanding codifier, commentator, philosopher, physician to Sultan Saladin, and leader of Egyptian Jewry, his brilliant works are studied to this day. It was said of him: *“From Moses to Moses (i.e. the RaMBaM), there was none like Moses!”*

“When you learn to listen to views different from your own, realising that they are not threatening but enlarging, then you have discovered the life-changing idea of argument for the sake of heaven.” – *Rabbi Lord Jonathan Sacks zt”l*, God Loves Those Who Argue (Shemot, Covenant & Conversation)

SHEMOT: What Are You Needed For?

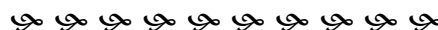
The sixth Lubavitcher rebbe, Rabbi Yosef Y. Schneerson, recounted the following story some 64 years ago:

Rabbi Schneur Zalman of Liadi, the first Chabad rebbe, had a disciple who was also a great philanthropist. Two causes that were particularly dear to him were supporting the Jewish community in the Land of Israel and ransoming captives.

This wealthy chassid had already married off his children and begun pledging dowries for his less-affluent relatives, when the wheel of fortune turned, and his finances suffered.

He was forced to borrow money, and at the end he was left penniless. Overwhelmed and pursued by creditors, he did what any chassid would do: he traveled to his rebbe and unburdened his heavy heart.

After listening intently to his complaints, Rabbi Schneur Zalman addressed him: “You speak about what you need but say nothing of what you are needed for!”



In this week’s Torah portion, the first one of the book of Exodus, we read about the beginning of the harsh Egyptian exile. But with the disease comes the cure: in the same portion we read about the birth of Moses, the man who was to lead the Jewish people out of their bondage.

One of the first things we hear about Moses is how he helps another person. Emerging from a sheltered existence as a member of Pharaoh’s household, he sees an Israelite slave being cruelly beaten by an Egyptian and he rescues him.

There are times in our lives when it may be challenging to think about anyone other than ourselves, but the message of Rabbi Schneur Zalman to the anonymous chassid rings true: *You speak about what you need but say nothing of what you are needed for!* Often, the best response to adversity is to break out of our comfort zones and extend a helping hand to another person with love and gratitude for all the good that we have.

– *Shaul Wertheimer*, www.chabad.org



Installation Shabbos

**Join us for Kiddush-Lunch
on January 18 as we install NHBZ
Officers and Directors for 2025**

"All who occupy themselves with the affairs of the community shall be engaged with them for the sake of Heaven." (Pirkei Avos 2:2)

Officers

President	Dan Winograd
Vice President	Jennifer Hartranft
Vice President	Denny Feit
Vice President	Stella Vladimirov
Vice President	Gavriel Matt
Treasurer	Bruce Waxman
Secretary	Caryn Alper
Gabbai	Alan Zarkowsky

Board of Directors

Marcie Brook	Charlene Kass
Faye Cohen	Joey Mufson
Teree Farbstein	Sari Neudorf
Meira Ganel	Fran Reisler
Evan Garmais	Nancy Rush
Tony Granillo	Jerry Tullman
Joni Kaiser	

Trustees

Leonard Alper	Mark Ragin
Dr. Craig Berkin	Irwin Rosen
Kenny Bressler	Menachem Szus
Janet Haber	Jay Umansky
Robert Kaiser	Alan Zarkowsky

NHBZ Sisterhood Book Club
invites everyone
to a very special
Book Club Meeting
on Sunday, January 26, 3:30 pm

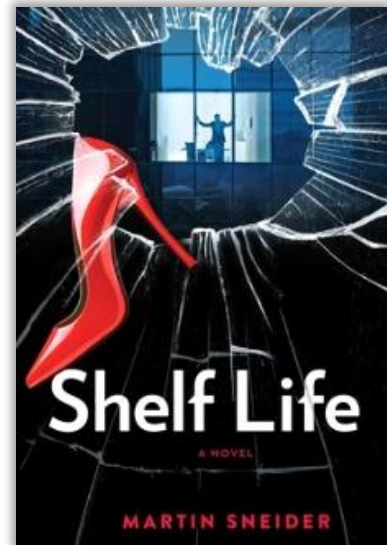
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Stay and enjoy NHBZ's All-You-Can-Eat-Kosher-
Buffet Pizza Night following the discussion!



Nusach Hari B'nai Zion

SUNDAY, JANUARY 26, 2025

5-7 PM

ALL YOU CAN EAT KOSHER BUFFET

DELICIOUS

PIZZA



PASTA



**SALAD
BAR**



PRICING:

ADULTS: \$15

KIDS AGES 3-12:

\$8

KIDS UNDER 3:

FREE

CHOLOV YISROEL CHEESE; PAREVE CRUSTS UPON REQUEST. ALL FOOD IS CERTIFIED UNDER THE SUPERVISION OF THE VAAD



314-991-2100



NHBZ.ORG



650 North Price Rd. St.
Louis, MO 63132



Keshet

CONNECTING
GENERATIONS

Mother Daughter Program

SUNDAY MORNINGS

10:30 - 11:45 AM

GIRLS: KINDERGARTEN - 5TH GRADE

KESHER KREW PROGRAM FOR 6TH GRADE+

Derech Eretz

FEBRUARY 2ND

המלביין פני חברו

Shamed face,
give her space.

FEBRUARY 9TH

מאד מאד הוי שפל רוח

Appreciating your
lot and not
talking a lot.

FEBRUARY 16TH

עולם חסד יבנה

See a need,
take the lead.

FEBRUARY 23RD

גדולה הכנסת אורחים
יותר מקבלת פני השכינה

Gracious guest
and helpful host.

Location: Nusach Hari B'nai Zion, 650 N. Price Road, Olivette, MO 63132

No Admission Fee

BE ADDED TO THE KESHER WHATSAPP GROUP! TEXT TEMIMA: 314-817-4336

Committee: Elisheva Anton, Shana Bersin, Tzirel Biron, Riki Gutovich, Temima Klein, Elissa Schachter



ESTHER MILLER BAIS YAAKOV
29TH ANNIVERSARY DINNER

SAVE *the* DATE
MARCH 2, 2025

Guests of Honor

MR. AND MRS. LEWIS & ELLEN NOTOWICH

Community Leadership Award

MARCI MAYER EISEN
Jewish Federation of St. Louis

Rabbi Gershon Zeffren zt"l Alumni Leadership Award

ELLIE FREYLICHER