



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

P a r s h a s V a ' e i r a

January 24-25, 2025
Candle Lighting 4:56 PM

24-25 Tevet 5785
Shabbos Concludes 5:58 PM

Sponsorships

Please join us for lunch following services which is sponsored by:

- Irwin and Arlene Fredman in honor of Arlene's 80th birthday and Irwin's 84th birthday.
- Rachael Pevnick in honor of Rachael's great grandson, Samuel Levi Pevnick, Rachael Pevnick's 92nd Birthday, and as a Mazel tov to all the new officers and directors of Nusach Hari

Shalosh Seudos this week is sponsored by Michael and Charlene Kass in memory of Charlene's mother, Betty (Mekel) Novick, Bryna bat Shmuel Hachohen z"l

The bulletin this week is sponsored by:

- Stuart Morgan in honor of Irwin Fredman and his dedication to the Jewish community.
- Howard and Phyllis Loiterstein in memory of David A Loiterstein, Dovid Aharon Ben Yitzchak z"l

Shabbos Programming

Soul Building with Rabbi Sentell
The Radical Difference Between You and Me
10:00 AM

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

Prayer Times

Friday, January 24

Mincha/Maariv 4:50 PM

Candle Lighting 4:56 PM

Shabbos, January 25

Shachris/Mussaf 9:00 AM

Drasha by the Distinguished Rabbi Feigenbaum

Mincha 4:35 PM

Shalosh Seudos and Learn after Mincha
by Rabbi Nimchinsky

Shabbos Concludes 5:58 PM

Torah Portions



Torah Reading Exodus 6:2-9:35	318 - 338
Haftorah: Ezekiel 28:25-29:21	1149 - 1150



Minyan Times January 26 - February 1

	Sun Jan 26	Mon Jan 27	Tues Jan 28	Wed Jan 29	Thurs Jan 30 Rosh Chodesh	Fri Jan 31	Shabbos Feb 1
Shachris	8:00	7:00	7:00	7:00	6:45	7:00	9:00
Mincha/ Maariv	4:50	4:50	4:50	4:50	4:50	4:55	4:45

Congregation News

Yahrzeits Observed This Week

Thursday eve Jan 23 - Fri Jan 24

24 Tevet - Harry Berkin

24 Tevet - Nathan Bierman

Fri eve Jan 24 - Sat Jan 25

25 Tevet - Margaret Harris

25 Tevet - Cecelia Smason

Sat eve Jan 25 - Sun Jan 26

26 Tevet - Betty Novick

26 Tevet - David A. Loiterstein

Sun eve Jan 26 - Mon Jan 27

27 Tevet - Janet Goldenberg

Mon eve Jan 27 - Tues Jan 28

28 Tevet - Rachel Solomon Ferman

28 Tevet - Samuel Gelb

Tues eve Jan 28 - Wed Jan 29

29 Tevet - Frances Horwitz

29 Tevet - Sydelle Harris

29 Tevet - Isadore Beitchman

29 Tevet - Hyman Orlovick

29 Tevet - Sandra Cohen

Happy Birthday!

Ram Volotzky - January 24

Sara Garmaise - January 25

Phyllis Loiterstein - January 28

Sally Katz - January 29

Terri Schnitzer - January 29

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

GOOD
THINGS
AHEAD

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?](https://us04web.zoom.us/j/78974795850?pwd=tw7IIOVumZ8QeIPxHvApYZsox8VUem.1)

[pwd=tw7IIOVumZ8QeIPxHvApYZsox8VUem.1](https://us04web.zoom.us/j/78974795850?pwd=tw7IIOVumZ8QeIPxHvApYZsox8VUem.1)



A Note From The President

When I accepted this position as President, I was not very excited, but felt a need to step up at a critical time in our shul's history. We've put in place a team of 10 very dynamic educators and rabbis, while we diligently recruit and screen candidates to serve as our next spiritual leader. Just this last week, and my wife will vouch that it was very busy, I've been very encouraged by the activities of the Executive, Search, Fundraising, Kitchen, Outreach and Programming committees. The blueprints that each committee has mapped out for the year gives me lot of encouragement.

I am struck by the profound parallels between the responsibilities we bear as leaders of our congregation and the timeless lessons found in this week's parsha, Shemot—the opening of the book of Exodus.

Shemot means names, so in light of the names of past NHBZ trustees, I'm also comforted knowing that the foundation that our past leadership has laid, will provide us with a smoother path to follow in the future. I'm incredibly grateful for all the work that our leaders have done and demonstrated.

Shemot begins with the story of the Israelites' descent into slavery and the birth of a leader—Moshe Rabbeinu. From the very beginning, we see a divine message about what true leadership entails. Moshe doesn't begin as a leader of fame or might. He begins as someone who sees suffering, who feels the pain of others, and who takes action when others might turn away.

When Moshe sees an Egyptian striking a Hebrew, he cannot ignore it. When he comes across two Hebrews fighting, he intervenes to make peace. And later, at the well of Midian, he steps up to defend Yitro's daughters from injustice. These moments show us that leadership is not about seeking power but about being attuned to the needs of others—about responding to what the moment demands.

As members of this board, you, too, have been chosen—not for personal gain, but because you embody these qualities. You see the needs of this shul and our community, and you step up to serve. Like Moshe, you have been placed here for a purpose: to guide, protect, and build for the future. But the story of Moshe teaches us another critical lesson about leadership: we cannot do it alone. When Moshe doubts his ability to lead, Hashem reminds him that he has support. Aharon will speak for him, his staff will guide him, and Hashem's presence will go before him.

So, too, we are not called to carry this responsibility alone. Leadership in our shul is a collective effort. Together, we balance strengths and weaknesses, ideas and insights, just as Moshe worked alongside Aharon, Miriam, and the elders of Israel.

Finally, Shemot reminds us that true leadership requires faith—not only in Hashem but in the mission we have been entrusted with. The Israelites cried out in their pain, and Hashem heard them. Likewise, the voices of our members and our greater community cry out for guidance, inspiration, and growth. It is up to us to hear those cries and respond with vision, wisdom, and compassion.

As we prepare for our Board terms, let us channel Moshe's courage and humility. Let us lead not from a place of self-interest but with a sense of service to our people and to Hashem. And let us have the strength to face challenges, the unity to work together, and the faith to believe that our efforts are building something eternal—a sacred place where Torah, Tefillah, and Chesed thrive.

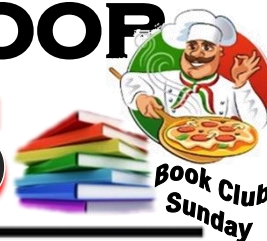
May Hashem grant us the wisdom of Moshe, the strength of Aharon, and the unity of the children of Israel at their finest. And may this board's leadership bring honor to our shul and blessings to all who walk through its doors.

Thank you and may we all go from strength to strength.
Dan Winograd
President



THE SISTERHOOD SCOOP

JANUARY 25



Volume 8

Number 4

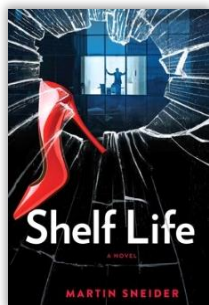
25 Teves 5785

January 25, 2025

BOOK CLUB MEETS *THIS SUNDAY* 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

VA'EIRA: **Perception and Power**

A basic ideal in contemporary thinking is not only the rights of the individual but also the power of the individual. If there is an issue which you really care about, then through the democratic process, the power of lobbying, getting the media involved to raise public interest and affect opinion — you can actually do something about it. In some sense, each person can change the world.

In spiritual terms, this is an ancient Jewish idea. More than eight centuries ago Maimonides wrote that each person should consider themselves equally balanced between good and bad, and the world as a whole as equally balanced between good and bad. This means, says Maimonides, one's next step can change the balance for oneself and for the whole world. One good deed, or even, comments the Lubavitcher Rebbe, one good thought, can tip the balance of existence to the side of good, and bring healing to the world.

This means that each person is highly significant. His or her perception of life can be a crucial factor not only for their own wellbeing, but for the world as a whole.

Our perception of life is a key theme in the Parshah, which tells of the plagues G-d sent against the Egyptians. What was the purpose of the plagues?

One answer is to force Pharaoh to let the Jews go free. Another is punishment for their cruelty towards the Jewish slaves. But if we look carefully at the Torah text, we see that this was not just a matter of a show force nor of causing pain. The goal was more subtle.

G-d explains that the purpose of the miracles in Egypt is so that "Egypt will know that I am G-d."

When Pharaoh first confronted Moses, who was asking that the Jews be given their freedom, Pharaoh responded: "Who is G-d that I should listen to Him and let the Jews go free? I do not know G-d." This means that the purpose of the plagues was to make Pharaoh recognize G-d. Only then would he let the Jews leave Egypt.

In fact, however, this too is not the final goal of the plagues, G-d gives a further explanation to Moses. The plagues come so that the Jewish people will tell their children and grandchildren about what happened, and they "will know that I am G-d."

The purpose of the plagues was to change our perception of life, so that, through the generations, we recognize G-d and the significance of His teachings. For ancient Pharaoh, the plagues meant that he eventually obeyed G-d and let the Jewish people free. For us they mean that we recognize G-d's power in our lives and therefore make the right step which will bring goodness and healing to the world.

– adapted from **Dr. Tali Loewenthal**, www.chabad.org

Pharaoh's advisers tried hard to explain away all the plagues... and there were those who ascribed the entire event to natural causes.

Such is human nature, to reflexively seek out a natural explanation for every event.

But a Jew, quite the opposite, ponders a natural occurrence and sees a miracle.

Because a Jew has an innate inner conviction that there is nothing else but G-d. There is no nature—it is all by His hand. – *the Lubavitcher Rebbe*

**THIS Sunday
– Join us!**

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

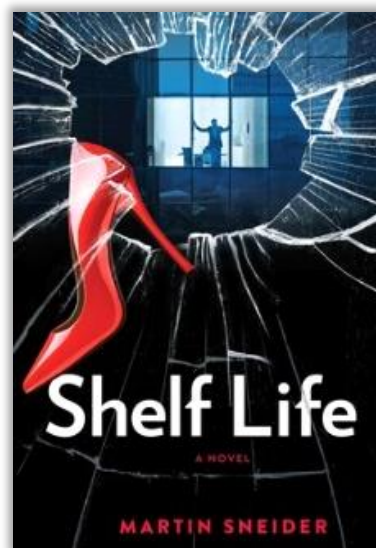
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The Book Club will meet on **Sunday afternoon, January 26, 2025, at 3:30PM**, at NHBZ, lower level. **RSVP suggested, not required. Everyone is welcome!** Email sisterhood@nhbz.org or contact *Fran Alper* at fran.alper@outlook.com



**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



Batya Presents:

A NIGHT OF Strength & Unity

with **EINAV DANINO**

Mother of Ori Danino HY"D, captured Israeli soldier & hero

Join us for a powerful evening for Jewish women, featuring dinner and an inspiring talk, as we honor the legacy of Ori Danino, a soldier whose life was tragically taken. We will be joined by his mother, Einav Danino, who continues to embody resilience, strength, and unity in the face of unimaginable loss.



SUNDAY
February 2nd

6:45pm

Location: Vuel7

COST
\$36

JOIN US FOR:

*A specially curated menu of Mediterranean cuisine by Byte
Community support & solidarity
Reflections on Ori's legacy*



BATYA.RSVPIFY.COM

SPONSORS



HOSTS

Avital Kadosh, Elissa Schachter, Eva Gail Bresler, Galit Lev-Harir, Idena Freedman, Jennifer Hartranft, Morgan Goldson, Rachel Deutsch, Rivka Serel Berkowitz, Sabrina Gornish, Shani Roberts, Susie Rosenbloom

BATYA

a community for
jewish women

Batya is committed to offering a rich array of programming to the Jewish women of St. Louis. Our space is one where women can connect, learn, and grow together in their Jewish journeys.

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