



Affiliated with Union of Orthodox Congregations of America

Parshas Beshalach

February 7-8, 2025  
Candle Lighting 5:12 PM

9-10 Shevat 5785  
Shabbos Concludes 6:13 PM

Shabbos Programming

Soul Building with Rabbi David  
10:00 AM

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

Torah Portions

Torah Reading Exodus 13:17-17:16	366-392
Haftorah: Judges 4:4-5:31	1152-1153

Prayer Times

Friday, February 7

Mincha/Maariv 5:10 PM

Candle Lighting 5:12 PM

Shabbos, January 25

Shachris/Mussaf 9:00 AM

Drasha by the Distinguished  
Rabbi Berkowitz

Mincha 4:50 PM

Shalosh Seudos and Learn after  
Mincha  
by Rabbi Nimchinsky

Shabbos Concludes 6:13 PM

Minyan Times February 9 - 15

	Sun Feb 9	Mon Feb 10	Tues Feb 11	Wed Feb 12	Thurs Feb 13 Tu B'Shevat	Fri Feb 14	Shabbos Feb 15
Shachris	8:00	7:00	7:00	7:00	7:00	7:00	9:00
Mincha/ Maariv	5:15	5:15	5:15	5:15	5:15	5:15	5:00

## Yahrzeits Observed This Week

Thurs eve Feb 6 - Fri Feb 7  
9 Shevat - Margaret Adelstein

Fri eve Feb 7 - Sat Feb 8  
10 Shevat - Bernard Hulbert  
10 Shevat - Louis Haber

Sat eve Feb 8 - Sun Feb 9  
11 Shevat - Jacob Levin

Sen eve Feb 9 - Mon Feb 10  
12 Shevat - Dorothy Motchan  
12 Shevat - Kurt Kahn

Mon eve Feb 10 - Tues Feb 11  
13 Shevat - Abe Pollock

Tues eve Feb 11 - Wed Feb 12  
14 Shevat - Norman Appelman  
14 Shevat - Leonard Hulbert

Wed eve Feb 12 - Thurs Feb 13  
15 Shevat - Ben Fedman  
15 Shevat - Rose Ragin

## Happy Birthday!

Nathan Garmaise - February 8  
Sheryl Levine - February 8  
Sally Amon - February 9  
Marsha Feenberg - February 9  
Chani Smason - February 9  
Scott McCary - February 11  
Stella Vladimirov - February 11  
Amanda Fredman - February 12

## Happy Anniversary!

Norman & Marilyn Liss -  
February 11



## Save The Date!

Keshet Mother Daughter Program  
Every Sunday Morning in February

Sharsheret Pink Day  
February 12

Mimi David's Masquerade Class  
February 27, March 6, & March 20 -  
2:00 PM

Sunday Shachris/Breakfast  
March 2 - 8:00 AM

Women's Hamantaschen Bake  
March 11 - 5:30-7:30 PM

Purim Breakfast Seuda  
March 14 - 10:00 AM

Keep An Eye Out For Some  
More Amazing Events To  
Come!



## 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=tw7lIOVumZ8QelPxHvApYZsox8VU  
em.1](https://us04web.zoom.us/j/78974795850?pwd=tw7lIOVumZ8QelPxHvApYZsox8VUem.1)



## January Tributes

### In Memory of:

#### Irwin Loiterstein

Marcela and Daniel Morgensztern  
Julie and Donald Eisenberg  
Craig and Jackie Berkin  
Bob and Joni Kaiser  
Fran Hoffman  
Denny and Amy Feit  
Marcie and Alan Brook  
Ellen Rosen  
Jerry and Gail Tullman  
Peggy and Jay Umansky

#### Mrs. Goldson

Craig and Jackie Berkin

### Happy Birthday:

#### Rachael Pevnick

Myra and Stephen Radinsky

### Happy Anniversary:

#### Rayna and Larry Chervitz

Marcela and Daniel Morgensztern

### Mazel Tov:

#### Great Grandson to Rachael Pevnick

Bob and Joni Kaiser

#### Wedding of Melanie Rush and Judah Weinerman

Bob and Joni Kaiser

#### Engagement of Joshua John and Ella Ullman

Bob and Joni Kaiser



# THE SISTERHOOD SCOOP

# FEBRUARY 8



Volume 8

Number 6

10 Shevat 5785

February 8, 2025

## NEXT BOOK CLUB MEETING – SUNDAY, MARCH 30, BEFORE PIZZA NIGHT

The March book is *Before the Storm: A Thrilling Historical Novel of Real-Life Nazi Hunters*, by James Shipman.

Set in 1948 against the backdrop of the Berlin Blockade, this fast-moving Cold War thriller is action-packed and based on a true story with plenty of plot twists and moral dilemmas.



Due to popular demand, the March Book Club will meet on **Sunday afternoon, March 30, at 3:30PM, at NHBZ**. This time and date will allow Book Club members to get together during the afternoon and enjoy NHBZ's All-You-Can-Eat-Kosher-Bufferet Pizza Night & Salad Bar after the discussion!

**Everyone is welcome!**

All subsequent 2025 Book Club dates meet on Monday nights, 7:15-8:45PM – locations TBA:

- May 19
- July 28
- September 15
- November 24

Watch this space for details of the titles of the Book Club selections for 2025!

For more information contact **Fran Alper** at: [fran.alper@outlook.com](mailto:fran.alper@outlook.com) or [sisterhood@nhbz.org](mailto:sisterhood@nhbz.org)

## BESHALACH: Rationed Food for the Soul

*This is the thing that the L-rd has commanded: Gather of [the Manna] each one according to his eating capacity, an "omer" for each person, according to the number of persons, each one for those in his tent you shall take. – Exodus 16:16*

The story of the *Manna* seemingly reveals G-d's "Politically Correct" side. Every Jew, man and woman, senior citizen and small child, large and small, received the exact same portion of *Manna*—exactly one *omer* [an ancient measure] of the heavenly food.

One need not consult a nutritionist to realize that different people have different dietary needs based on their age, body mass, gender, metabolism, etc. Is distributing equal food portions G-d's way of demonstrating the importance of absolute equality amongst all humanity — even at the expense of common sense? Or is there a deeper significance to the strict rationing of the *Manna*?

Judaism is actually a strong proponent of different roles for different people. G-d did not create everyone equally; instead He created many types of people, each group perfectly suited for performing its G-dly mission on this world. However, there is a powerful common factor which all Jews share—a Divine soul. While this soul expresses itself differently in different people, the divine core of every Jew's soul is identical. Thus, those traits which emanate from the very essence of the Jewish soul are exactly alike in every member of the Jewish nation. The *Manna* represented one of these core soul-qualities—faith and unconditional trust in G-d—and therefore was evenly allocated to every Jew, regardless of his/her physical nutritional needs.

Our sages explain that besides the obvious benefits of having a "free lunch" for forty years, the *Manna* also presented the Jews with a daily opportunity to hone their faith "skills". Putting the leftovers of the *Manna* casserole into the freezer for another night was not allowed. Every night found the Israelites staring into a bare refrigerator and pantry; and out the window lay great expanses of barren, foodless, desert sand. Their only source of hope was their faith in the Almighty's kindness, confidence that G-d would once again send sustenance from Heaven.

For forty years, the Jews' shopping list consisted of...faith in G-d. Their 401k plan was...faith in G-d. Their insurance was...faith in G-d.

For forty years, the faith-characteristic of the soul was exercised and polished every day. The Jewish soul always possessed this faith – it is a basic element of the Divine soul – but the "Manna Experience" brought this quality front and center. This faith was then passed on to all future generations, providing them – us – with the ability to trust in G-d no matter how empty the food cupboard or bank account may be.

– **Rabbi Naftali Silberberg**, chabad.org

### UNNATURAL RESPONSE

Pharaoh's advisers tried hard to explain away all the plagues. Even when the Red Sea split, allowed the Jews free passage, and drowned their enemies, 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.

–Likutei Sichot vol. 1, p. 240, (Chabad.org)



## Giving & Dedication



Giving & Dedication Opportunities to Nusach Hari B'nai Zion provides you with an opportunity to fulfill the important mitzvah of contributing tzedakah (charity). We offer many ways to say Mazel Tov to relatives and friends in honor of simchas celebrated, or to remember loved ones by making a dedication in their memories.

### ***Contributions & Dedications for Building & Campus***

- Small Stained-Glass Window - \$10,000
- Large Stained-Glass Window - \$25,000
- Yahrtzeit Board Header - \$6,000
- Main Bimah (Spiritual Dedication) - \$150,000
- Main Aron Kodesh (Spiritual Dedication) - \$150,000
- Sanctuary or Auditorium Window - \$18,000
- Dedication of Building – Please call office
- Campus Dedication – Please call office

This is a sample of available opportunities.  
For extra information, please call our office, 314-991-2100, ext. 2.

### ***Inscribed Bricks/Pavers & Plantings***

\$250.00 for 4"x8" inscribed Brick/Paver; \$500.00 for 8"x8" inscribed Brick/Paver

### ***Tree of Life – In the Alper Lobby***

\$360.00 per Brass leave inscribed, in memory or in honor of a special person(s) or occasion.

### ***Cast Iron Memorial Plaques – In the Feigenbaum-Pepose Learning Center***

\$360.00 Bronze Plaque - name in raised lettering. Molay is recited on each yearzeit.

### ***Kaddish***

Important mitzvos to be observed in memory of relatives or dear friends.  
\$360.00 Kaddish recited daily for eleven months after the passing of the individual.  
\$360.00 Kaddish recited each yearzeit in perpetuity.

### ***Book Funds – Dedications Inscribed***

- \$60.00 Nusach Hari Daily Siddur
- \$75.00 Artsroll – Stone Edition Chumash
- \$60.00 Rosh Hashana & Yom Kippur Machzorim

### ***Shabbos Bulletin Sponsorship***

\$54 includes your specified dedication listed in the NHBZ Weekly News  
Call or email the Shul office, 314-991-2100, ext. 2 or [office@nhbz.org](mailto:office@nhbz.org)

### ***Tributes – Honor Simchas, Wishes for Good Health, Condolences***

Call or email the Shul office, 314-991-2100, ext. 2 or [office@nhbz.org](mailto:office@nhbz.org)  
\$10 donation per card; \$25 pack of 5 cards. We have "In memory...", "In honor ...", Speedy Recovery, and Rose Ragin Chesed Fund\* cards. (\*Sold only in packs of 5)

### ***Kiddush Sponsorship – Defrays Costs of Shabbos & Yom Tov Kiddushim***

Please call our office for menu selections and pricing, 314-991-2100, ext. 2.

***NOTE: The above prices, effective January, 2025, are subject to change.***



SPONSORED BY DR. DOV & TZIONA ZEFFREN

IN LOVING MEMORY OF DR. J. LESTER ZEFFREN,  
RABBI GERSHON ZEFFREN AND MRS. MARILYN WOLFF

BUSINESS HALACHA

# YOM IYUN

FOR MEN

WITH

## Dayan Ari Marburger



SUNDAY, FEBRUARY 9

9:30 AM Gourmet Breakfast

10:00 AM **Interest-Free: Hilchos Ribbis in our Everyday Life**

11:00 AM Coffee Break

11:15 AM **Fascinating Business Halacha Questions**

AT YOUNG ISRAEL

SPONSORSHIPS  
AVAILABLE

PLATINUM - \$500

GOLD - \$360

SILVER - \$180

FOR MORE INFORMATION PLEASE CONTACT RABBI BERKOWITZ OR RABBI TAJERSTEIN

*Rabbi Ari Marburger is a Dayan for the Bais Din Maysharim of Lakewood, and author of "Business Halacha: A Practical Guide to Modern Business". He is a sought after speaker and has lectured for a wide range of audiences including the Orthodox Union, Agudath Israel, and Harvard Law School.*



# Keshet

CONNECTING  
GENERATIONS

# Mother + Daughter Program

SUNDAY MORNINGS  
10:30 - 11:45 AM

GIRLS: KINDERGARTEN - 5TH GRADE

KESHER KREW PROGRAM FOR 6<sup>TH</sup> GRADE+

## Derech Eretz

FEBRUARY 2<sup>ND</sup>

המלביין פני חבירו

Shamed face,  
give her space.

FEBRUARY 9<sup>TH</sup>

מאד מאד הוי שפיל רוח

Appreciating your  
lot and not  
talking a lot.

FEBRUARY 16<sup>TH</sup>

עולם חסד יבנה

See a need,  
take the lead.

FEBRUARY 23<sup>RD</sup>

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**

SPONSORS:



REMINDER

# SHARSHERET PINK DAY IS FEBRUARY 12TH

#sharsheretpinkday2025



THANK YOU TO OUR  
PINK DAY SPONSOR:  **MERCK**



**1 in 8**  
women will be diagnosed  
with breast cancer.

**1 in 833**  
men will be diagnosed  
with male breast cancer.

**1 in 87**  
women will be diagnosed  
with ovarian cancer.

**1 in 8**  
men will be diagnosed  
with pancreatic cancer.

  
Prioritize  
Your Health

Thank You to our  
Pink Day Sponsor:  
 **MERCK**



**1 IN 40 ASHKENAZI JEWS,  
BOTH MEN AND WOMEN,  
CARRIES A BRCA1 OR BRCA2  
GENE MUTATION.**

Learn more at [sharsheret.org](http://sharsheret.org)

Thank You to our  
Pink Day Sponsor:  
 **MERCK**







Nusach Hari  
B'nai Zion

JOIN US FOR

MINYAN

AND

ENJOY

TU B'SHEVAT

TREATS

Thursday, February 13th

Shachris 7:00 AM

Mincha / Maariv 5:15 PM

# 29<sup>TH</sup> ESTHER MILLER BAIS YAAKOV *Anniversary* DINNER



## Guests of Honor

*Mr. & Mrs.*  
LEWIS & ELLEN  
NOTOWICH



## Community Leadership Award

MARCI  
MAYER EISEN  
Jewish Federation of St. Louis



ELLIE (AXELBAUM)  
FREYLICHER

## Rabbi Gershon Zeffren zt"l Alumni Leadership Award

# March 2, 2025

RITZ CARLTON  
100 CARONDELET AVENUE  
CLAYTON, MISSOURI 63105

COMPLIMENTARY PARKING AVAILABLE

5 PM HORS D'OEUVRES 6 PM DINNER

# FOCUS

on community

JPROSTL 20TH ANNUAL RECOGNITION EVENT



**THURSDAY, MARCH 6, 2025**

The J Staenberg Family Complex Gymnasium  
2 Millstone Campus Drive, 63146

**10:45 am** Doors Open

**11:30 am** Program Begins

Lunch by 613 Catering  
*under the supervision of the Vaad Hoeir*

**1:30 pm** Program Concludes

## PARTNERSHIP AWARD

**Felicia Malter**

## PEER AWARDS

Career Achievement

**Esther Scharf (JFS)**

Chesed/Kindness

**Susan Kemppainen**

**(Covenant Place – Mirowitz Center)**

Dedication

**Stacy Jespersen (Congregation Shaare Emeth)**

**Missy Novotny (WashU Hillel)**

Educator

**Lesley Goldenberg (Temple Israel)**

Emerging Leader

**Lexie Schmidt (The J)**

Mentor

**Jeremy Brok (LEAD STL)**

**Lisa Deutsch (The J)**

Pillar

**Heather Silverman (NCJWSTL)**

Visionary

**Rabbi Yosef David (Aish HaTorah of St. Louis)**

## 20TH ANNIVERSARY SPECIAL RECOGNITION OF JPROSTL PRESIDENTS

2005-2007	<b>Jennifer Bell</b>
2007-2009	<b>Lori Goldberg</b>
2009-2011	<b>Craig Neuman</b>
2011-2012	<b>Michelle Brooks</b>
2012-2014	<b>Jean Cavender</b>
2014-2016	<b>Rabbi Levi Landa</b>
2016-2018	<b>Julie Gibbs</b>
2018-2020	<b>Randi Schenberg</b>
2020-2021	<b>Erin Schreiber</b>
2021-2023	<b>Sarah Levinson</b>
2023-2025	<b>Rabbi Lori Levine</b>

## LEARN MORE & REGISTER >>

Free of charge to all staff in the Jewish community  
(20+ hours per week)

\$35 for guests

Reserved table seating for paid guests and  
honorees' immediate family/exec/supervisor/rabbi

Open table seating for all staff

Register by **Thursday, February 28**

For information contact Marci Mayer Eisen  
at 314-442-3810 or MEisen@JFedSTL.org.