



March 21-22, 2025

Parshas Vayakhel/Shabbos Parah

21-22 Adar 5785

Candle Lighting 6:56 PM

Shabbos Concludes 7:56 PM

We Welcome Rabbi and Rebbetzin Sragow To Our Shul This Shabbos

## Sponsorships

The bulletin this week is sponsored by Bob Kaiser to thank the entire "Breakfast Club" team who made the Purim Seudah so special:

Meira Ganel, Jennifer Hartranft, Charlene Kass Brian McCary, Ephraim and Michelle Mufson, Sari Neudorf, Eddie and Ella Pernik, Nancy Rush, and Stella Vladimirov (with apologies to anyone who got left off!)

And thanks to Jackie Berkin for always making the Whiskey Slushes!

The soda this Shabbos is sponsored by Alan and Vivian Zarkowsky in honor of Alan's birthday.

## Shabbos Programming

Soul Building with Rabbi Feigenbaum  
10:00 AM

"Why Does the Holiday of Freedom Have  
So Many Restrictions?"

Childcare 10:00 AM-11:30 AM

Shalosh Seudos Learning  
after Mincha

For Men with Rabbi Sragow  
"Sanctity of the Sanctuary – The  
Tabernacle of Olivette"

For Women with Rebbetzin Sragow  
"Mirrors of Hope"

## Prayer Times

Friday, March 21

Mincha/Maariv 6:30 PM

Candle Lighting 6:56 PM

Shabbos, March 22

Shacharis/Mussaf 9:00 AM

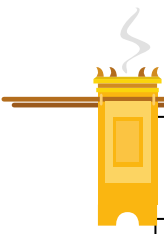
Drasha by the Distinguished  
Rabbi Sragow

Mincha 6:00 PM

Family Shalosh Seudos and Learn  
after Mincha  
with Rabbi and Rebbetzin Sragow

Shabbos Concludes 7:56 PM

## Torah Portions



Torah Reading: Exodus 35:1-38:20	516-528
Maftir: Numbers 19:1-22	838-842
Haftorah: Ezekiel 36:16-38	1216-1217

# Minyan Times March 23-29

	Sun Mar 23	Mon Mar 24	Tues Mar 25	Wed Mar 26	Thurs Mar 27	Fri Mar 28	Shabbos Mar 29
Shacharis	8:00	7:00	7:00	7:00	7:00	7:00	9:00
Mincha/ Maariv	7:00	7:00	7:00	7:00	7:00	7:00	6:45

## Congregation News

### Yahrzeits Observed This Week

**Thurs eve Mar 20 - Fri Mar 21**  
21 Adar - Louis Cohen

**Fri eve Mar 21 - Sat Mar 22**  
22 Adar - Stan Gellman  
22 Adar - Larry Seigel

**Sat eve Mar 22 - Sun Mar 23**  
23 Adar - Mary Beitchman  
23 Adar - Julius Cohen

**Sun eve Mar 23 - Mon Mar 24**  
24 Adar - Lucille Tullman  
24 Adar - Isadore Cohen

**Mon eve Mar 24 - Tues Mar 25**  
25 Adar - Miriam Tzadok  
25 Adar - Lillian Frumkin  
25 Adar - Irwin Mitchell

**Tues eve Mar 25 - Wed Mar 26**  
26 Adar - Belle Ulstein  
26 Adar - Noson Klarfeld

**Wed eve Mar 26 - Thurs Mar 27**  
27 Adar - Mildred Abrams

### Happy Birthday!

**Jackie Gitel - March 21**  
**Alan Zarkowsky - March 23**  
**Marcia Lyons - March 24**  
**Alla Yasinev - March 26**  
**Tony Granillo - March 27**

### Happy Anniversary!

**Gwen & Barry Liebman - March 22**  
**Stanley & Rhonnie Goldfader - March 25**  
**Gavriel and Sarah Beth Matt - March 26**

### Thank You!

Thank you to everyone who donated towards the movable wall and 4 new elegant chairs.

We want to give a special thank you to the Staenberg Family Foundation for matching funds.

We also want to thank Howard Loiterstein for raising all the funds needed himself in a very short period of time.

Dedications opportunities are available. Please consider making a dedication in memory or honor of someone special.

### Save The Date!

**Sisterhood Book Club Discussion**  
March 30- 3:30-5 PM

**Pizza Night**  
March 30 - 5-7 PM

**Pre-Pesach Men's Event**  
April 6 5:30-7 PM

**Pesach**  
April 12-April 20

**Synaplex**  
April 26

## Ongoing Classes

**Sundays**

**Rabbi Swidler's "Learning Mishna"  
after Shacharis**

**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"  
TBD**

**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=tw7lIOVumZ8QeIPxHvApYZsox8VU  
em.1](https://us04web.zoom.us/j/78974795850?pwd=tw7lIOVumZ8QeIPxHvApYZsox8VUem.1)

## Mahjong Game

**We are looking for some new faces to  
come join our game of Mahjong!**

**Tuesday Afternoon from 1:00-3:00 PM  
in the lower level youth lounge.**

## Scholarship Opportunitiy

**Jewish War Veterans Heritage Post 644 of  
St. Louis is pleased to announce the  
\$1,000 Ted and Rachael Pevnick Family  
Scholarship and the \$1,000 Chuck  
Sandroff Scholarship Awards. Interested in  
eligibility and the application process,  
please contact the office at  
[office@nhbz.org](mailto:office@nhbz.org) or [www.jwvstl.org](http://www.jwvstl.org).**

## The Sragow Family Bio

Rabbi Gavi Sragow grew up in Teaneck NJ. After studying in Israel at both KBY (Keren B'Yavneh) and the Mir Yeshiva, he graduated from Touro college with a degree in psychology. He then moved down to Baltimore MD to continue his studies in Ner Yisrael, where he received a Masters of Talmudic Law and completed his Semicha. But the best part about Baltimore was meeting his wife Shayna (nee Lerner) who grew up in Baltimore.

While in Baltimore, Rabbi Sragow served as the Teen Learning Director for Suburban Orthodox Congregation, where he loved to take his endless energy and run Torah programs for middle school and high school boys. For the past two years the Sragows have brought their warmth and energy to Columbus Ohio, where Rabbi Sragow currently serves as the assistant rabbi at Beth Jacob Congregation. From the Torah classes, to running many lifecycle events, to hosting families for Shabbos, the Sragows' love the ability to serve the community in so many ways. In addition, Rabbi Sragow currently works for Buckeye kosher, continuously improving kosher standards in Columbus. He also serves as a Kollel Rabbi at the Columbus Community Kollel.

Besides for her daytime time job as a pediatric occupational therapist, and being a full-time mommy, Shayna enjoys the opportunity to learn with girls for their bat mitzvahs, teaches part time in the girls high school, and loves cooking and hosting for the many guests that travel through the Sragow home.

The Sragows are known for their positive energy, personable character, and their love for teaching. Rabbi Sragow is a proud girl dad, as the Sragows are blessed with 3 daughters: five year old Dena, two and a half year old Yehudis, and one year old Leah.

**The Sragow's are very excited to come and meet the NHBZ community!**





# Rabbi and Rebbetzin Sragow Schedule - March 21-23

## Friday Evening - March 21 – Mincha at 6:30 pm

- Mincha
- Kabbalah Shabbat – Rabbi Sragow to lead
- D’var Torah
- Ma’ariv
- Dinner for Search Committee, Board of Directors, and their families

## Shabbos - March 22 – Shacharis at 9:00 am

- Shacharis
- Rabbi Sragow will Introduce Torah reading, daven Musaf and give Drasha
- Shabbos Kiddish/Luncheon – Rabbi and Rebbetzin Sragow to speak
- Mincha – 6:00 pm
- Family Shalosh Seludos
- Rebbetzin Sragow Class for Women - “Mirrors of Hope”
- Rabbi Sragow Class for Men - “Sanctity of the Sanctuary – The Tabernacle of Olivette”
- Ma’ariv / Havdallah

## Saturday Evening - March 22 – 9:00 pm - 10:30 pm

- Young Person Social Event – Private Event

## Sunday Morning - March 23 - 9:30 am – 11:00 am

- 9:30 am – Donuts & Coffee
- 9:30 am – 11:00 am Q&A
- 11:15 am – 12:00 pm Wrap up with Rabbi and Search Committee

Rabbi Sragow will also join us for Shacharis on Friday, March 21 and Sunday, March 23.

## Your Vote Counts—But First, Your Membership!

Dear Congregants of Nusach Hari B'nai Zion,

We hope this message finds you well and ready for an exciting time ahead! As we prepare for the upcoming vote on our Senior Rabbi position, we wanted to send a friendly reminder that only Full members in good standing (current on membership dues) will be eligible to cast their vote.

We know life gets busy, and sometimes dues can slip through the cracks, so if you’re unsure about your status, please don’t hesitate to reach out to us. We're here to help!

Your voice is important, and we want to make sure it’s heard as we move forward in this pivotal decision. So, get current, get involved, and get ready to make your vote count!

Thank you for your continued support of our community. We’re excited to take this next step together.

Warmly,

Dan Winograd

President

Nusach Hari B'nai Zion

Nusach Hari B’nai Zion Congregation • Rabbi Aaron Borow, Emeritus • Rabbi Ze’ev Smason, Emeritus

Nusach Hari B’nai Zion • 650 N. Price Rd. St. Louis, MO 63132 • Phone 314.991.2100 • Web: [www.nhbz.org](http://www.nhbz.org)





# THE SISTERHOOD SCOOP

# MARCH 22



Volume 8

Number 12

22 Adar 5785

March 22, 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 – ***My Life***, by Golda Meir
- ☐ July 28 – ***90 Seconds: The Epic Story of Eli Beer and United Hatzalah***, by Rabbi N. Seltzer
- ☐ September 15 – ***The Whisper Sister***, by Jennifer S. Brown
- ☐ November 24 – TBD

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)

**Welcome Rabbi Gavi & Shayna Sragow and family!**

## VAYAKHEL: Wise Emotions

In describing the people qualified to construct the Sanctuary and its instruments, the Torah repeatedly calls them "wise-in-heart" in referring to their skill. The craftsmanship these artisans possessed was more than technical, their wisdom was a special sort — that of the heart.

Some people are brilliant intellectually, their gifted minds master sciences, their logic and reasoning are unimpeachable. Despite these mind-gifts they may be cold, unsympathetic, unmoved by suffering. Others are kinder, charitable, more emotional by nature, not particularly given to analysis and profound understanding. They may also be overindulgent, gullible, suspicious of or impatient with reasoning. While each sort has qualities, in extremes, or rather without tempering the initial and dominant characteristic, their deficiencies are grave.

The ideal is the wise-in-heart, proper balance between emotion and thought, feeling and reason. The qualities of learning and study, intellectual vigor, the scholar ideal, have always been glorified by our people. No matter how sincere the heart's emotions, they must be channeled, harnessed, and used. Torah inspires the heart in its search. Without Torah the most sublime emotion may degenerate into bathos or sentimental banality.

Similarly, exalted as the intellect may be, it cannot exclusively express the fullness of man. Emotional balance gives warmth and human substance to the mind's achievements. In Jewish terms it means that the true scholar, the disciple of Torah, is endowed with the emotions of love and awe of the Creator, sympathy for the lowly, affection for mankind. Such a person, the wise-in-heart, is qualified to create a Sanctuary for G-dliness wherever he goes.

– By Rabbi Zalman Posner, [www.chabad.org](http://www.chabad.org)

## The God of Life

“ I believe that we can emerge from the shadow of death if we allow ourselves to be healed by the G-d of life. To do so, though, we need the help of others. “A prisoner cannot release himself from prison.” ”

– Rabbi Lord Jonathan Sacks, ZT”L,  
Kohélet, Tolstoy and the Red Heifer  
(Chukat – Balak, Finding Faith, Covenant & Conversation)

2025 U.S. ELECTION

**WORLD ZIONIST CONGRESS**

American Zionist Movement  
תנועה הציונית האמריקאית

☒ VOTE ☒ VOTE

Don't forget to **Vote** in the 39<sup>TH</sup> WORLD ZIONIST CONGRESS Election by May 4<sup>TH</sup>  
[www.azm.org/](http://www.azm.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 yahrzeit.

### ***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 yahrzeit 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.***



***PLEASE NOTE DATE CHANGE***

**Renowned Sofer**

**Rabbi Yosef Heinemann**

**will be in St. Louis**

**Sunday, March 23rd and Monday, March 24th**

***Take advantage of this important  
opportunity to get your mezzuzos  
and tefillin checked and purchase new  
mezzuzahs if needed***

**To Sign Up for your Mezzuzah  
or Tefillin Inspection**

**Call 317 410-2292**

**or email [gnitsun@stlkollel.com](mailto:gnitsun@stlkollel.com)  
for more information**





## A LOCAL COMMUNITY MEMBER IS IN NEED OF A KIDNEY

Please join us for a

# KIDNEY DONATION AWARENESS & SWABBING EVENT



Anatomy of Kindness

**ZACK PLOTZKER**

Renewal Outreach Coordinator



My Journey Through Kidney Donation

**JIMMY FENDELMAN**

**KIDNEY DONOR**

**U. CITY SHUL**  
700 North and South Rd.  
St. Louis • MO • 63130

**SUNDAY  
MARCH 23**

**DOORS OPEN  
7:30 PM**

### **EVENT COMMITTEE**

Jimmy & Elana Fendelman  
Dr. Ellie & Aliza Freilich  
Rabbi Yossi & Raizy Golombeck  
Dr. Chai Shai & Riki Gutovich  
Dr. Eugene & Polina Vorabeychik






**REFRESHMENTS  
WILL BE SERVED**

If you can't make the event and would like to learn more about kidney donation or to see if you are a match, email

[info@renewal.org](mailto:info@renewal.org) or call  
718-431-9831 ex. 315

 **Renewal**  
[www.renewal.org](http://www.renewal.org)

SEE PAST KIDNEY DONOR STORIES

   @renewalnews

Renewal is a non-profit organization dedicated to saving lives by helping kidney donors and recipients navigate all aspects of the transplant process.

The Names Not Numbers Film that the Kadimah students produced last year is premiering at the St Louis Jewish Film Festival on March 30th.



## Opening Day | Sunday, March 30, 2025

Past. Present. Future.

Grab your popcorn and join us to look back to the months leading up to World War II (Anthony Hopkins based-on-a-true-story, *One Life*), the present – featuring students from St. Louis Epstein Hebrew Academy survivors and realizing that antisemitism and discrimination of all forms is ever-present (*Names Not Numbers*) exploring how Jews would observe holidays in a colony on Mars (*Fiddler on the Moon*).



See Our Full Lineup & Buy Tickets  
Scan the QR code or visit  
[stljewishfilmfestival.org](http://stljewishfilmfestival.org)

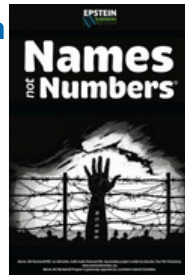
Don't Miss!  
**Limited capacity**  
Sunday, March 30

Sunday, March 30, 2025



### Fiddler on the Moon

3pm



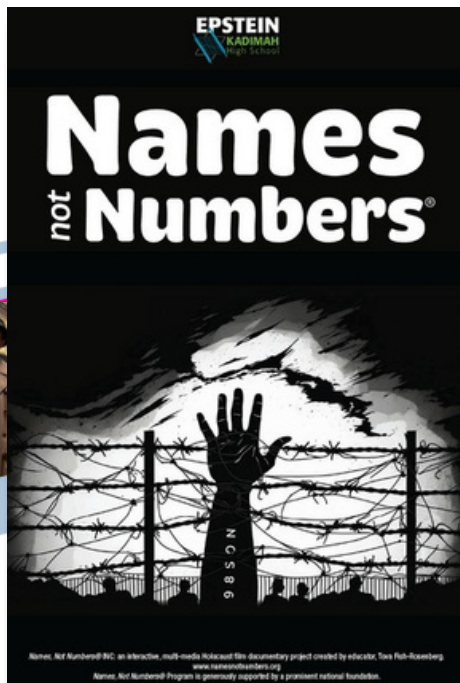
### Names Not Numbers

3:45pm



### One Life

7pm



### 3:45pm *Names, Not*

#### *Numbers*

From USA • In English  
Director: Michael Puro  
Documentary: 54 minutes

Guided by local journalists, Ellen Futterman (Editor-in-Chief, St. Louis Jewish Light) and Shula Neuman (former Executive Editor at St. Louis Public Radio), a group of students from Epstein Hebrew Academy take on what seems like a simple project: interviewing Holocaust Survivors. But as they listen to firsthand stories of resilience and survival, the project becomes something more - something deeply personal and transforming. With antisemitism and discrimination of all forms on the rise, the students realize the critical importance of keeping these stories of survivors alive. Moreover, by giving a voice to those who lived through unimaginable darkness, the students begin to appreciate the value these stories have in fighting hate and discrimination in the present. Heartfelt and timely, this film shows the power of intergenerational connection, the precious benefits of bearing witness and the importance of never giving up.

Following the film, join us for a panel discussion with Rachel Miller, a Holocaust survivor featured in the film, Devorah Haspel, a student from H.F. Epstein Hebrew Academy, and Rabbi Jonathan Fruchtar, Principal at H.F. Epstein Hebrew Academy, plus:

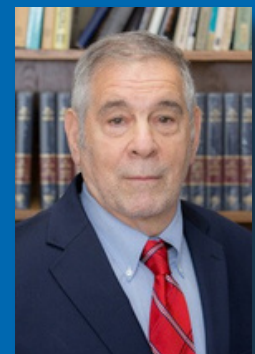
**Tova Rish-Rosenberg**  
Project Creator



**Michael Puro**  
Director



**Michael Berenbaum**  
Holocaust Museum Curator,  
Professor and Author



**Names, Not Numbers® INC:** an interactive, multi-media Holocaust film documentary project created by educator, Tova Fish-Rosenberg. [namesnotnumbers.org](http://namesnotnumbers.org). Names, Not Numbers® Program is generously supported by a prominent national foundation.



**Nusach Hari B'nai Zion**

**SUNDAY, MARCH 30, 2025**

**5-7 PM**

**ALL YOU CAN EAT KOSHER BUFFET**

**DELICIOUS**

**PIZZA**



**PASTA**



**LOADED**

**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





# STEAK & SEDERS PRE-PESACH MEN'S EVENT

JOIN US FOR AN  
UNFORGETTABLE EVENING  
LED BY RABBI DAVID  
IT WILL BE AN EVENT FILLED  
WITH SOME GREAT TIPS ON  
HOW TO LEAD A PASSOVER  
SEDER, DELICIOUS FOOD, AND  
ALCOHOLIC BEVERAGES



Date: Sunday, April 6, 2025

Time: 5:30 - 7 PM

Location: NHBZ 650.N Price Rd. St. Louis, MO 63132



**RSVPs Required–**

Limited to the first 25 men

Act Fast and encourage your  
friends to join you before the spots  
are full

Contact: [office@nhbz.org](mailto:office@nhbz.org)  
or 314-991-2100 ext. 2

**\$5 Cost**



*Our Members  
Don't Just Join...  
...they Belong*

*NHBZ Warmly  
welcomes New  
Members*

*For membership information see  
any Board member or call our  
office*

*Nusach Hari B'nai Zion  
650 North Price Road, Olivette  
(314) 991-2100 ♦ ♦ ♦ [www.nhbz.org](http://www.nhbz.org)*