



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

July 11-12, 2025

Candle Lighting 8:09 PM

Parshas Balak

15-16 Tammuz 5785

Shabbos Concludes 9:14 PM

Sponsorship

Lunch this week is sponsored by
Sally Needle as a Hakaras Hatov to Hashem

Shabbos Programming

Soul Building 10:00 AM

No Childcare For The Summer

Torah Portions

Torah Reading Numbers 22:2-25:9	856-874
Haftorah: Micah 5:6-6:8	1189-1190



Prayer Times

Friday, July 11

Mincha/Maariv 7:00 PM

Candle Lighting 8:09 PM

Shabbos, July 12

Shachris/Mussaf 9:00 AM

Drasha by the Distinguished
Rabbi Berkowitz

Mincha 7:55 PM

Shalosh Seudos and Learn after
Mincha by the Distinguished
Rabbi Nimchinsky

Shabbos Concludes 9:14 PM

Minyan Times July 13 - 19

	Sun July 13 Fast of Tammuz	Mon July 14	Tues July 15	Wed July 16	Thurs July 17	Fri July 18	Shabbos July 19
Shacharis	8:00	7:00	7:00	7:00	7:00	7:00	9:00
Mincha/ Maariv	7:55	7:00	7:00	7:00	7:00	7:00	7:50

Fast of Tammuz - Sunday, July 13, 2025

Fast Starts: 4:36 AM Shacaris: 8:00 AM Mincha/Maariv: 7:55 PM Fast Ends: 9:08 PM

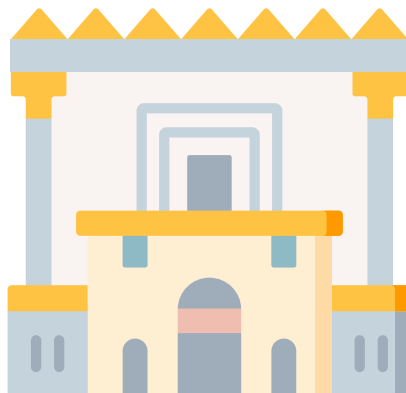
The Three Weeks

This Sunday, July 13th is the 17th of Tammuz, the fast day which starts the period of national mourning called the three weeks culminating in Tisha B'Av, the 9th day of Av, August 3rd. The 9th day of Av is the saddest day in the Jewish calendar as it commemorates the origin of Jewish tragedy from millennium. The crying that the Jewish people did when they heard the bad report of the spies pertaining to the land of Israel is the cause for this being a day of crying until the redemption of Mashiach (The Messiah). The people cried because they didn't believe their own worthiness and doubted G-d's ability to give them the land of Israel.

The first day, the 17th of Tammuz, commemorates five tragedies that happened to the Jewish people on that day.

1. The first set of Luchos (tablets) that had the 10 commandments were broken when Moshe saw the golden calf.
2. At the end of the first Beis Hamikdash (temple) the daily sacrifice was suspended.
3. The walls of the city of Jerusalem were breached by Roman soldiers at the end of the second Beis Hamikdash (temple)
4. Apustumus, a Roman leader, publicly burned a Torah scroll to agitate and antagonize the Jewish people in Israel
5. An idol was placed in the Beis Hamikdash

Because of the many calamities that befell the Jewish people during these 21 days, our sages established them as a time of mourning and introspection. We therefore minimize our happiness by not having weddings, live music, or dance parties, etc. during the three weeks.



Congregation News

Yahrzeits Observed This Week

Thurs eve July 10 - Fri July 11
15 Tammuz - Sonya Baer

Fri eve July 11 - Sat July 12
16 Tammuz - Beckie Freistein

Sat eve July 12 - Sun July 13
17 Tammuz - Carl Koplowitz

Wed eve July 16 - Thurs July 17
21 Tammuz - Irvin Baker
21 Tammuz - Sylvia Feigenbaum

Happy Birthday!

Murray Hochberg – July 13
Irena Scheer – July 14
Anna Rose Tendler – July 14
Ella Pernik – July 15

Happy Anniversary!

Meira & Shaul Ganel – July 12

Extra Notices

- A gemach is being formed to provide tznius hospital gowns, with snaps up the long sleeves for iv access, and modest closure in the back. To participate in sponsorship (the cost of each gown is \$49), please contact Rivka Dushoff-Tobin at 314-397-3931.
- Whether for a simcha or condolences the Chessed Committee is there to help and you can too by contributing toward the Chessed Fund for all future needs. Checks can be made out to NHBZ with a memo for the Chessed Fund. Another option is to pickup Rose Ragin cards (5 for \$25) which helps support the Chessed Committee and all they do.

Ongoing Classes

Sundays - Not This Week
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"
6:15 PM Downstairs

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=tw7lIOVumZ8QeIPxHvApYZsox8VUem.1>

Caption Contest Winner



The winner is Jennifer Hartranft with the caption
"Come join our pizza crew!"



THE SISTERHOOD SCOOP

JULY 12



Volume 8

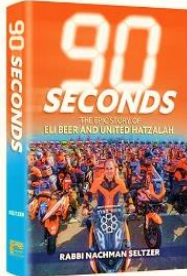
Number 27

16 Tammuz 5785

July 12, 2025

Book Club to Read '90 Seconds'

The Sisterhood Book Club is now reading **90 Seconds: The Epic Story of Eli Beer and United Hatzalah**, by Rabbi Nachman Seltzer, which depicts Eli Beer, who witnessed a terror attack at age five, and dreamed of being the one to save victims. Eli set out to make that dream come true, creating an underground network of pioneering EMTs who were determined to bring their life-saving skills to victims in only 90 seconds, no matter where they were.



All are welcome to join the Book Club discussion

Sunday, July 27, at 3:45PM

before All-You-Can-Eat Pizza Night.

Come for Book Club – stay for Pizza Night!

The next book selection is **The Whisper Sister**, by Jennifer S. Brown on Monday, September 15, 7:15-8:45pm. Location TBA

For more information contact **Fran Alper** at: fran.alper@outlook.com or sisterhood@nhbz.org

A Nation Dwelling Alone

“What makes Jews “a nation dwelling alone, not reckoned among the nations,” is that their nationhood is not a matter of geography, politics or ethnicity. It is a matter of religious vocation as G-d’s covenant partners, summoned to be a living example of a nation among the nations made distinctive by its faith and way of life. Lose that and we lose the one thing that was and remains the source of our singular contribution to the heritage of humankind.”

– Rabbi Lord Jonathan Sacks, ZL, *Not Reckoned Among the Nations* (Balak, Covenant & Conversation)



WE STAND WITH ISRAEL



Pray for Safety, Unity, and Peace for Klal Yisrael

BALAK: Remember Balak's Role

Although Bilaam is the major villain of the piece in this week's parsha, we should not overlook Balak's nefarious role in the events described therein. Balak is the instigator of the whole plot to curse and destroy the Jewish people. He finances Bilaam and is most persistent in pursuing his evil goal. Even when Bilaam apparently despairs of the success of his mission and so informs Balak.

Balak nevertheless insists that he continue, for perhaps he will yet be able to curse the people of Israel. Often in Jewish history we find this scenario repeated, with those behind the scenes persistently encouraging the masses to destroy the Jews while they stay a pious distance behind, causing, but somehow apparently not participating in, the murderous mayhem.

As hate filled as Bilaam is he cannot operate alone. He needs financial and social backing for him to do his worst. Bilaam is eventually killed by the very people he attempted to destroy. But Balak always lives on to try again to accomplish the destruction of the Jewish nation. Balak never makes peace with the idea that the Lord does not allow him his goal. His tenacity for hatred and evil behavior is his true hallmark of his identity.

Centuries later the prophet reminds us of Balak's scheme and advice to Bilaam and warns us somehow not to overlook Balak's role in this story of aggression and unreasoned hatred. Through remembering the original Balak, the prophet informs us that we will be better able to identify and deal with his successors in deceit and hatred throughout the ages.

It is not the suicide bomber – Bilaam – that is the only guilty party in terrorist attacks. It is the Balaks who send them and support them that are certainly equally as guilty. The pious human rights organizations that promote only hatred and violence under the guise of doing good deeds are also responsible for the loss of the precious lives of innocents caused by those whom they so nurture and support.

The Talmud stated this reality by coining the famous Jewish aphorism: “It is not the mouse alone that is the thief. It is rather the hole in the wall that allows the mouse entry into the house that is the real thief.” It is the persistence of those that are determined to undermine the Jewish people and the State of Israel that places them as direct immoral descendants of Balak.

In the Pesach Hagadah we read that in every generation we face this challenge. No matter how many Bilaams we are able to dispose of, Balak somehow survives to continue to try again. The words of the prophet in this week's haftarah – to remember Balak's role in the story of the Jewish people in the desert of Sinai – are addressed to us and our times as well.

We should not be shocked, though our sadness over this fact is understandable, that the malevolence against Jews of the 1930's can repeat itself in 2011. As long as Balak still remains a force in the world the Jewish problem will not go away.

– Rabbi Berel Wein, www.torah.org

Nusach Hari
B'nai Zion

SUMMER FUN WITH NHBZ

A CELEBRATION OF SUMMER SEASON

JUNE-SEPTEMBER EVENTS

JUNE

~~21 - GRADUATION KIDDUSH~~
~~28 - JUNE BIRTHDAYS KIDDUSH~~
~~29 - TEFILLIN WRAPPING & BREAKFAST~~
~~29 - PIZZA NIGHT~~

JULY

~~1 - UNITED HATZALAH SPEAKER~~
26 - JULY BIRTHDAYS KIDDUSH
27- SISTERHOOD BOOK CLUB
27 - PIZZA NIGHT

AUGUST

8 - SHABBAT DINNER
9 - THE ARI KIDDUSH
17 - CARDINALS GAME
24 - WAFFLE BREAKFAST
30 - AUGUST BIRTHDAYS KIDDUSH

SEPTEMBER

6 - SYNAPLEX
14- NHBZ AND FRIENDS COMMUNITY PICNIC

MARK YOUR CALENDARS

ALL INFORMATION WILL BE SENT OUT CLOSER TO THE EVENTS





WOMEN'S SUMMER

YARCHEI KALLAH

with

MRS. SARA ALIZA SCHEINBERG

Tuesday & Wednesday
תמוז ט"ו - כ' תמוז | JULY 15-16

TUESDAY & WEDNESDAY MORNING

TEHILLIM - THE SONG OF OUR SOUL

Dovid HaMelech (King David), author of the book of Tehillim (Psalms), embodied the heart of our entire nation.

Join us for a text-based class that will explore a selection of Tehillim and learn how the words we cry out are actually calling out to us as well.

10:30 AM - 12:00 PM

Hosted by Young Israel - \$10 each

TUESDAY EVENING

DINNER & LEARN

GETTING OUT OF GALUS (EXILE) AND GETTING GALUS OUT OF US

*Preparing for Geula (Redemption)
in Our Minds and Hearts, and in Our Lives*



6:30 - 8:00 PM | PIZZA & SUSHI DINNER

Co-Sponsored and Hosted by Nusach Hari B'nai Zion - \$20

TUESDAY EVENING

CHINUCH/SHALOM BAYIS VAAD

8:30 - 9:45 PM

Hosted by Mrs. Shanna Klein
8308 Amherst
\$10

WEDNESDAY AFTERNOON

LUNCH & SHMOOZE

*Enjoy a delicious lunch Shmooze
about what's on your mind*

12:30 - 1:45 PM

At the Kollel Torah Learning Center
\$18

To register for one or more classes email office@stlkollel.com
For more information contact Chaya Rosenberg at chaya@stlkollel.com



The Yarchei Kallah is sponsored by Rivka Jacobs and family to celebrate the joy of women learning together "as one" and for the upcoming yahrzeit of Stan Jacobs - Yehoshua Henoch ben Moshe Zalman a"h



Inviting all students going into Grades 2-8
to join the Sonnenwirth Family Jewish Library

Summer Reading Challenge!

Participating is as easy as 1-2-3!

- 1.** *Keep track of every Jewish book you read.*
- 2.** *Review it and turn in your completed log at the library by **8/31/2025.***
- 3.** *Earn a raffle ticket for every book read and reviewed for a chance to win **1 of 6 prizes!***

There is no cost to participate in this program, and both library and non-library members are invited to join in the fun.

Sponsorship opportunities available, please contact Debbie Jacob at 314-488-6265

Visit STLjewishlibrary.org to learn more and to download a reading log.

BE PART OF
SOMETHING
BIGGER



BLOOD DRIVE

Scan QR code,
visit bloodcenter.org
or call 800-747-5401.

U. City Shul

Sunday, July 20

10:00 AM - 2:00 PM

The Shul

700 North & South Road



Group Code: 11418



Community-wide event
Commemorating the 19th Yahrzeit of
Sarah Adelman z"l

Sunday July 20, 2025 at 10:00 A.M. CDT
In the Beit Midrash of Young Israel of St. Louis
And via Zoom*
Featuring

RABBI JEREMY DONATH

**MENTAL HEALTH AND PSYCHOTHERAPY: HOW THE TORAH WORLD
HAS EVOLVED AND THE CHALLENGES EVERY PATIENT AND THERAPIST
MUST CONSIDER**

Rabbi Jeremy Donath has served as the Rabbi of Congregation Darchei Noam in Fair Lawn, New Jersey since its founding in 2011. Under his leadership, the shul has grown from fewer than 40 families to a vibrant community of over 200 member families. In addition to his congregational role, Rabbi Donath is a member of the Limudei Kodesh faculty at Ma'ayanot Yeshiva High School for Girls in Teaneck, where he teaches Tanach. He is an active member of both the Rabbinical Council of America (RCA) and the Rabbinical Council of Bergen County (RCBC). A native of Minneapolis, Rabbi Donath earned his B.A. in Jewish History from Yeshiva University, an M.S. in Education from the Azrieli Graduate School, and received semikhah from RIETS. Rabbi Donath and his wife Shira are the proud parents of four children. He feels deeply privileged to be connected to the Saint Louis community through Shira, and is a proud son-in-law of Alan and Bryna Kandel, with longstanding ties to the Adelman family.

Contribution categories:

Guarantor \$750+ Benefactor \$350-\$749 Sponsor \$100-\$349
Minimum donation of \$18.00 per family

Please send contributions to the address below or through our website: samfstl.com

**To obtain the Zoom link and sign in information, please send an email, after July 13, 2025, to samfstl@gmail.com*

SPONSORED BY THE SARAH ADELMAN MEMORIAL FUND

17490 Meandering Way #2104, Dallas, TX 75252
Website: samfstl.com

The Sarah Adelman Memorial Fund supports programs and initiatives to help educate the community about dealing with psychological and social issues. Needy children in the St. Louis Jewish Orthodox community, requiring counseling, are supported by the fund.

Nusach Hari B'nai Zion

SUNDAY, JULY 27, 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



*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*