



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

July 4-5, 2025

Candle Lighting 8:11 PM

Parshas Chukat

8-9 Tammuz 5785

Shabbos Concludes 9:17 PM

Sponsorship

Kiddush this week is sponsored by Craig & Jackie Berkin in memory of the yahrzeits of Jackie's father, James Pessin, Yirmiyahu Ben Shimon Yaakov z"l, mother, Mildred Drifon, Malka Bas Boruch z"l, and brother, Barry Pessin, Boruch Isah ben Yirmiyahu z"l

Shabbos Programming

Soul Building with Rabbi David 10:00 AM

Childcare 10:00 AM-11:30 AM

Torah Portions

Torah Reading Numbers 19:1-22:1	838-854
Haftorah: Judges 11:1-33	1187-1189

Prayer Times

Friday, July 4

Mincha/Maariv 7:00 PM

Candle Lighting 8:11 PM

Shabbos, July 5

Shachris/Mussaf 9:00 AM

Drasha by the Distinguished
Rabbi Bin-Nun

Mincha 7:55 PM

Shalosh Seudos and Learn after
Mincha by the Distinguished
Rabbi Bin-Nun

Shabbos Concludes 9:17 PM

Minyan Times July 6-12

	Sun July 6	Mon July 7	Tues July 8	Wed July 9	Thurs July 10	Fri July 11	Shabbos July 12
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	7:55

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

Yahrzeits Observed This Week

Fri eve July 4 - Sat July 5

9 Tammuz - Rose Rubin

9 Tammuz - Abe Cohen

Sat eve July 5- Sun July 6

10 Tammuz - Ruth Feder

10 Tammuz - Jeanette Bixhorn

10 Tammuz - Harry Umansky

Tues eve July 8 - Wed July 9

13 Tammuz - Elliot 'Sonny' Landau

13 Tammuz - Nathan M. Ferman

13 Tammuz - Harry Kaplan

Happy Birthday!

Fran Alper - July 4

Judy Levin - July 4

Stuart Morgan - July 4

Caryn Alper - July 7

Jerry Goldenberg - July 7

Linda Shore - July 7

Frieda Smason - July 7

Mateo John - July 8

Jane Lyss - July 8

Mark Ragin - July 10

Boris Yasinev - July 10

Extra Notice

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.

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

Caption Contest



Caption this picture to win one free admission to pizza night.
Send in your captions to office@nhbz.org before July 9.



THE SISTERHOOD SCOOP

JULY 5



Volume 8

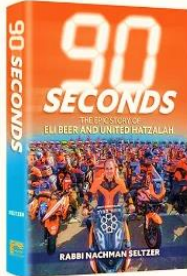
Number 26

9 Tammuz 5785

July 5, 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

This week's quote

“True freedom – *cherut* – is the ability to control oneself without having to be controlled by others, accepting voluntarily the moral restraints without which liberty becomes licence and society itself a battle-ground of warring instincts and desires.”

– Rabbi Lord Jonathan Sacks, ZL, *The Chief Rabbi's Haggadah*



Pray for Safety, Unity, and Peace for Klal Yisrael

CHUKAT: Do It Just For Me!



Rational explanations sometimes fall short.

People are different. We have different outlooks, different needs and different ways of viewing reality. And what works for me, may not be optimal for you, so rationally trying to convince you to do things “my” way can be ineffective. For example, I can explain and explain to my husband until I'm blue in the face, why he should do something “my” way, only for both of us to land at square one with each not having moved an inch towards the other's perspective.

So rather than trying to convince him, I've learned to simply ask, “Please, just do it for me.”

This won't persuade him of the merits of my way which he obviously doesn't appreciate. But he is willing to make personal sacrifices in order to prove his love to me. If doing something “for me” demonstrates how much he cares about my wants and how important I am in his life, he is willing to give it a try.

Because that isn't ‘giving in’ to ‘my’ way but is rather an opportunity for him to express the importance of our relationship— a bond that is so deep, it surpasses even personal perspectives.

The commandments of the Torah are divided into three general categories: *eidot*, testimonies; *chukim*, decrees; and *mishpatim*, laws.

Eidot are commandments that recall or testify to past significant events. Examples are Shabbat, or the holidays.

Mishpatim are commandments that are understandable; we would arguably have instituted them if G-d had not commanded. Examples are honoring our parents and giving charity, and not stealing or murdering.

Chukkim are mitzvot, like the laws of kashrut or family purity, which we accept as divine decrees, despite their incomprehensibility.

This week's Torah portion begins with the most enigmatic of these laws, “This [law of the Red Heifer] is the *chukah* of the Torah...”

“This is the *chukah* of the Torah,” (rather than “this is the *chukah* of the red heifer”) indicates that this inexplicable decree is the Torah—i.e. is a foundation for the entire Torah. Meaning, all the commandments, whether understandable or not, are expressions of G-d's Will and transcend logic, even those that are clothed within logic.

For, in truth, the reason why we keep the commandments, logical or supra-rational, (even if deep down we know it is for our benefit) is because G-d has asked us. And only through *chukim* does this truth become evident.

Doing commandments just because G-d asks demonstrates that our relationship with G-d is far deeper than our individual experiences or personal conceptions. It reveals a bond that surpasses circumstances, logic and argument.

Because it reaches down to the very core of who we are.

– Chana Weisberg, www.chabad.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





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.