



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

July 18-19, 2025

Parshas Pinchas

22-23 Tammuz 5785

Candle Lighting 8:05 PM

Shabbos Concludes 9:09 PM

Sponsorships

Kiddush this week is sponsored by Jon, Irene, and Joe Newman in loving memory of their beloved father, Yehoshua Ben Yechiel Hachohen z"l's, yahrzeit

The bulletin this week is sponsored by Sally Needle as a great big THANK YOU to Jackie Berkin, Anna Rose Tendler, and Vivian Zarkowsky for all you do for her and the shul. As well as a thank you to Tony Granillo "chauffer" par excellence.

Shabbos Programming

No Soul Building This Week

No Childcare For The Summer

Torah Portions

Torah Reading Numbers 25:10-30:1	876-898
Haftarah: Jeremiah 1:1-2:3	1192-1193

Prayer Times

Friday, July 18

Mincha/Maariv 7:00 PM

Candle Lighting 8:05 PM

Shabbos, July 19

Shachris/Mussaf 9:00 AM

**Drasha by the Distinguished
Rabbi Feigenbaum**

Mincha 7:50 PM

**Shalosh Seudos and Learn after
Mincha by the Distinguished
Rabbi Nimchinsky**

Shabbos Concludes 9:09 PM

Minyan Times July 20-26

	Sun July 20	Mon July 21	Tues July 22	Wed July 23	Thurs July 24	Fri July 25	Shabbos July 26
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	7:40

Congregation News

Yahrzeits Observed This Week

Thurs eve July 17 - Fri July 18
22 Tammuz - Eleanor Kaiser
22 Tammuz - Dorothy Routman

Fri eve July 18 - Sat July 19
23 Tammuz - Goldie Rickermann

Sun eve July 20 - Mon July 21
25 Tammuz - Mike Alper

Mon eve July 21 - Tues July 22
26 Tammuz - Rhoda Cook

Tues eve July 22 - Wed July 23
27 Tammuz - Marian Walters
27 Tammuz - Sylvia Lyss
27 Tammuz - Anne Greenberg
27 Tammuz - Libby Needle

Wed eve July 23 - Thurs July 24
28 Tammuz - Lenora Dobin
28 Tammuz - Harry Petrovsky
28 Tammuz - Joshua Chaim Newman
28 Tammuz - Leedona Miller

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.
- St. Louis Community Eruv campaign, ERUV@30 Campaign, will officially start on Monday and the website is now live:
<https://www.charidy.com/stleruv>
Please consider supporting this very important fundraiser to help rebuild from the recent storms and continuously maintain the Eruv on a regular basis.

Happy Birthday!

Brian Feit - July 19
Charlene Kass - July 20
Larry Freistein - July 23
Sandy Kahn - July 23
Craig Feenberg - July 24

Happy Anniversary!

Debbie & Brian Sher - July 20

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 3:15 PM

<https://us04web.zoom.us/j/78974795850?pwd=tw7lIOVumZ8QelPxHvApYZsox8VUem.1>



THE SISTERHOOD SCOOP

JULY 19



Volume 8

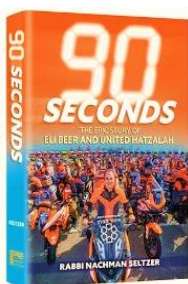
Number 28

23 Tammuz 5785

July 19, 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

PINCHAS: The Power of Consistency

Hashem said to Moshe, "Take to yourself Yehoshua son of Nun, a man in whom there is spirit, and lean your hand upon him." – (Num. 27:18)

Moshe prays to G-d to appoint a new leader over the nation and G-d appoints Yehoshua. There were plenty of people who were eligible for this position. There was Elazar, Pinchas, and the 70 elders. Why then did G-d choose Yehoshua as Moshe's successor?

If you have a pot of water on the stove and you are waiting for it to boil, but every few minutes you remove it, the water will never boil. It doesn't even matter how big the flame is, since each time it is removed and returned, the boiling process starts over from scratch. It is only the continuous process of heating which causes it to boil. The flame could be very small and it may take longer to heat up, but as long as it's consistent it will eventually begin bubbling.

The Torah says about Yehoshua: "A lad, who did not depart from within the tent" (Exodus 22:11). Already from his youth Yehoshua gave up every comfort to be in the tent of Torah. He was consistent – never removing his pot from the flame. He didn't have all those sick days and vacations. Whatever it took, he made sure that he was always there. He started out with a flame no bigger than anyone else, but it was his power of consistency that made him hotter than everyone else!

The *Korban Tamid*, the daily sacrifice, was not an expensive sacrifice, but its effects were enormous: it atoned for the sins of the Jews. The reason it managed this is because it was *tamid*, consistent: every single day it was brought without fail. It doesn't matter how big a project is; what matters is how you do it. If you're not consistent then you won't get too far. Better take something small that you can be sure to do every day, and it will then just be a matter of time before you begin bubbling!

by Rabbi Eli Scheller, www.aish.com



THE IMPORTANCE OF THE DAILY MINYAN ~ WHAT WOMEN CAN DO ~

Ladies, remember an essential foundation of our shul and our community is **prayer** – and our **daily minyan** is the optimal vehicle for prayer for our community.

To help strengthen and support our minyan, please encourage your husbands and sons to **commit to regularly attending** two, three, four or more minyanim each week. Your encouragement just may make the difference to help inspire the guys to fulfill this vital mitzvah. And, of course, you are welcome to attend too!



WE STAND WITH ISRAEL



Pray for Safety, Unity, and Peace for Klal Yisrael

Why the laws of mourning are suspended during Shabbat

Though these days and weeks heralded an exile rife with persecution and spiritual estrangement, it is believed that ultimately this is for the good. Soon, with the coming of Moshiach, we will understand that all the suffering was necessary in order to reach the ultimate good. Then these sorrowful days will be transformed into days of joy. Every Shabbat constitutes a foretaste of the Messianic Era. As such, on Shabbat we only focus on the positive element of this period and suspend our mourning. –from *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.

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

Young professionals and young families

Friends Shabbat Dinner

Fri, Aug 1, 7:30pm

Bring your friends. Meet new friends.

Full Shabbat Dinner • \$15 per adult • \$0 under 12



NHBZ, 650 N Price Rd, Olivette, MO 63132

7pm Kabbalat Shabbat

RSVP Required:

<https://tinyurl.com/mweax5hb>



THE ARI SHABBAT AUGUST 8-9, 2025

PLEASE JOIN US AS WE COMMEMORATE THE YAHRTZEIT OF
ISAAC LURIA, "THE HOLY ARI,"

FOUNDER OF MODERN KABBALAH AND AUTHOR OF "NUSACH H'ARI"

AN EVENING OF SOUL-SOARING MUSIC AND DINNER FOR THE WHOLE FAMILY!

FRIDAY NIGHT SCHEDULE

Mincha

6:15 PM

Kabbalat Shabbat led by
Rabbi Natanel Greenwald
(Welcoming the Sabbath)

Weather permitting, and as was the custom of
The Ari, we will welcome Shabbat outdoors, on
the Kaiser Terrace

Festive Shabbat Dinner
(RSVPs Required)

Following
Services
Approx. 7 PM

Costs: Adult - \$18

Children 5-12 - \$10

Children 4 & Under - Free

RSVP for the Friday Night Dinner [Here](#)

SHABBOS DAY SCHEDULE

Shacharis

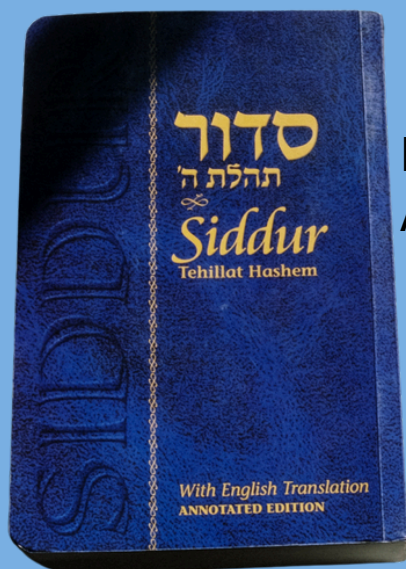
9:00 AM

Soul Building

10:00 AM

Kiddush Lunch
with Guest Speaker
Rabbi Avi Bin-Nun

Following
Services



LOCATION: 650 N. PRICE RD

ALL EVENTS ARE FREE AND OPEN TO THE PUBLIC.
PLEASE INVITE YOUR FRIENDS AND FAMILY.
HOME HOSPITALITY FOR THE WEEKEND
IS AVAILABLE.

PLEASE CONTACT OFFICE@NHBZ.ORG
WITH ANY QUESTIONS



*Nusach Hari
B'nai Zion*

PICNIC IN THE LOT

KIDS ACTIVITIES | CAR SHOW | BBQ

Gather your friends, family, and loved ones for a delightful day filled with laughter, delicious food, and the beauty of the great outdoors!

Make sure to bring your appetite as there will be hamburger (\$5) and hot dog (\$3) plates for sale and free snow cones to keep you cool in the St. Louis heat!

LOCATION: NHBZ PARKING LOT (650 N.PRICE RD)

DATE: SUNDAY, SEPTEMBER 14, 2025

TIME: 4-7PM

