



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

July 25-26, 2025
Candle Lighting 8:00 PM

Parshios Matos-Masei
Rosh Chodesh Menachem Av

29 Tammuz - 1 Av 5785
Shabbos Concludes 9:03 PM

Announcements

- Welcome to our new members Shimon and Katya, Levi, Jonah, and Moses Ohana
- Happy birthday to all of our July babies!
Please join us for an enhanced kiddush following services!

MINYAN MEN – We Need You!

Summer travels and busy work schedules are making it harder to maintain our strong minyan attendance. Your presence makes a real difference!

Please consider:

- Adding one more minyan to your weekly routine
- Joining at least one minyan if you're not already attending
- Bringing a friend to share in this important mitzvah

Your commitment helps keep our community strong. Thank you!

Torah Portions

Torah Reading Numbers 30:2-36:13	900-934
Maftir: Numbers 28:9-15	890-892
Haftorah: Jeremiah 2:4-28; 4:1-2 Isaiah 66:1, 66:23, 66:24 and then 66:23 again	1193-1194 1208-1210

Prayer Times

Friday, July 25

Mincha/Maariv 7:00 PM

Candle Lighting 8:00 PM

Shabbos, July 26

Shachris/Mussaf 9:00 AM

Drasha by the Distinguished
Rabbi Feigenbaum

Mincha 7:40 PM

Shalosh Seudos and Learn after Mincha
by the Distinguished
Rabbi Nimchinsky

Shabbos Concludes 9:03 PM

Shabbos Programming

No Soul Building This Week

No Childcare For The Summer

Minyan Times July 27 - August 2

	Sun July 27	Mon July 28	Tues July 29	Wed July 30	Thurs July 31	Fri Aug 1	Shabbos Aug 2 Erev Tisha B'Av
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	Following Kiddush approx. 1:40

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

Congregation News

Yahrzeits Observed This Week

Sat eve July 26 - Sun July 27
2 Av - Sidney Weintraub
2 Av - Adele Sandler

Sun eve July 27 - Mon July 28
3 Av - Bernard Winograd

Tues eve July 29 - Wed July 30
5 Av - Abert Goodman

Wed eve July 30 - Thurs July 31
6 Av - Sam Fiszal
6 Av - Benjamin Sandler

Happy Birthday!

Benjamin Garmaise – July 25
Asher Matt – July 28

Happy Anniversary!

Murray & Joyce Hochberg – July 28

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, 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.
- Ignite YP is launching its FIRST-EVER matching campaign this Wednesday & Thursday, July 30-31! Step Up for the Next Generation! Now's your chance to partner with Ignite to bring Torah, connection, and meaning to Jewish young professionals in St. Louis. Step up. Light the spark. Secure the future. <https://crowdspark.com/igniteyp/step-up-for-ignite>

August Kiddushim

August 2 - Winograd Kiddush with Challah Rolls
Please Plan To Stay For An Early Mincha

August 9 - Ari Shabbat Kiddush

August 16 - Fredman Lunch

August 23 - Ohana Bar Mitzvah

August 30 - Birthday Kiddush

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



THE SISTERHOOD SCOOP

Matos-Masei



JULY 26



Volume 8

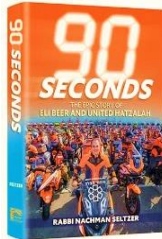
Number 29

1 Av 5785

July 26, 2025

Book Club to Discuss '90 Seconds' – this Sunday – before Pizza Night –

Everyone is welcome to join the Sisterhood Book Club discussion of **"90 Seconds: The Epic Story of Eli Beer and United Hatzalah,"** by Rabbi Nachman Seltzer.



Sunday, July 27

3:45PM @ NHBZ, lower level

Join us to learn more about the dramatic and inspirational account of the remarkable life-saving **United Hatzalah** organization in Israel and throughout the world.

Come for Book Club – stay for Pizza Night!

Don't miss NHBZ's signature "All-You-Can-Eat" Kosher Pizza Buffet and Salad Bar, 5-7pm

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

During "The Nine Days"

Our sadness intensifies as we mourn



The first nine days of Av are a time of heightened mourning as the Jewish nation mourns the calamities that befell our people during the destruction of the two Holy Temples, which happened nearly 500 years apart at the same time of year. To observe this period, we avoid haircuts, purchasing new clothing, holding or attending weddings, and enjoying music.

There are various stages within the Nine Days, and the sadness increases as we get closer to the destruction. Thus, the week of 9 Av is more stringent than the days before it. Things further intensify on the 7th of Av, the day the destroyers entered the Temple complex. And then on the afternoon before 9 Av, we begin many of the practices of the fast day itself, such as desisting from most Torah study.

– excerpted from www.chabad.org

Words from Rabbi Jonathan Sacks^{zt"l} on MATOS-MASEI

Conflict Resolution

“ One of the hardest tasks of a leader – from prime ministers to parents – is conflict resolution. Yet it is also the most vital. Where there is leadership, there is long-term cohesiveness within the group, whatever the short-term problems. Where there is a lack of leadership – where leaders lack authority, grace, generosity of spirit and the ability to respect positions other than their own – then there is divisiveness, rancor, back-biting, resentment, internal politics and a lack of trust. Leaders are people who put the interests of the group above those of any subsection of the group. They care for, and inspire others to care for, the common good. ”

Conflict Resolution (Matot, Lessons in Leadership, Covenant & Conversation)

Teachers Develop Us

“ I believe that Judaism made an extraordinarily wise decision when it made teachers its heroes and lifelong education its passion. We don't worship power or wealth. These things have their place, but not at the top of the hierarchy of values. Power forces us. Wealth induces us. But teachers develop us. They open us to the wisdom of the ages, helping us to see the world more clearly, think more deeply, argue more cogently, and decide more wisely. ”

My Teacher: In Memoriam (Matot – Masei, Finding Faith, Covenant & Conversation)

Torah is Terrestrial

“ For Judaism, G-d lives here, on earth, in human lives, interactions, and associations. The Torah is terrestrial because G-d seeks to dwell on earth. Thus, the Jewish task is to create a society with the Divine Presence in its midst. ”

The Religious Significance of Israel (Masei, Covenant & Conversation)

– from **Rabbi Lord Jonathan Sacks, zt"l**



HAPPY *Birthday*

Caryn Alper

Fran Alper

Joanna Alper

Frances Cohen

Jessica Fadem

Craig Feenberg

Brian Feit

Larry Freistein

Benjamin Garmaise

Jerry Goldenberg

Murray Hochberg

Mateo John

Sandy Kahn

Charlene Kass

Judy Levin

Jane Lyss

Asher Matt

Stuart Morgan

Ella Pernik

Mark Ragin

Irena Scheer

Linda Shore

Frieda Smason

Anna Rose Tendler

Boris Yasinev

Vivian Zarkowsky

*Please join us for kiddush on Shabbos, July 26, 2025
in honor of the July birthdays!*



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
CARDINALS GAME (POSTPONED)
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



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>

Nusach H'ari
Bnai Zion

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](#)
or contact the shul by August 5th

SHABBOS DAY SCHEDULE

Shacharis

9:00 AM

Soul Building

10:00 AM

Kiddush Lunch
with Guest Speaker
Rabbi Avi Bin-Nun

Following
Services

"All For One and One for All:
Why what Each of Us Does Matters"



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





SUNDAY, AUGUST 24, 2025

Delicious Waffle Breakfast

**COME ENJOY A
WAFFLE AND SO MUCH
MORE* ON NATIONAL
WAFFLE DAY**

Adults (13+) \$10

Kids (4-12) \$6

Kids 3 and under free

**LOCATION: 650 N. PRICE RD
TIME: 10 AM -12 PM**

**First come, first served. Open to the entire Jewish
community, so bring your friends and family.**

*Menu includes: All you can eat waffles (+ syrups and dessert toppings), pancakes, bagels, hash browns, whitefish salad, hash browns, cereal, yogurt and much more!



*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), veggie burger (\$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

