



NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

August 8-9, 2025
Candle Lighting 7:46 PM

Parshas Va'eschanan

14-15 Av 5785
Shabbos Concludes 8:46 PM

Announcements

- Please join us for the Ari Shabbat inclusive of special programming, make sure to look at the flyer for additional information.

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!

Shabbos Programming

Soul Building with Guest Speaker Rabbi Sentell
10:00 AM

No Childcare For The Summer

Torah Portions



| | |
|--|-----------|
| Torah Reading Deuteronomy 3:23-7:11 | 958-978 |
| Haftarah: Isaiah 40:1-26 | 1196-1197 |

Prayer Times

Friday, August 8

Mincha/Maariv 6:15 PM

Candle Lighting 7:46 PM

Shabbos, August 9

Shachris/Mussaf 9:00 AM

Drasha by the Distinguished
Rabbi Berkowitz

Lunch Following Services

Mincha 7:25 PM

Shalosh Seudos and Learn after Mincha
by the Distinguished
Rabbi Nimchinsky

Shabbos Concludes 8:46 PM

Minyan Times August 10-16

| | Sun Aug 10 | Mon Aug 11 | Tues Aug 12 | Wed Aug 13 | Thurs Aug 14 | Fri Aug 15 | Shabbos Aug 16 |
|-------------------|---------------|---------------|----------------|---------------|-----------------|---------------|-------------------|
| 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 | 7:15 |

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

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 with
Guest Speaker

10:00 AM

Rabbi Daniel Sentell

"Torah Laws 'They' Don't Want
You To Know"

Kiddush Lunch
with Guest Speaker

Following
Services

Rabbi Avi Bin-Nun

"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



Congregation News

Yahrzeits Observed This Week

Fri eve Aug 8 - Sat Aug 9
15 Av - Betty Pollock
15 Av - Sandra Woolf

Tues eve Aug 12 - Wed Aug 13
19 Av - Benita Brimer
19 Av - Nachum Shapiro

Sun eve Aug 10 - Mon Aug 11
17 Av - Sara Ann Morris
17 Av - Chayim Mordechai Mindel

Wed eve Aug 13 - Thurs Aug 14
20 Av - Alan Saltzman

Mon eve Aug 11- Tues Aug 12
18 Av - Shirley Kass

Happy Birthday!

Isaac Amon – August 12
Jamie Mufson – August 13
Judy Ziegelman – August 14

Happy Anniversary!

Jeff & Terri Schnitzer – August 8
Larry & Shirley Hollander – August 14

August Kiddushim

August 16 - Fredman Lunch
August 23 - Ohana Bar Mitzvah
August 30 - Birthday Kiddush

Ongoing Classes

Sundays

Rabbi Swidler's "Learning Mishna"
after Shacharis

Mondays - Not in August
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?](https://us04web.zoom.us/j/78974795850?pwd=tw7lIOVumZ8QeIPxHvApYZsox8VUem.1)
[pwd=tw7lIOVumZ8QeIPxHvApYZsox8VU](https://us04web.zoom.us/j/78974795850?pwd=tw7lIOVumZ8QeIPxHvApYZsox8VUem.1)
[em.1](https://us04web.zoom.us/j/78974795850?pwd=tw7lIOVumZ8QeIPxHvApYZsox8VUem.1)



HELP OUR SHUL & MAKE \$\$

- ☐ Do you have good communication skills?
- ☐ Do you like to talk during Services? 🗣️
- ☐ Do you prefer working remotely from home?
- ☐ Do you like flexible hours?

WE HAVE A JOB FOR YOU!

Contact **Menachem Szus** for more info:
menachem@alonsystems.com

Extra Notices

- **Coming Soon: A Campaign to Uphold Jewish Burial Traditions**
Cremation is on the rise among Jews. Yet for millennia, Jewish tradition has held that burial is a sacred mitzvah, honoring the soul and affirming our belief in its eternal journey. On August 26–27, the St. Louis Jewish Burial Foundation will launch a two-day online fundraising campaign to help ensure that the St. Louis Jewish community is educated about the importance of a traditional halachic burial — a final act of kindness reflecting dignity, and compassion.

We are a volunteer-led nonprofit committed to reversing the trend toward cremation through outreach, advertising, and speaking engagements. Our mission is simple: to preserve the timeless values of Jewish burial and make them accessible to all.

Further details to follow in the next two weeks.
- Tznius hospital gowns, with snaps up the long sleeves for iv access, and modest closure in the back are now available. Please contact Rivka Dushoff-Tobin at 314-397-3931 if you need to borrow one.
- 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.
- Rabbi Emeritus Ze'ev Smason has a new weekly inspirational message titled Spiritual Sparks. Each inspirational message, sent by email, contains ideas originating in timeless Torah sources that have guided Jews for generations, and continue to inform our search for meaning, connection and spirituality. Want to receive Spiritual Spark? Email Rabbi Smason at Spiritualsparksnewsletter@gmail.com or Pepshort613@gmail.com
- The minyan men of NHBZ have donated a new siddur for the "shaliach tzibur" / daily davener at minyan. Please consider a donation of \$18 or any amount in appreciation of Rabbi Dov Nimchinsky and Rabbi Shimmy Fried and their dedicated minyan leadership this past year.

A letter to the NHBZ Congregation

To my Dear Friends at NHBZ,

As my time serving NHBZ comes to an end, I would like to share with you a few thoughts and feelings. It has been a real pleasure to serve as the Rabbi of the weekday morning minyan and on occasion deliver the Shabbos morning drasha. I am grateful for having had the opportunity to daven and study Torah together, and I cherish the relationships that I have developed with many of you. The friendly banter, the camaraderie and Howard's coffee make the minyan a warm place to come, even on the coldest of mornings.

Each day after davening I had the opportunity to share a brief thought. We focused on understanding the words of davening, as well as the fundamental concepts of prayer and Judaism in general. We also discussed concepts in the parsha and upcoming Jewish holidays. For me, it was a year of growth, and I hope it was for you as well.

To some it may seem that the daily minyan is an ancient ritual which is not contributing much to society. However, when one puts on his "spiritual glasses," he will see NHBZ as the power plant of Olivette. A power plant of blessings, fueling the power lines of St. Louis, the Jewish People, and the world at large. By coming together each morning in prayer we connect to the true Source of goodness – Hashem. And it is through turning to Him in prayer that we access all the blessings that He desires to shower upon us. In addition, coming together as a community to connect to Hashem helps us focus on the fact that we are a part of something bigger than ourselves, the Chosen People – the Jewish nation.

I will end with my humble blessing. I wish my friend Rabbi Rubin much success in building on the shul's glorious past and I hope to see a bright future for the entire NHBZ family.

Warmest Wishes,
Shimmy Fried





THE SISTERHOOD SCOOP

AUGUST 9



Volume 8

Number 31

15 Av 5785

August 9, 2025

Book Club News

Thank you to all who continue to participate in NHBZ's Sisterhood Book Club and volunteer to lead the discussions, suggest book titles, and host our book club group at your home.

We look forward to our next book ***The Whisper Sister***, by Jennifer S. Brown, a coming-of-age novel set in the Lower East Side of New York during the ruthless years of Prohibition (1920-1933).



The discussion will be **Monday, Sept. 15 at 7:15-8:45 pm**. Location TBA

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

“The Holy Temple was destroyed because of pointless hatred, it will only be rebuilt because of pointless love.”

— the Lubavitcher Rebbe

Rabbi Isaac Luria ♦ The Ari

known as **the ARI** or the **ARIZaL**. In addition to meaning “lion,” ARI is an acronym for “*Eloki* (“G-dly”) Rabbi Yitzchak”; ZaL is an acronym for *zichrono liverachah*, “[may] his memory [be] for blessing.” Also referred to as ARI *Hakadosh*, “the holy ARI” or ARIZaL Hachai, “the living ARIZaL,” he is the source of our shul’s *nusach*. In Safad he studied briefly under the master Kabbalist, Rabbi Moshe of Cordovero, known as the RaMaK. The Jews there performed a special service to welcome the Sabbath. The Friday night service can be traced to The Ari and his students of Safad. The Lecha Dodi hymn was composed by Rabbi Shlomo Alkabetz, who lived in Safed at the same time as the ARI. Every week, the ARI and his students would leave the city, and, facing the setting sun, they recited the Psalms that have since become standard in nearly every synagogue around the world.

— excerpted from www.chabad.org

VA'ESCHANAN: Listen to Shema's Inner Message

Often, in conversation, one person will ask, “Do you hear what I’m saying?” This actually means, “Have my words been heard and understood?”... Truly hearing another means being fully present...

So indispensable is the sense of hearing that Jewish law rules that one who is responsible for another’s deafness is obligated to compensate him for the complete value of his life. It’s as if he robbed another of all his faculties. By contrast, if someone is found guilty of causing another to become blind, Jewish law states that he must compensate him for the loss of his eye only, reflecting the prominence with which the Torah regards the sense of hearing.

Spiritual Hearing -- Va’etchanan includes the first paragraph of Judaism’s main affirmation of belief: the Shema. The word *shema* means “hear.” The Shema is a Divine call to the soul to perceive G-d’s oneness. A Jew is to be fully engaged two times daily when reciting this expression of faith. It’s an opportunity to connect with G-d and to build a stronger relationship with Him. When reciting the *shema*, we “hear” in order to deeply understand and integrate the meaning of the words. This daily integration is spiritually and mentally rejuvenating. It’s the antidote to an attitude of same old, same old, dullness.

The Connection of the Shema and the 10 Commandments -- When the Torah was given at Mount Sinai, all of Israel proclaimed in unison: “We will do (*na’aseh*) and we will hear (*venishema*).” At Sinai, the giving of the Ten Commandments was accompanied by both natural and metaphysical phenomena. The Torah describes that “all the people **saw the sounds** of the thunder and the lightning.” Rashi explains that the people actually saw that which was usually heard.

The last Hebrew letter of the word *shema* is an *ayin*, which means “eye.” Perhaps in this context the word *shema* can be understood to integrate both hearing and seeing into one expansive dimension. It connects us to the heightened consciousness that we experienced witnessing the revelation of the Torah at Sinai. The juxtaposition of the Shema following the 10 Commandments in this Torah reading suggests an inner connection.

Two Larger Letters: ‘Ayin’ and ‘Dalet’ -- Sometimes, a letter in the Torah will be written larger or smaller than normal. This anomaly is to call our attention to a deeper underlying idea or teaching. In the Shema, both the *ayin* in the word *shema* (“hear”) and the *dalet* in the word *echaD* (“one”) are enlarged. These two letters spell the Hebrew word *eid*, which means “witness.” This is the only occurrence within the entire Torah where two enlarged letters appear in a single verse.

From this, we learn that the mission of the Jewish people is to be a holy nation, as the prophet Isaiah stated, “You are my witnessess.” Our mission began with Abraham and will continue into the future as the world fully recognizes the one true reality.

Furthermore, when those letters (*ayin* and *dalet*) are reversed, they spell the word *da*, which means “know.” The Shema merges faith with knowledge. These eternally relevant words have empowered the Jewish people in every generation to have their faith become so strong that we know it...

— **Katia Bolotin**, 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
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





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, scrambled eggs, lox, cereal, yogurt and much more!



EXCITING NEW
ADDITION!
A FOAM PARTY
FUN FOR ALL AGES

*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

