



# NHBZ Weekly News

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

August 29–30, 2025  
Candle Lighting 7:17 PM

**Parshas Shoftim**

5–6 Elul 5785  
Shabbos Concludes 8:15 PM

## Announcements

Mazel tov to grandparents Michelle & Ephraim Mufson, and great-grandmother Shirley Bluestein on the birth of a baby boy born to Emma and Roman Peysakhovich. There will be a shalom zachor at 1008 Laval Drive after dinner on Friday night.

The bulletin this week is sponsored by:

- Bruce Waxman in honor of Faith's special birthday
- Marcie, Alan, Nathan and Eliana Brook in honor of the yahrzeit of Marcie's father, Dan Rudman, Dovid ben Dov Ber z"l

Please join us for Kiddush following services to celebrate our August babies. The cake and ice cream are sponsored by Rachael Pevnick in honor of Debbie Sher's birthday.

## Shabbos Programming

Soul Building with Rabbi David 10:00 AM

Childcare  
10:00–11:30 AM

## Torah Portions

Torah Reading Deuteronomy 16:18–21:9	1024–1044
Haftorah: Isaiah 51:12–52:12	1199–1200

## Prayer Times

**Friday, August 29**

Mincha/Maariv 7:00 PM

Candle Lighting 7:17 PM

**Shabbos, August 30**

Shachris/Mussaf 9:00 AM

Latest Shema Time 9:45 AM

Mincha 6:55 PM

Shalosh Seudos and Learn  
after Mincha

Shabbos Concludes 8:15 PM

## Weekday Schedule

Shacharis (Sun) 8:00 AM

Shacharis (Mon–Fri) 7:00 AM

Mincha/Maariv (Sun–Thurs) 5:50 PM

## Yahrzeits Observed This Week

Fri eve Aug 29 – Sat Aug 30  
6 Elul – Frances Katz  
6 Elul – Annie Mendelson

Sun eve Aug 31 – Mon Sept 1  
8 Elul – Joe Nissenbaum

Wed eve Sept 3 – Thurs Sept 4  
11 Elul – Abram Dobin  
11 Elul – Dan Rudman

Sat eve Aug 30 – Sun Aug 31  
7 Elul – Harry Barash

Mon eve Sept 1 – Tues Sept 2  
9 Elul – Maya Malka Goren

## Happy Birthday!

Norma Rubin – September 1  
Sanford Cohen – September 2  
Michelle Goldstein – September 2  
Howard Sandler – September 3  
Faith Waxman – September 3  
Rabbi Rubin – September 4  
Meira Ganel – September 4  
Miriam Tzadok – September 4

## Upcoming Events

September 6 – Synaplex  
September 7 – Szus sponsored Breakfast  
September 13 – Reisler sponsored Kiddush  
September 22-24 – Rosh Hashana

**The Holidays are Coming...The Holidays are Coming...The Holidays are Coming...**

**A Good and Sweet Year**  
Shana Tova Umetukah



NHBZ's High Holiday Newsletter is coming soon. Watch for your newsletter & these **deadlines**:

- Submit your Sisterhood New Year Greeting by **September 5**
- Submit names for Yizkor Book by **September 5**
- Reserve your HH seat by **September 8**
- Order lulav & esrog by **September 15**
- Begin your Holiday Preparations **NOW!**

## 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"  
7:15 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=tw7lIOVumZ8QeIPxHvApYZsox8VU  
em.1](https://us04web.zoom.us/j/78974795850?pwd=tw7lIOVumZ8QeIPxHvApYZsox8VUem.1)

## August Tributes

**In Memory of:**  
**Estelle Bleich**  
Cindy Slumpsky & Sharon Smith

**Refuah Shelaima:**  
**Peggy Umansky**  
Joni & Bob Kaiser  
Feigenbaum/Pepose Family

**Mazel tov:**  
**Jennifer & Bryson Hartranft** on their new home  
Susan Frank

**Jackie & Craig Berkin** on the engagement of their grandson  
Joni & Bob Kaiser

**Thank You:**  
**Rachael Pevnick** for sponsoring birthday treats for her birthday  
Debbie Sher

**Happy Birthday from**  
**Feigenbaum/Pepose Family:**  
Bobby Levine  
David Rubin  
Nancy Rush  
Marcie Brook  
Leonid Vladimirov

**Happy Anniversary from**  
**Feigenbaum/Pepose Family:**  
Margo & Reuven Tzadok  
Bob and Sandy Abrams  
Ari and Lila Belasen  
Alan and Janet Haber  
David and Norma Rubin  
Ephraim and Michelle Mufson

**Happy Birthday from**  
**Judy Levin:**  
Murray Hochberg  
Caryn Alper  
Fran Alper  
Joanne Alper  
Brian Feit  
Mateo John  
Sandy Kahn  
Charlene Kass  
Asher Matt  
Mark Ragin  
Frieda Smason  
Anna Rose Tendler  
Boris Yasinev  
Vivian Zarkowsky

**Happy Anniversary from**  
**Judy Levin:**  
Murray & Joyce Hochberg



# THE SISTERHOOD SCOOP

## AUGUST 30



Volume 8

Number 34

6 Elul 5785

August 30, 2025

Sisterhood wishes **HAPPY BIRTHDAY** to those celebrating birthdays in **AUGUST!**

### Book Club News

The next book selection for NHBZ's Sisterhood Book Club is ***The Whisper Sister***, by Jennifer Brown. It's 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, September 15** at 7:15-8:45 PM.

**Sallie Volatzky** will host the group and **Myra Radinsky** will lead the discussion.

To **RSVP**, get directions, or more information, contact **Fran Alper** at: [fran.alper@outlook.com](mailto:fran.alper@outlook.com) or [sisterhood@nhbz.org](mailto:sisterhood@nhbz.org). Or contact Sallie Volatzky

### Learning and Leadership

“Though few of us are destined to be Kings, Presidents or Prime Ministers, there is a general principle at stake. Leaders learn. They read. They study. They take time to familiarise themselves with the world of ideas.

Only thus do they gain the perspective to be able to see further and clearer than others.

To be a Jewish leader means spending time to study both *Torah* and *chochmah*: *chochmah* to understand the world as it is, *Torah* to understand the world as it ought to be. Leaders should never stop learning. That is how they grow and teach others to grow with them.”

– Rabbi Lord Jonathan Sacks, ZT”L,  
Learning and Leadership (Shoftim, Lessons in Leadership,  
Covenant & Conversation)

### Do I Need to Be Perfect in Order to Repent?

Does G-d expect me to be perfect? It sure seems that way. Throughout life, 24/7, we are expected to do good and avoid evil, be righteous and not be wicked. No excuses!

What if we make a mistake? What if we get lazy and self-indulgent for a moment, a minute or a month? Well then we need to “get perfect” in order to fix it.

The chassidic master Rabbi Zusia of Anipoli explains that the very word *teshuvah*, spelled תשובה (commonly translated as “repentance,” but literally meaning “return”) alludes to a sequential pattern that achieves a proper return and repairs broken relationships. Each of the five Hebrew letters of the word alludes to another step in the *teshuvah* process.

The first letter, the *tav* (ת), alludes to a verse which begins with a *tav*: *Tamim tiyeh im Hashem Elokecha* (“Be *tamim* with the L-rd, your G-d”). *Tamim* commonly translates as “perfect” or “whole.” We have seen the word *tamim* before: Noah is described as *tamim*, Abraham is commanded to be *tamim*, and all offerings brought in the Temple must be *tamim*.

Simply put—you want to fix what you broke? The first step is to get *tamim*. Makes sense to me. If a student wants his tardiness overlooked, the teacher will demand consistent punctuality: “Don’t just tell me how remorseful you are and what you have resolved to do. Demonstrate excellent behavior, be there consistently before the bell rings, and then I’ll erase your failure.”

Here’s a different angle, however, thanks to Rashi, the primary biblical commentator. He explains that the word *tamim* in this verse has a different meaning than the *tamim* used in other areas of the Torah. Replace “complete” with “wholehearted,” “trusting” or “accepting.” The context of this verse is the prohibition against employing witchcraft or necromancy in an effort to know the future, in the hope of allaying the fear of the unknown. There is debate whether these machinations have any value, yet the core compulsion to pursue these avenues is the desire to be in control, to get tomorrow’s news today so that I can feel secure.

And G-d asks us to simply trust Him. Be *tamim*. Don’t go looking elsewhere for security and peace of mind. Instead, calmly welcome whatever He brings our way, confident that it is for our personal good. Show your love for G-d by wholeheartedly accepting Him.

When I hold back love, trust and commitment “just in case,” I damage the ability to forge a “perfect” relationship, with G-d, my spouse, sibling or friend. When I say that I accept you unconditionally, I am here to stay, committed without reservation, *tamim*, despite my propensity to mess up, that is a foundation—the first letter—of return/repentance/repair. I’m here and I accept all that you bring, without an eye towards greener grass.

Once we get that clear, even before our behaviors have been repaired, we have returned. We have started *teshuvah*.

– Rabbi Baruch Epstein, [www.chabad.org](http://www.chabad.org)



***The Holidays are Coming...***

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**2025 ☆ 5786**

**Rosh Chodesh Elul is August 25**

**Erev Rosh Hashanah is September 22**

**Erev Yom Kippur is October 1**

## **High Holiday Seating**

Rosh Hashanah is just around the corner! All full members of NHBZ are entitled to request a reserved seat for the High Holidays, to come and go as much as needed.

If you had a reserved seat last year and are happy with it, you are good to go! If you were not entirely happy with your seat last year (too noisy? too cold? too close to the front?) you can request a change! If you are a new member and you want a reserved seat, we can help you pick one to your liking. Please contact Lenny Alper at [lenny.alper@outlook.com](mailto:lenny.alper@outlook.com) to review your seating options or contact Devorah at [office@nhbz.org](mailto:office@nhbz.org). **Deadline to reserve seats: Mon., September 8.**

## **Yizkor Book of Remembrance**

Watch your mail for information about this year's Yizkor Book. As in the past, we will request a \$10 donation for each name listed (or group, such as "and family") in the published Book of Remembrance, and an additional \$36 donation for each name read aloud during Yizkor.

The Book of Remembrance is used on Yizkor throughout the year for Yom Kippur, Shemini Atzeres, Pesach, and Shavuot. **Deadline to submit Yizkor names: Friday, September 5.**

## **Sisterhood's New Year Greetings Fundraiser**

Everyone is invited to participate in Sisterhood's annual New Year Greetings fundraiser to wish "***L'Shana Tova Tikatevu***" to everyone in our NHBZ family! Simply send your donation (\$10 minimum / NO max) to NHBZ Sisterhood and **your name** will be published in the 5785 Rosh Hashanah Bulletin! Proceeds benefit NHBZ's Passport to Israel Program and other NHBZ Sisterhood projects. **Deadline to submit your name and donation: Friday, September 5.**

## **Lulav & Esrog Sets**

It is also time to place your orders for Lulav & Esrog sets. Please email your orders to Devorah at [office@nhbz.org](mailto:office@nhbz.org), or call 314-991-2100, ext. 2. Be sure to leave your name, call back phone number, and your order. **New lower prices for 2025!**

- Basic Lulav & Esrog set \$50
- Standard Lulav & Esrog set \$65
- Deluxe Lulav & Esrog set \$75
- Premium Lulav & Esrog set \$90

All orders must be received and paid for on or before **Monday, September 15, 2025.**

***Begin your Holiday Preparations NOW!***

**RESERVED**

## High Holiday Seating



***It is now mid-Summer, and Rosh Hashanah is just around the corner!***

One of the benefits of Full Membership at NHBZ is having the option to reserve a seat for Rosh Hashanah and Yom Kippur. We offer reserved seats to **Full Members** so that they can be sure to sit with friends and family and can come and go throughout services while being confident that they can return to the same seat. *To guarantee a reserved seat, please make sure that your dues are paid or that you have a payment plan in place.*

As a full member, you may choose a specific seat to reserve, or, if you prefer, you may sit in any unreserved seat. There are enough seats to ensure that all Full Members have a seat.

***~ Seats will be reserved only upon request ~***

- If you had a reserved seat last year, and want the same seat, you need do nothing
- **If** you had a reserved seat last year, and want a different seat or no seat this year,  
OR
- **If** you did *not* have a reserved seat last year, but want one this year,  
OR
- **If** you are a **new Full Member** and want a reserved seat for this year,  
OR
- **If** you were not a logic major and are confused by the above....

**then**, please contact Lenny Alper at [lenny.alper@outlook.com](mailto:lenny.alper@outlook.com) or Devorah Yasinev at [office@nhbz.org](mailto:office@nhbz.org) **by 5:00 pm Friday, September 8** and we can help you **reserve the same seat as last, or pick a new seat** to your liking. Your seat will be marked as reserved. If you do not want a reserved seat, you do not need to contact us, and you may sit in any seat ***that is not marked as reserved.***

***If you want a reserved seat, you must contact us  
by 5:00 pm Friday, September 8***



Dear Friends,

Each year before Yom Kippur, **NHBZ** offers two ways to memorialize your loved ones throughout the year. You can list their names in the **Book of Remembrance (Yizkor Book)** that we publish each year, and you can add their names to the **List of Names Read Aloud** during the recitation of the Yizkor prayer, or both.

We are starting to work on the Book of Remembrance now and ask that you send us your requests by **Sunday, September 5**, in one of three ways:

1. Call Devorah in the office at 991-2100 Ext. 2
2. Send email to [office@nhbz.org](mailto:office@nhbz.org), with all relevant information listed below
3. Complete the form below and send it to NHBZ, 650 N. Price Rd, 63132

We request a \$10 donation for each name listed (or group, such as "and family") in the **Book of Remembrance**, and an additional \$36 donation for each **Name Read Aloud** during Yizkor. The Book of Remembrance is used throughout the year on Yom Kippur, Shemini Atzeres, Pesach and Shavuot, after which you may take one home.

You can donate in one of three ways:

1. Mail a check to the office
2. Go to [www.nhbz.org/support-nhbz/](http://www.nhbz.org/support-nhbz/) to pay online
3. Call the office to transfer money from your account

If you are reading this in email, and you want to review the names listed last year, we have attached the memorial pages from the 2024 **Book of Remembrance** to this email.

## **2025 / 5786 NHBZ Book of Remembrance & List of Names Read Aloud**

Your Name \_\_\_\_\_

### **1. NAMES FOR 2025 YIZKOR BOOK OF REMEMBRANCE ~ \$ 10.00 per name**

I will donate \$\_\_\_\_\_ to have the following names inscribed in the 2025 **BOOK OF REMEMBRANCE** to be used for Yizkor Services.

To list the **SAME NAMES AS LAST YEAR**, check here \_\_\_\_\_

**Names for 2025 Book of Remembrance** (add additional names on back)

1. _____	4. _____
2. _____	5. _____
3. _____	6. _____

### **2. NAMES TO BE READ ALOUD DURING YIZKOR SERVICE ~ \$36.00 per name**

I will donate \$\_\_\_\_\_ to have the following names **READ ALOUD** during Yizkor Services.

To read the **SAME NAMES AS LAST YEAR**, check here \_\_\_\_\_

**Names to be Read Aloud during Yizkor** (add additional names on back)

1. _____	4. _____
2. _____	5. _____
3. _____	6. _____



# New Year Greetings

## fundraiser

The **NHBZ Sisterhood** wishes you  
Health, Happiness & Prosperity in the New Year...

**...and invites you to wish *L'Shana Tova Tikatevu*  
to everyone in our NHBZ family!**

Make your check payable to **NHBZ** – write 'Sisterhood Greeting' on the  
memo line – suggested minimum donation is \$10 per name – no maximum!

**Your name will be published in the 5786 Rosh Hashanah Bulletin**

Send your contribution, along with the form below, **by September 5** to:

NHBZ Sisterhood  
650 North Price Road  
St. Louis, MO 63132

or you may email your greeting information directly to [bookkeeper@nhbz.org](mailto:bookkeeper@nhbz.org)  
or visit the website [www.nhbz.org](http://www.nhbz.org) to make a payment

FOR QUESTIONS, CALL THE NHBZ OFFICE, 314-991-2100, EXT.3, OR EMAIL: [sisterhood@nhbz.org](mailto:sisterhood@nhbz.org)

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### NHBZ SISTERHOOD NEW YEAR GREETING ~ FOR ROSH HASHANAH 5786 BULLETIN

Name \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Amount enclosed \$ \_\_\_\_\_ [suggested minimum donation is \$10 per name – no maximum!]

Please list my name as follows:

\_\_\_\_\_

Proceeds benefit NHBZ's Passport to Israel Program and other NHBZ Sisterhood projects

*Wishing you a Good and Sweet Year!*

