



# NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America



**December 26-27, 2025**  
**Candle Lighting 4:28 PM**

**Parshas Vayigash**  
Genesis 44:18-47:27

**6-7 Teves 5786**  
**Shabbos Concludes 5:32 PM**

## Announcement

The bulletin this week is sponsored by:

- Denny and Amy Feit in memory of Denny's grandmother, Faiga Feit, Faiga bat Shraiga Shaul z"l, and Amy's mother, Elaine Abramson, Chana Elka bat Hyman z"l
- Irwin and Arlene Fredman in memory of Irwin's father, Avery Leon Fredman, Avraham Leib ben Dovid HaCohen z"l

- Please join us for kiddush following services to celebrate the November & December birthdays!

## Yahrzeits Observed This Week

Dec 26 - 6 Tevet      Dec 30 - 10 Tevet

Elaine Abramson      Marcia Berkin  
Leo Bressler

Dec 27 - 7 Tevet

Sylvia Fredman      Dec 31 - 11 Tevet  
Murray Frumkin      Dave Rubin  
Becky Nathan

Dec 28 - 8 Tevet

Avery Fredman      Jan 1 - 12 Tevet  
Gertrude Hulbert      Eduardo Tayah  
Faiga Feit

Dec 29 - 9 Tevet

Morris Levin  
Carol Abrams

## Happy Birthday!

December 26  
Richard Goldstein  
Ben Winograd  
Melanie Rush

December 31  
Louis Goldman  
Dennis Yasinev  
Eli Szus

December 29  
Daniella Yasinev

## Happy Anniversary!

December 26  
Howard & Phyllis Loiterstein

December 27  
Craig & Jackie Berkin

## Upcoming Events

January 10 - Tot Shabbos  
January 17 - David & Norma Rubin Kiddush  
January 24 - Installation Lunch  
January 31 - Birthday Kiddush

## Prayer Times

### Friday, December 26

Mincha/Maariv      4:25 PM  
Candle Lighting      4:28 PM

### Shabbos, December 27

Shacharis/Mussaf      9:00 AM  
Latest Shema Time      9:40 AM  
Mincha      4:10 PM  
Shalosh Seudos      After  
and Learn      Mincha  
Shabbos Concludes      5:32 PM

### Weekday Schedule

Shacharis      8:00 AM  
(Sun & Thurs)  
Shacharis      7:00 AM  
(Mon, Wed & Fri)  
Mincha (Sun-Fri)      4:30 PM

### Fast Day - Asara B'Teves Tuesday, December 30

Fast Begins      5:53 AM  
Shacharis      6:45 AM  
Mincha      4:20 PM  
Fast Concludes      5:22 PM

## Shabbos Programming

Soul Building with Rabbi David  
10:00 AM

Childcare  
10:00-11:30 AM

## Shul Contact Information

phone: 314-991-2100  
Devorah - Office Administrator  
email: office@nhbz.org

Rabbi Rubin:  
rabbirubin@nhbz.org

Hindy - Bookkeeper  
bookkeeper@nhbz.org

## Tributes- December

### In Memory of:

#### Jacquelyn Smason

Jeffery, Irena, Nava & Nathan Scheer  
Irwin & Arlene Fredman

#### Phyllis Silverman

Eliot & Sally Katz  
Don & Julie Eisenberg  
Bonnie David & Nikki Goldstein  
Feigenbaum/Pepose Family  
Irwin & Arlene Fredman

#### Norman Liss

Eliot & Sally Katz  
Jesse & Debbie Barash  
Fran Hoffman  
Teree Farbstein  
Feigenbaum/Pepose Family  
Irwin & Arlene Fredman

#### Sharon Caster

Myra & Stephen Radinsky  
Joni & Bob Kaiser  
Teree Farbstein

#### Refuah Shelaima:

David Rubin  
Irwin & Arlene Fredman

### Happy Birthday:

#### Gail Rose

Eliot & Sally Katz

#### Peggy Umansky

Leslie Gitel  
Feigenbaum/Pepose Family

#### Rhonnie Goldfader

Leslie Gitel

#### Faye Cohen

Feigenbaum/Pepose Family

### Mazel Tov to Umanskys on a daughter/granddaughter:

Phyllis & Howard Loiterstein

### Mazel Tov Ezra Cohen on his Bar Mitzvah:

Feigenbaum/Pepose Family

## 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"  
6:45 PM Downstairs

### Thursdays

Rabbi Hess's Arud-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=tw7lOVumZ8QelPxHvApYZsox8VUem.1>

## Thank You!

Thank you to all those who planned, volunteered, and joined our events this month, we can't wait to see what the future holds!



## Community Announcements

- **Save the Date:** The St. Louis Jewish Community Blood Drive will be at Congregation Young Israel on Sunday, January 11, 2026 from 10 AM – 4 PM. Please come and participate in this life saving chessed.
- The Jewish Federation of St. Louis One Happy Camper program is now accepting applications for Summer 2026. One Happy Camper grants range from \$700-\$1,000 for first time overnight campers. Campers must be enrolled in a session that is at least 12 consecutive days at one of the 150+ nonprofit Jewish overnight camps listed on the Foundation for Jewish Camp website. Families are encouraged to apply as soon as possible at [OneHappyCamper.org](http://OneHappyCamper.org).



# HAPPY *Birthday*

<i>Sandie Abrams</i>	<i>Evan Garmaise</i>	<i>Marilyn Liss</i>	<i>Eli Szus</i>
<i>Erol Amon</i>	<i>David Gellman</i>	<i>Marvin Lerner</i>	<i>Menachem Szus</i>
<i>Jeff Baker</i>	<i>Leslie Gitel</i>	<i>Jack Loiterstein</i>	<i>Jay Umansky</i>
<i>Ethan Belau</i>	<i>Rhonnie Goldfader</i>	<i>Gavriel Matt</i>	<i>Peggy Umansky</i>
<i>Rabbi Borow</i>	<i>Louis Goldman</i>	<i>Joey Mufson</i>	<i>Ben Winograd</i>
<i>Kenny Bressler</i>	<i>Maxwell Goldman</i>	<i>Sydney Mufson</i>	<i>Melanie Winograd</i>
<i>Alan Brook</i>	<i>David Goldmeier</i>	<i>David Porter</i>	<i>Alex Yasinev</i>
<i>Rayna Cherwitz</i>	<i>Yosef Granillo</i>	<i>Gail Rose</i>	<i>Daniella Yasinev</i>
<i>Erza Cohen</i>	<i>Sandy Greenberg</i>	<i>Atara Rubin</i>	<i>Dennis Yasinev</i>
<i>Faye Cohen</i>	<i>Shirley Hollander</i>	<i>Eitan Rubin</i>	
<i>Tobie Dobin</i>	<i>Michael Kass</i>	<i>Melanie Rush</i>	
<i>Debbie Finland</i>	<i>Sandy Klarfeld</i>	<i>Gary Sudin</i>	

*Please join us for kiddush on Shabbos, December 27, 2025  
in honor of the November & December birthdays!*





# THE SISTERHOOD SCOOP

# DECEMBER 27



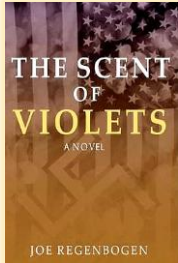
Volume 8

Number 49

7 Teves 5786

December 27, 2025

## Next Book Club is January 25



The next Book Club Meeting will be on **Sunday, January 25, 3:30-5:00 PM**, at NHBZ, lower level, just before the January Pizza Night. The book is ***The Scent of Violets***, a novel by St. Louis author Joe Regenbogen. ***Come and meet the author himself*** as he expounds on his themes of redemption and forgiveness. For help in finding a copy of the book or for more info: contact: Fran Alper at [fran.alper@outlook.com](mailto:fran.alper@outlook.com) or [sisterhood@nhbz.org](mailto:sisterhood@nhbz.org)  
**COME FOR BOOK CLUB—STAY FOR PIZZA!**

## SANCTIFICATION OF THE MOON

Once a month, as the moon waxes in the sky, we recite a special blessing called *Kiddush Levanah*, "the sanctification of the moon," praising the Creator for His wondrous work we call astronomy. *Kiddush Levanah* is recited after nightfall, usually on Saturday night. The blessing is concluded with songs and dancing, because our nation is likened to the moon—as it waxes and wanes, so have we throughout history. When we say this blessing, we renew our trust that very soon, the light of G-d's presence will fill all the earth and our people will be redeemed from exile. — [www.chabad.com](http://www.chabad.com)

DAILY THOUGHT

## SHARING LIGHT

When you share material things, you have less than when you started.

When you share a flame, you lose nothing at all.

When you share wisdom, understanding, knowledge, kindness, courage, and beauty, you only gain – and everyone else also gains.

— [www.chabad.org](http://www.chabad.org)



## VAYIGASH: A Long-Lost Reunion With a Lasting Message

Nowadays, many of us feel a need to "zone out" or "anesthetize" ourselves from the pressures of life. We'll retreat to social media or any other mind-deadening activity to escape from feeling "too much" reality.

We've gotten pretty good at numbing our emotions, but do we ever consider what makes us passionate? What gets our blood pumping? What excites us and arouses our emotions? And, most importantly, how do we channel those deep feelings into positive action?

This week's parshah, Vayigash, describes the heart-wrenching reunion between Jacob and his beloved son, Joseph. For 22 agonizing years, they had been separated, with Jacob fearing the worst. What will happen at their first meeting?

Joseph's emotional response is expected; he falls on his father's neck and weeps (Gen 46:29). Jacob's reaction, however, is unusual. He does not embrace or kiss Joseph. Instead, he recites the Shema prayer (Rashi, *ibid*).

Why did Jacob choose this profoundly passionate, heartfelt moment to occupy himself with prayer?

The Chassidic Masters explain: Jacob knew that never in his life would his love be aroused as it was at that moment. So he chose to utilize this tremendous welling of emotion to serve His Creator, channeling it to fuel his love for G-d.

Imagine how many tears Jacob shed during those long, anguished years. Finally, he is reunited with a child who was torn from him during his tender teen years. As Jacob's heart spills over with an overabundance of love and gratitude, he chooses to channel those feelings into prayer.

As a parent, I often wonder, when do our children see us express our passion? In what situations do they see us express great joy or grief?

Do our children see our regret over the huge sale we missed or the expensive dish that broke, or do they see us exult over the kindness that they just exhibited? Do they witness our weighted pressures over financial matters, or do they see our eagerness and delight in helping another? What messages are we giving them about what is truly important to us?

And, in our happiest (or saddest) moments, how do we channel our most deep-felt emotions? Do we use our moments of intense happiness to give thanks and appreciation to our Creator? Do we use our successes and good fortune to remember the plight of others?

As he descends to Egypt, Jacob enters his final chapter of life. He will now prepare his children for their destiny of becoming the nation worthy of receiving the Torah, with the ultimate goal of transforming our world into G-d's intended home.

Through his reaction at this most passionate moment of his life, Jacob imparts an essential message for us during our own life journeys, throughout our long exile.

He teaches us to ask: What makes us passionate, and how can we direct our greatest passions in the most positive ways?

— by **Chana Weisberg**, [www.chabad.org](http://www.chabad.org)



## Giving & Dedication



Giving & Dedication Opportunities to Nusach Hari B'nai Zion provides you with an opportunity to fulfill the important mitzvah of contributing tzedakah (charity). We offer many ways to say Mazel Tov to relatives and friends in honor of simchas celebrated, or to remember loved ones by making a dedication in their memories.

### ***Contributions & Dedications for Building & Campus***

- Small Stained-Glass Window - \$10,000
- Large Stained-Glass Window - \$25,000
- Yahrtzeit Board Header - \$6,000
- Main Bimah (Spiritual Dedication) - \$150,000
- Main Aron Kodesh (Spiritual Dedication) - \$150,000
- Sanctuary or Auditorium Window - \$18,000
- Dedication of Building – Please call office
- Campus Dedication – Please call office

This is a sample of available opportunities.  
For extra information, please call our office, 314-991-2100, ext. 2.

### ***Inscribed Bricks/Pavers & Plantings***

\$250.00 for 4"x8" inscribed Brick/Paver; \$500.00 for 8"x8" inscribed Brick/Paver

### ***Tree of Life – In the Alper Lobby***

\$360.00 per Brass leave inscribed, in memory or in honor of a special person(s) or occasion.

### ***Cast Iron Memorial Plaques – In the Feigenbaum-Pepose Learning Center***

\$360.00 Bronze Plaque - name in raised lettering. Molay is recited on each yahrtzeit.

### ***Kaddish***

Important mitzvos to be observed in memory of relatives or dear friends.  
\$360.00 Kaddish recited daily for eleven months after the passing of the individual.  
\$360.00 Kaddish recited each yahrtzeit in perpetuity.

### ***Book Funds – Dedications Inscribed***

- \$60.00 Nusach Hari Daily Siddur
- \$75.00 Artsroll – Stone Edition Chumash
- \$60.00 Rosh Hashana & Yom Kippur Machzorim

### ***Shabbos Bulletin Sponsorship***

\$54 includes your specified dedication listed in the NHBZ Weekly News  
Call or email the Shul office, 314-991-2100, ext. 2 or [office@nhbz.org](mailto:office@nhbz.org)

### ***Tributes – Honor Simchas, Wishes for Good Health, Condolences***

Call or email the Shul office, 314-991-2100, ext. 2 or [office@nhbz.org](mailto:office@nhbz.org)  
\$10 donation per card; \$25 pack of 5 cards. We have "In memory...", "In honor ...", Speedy Recovery, and Rose Ragin Chesed Fund\* cards. (\*Sold only in packs of 5)

### ***Kiddush Sponsorship – Defrays Costs of Shabbos & Yom Tov Kiddushim***

Please call our office for menu selections and pricing, 314-991-2100, ext. 2.

***NOTE: The above prices, effective January, 2025, are subject to change.***



# Keshet

CONNECTING GENERATIONS

## Mother Daughter Program

SUNDAY MORNINGS | 10:30 - 11:45 AM

FOR GIRLS: KINDERGARTEN - 5<sup>TH</sup> GRADE

WITH KESHER KREW FOR GRADES 6<sup>TH</sup>-8<sup>TH</sup>

### Bitachon

**JANUARY 4<sup>TH</sup>**

וְאֶחָבְתִי אֶתְכֶם, אָמַר ה'  
Hashem loves me-  
It's a reality

**JANUARY 11<sup>TH</sup>**

כִּי הִטָּה אָזְנוֹ לִי  
Hashem cares about  
me, individually.

**FEBRUARY 1<sup>ST</sup>**

כֻּלְיָכֵל  
We all know,  
Hashem is Kol Yachol.  
(The Ultimate Power)

**FEBRUARY 8<sup>TH</sup>**

הוּא ה' יְדַעַת בְּלֵה  
Hashem knows me to  
the T!

**Location: Nusach Hari B'nai Zion, 650 N. Price Road, Olivette, MO 63132**

**Committee: Elisheva Anton, Shana Bersin, Tzirel Biron, Riki Gutovich, Temima Klein, Elissa Schachter**

A PROGRAM OF  
ST. LOUIS  
COMMUNITY  
**Kollel**

BE PART OF  
SOMETHING  
**BIGGER**



## St. Louis Jewish Community Blood Drive

Sunday, January 11

10:00 AM - 4:00 PM

Young Israel of St. Louis

8101 Delmar Blvd

To schedule an appt, scan QR code,  
or call ImpactLife at 800.747.5401

Every donation earns rewards!  
Choose from a  
\$20 e-gift card, points to shop  
our Rewards Store, or  
donate e-gift card to your  
favorite nonprofit for all  
successful donations!



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