



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

January 23-24, 2026

Parshas Bo

5-6 Shevat 5786

Candle Lighting 4:55 PM

Exodus 10:1-13:16

Shabbos Concludes 5:57 PM

Announcement

- The bulletin this week is sponsored by Irwin & Arlene Fredman in honor of their birthdays, Arlene on January 25th & Irwin on January 30th.
- Due to the weather the Board Installation and Lunch & Bow-tie fundraiser will be postponed until further notice.
- Mazel tov to Rabbi Chaim Edelstein on his publication of "Darchei Noam" a commentary on the 613 mitzvos.
- Next Shabbos, January 31st, we have the honor of having our Rabbi Emeritus, Rabbi Smason, as our pulpit Rabbi.
- We are transitioning to emailing Yahrzeit notices, if you do not have an email with us, please contact the office ASAP. **Everyone will be receiving a year's worth of their yahrzeit list in the mail and then will get an email 2 weeks prior and it may end up in your spam/junk at first.** Additionally, if you want to make sure that your yahrzeit list is up to date please be in contact as well.
- Rabbi Rubin teaches a class at Partners in Torah on Monday Nights from 8-9 pm. The topic is on the Rambam (Maimonides), Foundations of the Torah, anyone who is interested is welcome to partake.

Prayer Times

Friday, January 23

Mincha/Maariv 4:55 PM

Candle Lighting 4:55 PM

Shabbos, January 24

Shacharis/Mussaf 9:00 AM

Latest Shema Time 9:43 AM

Mincha 4:35 PM

Shalosh Seudos After
and Learn Mincha

Shabbos Concludes 5:57 PM

Weekday Schedule

Shacharis (Sun) 8:00 AM

Shacharis (Mon-Fri) 7:00 AM

Mincha (Sun-Fri) 5:00 PM

Yahrzeits Observed This Week

Jan 23 - 5 Shevat

Jeanette Rubin
Ely Langfeld
Stephen Stillerman

Jan 28 -10 Shevat

Abe Ehrlich
Bernard Hulbert
Louis Haber

Jan 26 - 8 Shevat

Martin Feit

Jan 29 - 11 Shevat

Jacob Levin

Jan 27 - 9 Shevat

Margaret Adelstein
Evelyn Roth

Shabbos Programming

Soul Building

Not this week due to weather

Childcare

Not this week due to weather

Shul Contact Information

phone: 314-991-2100

Devorah- Office Administrator
email: office@nhbz.org

***Out of the Office until January 26,
please email only***

Rabbi Rubin:
rabbirubin@nhbz.org
***Out of the Office until Second
Week in February***

Hindy- Bookkeeper
bookkeeper@nhbz.org

Happy Birthday!

Ram Volotzky January 24
Sara Garmaise January 25
Arlene Fredman January 25
Jack Loiterstein January 28
Phyllis Loiterstein January 28
Sally Katz January 29
Terri Schnitzer January 29

Upcoming Events

January 25 – Book Club **by the Author!**
January 25 – Pizza Night
January 31 – January Birthday Kiddush
February 13 – Family Shabbos Dinner
February 14 – Atara Rubin Kiddush
February 15 – Israel Film Night

Community Events

- 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.
- Keshet – a mother daughter program. Sunday mornings 10:30 – 11:45 am – February 1st & 8th, for girls Kindergarten – 5th grade.
- Batya presents: Bloom and Rise; a ladies Tu B'Shvat celebration benefiting United Hatzalah. Featuring Mandylicious and Psychotrauma Medic, Hadas Rucham. Sunday, February 1st. See flyer for details. Sign up here <https://batyastl.com/events/bloom-rise>
- The Yearly Tznius Swap will be Sunday, February 1st. Drop-off your new or gently used tznius clothes Tuesday, Jan 20 and Tuesday, Jan 27 8 AM–8 PM at the Nitsun's: 820 Saxony Ct. 63130, or Motzei Shabbos Jan 31 8–10 PM at Torah Prep Girls' School. (signature required affirming clothing as having been recently examined will be available). See flyer for more details.
- Orthodox Community Day of Advocacy – February 3
Rabbi Ze'ev Smason will be hosting the Third Annual Orthodox Community Mission to the Missouri State Capitol on Tuesday, February 3, 2026. This Day of Advocacy gives members of the Orthodox community the opportunity to meet with Missouri legislators and present traditional Jewish values on issues such as antisemitism, marriage & family, and the sanctity of life.
Time: 9:30 AM–1:30 PM | Location: Missouri State Capitol, Jefferson City
For details or to participate, contact Rabbi Smason zsmason@cjvalues.org
- St. Louis Kaplan Feldman Holocaust Museum will be hosting their semi-annual volunteer Orientation coming up on Sunday, February 15, 2026, from 9am–2pm. This Orientation is for anyone who wishes to volunteer at the Museum in their visitor services area, leading tours, in the Impact Lab, in their archives department, and more!
- Taharath Israel, the St. Louis Mikvah Association, in conjunction with the St. Louis Kollel presents a 3 part halachic, hashkafic and practical Shovavim series for women given by Mrs. Mimi David.
Wednesdays, January 28, February 11, and February 18
8:15–9:15 PM. At the home of Shanna Klein, 8308 Amherst Ave.
\$20 suggested donation for the series

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 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

Mazel Tov & Thank You to the new NHBZ Board of Directors!

JANUARY 24



Volume 9

Number 04

6 Shevat 5786

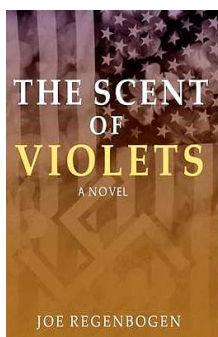
January 24, 2026

Book Club Meets Sunday January 25, 3:30-5:00pm

Come for Book Club—Stay for Pizza

MEET THE AUTHOR *Joe Regenbogen*

The book this month is *The Scent of Violets* written by former Parkway High School history teacher and author of several books, including *Making a Difference*, about NHBZ member and Israel Advocate *Irl Solomon* and his remarkable career teaching in East St. Louis Public Schools.



Mr. Regenbogen will discuss his latest book, *The Scent of Violets*, that explores the themes of redemption and forgiveness, and will lead the discussion on **Sunday afternoon, January 25, 3:30-5:00PM, at NHBZ**, lower level, just before NHBZ's January Pizza Night.

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

Men & women – all are welcome!

Sheitels, Snoods, Tichels, Hats, Scarves, Shpitzels...

Too complicated?

You are welcome to pick up a doily in the lobby to wear while in shul!

It is appreciated that men and married women cover their head/hair when in the sanctuary. Feel free to take a head covering as a gift from NHBZ.



“There is a fundamental difference between living with the past and living in the past. Judaism is a religion of memory. We remember the exodus annually, even daily. But we do so for the sake of the future, not the past.” – *Rabbi Jonathan Sacks, ZTL*

Letting Go (Bo, Covenant & Conversation)

Bo: Why Is Passover on a Full Moon?

Question: Is there a link between the stars and the timing of Passover? I have noticed that the Seder always coincides with the full moon. What is the significance of all this?

Answer:

There is indeed deep astrological significance to the date of Passover. We celebrate the festival of freedom on the 15th of the Jewish month of Nissan, the night the Israelites were freed from Egypt. This is the full moon of the month of Aries, the ram.

The Egyptians worshipped the ram as a god. Aries is the leader of the star signs, the first and most powerful, and the Egyptians saw themselves as the leaders of the world, receiving their strength and fortitude from their god, the ram.

So the strongest time for the Egyptians would have been the month of Aries, when their god is ascendant, and the strongest day of that month would be its full moon.

Egyptian power would reach its zenith on the 15th of Nissan, and that is exactly when the Israelites left Egypt. Aries was rendered impotent at its very moment of strength.

But there's more. The Israelites ate a festive meal on the night before the exodus, and the main course was lamb roasted on a spit. They were openly eating the Egyptian deity—the ram—in front of the Egyptians, under the full moon of the strongest month, and they got away with it.

The message is unmistakable. The world is not run by capricious forces and amoral star signs. There is a G-d who rules heaven and earth, who cares for the innocent and exacts justice upon the corrupt. To the stars, our actions make no difference. To G-d, our actions matter tremendously. The zodiac demands nothing from us. G-d, however, demands we live a life of goodness.

The Israelites themselves didn't always get this message. After the Exodus, some in the Israelite camp suggested that while the ram of Egypt (Aries) had indeed been trumped, it was not G-d's doing, rather the next star sign, Taurus the bull, who had beaten Aries. And so they built the Golden Calf—an idol honoring Taurus. It's tempting to fall back on idolatrous beliefs because they relieve us of responsibility. But they also rob us of our freedom.

Passover celebrates not only the Israelites' freedom from Egyptian slavery, but also freedom from being bound by destiny. Our lives are not subject to the impersonal forces of the zodiac. We are free to rise above the limitations of fate and conquer our birth signs. Your fortunes may predict one course for your life, but you are free to create another. This idea was brought home on the night of the full moon of Aries.

– adapted from *Rabbi Aron Moss*, www.chabad.org



Jewish War Veterans Heritage Post 644

12 Millstone Campus Drive
St. Louis, MO 63146

www.jwvstl.org

Jewish War Veterans Heritage Post 644 of St. Louis is pleased to announce the \$1,000 Ted and Rachael Pevnick Family Scholarship and the \$1,000 Chuck Sandroff Scholarship Awards.

Both scholarships are applicable to either vocational or academic education.

Eligibility

- a. Current Students
 - i. Graduating high school senior applying to college or vocational training, or
 - ii. Current college (undergraduate) or vocational student with at least one (1) semester remaining after award date of May 24, 2026, or
- b. Military
 - i. Currently serving military service member pursuing academic or technical training outside of the military (Active Duty, National Guard or Reserves), or
 - ii. Military veteran separated with honorable discharge applying to college or vocational training or meeting the eligibility requirement for current undergraduate/vocational students.
- c. Applicant has no prior technical certificate, bachelors, or advanced degrees

Applications will be reviewed by Committee members of the Post 644. The application deadline is **April 17, 2026**, with the award being presented on May 24, 2026 during our Memorial Day observance at the Millstone Campus in Creve Coeur, Missouri.

Application process:

- Applicant must be of Jewish faith
- Applicant has a connection to the Greater St. Louis region (at least one of the following three options applies)
 - Grew up in the Greater St. Louis region
 - Parent's live in the Greater St. Louis region
 - Attended high school or is attending college or vocational school in the Greater St. Louis region
- Write an essay (Word or PDF preferred) to include:
 - How your sense of patriotism and being Jewish in the United States affects you and how the Veteran in your family influenced your life.
 - Volunteer service in school or community.
 - Name of school the applicant will be or is currently attending
 - Contact information

Submit Applications to:

contact@jwvstl.org



PIZZA NIGHT MENU

Sunday, January 25, 2026
5-7 PM

ADULTS: \$15
KIDS AGES 3-12: \$8
KIDS UNDER 3: FREE

PIZZA



PASTA

SALAD BAR



FRIES

CHOLOV YISROEL CHEESE; PAREVE AND GLUTEN FREE CRUSTS UPON REQUEST. ALL FOOD IS CERTIFIED UNDER THE SUPERVISION OF RABBI RUBIN



office@nhbz.org



314-991-2100



NHBZ.ORG



650 North Price Rd. St.
Louis, MO 63132



Camp Stone

מוֹשְׁבַת סֵטוֹן



MEET THE DIRECTOR

St. Louis

January 27, 2026 at 7:30 PM

At the home of Jennifer & Sandy Cohen

11 Bon Price Lane

St. Louis, MO 63132

Current and prospective camp families, parents and children are all welcome!

For additional information,
email randi@campstone.org.

Camp Stone Directors
Yakov & Estee Fleischmann



Shovavim Series

FOR WOMEN

GIVEN BY: MRS. MIMI DAVID

A three part halachic, hashkafic, and practical Shovavim series

PART 1

Wednesday evening,
January 28

MIKVAH MYTHS,
MISTAKES, AND
MISCONCEPTIONS

PART 2

Wednesday evening,
February 11

ADDING EMOTIONS
TO THE MOTIONS
A HASHKAFIC JOURNEY

PART 3

Wednesday evening,
February 18

REALITY VS.
UNMET
EXPECTATIONS

8:15-9:15 PM

At the home of Shanna Klein
8308 Amherst Ave

LIGHT REFRESHMENTS WILL BE SERVED

\$20 SUGGESTED DONATION FOR THE SERIES

PRESENTED IN CONJUNCTION
WITH THE ST. LOUIS KOLLEL



2025

TZNIUS FASHION SWAP

Sunday,
Feb 1, 2026

Torah Prep
Girls' School
8136 Groby Rd.

10:30am - 2pm
and 7-9pm

Submission Form

All clothing being donated by me was **recently** examined and found to be in excellent condition.

Name _____

Cell# _____

Signature _____

Drop Off Times

U. CITY

Nitsun's

820 Saxony Ct., 63130

TUESDAYS

1/20 & 1/27 | 8am - 8pm

CHESTERFIELD

Looking for a drop-off location. Please reach out if you are interested or want more information.

Torah Prep Girls' School

MOTZEI SHABBOS | 1/31

8pm - 10pm

Bring only new or gently used, tznius clothes.

YOU MUST TURN IN THE ATTACHED FORM WITH DROPOFF.

Please sort clothes into separate bags or boxes and label:

L- Ladies | YG- Young Girls | TG- Teen Girls

B- Boys to Sz. 10 | I- Infants through Toddlers

Women & young women volunteers needed.

Get first choice of all items!

To volunteer or for questions, contact:

Aliza Trevino: 414-630-3605 or

Pnina Nitsun: 314-721-7951

pninanitsun@gmail.com

BLOOM & RISE

Join us
for a Ladies Tu B'shvat Celebration

*Benefiting United Hatzalah
Featuring Mandylicious
& Psychotrauma Medic,
Hadas Rucham*

*Sunday, February 1st
Doors Open 6:45 PM
The Gallery @ The District
\$54 pp*

We will roll up our sleeves,
bake babka, and give back



a community for
jewish women



FRIENDS OF
UNITED HATZALAH

Event Sponsors



OLAMI ST. LOUIS

Nishmah



PLEASE JOIN US FOR A

FAMILY SHABBAT DINNER

FEBRUARY 13, 2026
MINCHA 5:20 PM
DINNER APPROX. 6:15 PM

\$25 per Adult
\$15 per Children ages 5-12
Children under 5 are Free
\$100 Max per Family

RSVP Required by Monday February 9, 2026

<https://forms.gle/mokdX5VBe6eUqa8WA>

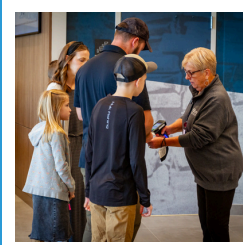
office@nhbz.org

314-991-2100



ST. LOUIS
KAPLAN FELDMAN
HOLOCAUST MUSEUM
In honor of the survivors and the memory of the victims

VOLUNTEER ORIENTATION



FEBRUARY 15 | 9 AM - 2PM

As a Museum Volunteer, you will:

- ✓ Meet new friends
- ✓ Join a vibrant community
- ✓ Add to your resume
- ✓ Learn about Holocaust history
- ✓ Learn about archives
- ✓ Gain museum experience
- ✓ Improve sales skills
- ✓ Gain speaking skills



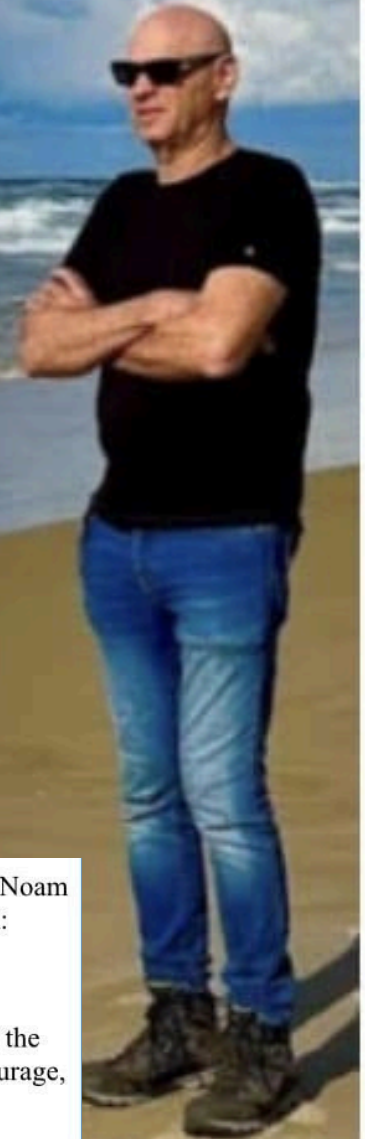
NHBZ and St. Louis Friends of Israel
Present



THE ROAD BETWEEN US

THE ULTIMATE
RESCUE

A BARRY AVRICH FILM



This award-winning 2025 documentary follows retired Israeli general Noam Tibon, who on October 7, 2023, received a desperate text from his son: terrorists had stormed his home, and he, his wife, and their two young daughters feared for their lives.

A gripping story of an extraordinary rescue and an unflinching look at the failures and resilience revealed on October 7. A human story about courage, family, and the power of love in the face of unimaginable terror.

Brief film discussion to follow. Security provided. Open to the community.
R rated film, duration 90 minutes. Refreshments provided.



Sunday, February 15, 2026 6:30-8:30PM @ NHBZ
RSVP by Feb 12th to office@nhbz.org