



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

January 16-17, 2026
Candle Lighting 4:47 PM

Parshas Va'eira
Exodus 6:2-9:35

27-28 Teves 5786
Shabbos Concludes 5:50 PM



Announcement

- The bulletin this week is sponsored by Howard & Phyllis Loiterstein in honor of Bruce Waxman becoming president of NHBZ.
- David & Norma Rubin are sponsoring lunch this week as a Thank You to Hashem, and to all their good friends at NHBZ who continually checked up on them during David's recovery from surgery and showed such concern for their welfare. They feel this is the true meaning of "community." They are grateful to be a part of such a beautiful community as NHBZ.
- 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 16

Mincha/Maariv 4:45 PM
Candle Lighting 4:47 PM

Shabbos, January 17

Shacharis/Mussaf 9:00 AM
Latest Shema Time 9:44 AM
Shiur with Rabbi Rubin During Lunch
Mincha 4:30 PM
Shalosh Seudos and Learn After Mincha
Shabbos Concludes 5:50 PM

Weekday Schedule

Shacharis (Sun) 8:00 AM
Shacharis (Mon) 6:45 AM
Rosh Chodesh Shevat
Shacharis (Tues-Fri) 7:00 AM
Mincha (Sun-Fri) 4:50 PM

Shabbos Programming

Soul Building with Rabbi Greenwald
"Hakaras Hatov (Recognizing the Good):
The Most Important Trait to Live a Happy &
Productive Life"
10:00 AM

Childcare
10:00-11:30 AM

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

Hindy- Bookkeeper
bookkeeper@nhbz.org

Yahrzeits Observed This Week

Jan 16 - 27 Tevet
Janet Goldenberg
Aleksander Boyko

Jan 20 - 2 Shevat
Marion Abitz

Jan 17 - 28 Tevet
Rachel Solomon Ferman
Samuel Gelb

Jan 21 - 3 Shevat
Max Nissenbaum
Manuel Tullman

Jan 18 - 29 Tevet
Frances Horwitz
Sydelle Harris
Isadore Beitchman
Hyman Orlovick
Sandra Cohen

Happy Birthday!

January 20
Burt Weiss

January 21
Lenny Alper
Scott Gitel

January 22
Rachael Pevnick

Upcoming Events

- January 20 – General Parlor Meeting
(7:30 PM)
- January 24 – Board of Directors
Installation **Lunch**
- 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

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!

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=tw7lOVumZ8QelPxBvApYZsox8VUem.1](https://us04web.zoom.us/j/78974795850?pwd=tw7lOVumZ8QelPxBvApYZsox8VUem.1)



THE SISTERHOOD SCOOP

JANUARY 17



Volume 9

Number 03

28 Teves 5786

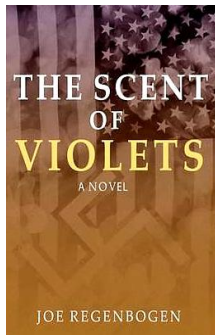
January 17, 2026

NHBZ SISTERHOOD BOOK CLUB NEWS

**Come for Book Club...
... Stay for Pizza – Jan. 25**

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 the January Pizza Night.

For help in finding a copy of the book, or for more information, contact: *Fran Alper* at fran.alper@outlook.com or sisterhood@nhbz.org

See you at NHBZ's All-You-Can-Eat-Kosher-Pizza Night with Buffet Salad Bar following the discussion! **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.

VAERA: Your Attention Please

I truly believe that everything I observe, every person I encounter and in every situation in which I find myself, there is a lesson to be learned and a purpose to be discovered.

Every moment contains a message, and to walk blindly through life untouched by one's surroundings would be to squander one's time; the equivalent to a lifetime spent turning over every page in the library without reading or understanding a single word.

I also believe that the Jewish people have an historical mission. For me, the purpose of existence, G-d's ambition and compulsion to create, is for us to reveal the concealed G-dliness implicit in creation and render the world a stage for Him to headline on.

From this, admittedly biased, Judeo-centric perspective, the shards and shades of world events take on a distinctively tribe-tinted hue. Every politician is judged by his attitude to Israel; every editorial is scanned for instances of latent or blatant anti-Semitism, and the vagaries of modern life are weighed on the scales of "is it good or bad for the Jews?"

We'll read this week of the plagues inflicted on the Egyptians in the effort to persuade them to "Let my people go" Fine, I'm sure the "Shock and Awe" campaign (to use contemporary terminology) was certainly persuasive and absolutely guaranteed to impose the requisite knowledge and fear of G-d on all the Egyptians. This, however, was not the main purpose of the plagues. Rather, it was "So that you [the Jews] will tell your children ... and you will know that I am G-d."

G-d went to the trouble of punishing the Egyptians so that the Jews would learn a lesson? Reminds me of the old joke about the suburban Jewish mother who, on first day of school, is explaining to the teacher how her pampered darling is never to be subjected to corporal punishment, as the trauma might inflict long term damage to his delicate psyche. "If my bubele is naughty, pick up the kid at the next desk and spank him, and I promise you, my son will get the message." G-d spanked the Egyptians so that those few Jews not yet persuaded would get the message!

If we're so important; if the deeds and creeds of every single Jew make such a difference to G-d that He's prepared to cause such cataclysmic changes just to get our attention, imagine how every action we do has the capacity to affect the world.

If one has the ability to influence self or other to adopt a new observance or undertake a mitzvah—do it. It matters and will make a world of difference.

– by *Rabbi Elisha Greenbaum*, www.chabad.org

**Nobody likes hospital gowns
that don't quite close in back**



Now you have a choice - borrow a tznius hospital gown! These gowns are designed to keep you covered while still allowing hospital staff access for IVs, epidural, etc.

Sizes from Small to XXL.

\$5 donation requested, and a deposit. You can choose to launder, or have the gown cleaned after returning.

Gowns can be sent to Chesterfield.

**Call Rivka Dushoff-Tobin
to borrow a gown
314-397-3931**

*With thanks to HaKadosh Baruch Hu
and donors who have made this Gemach possible*



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

CHOLEV 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

מוֹשֶׁבֶת 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

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



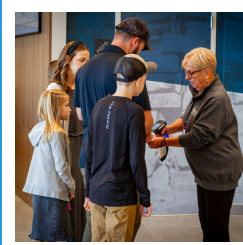
OLAMI ST. LOUIS

Nishmah



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



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