



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

January 30-31, 2026
Candle Lighting 5:03 PM

Parshas Beshalach
Exodus 13:17-17:16

12-13 Shevat 5786
Shabbos Concludes 6:04 PM

Announcement

In honor of their birthdays:

- The ice cream floats are sponsored by Irwin & Arlene Fredman
- The salad bar is sponsored by Rachael Pevnick
- We have the honor of having our Rabbi Emeritus, Rabbi Smason, as our pulpit Rabbi this shabbos
- Please join us for the January birthday kiddush this shabbos
- Please be advised that Rabbi Rubin is out of town until the second week of February

Yahrzeits Observed This Week

Jan 30 - 12 Shevat

Dorothy Motchan

Kurt Kahn

Feb 2 - 15 Shevat

Ben Fredman

Rose Ragin

Jan 31 - 13 Shevat

Abe Pollock

Feb 3 - 16 Shevat

Ivan Miller

Feb 1 - 14 Shevat

Norman Appelman

Leonard Hulbert

Feb 4 - 17 Shevat

Edward Barry Ellis

Feb 5 - 18 Shevat

Barney Schucart

Sean Tolpen

Happy Birthday!

January 30

Irwin Fredman

February 4

Kerry Klarfeld

Paul Kleiman

Rabbi Ze'ev Smason

January 31

Andy Berg

February 5

Jennifer Cohen

Galina Dega

Jeffrey Schnitzer

February 2

Shana Katz

Happy Anniversary!

January 31

Jason & Nicole Loiterstein

Prayer Times

Friday, January 30

Mincha/Maariv 5:00 PM

Candle Lighting 5:03 PM

Shabbos, January 31

Shacharis/Mussaf 9:00 AM

Latest Shema Time 9:41 AM

Drasha by

Rabbi Smason

Mincha 4:45 PM

Shalosh Seudos After
and Learn Mincha

Shabbos Concludes 6:04 PM

Weekday Schedule

Shacharis (Sun) 8:00 AM

Shacharis (Mon-Fri) 7:00 AM

Mincha (Sun-Fri) 5:10 PM

Shabbos Programming

Soul Building with Rabbi Travis

"Grabbing the Technique of Our Forefathers"

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

***Out of the Office until Second
Week in February***

Hindy- Bookkeeper

bookkeeper@nhbz.org

Upcoming Events

- February 13 – Family Shabbos Dinner
- February 14 – Atara Rubin Kiddush
- February 15 – Israel Film Night
- February 19 – Soup & Salad Thursday
- February 21 – Tot Shabbos
- February 28 – February & March Birthday 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.
- 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
- Bikur Cholim Cook-a-Thon!
As many are aware, local hospitals have limited or no kosher food options. While Agudath Israel of Missouri and the Vaad Hoer are working together on a long-term solution, Bikur Cholim is organizing a cook-a-thon to prepare and package Va'ad-certified kosher meals for Jewish patients in St. Louis hospitals. We are looking for volunteers to help cook and package meals. Menus, recipes, and ingredients will be provided.
Feb. 3 – at Nusach Hari – 7-10PM
Feb. 8 – at U. City Shul – 3-6 PM
Click below to sign up or sponsor a meal!
<https://forms.gle/7116s6Y7gnCvAqDM7>

January Tributes

In Memory of:

Jacquelyn Smason
Bob and Joni Kaiser

Norman Liss
Bob & Joni Kaiser

Drew Patchin
Sharon Smith

Happy Birthday:

Rachael Pevnick
Eliot & Sally Katz

Mazel Tov:

Peggy & Jay Umansky Granddaughter
Bob and Joni Kaiser

Ezra Cohen's Bar Mitzvah
Sandy Greenberg

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=tw7l1OVumZ8QelPvHvApYZsox8VUem.1>



HAPPY
Birthday

*Lenny Alper
Andy Berg
Arlene Fredman
Irwin Fredman
Sara Garmaise
Scott Gitel
Stan Goldfader
Naftali Kadosh
Sally Katz
Nancy Lisker
Jack Loiterstein*

*Phyllis Loiterstein
Heidi Mufson
Jay Pepose
Rachael Peunick
Stephen Radinsky
Terri Schnitzer
Rise Schnurman
Mark Seigel
Norman Shore
Ram Volotzky
Burt Weiss*

*Please join us for kiddush on Shabbos, January 31, 2026
in honor of the January birthdays!*





THE SISTERHOOD SCOOP

Happy January Birthdays !

JANUARY 31



Volume 9

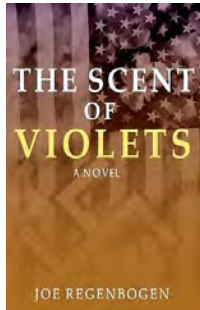
Number 05

13 Shevat 5786

January 31, 2026

New Book Club Date Sunday—March 29—3:30pm

Due to the snow, the January 25 Book Club discussion was postponed until March 29. The book 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 Iri 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, March 29, 3:30-5:00PM, at NHBZ, lower level, just before NHBZ's January Pizza Night.

MEET THE AUTHOR *Joe Regenbogen* Come for Book Club—Stay for Pizza

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

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

Too complicated?

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



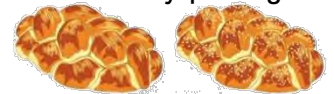
It is appreciated that men and married women cover their head/hair when in the sanctuary. Feel free to take a head covering as a gift from NHBZ.



Tu B'Shevat (15th of Shevat— Monday, February 2) marks the beginning of a "New Year for Trees," the season in which the earliest-blooming trees in the Land of Israel emerge from their winter sleep and begin a new fruit-bearing cycle.

BESHALACH: Two Loaves of Manna

Every Shabbat table boasts a goblet of wine and two loaves of bread — *challah*. Why do we have *two* loaves? Our Parshah teaches that, in the desert, G-d gave our ancestors a daily portion of manna. On Friday He gave them two portions, one for Friday and the other for Shabbat. We mark this miracle by placing two loaves of bread on our Shabbat table.



Three Unique Qualities of the Manna

- Everyone came home with the standard measurement of Manna regardless of how much or little he gathered in the field.
- All Manna that was left uneaten by sundown would spoil.
- There was, however, one exception: the portion left over after sundown, on Friday. That remained fresh to be eaten on Shabbat.

Three Lessons

Everything in Torah carries a moral lesson that is eternal. Eternal lessons are as relevant today as they were on the day that they were written. What is the relevant moral lesson to be derived from the Manna's three qualities?

- Our lot is determined in heaven, and we all receive our share. Working overtime will not increase our allotment, and working under-time will not decrease it either.
- All money not utilized by the end of our lifetime — by "sundown" — will go to waste, because we cannot take it along.
- There is, however, one exception: money that is saved for the Shabbat meal — i.e., used for the purpose of a Mitzvah. That money will never go to waste — and will earn its owner eternal reward in the World to Come.

— *Rabbi Lazer Gurkow*, www.chabad.org

EXISTENCE IS GREATER THAN ANY MIRACLE THERE IS NO REASON ANYTHING SHOULD EXIST AT ALL

At every moment, in each thing, a miracle occurs far transcendent of even the splitting of the Red Sea: Existence is renewed out of the void, and a natural order is sustained where there should be chaos.

Indeed, it is not the miracle that is wondrous, but the natural order. Does anyone have a good reason why gravity should behave today the way it behaved yesterday? Does anyone have a good reason why there should be anything at all? — from the wisdom of the Lubavitcher Rebbe, zt"l,

Rabbi Tzvi Freeman



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



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





Kesher

CONNECTING GENERATIONS

Mother Daughter Program

SUNDAY MORNINGS | 10:30 - 11:45 AM

FOR GIRLS: KINDERGARTEN - 5TH GRADE

WITH KESHER KREW FOR GRADES 6TH-8TH

Bitachon

JANUARY 4TH

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

JANUARY 11TH

כִּי הָשָׂה אֶזְנוֹ לִי
Hashem cares about
me, individually.

FEBRUARY 1ST

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

FEBRUARY 8TH

הוּא ה' יֹדְעַת כָּל־
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

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

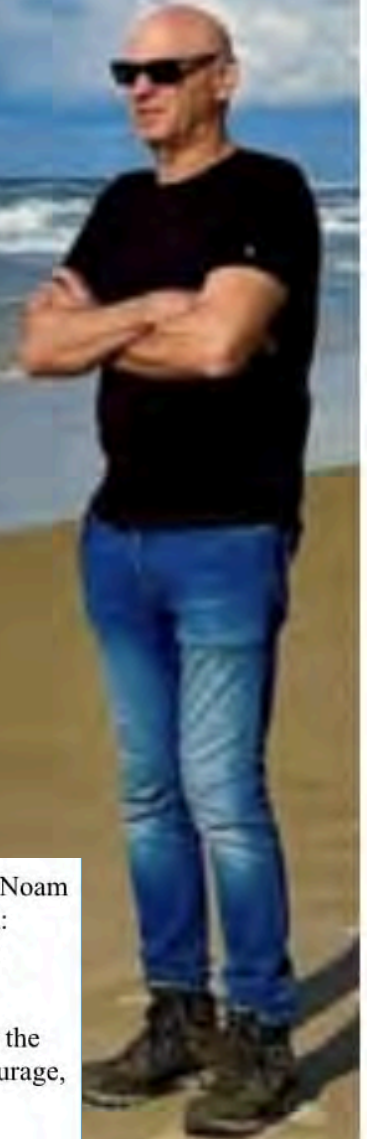
A BARRY AVRICH FILM



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