



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America



February 6-7, 2026
Candle Lighting 5:11 PM

Parshas Yisro
Exodus 18:1-20:23

19-20 Shevat 5786
Shabbos Concludes 6:12 PM

Announcement

The bulletin this week is sponsored by Sally Needle in honor of the yahrzeit of her father, Harry Needle, Aryeh ben Eliyahu z"l

- Mazel tov Rachael Pevnick on the birth of a great grandson!
- Mazel tov Yaakov & Meira David, son of Rabbi Yosef & Mrs. Mimi David, on their recent marriage!
- We have the honor of having Rabbi Yaakov Berkowitz as our pulpit Rabbi this Shabbos
- Save the date: February 15 there will be a movie showing of "The Road Between Us" please be advised that this movie is rated R due to graphic images and violence it is not intended for children. The event is free and there will be light refreshments provided. After the movie Galit Lev Harir will be leading a discussion, we hope you will attend. Please see the flyer for full details.
- Tomchei Shabbos is a kosher food pantry that currently helps about 50 Jewish families in our community. If you would like to donate some items to this wonderful organization, you could bring non-perishable, non-expired **Kosher** food to NHBZ (salad dressing, cereal, condiments, peanut butter, pasta. etc). They are also in need of toothbrushes, toothpaste, toilet paper, paper towels, zip lock bags, foil. There is a container at NHBZ for your convenience. **Please, do not bring donations on Shabbat** but next time you come for minyan, for a class, or event, your donation will be greatly appreciated. You can also donate on their website tomcheistl.org If you have any questions, please feel free to contact the office



Yahrzeits Observed This Week

<u>Feb 8 - 21 Shevat</u> Judy Goldman Eliezar Tullman	<u>Feb 11 - 24 Shevat</u> JoAnn Raskas Beckie Diamond
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<u>Feb 10 -23 Shevat</u> Harry Needle	<u>Feb 12 - 25 Shevat</u> Jack Pevnick
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Prayer Times

Friday, February 6

Mincha/Maariv	5:10 PM
Candle Lighting	5:11 PM

Shabbos, February 7

Shacharis/Mussaf	9:00 AM
Latest Shema Time	9:38 AM
Drasha by Rabbi Berkowitz	
Mincha	4:50 PM
Shalosh Seudos and Learn	After Mincha
Shabbos Concludes	6:12 PM

Weekday Schedule

Shacharis (Sun)	8:00 AM
Shacharis (Mon-Fri)	7:00 AM
Mincha (Sun-Fri)	5:15 PM

Shabbos Programming

Soul Building with Rabbi Daniel Sentell
"Another Piece of Kugel-Does the Torah Require a Healthy Lifestyle?"

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

Happy Birthday!

February 6
Catherine Morgan

February 8
Nathan Garmaise
Sheryl Levine

February 9
Sally Amon

February 9
Marsha Feenberg
Chani Smason

February 11
Scott McCary
Stella Vladimirov

February 12
Amanda Fredman

Happy Anniversary!

February 6
Rabbi Chaim & Devorah Edelstein

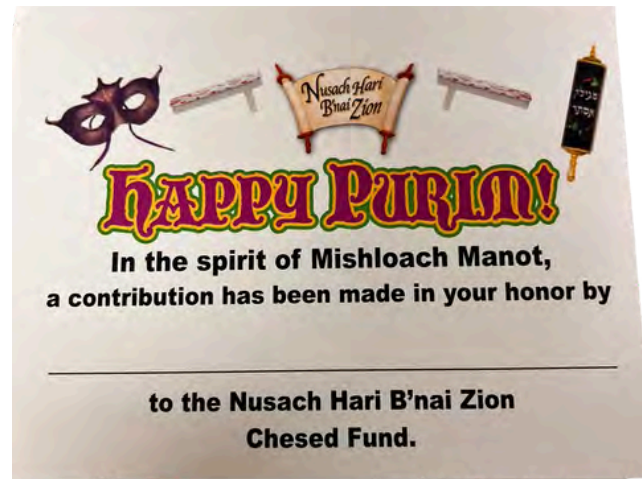
Upcoming Events

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.
- 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>

Purim Cards For Sale



Buy your Purim cards today

\$5 each

5 for \$20

10 for \$36

Contact the office with any questions

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/789747958>

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THE SISTERHOOD SCOOP

FEBRUARY 7



Volume 9

Number 06

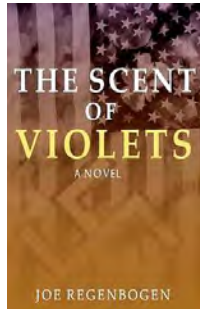
20 Shevat 5786

February 7, 2026

*Ladies... 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.*

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 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, 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

THE REVELATION AT SINAI

“With the revelation at Sinai, something unprecedented entered the human horizon, though it would take centuries, millennia, before its full implications were understood. At Sinai, the politics of freedom was born.”

— *Rabbi Lord Jonathan Sacks, ZT”L*
Mount Sinai and the Birth of Freedom
(Yitro, Covenant & Conversation)

YISRO: Seeing the Sounds

As the Jewish people gathered at the foot of Mount Sinai, they heard the voice of G-d speaking the Ten Commandments. The Torah describes the awesome experience:

And all the people saw the voices and the torches, the sound of the shofar, and the smoking mountain, and the people saw and trembled; so they stood from afar.

What is the meaning of the words “and all the people saw the voices”? How can voices be seen? The Midrash tells us that there is a disagreement regarding this verse. Rabbi Yishmael believes that the Jews did not see anything unusual. They saw the torches and heard the voices (in which case the word “saw” refers to the torches.) Rabbi Akiva, however, insists that the verse must be read literally—they actually saw the voices. In the words of Rabbi Akiva: “They saw that which is usually heard, and they heard that which is usually seen.”

According to Rabbi Akiva, the experience at Sinai was much more than just receiving ten moral instructions for life. Sinai was a spiritual revelation that changed the way the Jews perceived the meaning of existence. In general, the world can be divided into that which is “seen” and that which is “heard.” The concrete, physical needs, desires and experiences are “seen”; they are experienced as the ultimate reality. That which is abstract, theoretical and spiritual is “heard.” The intangible spirit is not something we can see with our naked eye. To experience it, we need to “hear” and “listen.” We must use our mind to discover truths that are not obvious to the observer.

According to Rabbi Akiva, at Sinai they “heard that which is usually seen.” In other words, the physical matter, which is usually perceived as absolute reality, became an abstract idea, while spirituality, “that which is usually heard”, became real and obvious.

The experience of Sinai was not merely a one-time event. Every time we study Torah, we are recreating the revelation of Sinai. We are not only hearing the words of G-d being spoken directly to us, but our perception of what is meaningful and worthy is enhanced. When we study Torah, our priorities are realigned. The sublime ideas in life—meaning, holiness, transcendence—become real and tangible. For each time we study Torah, we are standing at Sinai and “seeing the sounds.”

— *Rabbi Menachem Feldman*, 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

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

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

JANUARY 11TH

כִּי הִטָּה אֶנּוּ לִי
Hashem cares about
me, individually.

FEBRUARY 1ST

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

FEBRUARY 8TH

הֵן ה' יְדַעַת בְּלָה
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
Kollet



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





Shovavim Series

FOR MEN

GIVEN BY: **RABBI YITZCHAK KOWALSKY**
SENIOR RABBINIC COORDINATOR, VA'AD HOEIR

A halachic refresher
of the laws of Taharas Hamishpacha

PART 1

Motzei Shabbos,
February 14

PART 2

Motzei Shabbos,
February 21

9:00-10:00 PM

IN THE KOLLEL LEARNING CENTER
8200 DELMAR BLVD

\$15 SUGGESTED DONATION FOR THE SERIES

PRESENTED IN CONJUNCTION
WITH THE ST. LOUIS KOLLEL





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>

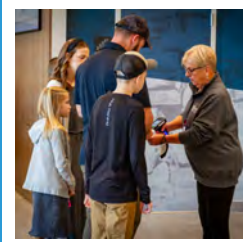
office@nhbz.org

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

Rated R- Graphic Images and Violence



NHBZ PRESENTS

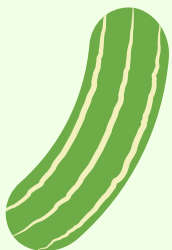
SOUP AND SALAD THURSDAY

FEBRUARY 19, 2026

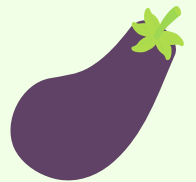
6:30-8:30 PM



TRADITIONAL GREEK HORIATIKI SALAD



TOMATO BASIL SOUP



ADULT NIGHT OUT - SINGLES & COUPLES
\$10 PER PERSON
RSVP TO OFFICE@NHBZ.ORG



PIZZA NIGHT MENU

Sunday, February 22, 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