



# NHBZ Shabbos Bulletin



Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

March 6-7, 2026

Parshas Ki Sisa  
Parshas Parah

17-18 Adar 5786

Candle Lighting 5:41 PM

Exodus 30:11-34:35

Shabbos Concludes 6:41 PM

## Announcement

- The bulletin this week is sponsored by Alla and Boris Yasinev in honor of his mother, Yelizaveta Yasinev, Yelizaveta Bas Binyamin z"l's yahrzeit
- Please join us this Shabbos for the Board of Directors Installation Lunch
- Thank you to Meira Ganel for polishing all the silver for the Torahs

## Yahrzeits Observed This Week

March 7 - 18 Adar  
Minnie Pevnick

March 11 - 22 Adar  
Stan Gellman  
Larry Seigel

March 8 - 19 Adar  
Joyce Levine

March 12 - 23 Adar  
Mary Beitchman

March 9 - 20 Adar  
Mollie Tullman

## Happy Anniversary!

March 6

Gary & Trudy Sudin

March 7

Andy & Betty Epstein

March 9

Evan Garmaise & Melissa Schapiro

## Happy Birthday!

March 6

Janet Haber

March 12

Ephraim Mufson

## Upcoming Events

- March 14 - Tot Shabbat
- March 29 - Sisterhood Book Club
- April 1-9 - Pesach
- April 16 - Boyko Bas Mitzvah
- April 24-25 - JNF Shabbat for Israel

## Prayer Times

### Friday, March 6

Mincha/Maariv	5:40 PM
Candle Lighting	5:41 PM

### Shabbos, March 7

Shacharis/Mussaf	9:00 AM
Latest Shema Time	9:18 AM
Mincha	5:20 PM
Shalosh Seudos and Learn	After Mincha
Shabbos Concludes	6:41 PM

### Move your clocks forward an hour Weekday Schedule

Shacharis (Sun)	8:00 AM
Shacharis (Mon-Fri)	7:00 AM
Mincha (Sun-Thurs)	6:45 PM

## Shabbos Programming

Soul Building with Rabbi Yosef David  
10:00 AM

Childcare  
10:00 - 11:30 AM

## Shul Contact Information

phone: 314-991-2100

Rabbi Rubin:  
rabbirubin@nhbz.org

Devorah- Office Administrator  
email: office@nhbz.org

Hindy- Bookkeeper  
bookkeeper@nhbz.org

## 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](http://OneHappyCamper.org).
- JSU Food Drive & Volunteer Day at the Harvey Kornblum Jewish Food Pantry March 8th, 9:30–11:00 AM: RSVP required. Make a difference in our community, then join us for an Ice Skating Social at Creve Coeur Ice Rink from 2:15–4:00 PM. Cost: \$5, or free for those who participate in volunteering. RSVP for Ice Skating: <https://tinyurl.com/JSUMarchIceSkating>
- Renowned Sofer, Rabbi Yosef Heinemann, will be in St. Louis Sunday, March 8<sup>th</sup> & Monday, March 9<sup>th</sup> to check mezuzahs and tefillin or purchase new mezuzah scrolls in the Agudas Israel Social Hall. Take advantage of this important opportunity if needed, please call 317 410–2292
- Bikur Cholim Meals Available – For patients who cannot access Kosher meals during their hospital stays, Bikur Cholim is fully stocked with Va'ad certified, double wrapped meat and dairy meals, as well as chicken soup broth for liquid diet needs.

For more information on how to obtain food for a patient in need, please call or text:

- Mrs. Miriam Florans 314.724.7444
- Mrs. Devorah Simon 314.397.0365

Thank you to U. City Shul and Nusach Hari for the use of their kitchens and to the many volunteers who prepared and cooked food at each location. For more information regarding Kosher Food in the STL Hospitals from the Agudah of Missouri and Vaad Hoer Bikur Cholim click below:

[https://us10.campaign-archive.com/e\\_test\\_email\\_u=4a3d304a5d46ad9fc189f283a&id=6f78f86336](https://us10.campaign-archive.com/e_test_email_u=4a3d304a5d46ad9fc189f283a&id=6f78f86336)

## 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>

50?

[pwd=tw7lIOVumZ8QelPxHvApYZsox8V](https://us04web.zoom.us/j/789747958?pwd=tw7lIOVumZ8QelPxHvApYZsox8VUem.1)

[Uem.1](https://us04web.zoom.us/j/789747958?pwd=tw7lIOVumZ8QelPxHvApYZsox8VUem.1)

## Scholarship Opportunity

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. Interested in eligibility and the application process, please contact the office at [office@nhbz.org](mailto:office@nhbz.org) or [www.jwvstl.org](http://www.jwvstl.org).

## Thank You!

The NHBZ Safety Team thanks our members and friends for cooperating with enhanced security measures during our two-day Purim celebration. We are honored to have played a part in such an extraordinary event.

Thank you to the Programming Committee for putting together such an amazing Purim Event at NHBZ!





# THE SISTERHOOD SCOOP

# MARCH 7



Volume 9

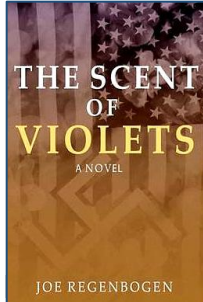
Number 10

18 Adar 5786

March 7, 2026

## Next Book Club Meeting Sunday—March 29—3:30pm

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 *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**. Men & women are welcome!

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

### Daily Thought – Microreparation

- When G-d told Moses that every Jew must give enough to clean up the spiritual damage caused by the golden calf affair, Moses was concerned.
- “A person will have to give all he has to clean himself up!” he said.
- But G-d said, “They don’t need to give a hundred silver pieces, not fifty, and not even thirty. They only need to give one half a shekel.”

When you’ve failed and you want to clean up your mess, very often the job seems overwhelming.

In the case of the golden calf, Moses imagined that the smallest amount it would take to pay back the damage done was thirty silver pieces per soul. That was the value of a Hebrew servant. And with the golden calf, the Jewish people had abused their role as servants of G-d.

But G-d told Moses, no, it takes just half a shekel. Which is one sixtieth of thirty.

Why one sixtieth? Because that is the tipping point of significance.

When something falls into a quantity sixty times its size, halachah generally considers it insignificant, as though it's not there.

But at one in sixty, there are only 59 parts against it. One sixtieth just barely crosses the threshold of significance. So that is all you need to do. Not to fix up your whole mess all at once. Just something that's enough to have some measurable impact, to be of some small consequence, no matter how miniscule. – [www.chabad.org](http://www.chabad.org)

## KI TISA: To Be and Not To Be

The Ark, which held the Tablets on which the Ten Commandments were chiseled, was a magical piece of furniture. Though it had definite dimensions, "two and a half cubits its length; and a cubit and a half its width," its presence did not in any way take up any square footage of the room that housed it.

Inside the Ark there were two sets of Tablets: 1) The original Tablets, which Moses shattered when he discovered the Jewish people worshipping the golden calf. 2) And the second set of Tablets, which G-d granted the Jewish people upon their repentance.

An Ark that is both spacious and spaceless. Whole and shattered Tablets positioned side by side. What lesson can we glean from this?

The study of G-d’s Torah is a delicate art, requiring a balance of ability and humility.

On the one hand, Torah study requires a degree of personal presence. Unlike the performance of G-d’s commandments, which are largely about “doing it,” with Torah study, “getting it” is an important requisite. The student must attempt to measure any idea put forward by the Torah against his or her own lifetime of impressions and experience. Only when the idea has successfully taken hold in the student’s imagination is the lesson truly complete.

On the other hand, Torah study requires a degree of personal absence. Torah represents the infinite wisdom of an infinite G-d. The best way to bridge the gap between our finite nature and G-d’s infinite wisdom is not by attempting to rise to the occasion, but by humbling ourselves before it. “Let my soul be as dust to all,” we pray three times a day, in the hope of achieving the conclusion of the sentence, “open my heart to your Torah.”

When the Jewish people first received the Tablets, they were more present than absent. Having just been “chosen” by G-d, who proceeded to “elevate” them above all other nations, they were not exactly in the humblest of moods. As a result, the first Tablets were somewhat basic in form, arriving without accompanying commentary. But when Moses descended Mount Sinai, found the Jewish people worshipping the golden calf, and threw the Tablets to the ground, the Jewish national spirit took a drastic tumble. No longer at the top of their game, the nation experienced the absence and openness required to truly receive the Torah. As a result, the new Tablets arrived fully loaded, complete with extensive explanation and interpretation.

Thus the symbolism of whole and shattered Tablets stored side by side within an Ark that defies space. What is the key to Torah study?

To be **and** not to be.

– *Rabbi Dovi Scheiner*, [www.chabad.org](http://www.chabad.org)



**THIS SUNDAY AND MONDAY**

Renowned Sofer

**Rabbi Yosef Heinemann**

will be in St. Louis

**Sunday, March 8th**

**Monday, March 9th**

Agudas Israel Social Hall

*Take advantage of this important opportunity to get your mezzuzos and tefillin checked or purchase new mezzuzahs if needed*

**Call 317 410-2292**

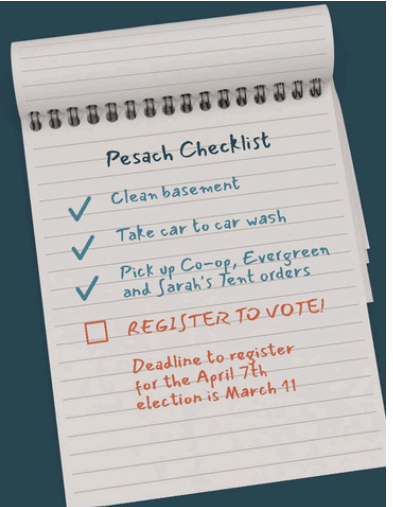
or email [gnitsun@stlkollel.com](mailto:gnitsun@stlkollel.com)

for more information

**REGISTER TO VOTE TODAY!**



For more information scan here



**KEY DATES FOR THE APRIL 7 ELECTION**

<b>February 24</b> 7 Adar Absentee Voting with an Excuse Opened	<b>March 11</b> 22 Adar Last Day to Register to Vote	<b>March 24</b> 6 Nisan No-Excuse In-Person Absentee Voting Opens	<b>April 7</b> Chol Hamoad Pesach General Municipal Elections
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<https://agudah.org/vote/missouri>

**Our Vote. Our Voice.**



YOU ARE CORDIALLY INVITED TO ATTEND THE ESTHER MILLER BAIŠ YAAKOV  
**30<sup>TH</sup> ANNIVERSARY DINNER**

PAYING TRIBUTE TO OUR PAST & PRESENT  
**BOARD PRESIDENTS**



Mr. Dav AXELBAUM    Dr. Jonathan BORTZ    Mr. Byron COHEN    Dr. Jonathan GORDON    Rabbi Chona MUSER

SPECIAL RECOGNITION TO OUR FOUNDING MENAHELES

**MRS. TOVA GREENBLATT**



**MARCH 22, 2026**

THE CORONADO  
3701 LINDELL BLVD #147  
ST. LOUIS, MO 63108

COMPLIMENTARY PARKING AVAILABLE  
5:30PM HORS D'OEUVRES    6:30PM DINNER

Catering by Zelda's Chicago