

# NHBZ Pesach Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America



## March 27-April 9, 2026 - 9- 22 Nissan, 5786

Parshas Tzav/Shabbos Hagadol - 9-10 Nissan

Leviticus 6:1-8:36

### Announcements

The bulletin this week is sponsored by:

- Kenny & Barb Bressler in honor of his mother Geraldine Bressler, Gitel Bas Mayer z"l's, yahrzeit
- Alla and Boris Yasinev in honor of his father Moisey Yasinev, Moshe Ben Dovid z"l's, yahrzeit
- Thank you to Irwin & Arlene Fredman, and Keith & Karen Zeff for sponsoring the 5 Kiddushim over Pesach!
- We extend our condolences to Jon & Joe Newman on the passing of their mother Shulamit Newman
- Please see the information on page 2 for the times and instructions for selling your chametz with Rabbi Rubin
- Maos Chitim is money for the poor that will go towards getting basic needs for Pesach. This can be given through the Rabbi's Charity Fund or through [www.stlmaoschitim.com](http://www.stlmaoschitim.com) associated with the Vaad Hoer of St. Louis.
- The Israel Committee is looking for Sponsors for our Big Yom Ha'Atzmaut Celebration Weekend (April 24-25, 2026). Please contact [office@nhbz.org](mailto:office@nhbz.org) if you would like to sponsor.

### Seeking Greeters

- Greeters welcome members and guests with a smile, and assist with the upstairs door from 9-11:00, and with the downstairs door, between 9:45 and 10:15.
- All Greeters get to wear the exclusive signature Green and Gold Pin worn by our Safety Team Captains!
- Contact Aileen Shifren ([aileen@shifren.com](mailto:aileen@shifren.com)) today, to sign up and get your pin!



### Prayer Times

#### Friday, March 27

Mincha/Maariv	7:00 PM
Candle Lighting	7:02 PM

#### Shabbos, March 28

Shacharis/Mussaf	9:00 AM
Latest Shema Time	9:59 AM
Shabbos Hagadol	5:40 PM
Drasha	
Mincha	6:40 PM
Shalosh Seudos and Learn	After Mincha
Shabbos Concludes	8:02 PM

#### Weekday Schedule

Shacharis (Sun)	8:00 AM
Shacharis (Mon-Tues)	7:00 AM
Mincha (Sun-Tues)	5:50 PM

#### Shabbos Programming

Soul Building with Rabbi David  
10:00 AM

Childcare  
10:00 - 11:30 AM

\*On Shabbos this week & Shabbos Chol Hamoed

### Shul Contact Information

phone: 314-991-2100

- **Not available in office over Pesach**

Rabbi Rubin:  
[rabbirubin@nhbz.org](mailto:rabbirubin@nhbz.org)

Devorah- Office Administrator  
email: [office@nhbz.org](mailto:office@nhbz.org)

Hindy- Bookkeeper  
[bookkeeper@nhbz.org](mailto:bookkeeper@nhbz.org)

# Yahrzeits Observed March 27 – April 9

March 27 - 9 Nissan

Robert Koshner

April 1 - 14 Nissan

Adam Szus

April 4 - 17 Nissan

Sol Eckert

April 8 - 21 Nissan

Ilse Jordan

March 30 - 12 Nissan

Herman Drifon

April 2 - 15 Nissan

Morris Gellman

April 5 - 18 Nissan

Edgar Henry Stenn

April 9 - 22 Nissan

Samuel Waxman

March 31 - 13 Nissan

Moisey Yasinev

April 3 - 16 Nissan

Morris Fredlich

April 7 - 20 Nissan

Sauci Richman

## Happy Birthday/Anniversary!

March 27

Tony Granillo

March 31

Amarah Friedman

Alan Haber

Dorie Lerner

Irl Solomon

April 4

Eliana Brook

April 6

Margo Tzadok

Jason & Nancy Rush

March 28

Daniel & Marcela Morgensztern

April 1

Keith Zeff

April 8

Trudy Sudin

March 30

Caryn Garriga & Adrian Shifren

April 3

Susan Weiss

April 9

Melissa Schapiro

### NHBZ Sale of Chametz Information

Those who do not wish to consume or dispose of their Chametz prior to Pesach may sell it to a non-Jew. Rabbi Rubin will be available to act as your agent to sell your Chametz on your behalf. Please ensure that you do so by the end of **Tuesday March 31**.

You can sell your Chametz through Rabbi Rubin in the following ways:

1. **In-person (ideal option)** - Rabbi Rubin will be available for the selling of Chametz at the following times:

- Sunday March 22, 8:45am-10am
- Monday March 23 - Thursday March 26, 7:45-8am, and 7:40-8:10pm
- Sunday March 29, 8:45-10am
- Monday March 30-Tuesday March 31, 7:45-8am, and 6:30-7pm

2. **Over the phone** - If you are not able to come in person,

please call Rabbi Rubin on his cell phone, send an email: [rabbirubin@nhbz.org](mailto:rabbirubin@nhbz.org), or call the office: (314)-991-2100, to arrange the selling of Chametz over the phone.

It is customary to make a donation when selling your Chametz. Checks can be made to "Aron Rubin" (not the charity fund).

If you have any questions or need Rabbi Rubin to be available at a time not listed, please don't hesitate to call Rabbi Rubin (on his cell phone), or send an email: [rabbirubin@nhbz.org](mailto:rabbirubin@nhbz.org) to ensure availability at a different time.



Chag Kasher V'Sameach!

## Upcoming Events

- March 29 – Sisterhood Book Club  
Pizza Night
- April 1–9 – Pesach
- April 12 – Dialogue & Brunch with MO Rep Hruza
- April 16 – Boyko Bas Mitzvah
- April 21 – Yom Hazikaron Commemoration
- April 24–25 –Yom Ha'atzmaut Celebration
- April 26 – Pizza 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](http://OneHappyCamper.org).
- 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 Hoeir 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)

- To view the Vaad Hoeir of St Louis's Pesach Guide please click here <https://ovkosher.org/pesach2026/>
- The Baby Gemach lends new or nearly new "must baby items" like strollers, port-a-cribs, car seats and much more. It helps everyone not to have to lug in so much and just pick it up when they arrive in St. Louis. Pesach is one of our biggest times – when families are hosting families from out of town. There is no charge, but it is first come first served, reach Emily Silverman (314-578-2257) to arrange a pickup

## Ongoing Classes

**\*Resumes after Pesach**

**Sundays**  
Rabbi Swidler's "Learning Mishna"  
after Shacharis

**Mondays**  
Partners in Torah  
Rabbi Rubin's Rambam Class  
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"  
TBD 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>

## 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).

# Pesach Schedule 5786 at NHBZ

## Tuesday, March 31st

Shacharis	7:00 AM
Mincha/Maariv	5:50 PM
Search for Chametz	No Earlier than 7:54 PM

## Wednesday, April 1st - Erev Pesach

Shacharis & Siyum of Firstborn	7:00 AM
Finish Eating Chametz	Before 10:59 AM
Finish Burning Chametz	Before 12:02 PM
Mincha/Maariv	7:00 PM
Candle Lighting	7:06 PM
*Light a long lasting candle	
Earliest Time to Begin Seder	8:06 PM
Eat Afikoman	Before 1:04 AM

## Thursday, April 2nd - Pesach 1

Shacharis	9:00 AM
Mincha/Maariv	7:10 PM
Candle Lighting	After 8:07 PM
*From Existing Flame	
No Preparation for Seder	Before 8:07 PM
Eat Afikoman	Before 1:04 AM

## Friday, April 3rd - Pesach 2

Shacharis	9:00 AM
Candle Lighting	7:08 PM
*From Existing Flame	
Mincha/Maariv	7:10 PM

## Shabbos, April 4th - Shabbos Chol Hamoed

Shacharis	9:00 AM
Mincha/	6:50 PM
Seuda Shlishit	
Maariv/Havdalah	8:09 PM

## Sunday, April 5th - Chol Hamoed

Shacharis	8:00 AM
Mincha/Maariv	5:55 PM

## Monday, April 6th - Chol Hamoed

Shacharis	6:45 AM
Mincha/Maariv	5:55 PM

## Tuesday, April 7th - Chol Hamoed

Shacharis	6:45 AM
Mincha/Maariv	7:15 PM
Candle Lighting	7:12 PM
*Light a long lasting candle	

## Wednesday, April 8th - Pesach 7

Shacharis	9:00 AM
Mincha Maariv	7:15 PM
Candle Lighting	After 8:13 PM
*From an Existing Flame	

## Thursday, April 9th - Pesach 8

Shacharis	9:00 AM
Yizkor	No Earlier than 10:30 AM
Mincha	6:45 PM
Closing of Festival Kumzitz	7:00 PM
Maariv/Yom Tov Ends	8:14 PM
Earliest Time to Reclaim	
Sold Chametz	9:14 PM





# THE SISTERHOOD SCOOP

# MARCH 28

SHABBAT  
HAGADOL

Volume 9

Number 13

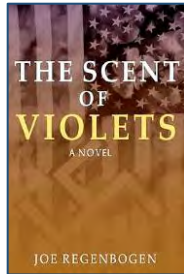
10 Nissan 5786

March 28, 2026

## Book Club Meets This Sunday

March 29, 3:30-5:00pm

Before Pizza Night



The book: *The Scent of Violets*  
The author: **Joe Regenbogen**, former Parkway High School history teacher.

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. Men & women are welcome! Come for Book Club – Stay for Pizza!

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

## Freedom is Hard Work

“ You may know, if you’ve ever seen a Jewish house before Passover, it’s hard work. It really is. I try and be away from home when it’s happening. You have to clear the house of all products that contain leaven, you’ve got to clean everything, you’ve got to take out a new set of utensils and cutlery and crockery, and it is really hard work. I got somebody in England to design a special apron for Passover cleaning that read, “For this, we left Egypt?”

I used to wonder, why make Passover such hard work? And now I know: because freedom is hard work. And it has to be fought for in every generation. We have to tell and re-tell the story. We have to remind ourselves what it feels like each year to eat the bread of affliction and taste the bitter herbs of slavery.

Freedom is hard to attain, but it is very easy to lose. And that’s why it has to be fought for in every generation. ”

– *Rabbi Lord Jonathan Sacks* ZT”L

In Defence of Religious Liberty, the acceptance speech at the Becket Fund for Religious Liberty award ceremony

HAPPY PASSOVER!

## Endowed By Their Creator...

The Jewish people left Egypt on the fifteenth of Nissan, at midday. No sooner had they departed, they began counting the days to the giving of the Torah on Sinai, scheduled to occur seven weeks later.

One second there. The Jews were still on the run, they hadn't even crossed the Red Sea yet, Pharaoh was still bound to chase them and attempt to bring them back to slavery (as he indeed tried to do), and they are already counting down to the next event?

Moreover, we can be sure that the Jews had a pretty decent idea about what would transpire at Sinai. They knew that Sinai would spell the end of doing what they want without accountability, that a whole new way of life with many limitations and consequences/punishment would be given to them. The Jews hadn't even had the chance to live like free men, and they're already impatiently counting down to religion?

The answer struck me when I thought of the opening lines of the United States' Declaration of Independence:

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights that among these are Life, Liberty and the pursuit of Happiness."

In the words "endowed by their Creator" lies the difference between the American Revolution, which made the country the beacon of freedom and liberty to the whole world until this very day, and the other revolutions crying the same cry of "all men are created equal" (e.g., communism) which did not last.

Freedom without a Creator is not freedom. It might sound like freedom, it might even taste for a moment like freedom, but it is not freedom. It isn't even a democracy. For the strong will find a way to exploit the weak under any system. If there are no divine principles to be accountable for, then ultimately there are no principles at all.

Without G-d, democracy can be just as evil like any other form of government. What makes the USA a city on a hill is not its form of government as much as those four words in the Declaration of Independence and the four words on the dollar "In G-d we Trust."

Thirty-three centuries ago, our ancestors rushed to Sinai to live a life of true freedom—as servants of the Creator.

– by *Rabbi Levi Avtzon*, [www.chabad.org](http://www.chabad.org)

# FROM EGYPT TO IRAN: EXPERIENCING THE REDEMPTION THEN AND NOW



JOIN US FOR RABBI RUBIN'S  
SHABBOS HAGADOL DRASHA

IN THE SANCTUARY

MARCH 28, 2026 @ 5:40 PM



# Rabbi Rubin's Haggadah Insights

Join Us for a 3-part Zoom Series for Ideas and Divrei Torah  
to Share at Your Sedarim

**Sunday, March 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup> at 8:00 PM**

[https://us02web.zoom.u  
s/j/88568471956?  
pwd=tv3PRpNwLfvmgR  
AAO81b9j7Jn0ZaPJ.1](https://us02web.zoom.us/j/88568471956?pwd=tv3PRpNwLfvmgRAAO81b9j7Jn0ZaPJ.1)





# PIZZA NIGHT MENU

*\*Avoid the stress of cleaning and preparing dinner pre-Pesach, come to Pizza Night instead\**

**Sunday, March 29, 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

# Dialogue and Brunch With *MO Rep.* *George Hruza*



Come hear about Dr. Hruza's Jewish family history, the antisemitism bill he is sponsoring, and how he expects it to help our local community and all Missourians.

Open to the Entire Community



Sunday, April 12, 2026  
10:00 AM  
\$15 per person  
RSVP Required



office@nhbz.org  
314-991-2100 ext 2  
650 N. Price Rd., 63132



# Israel Memorial Day Commemoration

יִזְכוֹר

Please join us to honor  
and remember Israel's  
fallen soldiers

**Tuesday, April 21, 2026**

Ceremony starts at 7:00pm

Yom Ha'Atzmaut Celebration to follow

Please wear white shirts

For security  
RSVP is required at  
[office@nhbz.org](mailto:office@nhbz.org)  
or 314-991-2100



# Shabbat for Israel

## Celebrating Yom Ha'Atzmaut

### Israel's 78<sup>th</sup> Independence Day



Nusach Hari B'nai Zion and Jewish National Fund (JNF) invite you to an inspirational Shabbat Dinner and Kiddush Lunch to celebrate Yom Ha'Atzmaut

## April 24-25, 2026

### Schedule of Events

#### Friday night, April 24:

Mincha at 6:15 pm

**Kabbalat Shabbat** (Welcoming the Sabbath) 6:30 pm

\* **Festive Shabbat Dinner** to follow with guest speaker presentation.

Topic: **"Lessons from Oct 7th: Beyond Security and Growth"**

#### Shabbat morning, April 25:

Regular services begin at 9:00 am

**Kiddush lunch** to follow with guest speaker presentation.

Topic: **"Resilience in the face of Adversity: Stories from Southern Israel"**



### Guest Speaker

**Yedidya Harush** is Jewish National Fund-USA's **Halutza Liaison for Negev Community Development**, where he works with the organization to achieve its Blueprint Negev strategy as he supports regional development in Israeli communities in southern Israel. Harush previously served in the Israel Defense Forces (IDF) where he helped evacuees following the Gaza Disengagement, played an active role during Operation Protective Edge and aided in recent counterterrorism efforts post October 7th.

#### \* Dinner Costs and Details:



Adult: \$25

Children ages 5-12: \$15

Children 4 & under: Free

**RSVP is Required** by Friday, 4/17/26

Email: [office@nhbz.org](mailto:office@nhbz.org)

or phone 314-991-2100

or go to the link below

<https://www.zeffy.com/en-US/ticketing/yom-haatzmaut-celebration-dinner>



THE JEWISH WOMEN'S CIRCLE PRESENTS THE 9<sup>TH</sup> ANNUAL

# SPA FOR THE SOUL

*an afternoon to pamper your mind, body & soul*

A RUNWAY FASHION SHOW  
INSPIRED BY BIBLICAL WOMEN

GENERATIONAL WOMEN OF VALOR AWARDS:  
Susan Feigenbaum  
Faye Cohen  
Jenna Wasserman

SUNDAY, APRIL 26<sup>TH</sup> FROM 11:30 AM TO 2:30 PM  
AC MARRIOTT HOTEL  
16461 WILD HORSE CREEK ROAD

WORKSHOPS | BRUNCH & DESSERTS | RAFFLES | SPA  
INFO + RSVP: JEWISHCHESTERFIELD.COM/SPA

# Save THE Date

## The Empowered Nurturer: Inspiring the Jewish Woman to Live Her Best Life

*A Health Conference for  
Jewish Women of St. Louis*

 **MAY 3, 2026**  **9AM-2PM**

Details To Come...

GO AFRICAN  
TOURS  
DISCOVER

# SOUTH AFRICA

JULY 27-AUGUST 6, 2026

ALL-INCLUSIVE TRIP

GLATT KOSHER

Limited Availability Remaining

Join your host, MARK GORDON—South African-born and a lifelong wildlife enthusiast—on an unforgettable African EXPERIENCE

### TOUR HIGHLIGHTS

#### Explore Cape Town:

Begin your adventure by taking in the breathtaking beauty of Cape Town—an iconic coastal city framed by Table Mountain, a dramatic coastline, and world-class attractions.

- Cable car up Table Mountain.
- Cape Peninsula full-day tour: Cape Point and the Cape of Good Hope, Chapman's Peak Drive scenic stops.
- Boat trip to Seal Island.

#### Luxury Safari in Kruger National Park:

Stay in a private lodge in the heart of the Greater Kruger National Park for an immersive safari experience—expertly guided wildlife encounters, stunning scenery, and time to relax and soak in the magic of the wilderness.

- Enjoy Glatt Kosher cuisine prepared on-site by your own kosher gourmet chef.
- Morning and afternoon game drives, bush walks, and full-day game drives.
- Tour of the magnificent Blyde River Canyon and surrounding areas.

EARLY BIRD SPECIAL  
ENDS  
FEBRUARY 15th



SCAN TO BOOK  
GOAFRITOURS.COM



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**BRING THE FAMILY!**  
*Leave the cooking to us!*

**MONDAY 3/30**  
4-8PM

- Bruschetta Grilled Chicken Breast
- Classic Hamburgers
- Stadium Franks
- Pickle & Olive Bar
- Grilled Vegetables
- Assorted Kettle Potato Chips
- Skipper's Choice Creamy Slaw



*from the bakery*  
Big Chunk Chocolate Chip Cookies

**TUESDAY 3/31**  
4-8PM

- Mixed Deli Including  
Pastrami & Corned Beef Brisket  
Served on Rye, Wheat or Hoagie Bread
- Bubbe's Chicken Soup
- Pickle & Olive Bar
- Heimish Potato Knishes
- Pasta Salad
- Assorted Deli Chopped Salads



*from the bakery*  
Big Chunk Chocolate Chip Cookies

**GYM!**  
**PLAYGROUND!**  
**MINYANIM!**  
Mincha 7pm | Maariv 8pm



### MTI BISTRO PRICING

AGES 16+	\$18
AGES 7-15	\$15
AGES 3-6	\$8
UNDER 3	FREE

RSVP by Sunday, March 29th, 1pm  
**MISSOURITORAH.ORG/MEALS**  
For more information contact Rabbi Josh Bregman 314-363-5977 or rabbibregman@missouritorah.org