



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

March 13-14, 2026

Parshas Vayakhel-Pekudai

24-25 Adar 5786

Candle Lighting 6:48 PM

Exodus 35:1-38:20

Shabbos Concludes 7:48 PM

Announcements

- Please join us for Tot Shabbat this week.
- Soul Building will be in the Beis Midrash this week.
- Thank you to Frances Cohen, The McCary, Cohen, and Swerdlin Families, for sponsoring the Purim Glow Up!
- Thank you to the Installation Lunch Sponsors: Caryn Alper, Lenny & Fran Alper, Meira Ganel, Evan Garmaise & Melissa Schapiro, Sandy Greenberg (*In Honor of Bruce Waxman*), Bob & Joni Kaiser, Rachael Pevnick, Jerry & Gail Tullman, Menachem Szus, Leonid & Stella Vladimirov, Bruce & Faith Waxman.
- We are looking for volunteers for pizza night, March 29th, between 5-7 PM, please contact the office if you can help.

Yahrzeits Observed This Week

March 13 - 24 Adar

Lucille Tullman

March 15 - 26 Adar

Belle Ulstein

Noson Klarfeld

March 18 - 29 Adar

Shirlee Baker

Seymour Bailis

Louis David Spritz

March 14 - 25 Adar

Miriam Tzadok

Lillian Frumkin

Irwin Mitchell

Neal Novack

March 16 - 27 Adar

Mildred Abrams

March 17 - 28 Adar

Edythe Ferman

Happy Birthday!

March 14

Rebecca Lieberman

Alex Lyss

Jack Lyss

March 16

Zev Katz

Happy Anniversary!

March 13

Ram & Sallie Volotzky

Ze'ev & Chani Smason

Dan & Melanie Winograd

March 15

David & Lisa Gellman

March 18

Les & Sari Neudorf

Prayer Times

Friday, March 13

Mincha/Maariv 6:50 PM

Candle Lighting 6:48 PM

Shabbos, March 14

Shacharis/Mussaf 9:00 AM

Latest Shema Time 10:12 AM

Mincha 6:25 PM

Shalosh Seudos After

and Learn Mincha

Shabbos Concludes 7:48 PM

Weekday Schedule

Shacharis (Sun) 8:00 AM

In the Beis Midrash

Shacharis (Mon-Wed, & Fri) 7:00 AM

Shacharis (Thurs) 6:45 AM

Rosh Chodesh

Mincha (Sun-Thurs) 6:55 PM

Shabbos Programming

Soul Building with Rabbi Greenwald

"What Does It Mean to Be Truly Free?"

In the Beis Midrash

10:00 AM

Childcare - Tot Shabbat

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

Upcoming Events

- March 15,22,29 – Rabbi Rubin’s 3 Part Series
- March 19, 26 – Rabbi Rubin’s 2 Part Series
- March 29 – Sisterhood Book Club

- April 1–9 – Pesach
- April 16 – Boyko Bas Mitzvah
- April 24–25 –Yom Ha’atzmaut Celebration

Ongoing Classes

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/789747958>

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[pwd=tw7lOVumZ8QeIPxHvApYZsox8V](https://us04web.zoom.us/j/789747958?pwd=tw7lOVumZ8QeIPxHvApYZsox8VUem.1)

[Uem.1](https://us04web.zoom.us/j/789747958?pwd=tw7lOVumZ8QeIPxHvApYZsox8VUem.1)

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.
- Join us for our JR NCSY & JSU Movie Night on March 21st at 8:15 PM at the JSU House! RSVP with this link or contact Sam Zitin @ 317-710-0925 <https://tinyurl.com/JSUHouseMovie>
- 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

- 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... see flyer for contact information



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 or www.jwvstl.org.

February Tributes

In Memory of:

Fred Schuver

Lawrence & Shirley Hollander

Rayna Chervitz

Szus Family

Denny & Amy Feit

Howard Rosenberg

Feigenbaum/Pepose Family

In Honor Of:

Rachael Pevnick’s great-grandson

Joni & Bob Kaiser

Feigenbaum/Pepose Family

Happy Birthday from the
Feigenbaum/Pepose Family:

Ed Levitt

Sheryl Levine

Sally Amon

Marsha Feenberg

Stella Vladimirov

Bob Kaiser



THE SISTERHOOD SCOOP

MARCH 14

Mazel to newly installed Officers & Directors



Volume 9

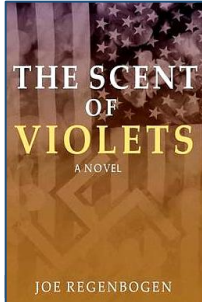
Number 11

25 Adar 5786

March 14, 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 or sisterhood@nhbz.org

VAYAKHEL-PEKUDEI: The Me Word

The first symptoms appear in the very first days of life. At 14 months, the condition is acute. It peaks on or about the subject's 14th birthday and shows no sign of abatement before age 54 or 64. In certain cases, it extends to extreme old age and beyond.

It's called many things—independence, rebelliousness, non-conformity. It's something that comes imbedded in every human psyche: a persistent, agitating willfulness to "be my own person."

Few things are as insulting to our self-image as the notion that we're one of the pack, that society dictates our habits and behavior. If our parents wore their hair short, we fight them to grow it long; if we grew into consciousness under the tutelage of a long-haired generation, we shave it to the scalp. In practically everything we do, we feel the burden to affirm our individuality to ourselves and to the world at large.

But like most everything else in the nest of paradox that is the human being, our sense of individuality comes coupled with an opposing drive: the desire to belong, the yearning for communality with our peers. Our identity craves and needs both distinctiveness and homogeneity, both a self and a family.

The Chassidic masters tell us that these are not, in truth, opposing aims; in fact, they corroborate and fulfill each other. A well-defined individuality enhances a person's contribution as a community member. And a tightly knit community enhances the worth of the individual.

Chassidic teaching demonstrates this truth with the example of words in a sentence. For example, the five words "man", "is", "an" "individualistic" and "creature" each possess meaning. But the sentence "Man is an individualistic creature" contains much more information and insight than the sum of its words. In this case, five times one equals much more than five.

In order for this quantum leap in significance to occur, two contrary forces have to be applied. Too much unity among the words (as in "manisanindividualisticcreature") produces gibberish, as does too much independence (as in "Is creature man an individualistic"). The sentence must delineate the individuality of its member words, and the words must subjugate themselves to the communal logic of the sentence. When both these needs are respected, the result is a communality that is enhanced by the individuality of its members, and individualities enhanced by their membership in the community.

Since the universe is basically words (*Genesis 1*), the above should work equally well in the grammar of marriage, community building, international relations and cosmic harmony, among other things.

— by **Yanki Tauber**; based on the teachings of **the Rebbe**, www.chabad.org

Creating Community

“ I believe that creating community takes hard work, and that few things in life are more worthwhile. Building something with others, I discover the joy of becoming part of something greater than I could ever achieve alone. ”

— **Rabbi Lord Jonathan Sacks, ZT"l**
Communities and Crowds (Vayakhel-Pekudei, Finding Faith, Covenant & Conversation)

SHABBAT HACHODESH — March 14

In the weeks surrounding Purim, four special Torah readings inspire the rest of the year: Parshiot Shekalim, Zachor, Parah, and HaChodesh. On the Shabbat preceding Rosh Chodesh Nissan, we read the special Maftir from Exodus 12:1-20. These verses contain the commandment to make Nissan the head of all months. This was the first mitzvah given to the Jewish people while still in Egypt. By declaring the new month, the Jewish people have the ability and responsibility to sanctify life and the passage of time. — www.AISH.com

Tot Shabbat & Groups at NHBZ!

March 14, 2026



10:30am-11:30am

Davening, Songs, Parsha, Activities & More!

Preschool with Morah Sheryl in the
Babysitting Room

K-2nd in the Multi-Purpose Room with
Miri & Miriam

3rd-6th in the Youth Lounge with
Kadimah Senior Yehudah Greenberg





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 15th, 22nd, and 29th at 8:00 PM

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





*Nusach Hari
B'nai Zion*

Join Rabbi Rubin for a 2-Part Series on the Laws of Preparing for Pesach

In person and on Zoom

[https://us02web.zoom.us/j/87038595266?
pwd=wnlrAjGjU6qT0uOeZ3Nifn8gJgrgDa.1](https://us02web.zoom.us/j/87038595266?pwd=wnlrAjGjU6qT0uOeZ3Nifn8gJgrgDa.1)

Part 1:
**Cleaning for Pesach:
The Sane Way**
Thursday, March 19th at 12:00 PM

Part 2:
**A Halachic Overview
of the Seder**
Thursday, March 26th at 12:00 PM



Shabbat for Israel

Celebrating Yom Ha'Atzmaut

Israel's 78th 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 Details

RSVP is Required by Friday, 4/17/26

Email: office@nhbz.org, or phone 314-991-2100

Dinner costs:

Adult: \$25


Children ages 5-12: \$15

Children 4 & under: Free

Save THE Date

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

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

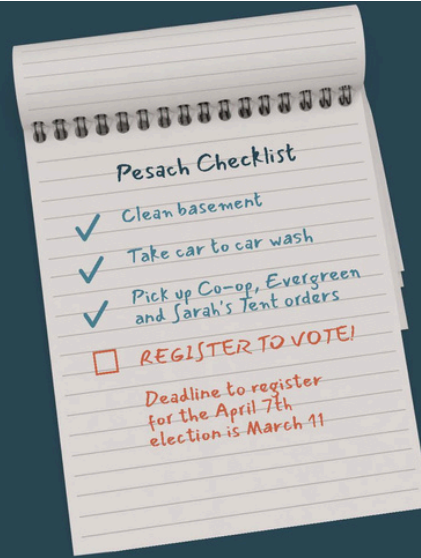
 **MAY 3, 2026**  **9AM-2PM**

Details To Come...

REGISTER TO VOTE TODAY!



For more
information
scan here



KEY DATES FOR THE APRIL 7 ELECTION

February 24 7 Adar	March 11 22 Adar	March 24 6 Nissan	April 7 Chol Hamoed Pesach
Absentee Voting with an Excuse Opened	Last Day to Register to Vote	No-Excuse In-Person Absentee Voting Opens	General Municipal Elections

<https://agudah.org/vote/missouri>

Our Vote. Our Voice.



YOU ARE CORDIALLY INVITED TO ATTEND THE ESTHER MILLER BAIS YAAKOY 30TH 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