



# NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

March 20-21, 2026

Candle Lighting 6:55 PM

Parshas Vayikra

Leviticus 1:1-5:26

2-3 Nissan 5786

Shabbos Concludes 7:55 PM

## Announcements

The bulletin this week is sponsored by:

- Alla and Boris Yasinev in memory of her mother, Emma Levina, Nechama Bat David z"l's yahrzeit
- Alan & Vivian Zarkowsky in honor of Alan's Birthday and in memory of Vivian's Father, Kurt Walters (Zev ben Reuben z"l) on his yahrzeit.
- Thank you to the Alan & Janet Haber for the great strong ladder they donated, it was really something we needed.
- 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.

## Yahrzeits Observed This Week

March 20 - 2 Nissan

Aaron Dobin

March 23 - 5 Nissan

Ben Adelstein

Emma Levina

March 25 - 7 Nissan

Clare Sandler

March 21 - 3 Nissan

Kurt Walters

Hyman Koenig

March 26 - 8 Nissan

Geraldine Bressler

March 24 - 6 Nissan

March 22 - 4 Nissan

Arthur Muskin

Marian Ehrlich

Mollie Mitchell

Abraham Cohen

## Happy Birthday!

March 21

Jackie Gitel

March 24

Marcia Lyons

March 23

Alan Zarkowsky

March 26

Alla Yasinev

## Happy Anniversary!

March 20

Norman & Linda Shore

March 25

Stanley & Rhonnie Goldfader

March 26

Gavriel & Sarah Beth Matt

## Prayer Times

### Friday, March 20

Mincha/Maariv 6:55 PM

Candle Lighting 6:55 PM

### Shabbos, March 21

Shacharis/Mussaf 9:00 AM

Latest Shema Time 10:06 AM

Mincha 6:35 PM

Shalosh Seudos After  
and Learn Mincha

Shabbos Concludes 7:55 PM

### Weekday Schedule

Shacharis (Sun) 8:00 AM

Shacharis (Mon-Fri) 7:00 AM

Mincha (Sun-Thurs) 7:00 PM

## Shabbos Programming

Soul Building with Rabbi David  
10:00 AM

Childcare  
10:00 - 11:30 AM

## Shul Contact Information

phone: 314-991-2100

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)

## 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!



Seeking Greeters

WELCOME

ATTENTION NHBZ HELPERS!

Our **NHBZ Safety Team** is looking for dedicated volunteers to help protect our beloved NHBZ community. You can make a significant impact with a very small commitment of time, by serving as a Greeter!

**WHAT IS A GREETER?**

**HE OR SHE IS: The "Face" of Our Safety Team**

The Greeter is the first friendly face people see. The Greeter works alongside our Armed Guard and our Safety Team Captains, to help keep our facility secure, simply by being attentive and friendly.

• **Duties:**

- o Greeters welcome members and guests with a smile, and assist with the upstairs door, and between 9:45 and 10:15, with the downstairs door.
- o Greeters also walk around the building and parking area on occasion to identify anything unusual, to alert the Safety Team Captains when necessary.

- **BEST OF ALL! : All Greeters get to wear the exclusive signature Green and Gold Pin worn by our Safety Team Captains!**

**JOIN OUR SAFETY TEAM TODAY!**

PLEASE SEE DAVID RUBIN FOR MORE INFORMATION!



## Upcoming Events

- March 22,29 - Rabbi Rubin's 3 Part Series**
- March 26 - Rabbi Rubin's 2 Part Series**
- 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 24-25 -Yom Ha'atzmaut Celebration**
- April 26 - Pizza Night**

## 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/78974795850?pwd=tw7IIOVumZ8QelPvHvApYZsox8VUem.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](http://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 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)

- To view the Vaad Hoer 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

## 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).



# THE SISTERHOOD SCOOP

# MARCH 21



Volume 9

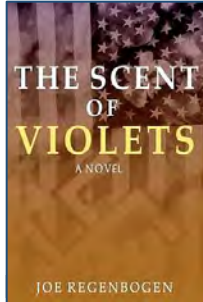
Number 12

3 Nissan 5786

March 21, 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 March 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)

## Listening and Stepping Up

“ There is no life without a task; no person without a talent; no place without a fragment of G-d's light waiting to be discovered and redeemed; no situation without its possibility of sanctification; no moment without its call. It may take a lifetime to learn how to find these things, but once we learn, we realise in retrospect that all it ever took was the ability to listen.

“When G-d calls, He does not do so by way of universal imperatives. Instead, He whispers our name – and the greatest reply, the reply of Abraham, is simply *hineni*: ‘Here I am’, ready to heed Your call, to mend a fragment of Your all-too-broken world.”

–*Rabbi Lord Jonathan Sacks* <sup>ZT”L</sup> To Heal A Fractured World



## VAYIKRA: The Secret to a Healthy Self-Image

Here's the experiment: Count how many times today you send yourself negative self-messages.

Any self-directed criticism telling you that you “are not enough” counts as one. For example, tally how many times you berate yourself for not acting like a better parent/friend/spouse (why did I YELL?), or for not being more creative at work (why didn't I come up with that idea?), or for not choosing healthier food selections (did I really need to devour that ENTIRE chocolate bar?).

I'll bet you'll come up with a pretty high number. As a result of all our criticism, many of us feel unworthy and inadequate, like we will never measure up.

On the other hand, I've met more than a few individuals who have acted like they were the greatest gift to mankind. They don't see any of their inadequacies, nor any need to work on themselves to be kinder, more understanding individuals.

So, how can we balance a healthy and realistic self-image while still striving to improve? Is self-esteem really about feeling like we've “arrived” and are as good or as talented as it gets?

This week's Torah portion teaches us a lesson from Moses who reached the heights of spiritual communication and connection with G-d. Moses should have had a pretty healthy self-image, and yet, we don't see even a tinge of arrogance. Moreover, the commentaries note that the small *aleph* in the word *Vayikrah*, beginning this Parshah, hints to us that Moses was the most humble person who ever walked this earth.

How? Did Moses not realize his exceptional qualities? Why didn't he feel even a touch of arrogance?

Because true humility—as well as a truly positive self-image—does not come from denying or aggrandizing our talents but rather from acknowledging that all our abilities are a present from G-d. If G-d had given another person the same qualities, he may have surpassed my own accomplishments. But G-d provides me with these channels to accomplish His will in the best manner possible—as only I can.

So, humility as well as a healthy sense of self (—and maybe even that chocolate bar!) can coincide. We just need to bring G-d into the picture.

– by *Chana Weisberg*, [www.chabad.org](http://www.chabad.org)



# 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  
AA081b9j7Jn0ZaPJ.1](https://us02web.zoom.us/j/88568471956?pwd=tv3PRpNwLfvmgRAA081b9j7Jn0ZaPJ.1)





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 19<sup>th</sup> at 12:00 PM

Part 2:  
A Halachic Overview  
of the Seder  
Thursday, March 26<sup>th</sup> at 12:00 PM



# 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



# 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 Details

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

Email: [office@nhbz.org](mailto:office@nhbz.org), or phone 314-991-2100

Dinner costs:

Adult: \$25

Children ages 5-12: \$15

Children 4 & under: Free

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](http://JEWISHCHESTERFIELD.COM/SPA)

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](http://GOAFRITOURS.COM)

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YOU ARE CORDIALLY INVITED TO ATTEND THE  
ESTHER MILLER BAIS YAAKOV

# 30<sup>TH</sup> ANNIVERSARY DINNER

PAYING TRIBUTE TO OUR PAST & PRESENT  
BOARD PRESIDENTS



Mr. Dov  
AXELBAUM



Dr. Jonathan  
BORTZ



Mr. Byron  
COHEN



Dr. Jonathan  
GORDON



Rabbi Chono  
MUSER

SPECIAL RECOGNITION TO OUR FOUNDING MENAHELES

## MRS. TOVA GREENBLATT

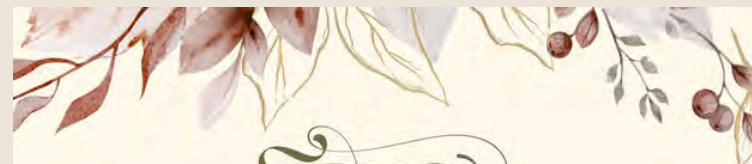


MARCH 22, 2026

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

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

Catering by Zeld's Chicago



# 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...

