



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

May 1-2, 2026

Candle Lighting 7:35 PM

Parshas Emor

Leviticus 21:1-24:23

14-15 Iyar 5786

Shabbos Concludes 8:38 PM

Announcements

Please join us for Kiddush this shabbos to celebrate the April & May birthdays!

- **ONLINE SPRING FUNDRAISER**
36 HOUR CAMPAIGN MAY 17th, WE NEED EVERYONE TO PARTICIPATE. YOU CAN PARTICIPATE EARLY
- 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

- **Medical/First Aid Team – Training Opportunity**
Some of us in the medical community at NHBZ are organizing CPR/AED/First Aid training to establish a group of members who are prepared to respond in the event of a medical emergency.

No prior training is required—this is open to anyone interested in learning. If you already have medical, EMT, or first aid experience, we would especially welcome your involvement.

Training will be conducted by the Olivette Fire Department The program is approximately 5–6 hours and may be offered in one session or split into two shorter sessions based on interest.

If you are interested in participating, please contact the NHBZ office at office@nhbz.org or 314-991-2100 ext. 2.

Prayer Times

Friday, May 1

Mincha/Maariv	7:00 PM
Candle Lighting	7:35 PM

Shabbos, May 2

Shacharis/Mussaf	9:00 AM
Latest Shema Time	9:30 AM
Mincha	7:15 PM
Shalosh Seudos and Learn	After Mincha
Shabbos Concludes	8:38 PM

Weekday Schedule

Shacharis (Sun)	8:00 AM
Shacharis (Mon–Fri)	7:00 AM
Mincha (Sun–Thurs)	6:15 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

Devorah– Office Administrator
email: office@nhbz.org

Hindy– Bookkeeper
bookkeeper@nhbz.org



Yahrzeits Observed This Week

May 1 - 14 Iyar

June Spritz
Flora Kahn

May 4 - 17 Iyar

Ruth Mendelson
Vivian Parker

May 6 - 19 Iyar

Arthur Cole

May 7 - 20 Iyar

Harold Harris

May 2 - 15 Iyar

Charlene Levin

Happy Birthday!

May 1

Becca Near

May 5

Rubin Amon

May 3

Aileen Shirley Shifren

Melanie Thiede

Happy Anniversary!

May 4

Craig & Marsha Feenberg

May 7

Victor & Anna Rose Tendler

Israel Committee
Thank You!

The Israel Committee would like to thank all those involved in making the Yom HaAzmaut /JNF Shabbat program so successful. We heard very positive feedback regarding the whole weekend and about our inspirational Israeli speaker, Yedidiya.

Special thanks to NORMA RUBIN and her fabulous crew for the tireless hours in planning and cooking such delicious meals. We are so appreciative to Norma for her dedication to cooking wonderful and creative food for our congregation.

Many other people helped with planning, decorating and all the other details involved in making this program successful.

Rabbi Rubin, Meira Ganel, Bob Kaiser, Charlene Kass, Stuart Klamen, Margo Tzadok, Don Singer, Aileen Shifren, the security team, our greeters and the administrative team.

Thank you Menachem Szus for his home hospitality to Yedidiya all weekend.

We also thank those NHBZ members who helped to set tables and serve the delicious food. Your help was very much needed and showed again how we are a strong and committed community.

Upcoming Events

- April 26 - Pizza Night
- May 2 - April/May Birthday Kiddush
- May 4 - Lag Ba'Omer with PIT
- May 9 - Mrs. Leia Rubin Speech at **Lunch**
- May 11 - Aish Blood Drive
- May 14 - NHBZ Mashgiach Course Part 1
- May 16- New Member **Lunch** Tot Shabbos
- May 17- Online Fundraiser Brunch with MO Rep. George Hruza
- May 21-22 Shavous
- May 28- NHBZ Mashgiach Course Part 2
- May 30 - Rubin "Thank you Security Helpers"**Lunch**

Ongoing Classes

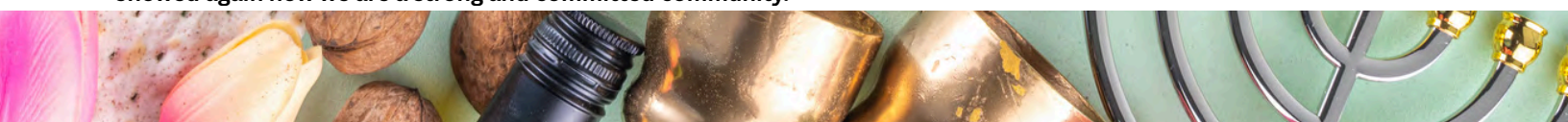
Sundays
Rabbi Swidler's "Learning Mishna" after Shacharis

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





HAPPY
Birthday

Rubin Amon

Craig Berkin

Tracy Borden

Itta Boyko

Eliana Brook

Teresa Carter

Auram Cohen

Chaim Edelstein

Don Eisenberg

Andrew Feit

Denny Feit

Liron Ganel

Madeline Hartranft

Joshua John

Jane Kadosh

Eliot Katz

Howard Loiterstein

Hesh Lyons

Eleora Matt

Sarah Beth Matt

Shelly Muskin

Becca Near

Shawn Pernik

Jim Pollock

Myra Radinsky

Fran Reisler

Yedidya Rubin

Adam Rush

Jason Rush

Debra Safron

Melissa Schapiro

Nathan Scheer

Nava Scheer

Eliyahu Scheinberg

Aileen Shifren

Trudy Sudin

Dana Szus

Micha Szus

Brent Waxman

Bruce Waxman

Susan Weiss

Dan Winograd

Keith Zeff

Melanie Thiede

Gail Tullman

Gerald Tullman

Margo Tzadok

Please join us for kiddush on Shabbos, May 2, 2026

in honor of the April & May birthdays!



May Events

at NHBZ

April/May Birthday Kiddush

Shabbos, May 2, 2026

NHBZ Mashgiach Course Part 1

Thursday, May 14, 2026

See Flyer for Details

Shavuos

May 21-22, 2026

Details to come

Lag Ba'Omer

Monday, May 4, 2026

in partnership with PIT
See Flyer for Details

New Member Lunch & Tot Shabbat

Shabbos, May 16, 2026

Welcome our new members to
the shul by joining us for lunch!

NHBZ Mashgiach Course Part 2

Thursday, May 28, 2026

See Flyer for Details

Pre-Mother's Day Lunch

Shabbos, May 9, 2026

Come hear Mrs. Leia Rubin who
will be speaking during Lunch
Sponsored by Sally Needle, the
Berkins, Tendlers, & Zarkowskys

Brunch with MO Rep George Hruza

&

Online Campaign

Sunday, May 17, 2026

See Flyer for Details on the brunch
& help the shul raise their goal with
sharing the campaign

Thank You Security Team Lunch

Shabbos, May 30, 2026

David & Norma Rubin sponsored

Aish Blood Drive

Monday, May 11, 2026

Lower level between 2-6 PM
See Flyer for More Details

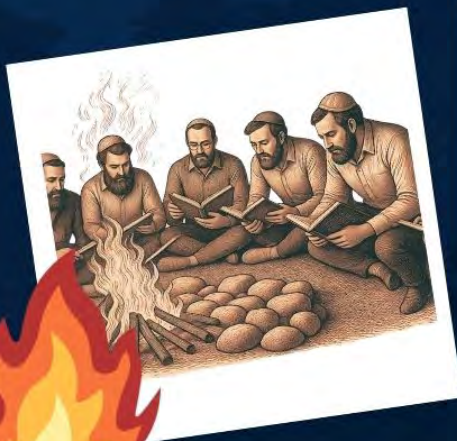
Pizza Night

Sunday, May 31, 2026

Come enjoy some yummy buffet!



NHBZ & Partners in Torah Presents



A
LAG BAOMER
Celebration

Join us for a joyous Lag BaOmer celebration!!
A night of Torah learning, & singing, with food & drink provided.

Sponsorships & Donations are Welcome

MAY 4, 2026

7:30-9:30 PM

Questions? Please contact office@nhbz.org

Donate Blood

IN MEMORY OF Arianna "Ari" Dougan



Arianna "Ari" Dougan was diagnosed with Neuroblastoma as the age of three. Ari received more than 200 units of blood during her eight year battle with cancer. She believed in random acts of kindness and her family wants to inspire others to give blood. This act of kindness ensures that blood will be available when other children, like Ari, need it to survive cancer treatment. Spread Ari's light and donate blood in her memory.

Aish HaTorah Annual Blood Drive In Partnership with Spread Ari's Light

**Location: Nusach Hari B'nai Zion Synagogue
650 N Price Rd, Olivette, MO 63132**

**Monday, May 11, 2026
2:00 p.m. to 6:00 p.m.**

Please call 1-800-RED CROSS (1-800-733-2767) or visit
RedCrossBlood.org and enter: AriDougan
to schedule an appointment.

Come to give blood May 1-17 and get a \$20 eGift Card, thanks to
Amazon! See: rcblood.org/Amazon (2026-APL-0083)



**American
Red Cross**

1-800-RED CROSS | RedCrossBlood.org | Blood Donor App



NHBZ MASHGIACH TRAINING

Instructed by Rabbi Rubin

A two part training and refresher course for those who wish to serve as “Shul Mashgichim” in NHBZ’s kitchens.



SESSION 1 - THURSDAY MAY 14TH, 7:30PM

“Laws of Kashrut, Preparing Food on Shabbat, and NHBZ Kashrut policies”

In-person in the Pepose-Feigenbaum multipurpose room, and over zoom:

<https://us02web.zoom.us/j/85668724628?pwd=LViUxrcnh2wa7vyFdbM7BalQyHbO8e.1>

SESSION 2 - THURSDAY MAY 28TH, 7:30PM

“Checking Produce for Infestation: A Hands on Session”

In-person only in the main sanctuary

For any questions, contact Rabbi Rubin: rabbirubin@nhbz.org

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



According to our local Jewish Student Union, our children are currently suffering an alarming amount of “antisemitic intimidation and harrassment” in local schools. Rep. George Hruza has sponsored a bill to combat these very real and frightening experiences. It passed unanimously and is now on the Governor’s desk. Please come to hear him and learn more about this extremely important bill and how he hopes it will protect our Jewish children. A delicious house made Kosher Brunch will also be served.

Open to the Entire Community



Sunday, May 17, 2026
10:00 AM
\$15 per person
RSVP Required



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

**JEWISH STUDENT UNION
SAINT LOUIS**
TOPGOLF CHESTERFIELD

SWING INTO FUN!



JSU STL EVENT
\$10 PER PERSON
READY TO GO TO YOSHI FOR MORE INFO

JSU STL

TopGolf Chesterfield | 6:00 PM - 8:00 PM
WEDNESDAY, MAY 13th

**6TH ANNUAL
MEAT UP**

BACK BY POPULAR DEMAND
CHEF SRULIE FROM CHICAGO!

**ST. LOUIS' ULTIMATE KOSHER
BBQ & SUSHI NIGHT OUT**

No Golf Skills Required
DELICIOUS FOOD. GREAT FRIENDS. TOPSHELF SPIRITS & GAMES!

New This Year!
Sponsors will enjoy a special VIP Early Entry Experience

• Sunday, May 3rd from 5:30-8:00 pm
 • Top Golf
 • Single Ticket \$150
 • 16861 N Outer 40 Rd, Chesterfield, MO 63005

SPONSORSHIPS AVAILABLE! RSVP @ STL.JSU.ORG/MEATUP

For questions, contact: Alana Minoff 314-303-0867; alana@jstu.org

JSU
JEWISH STUDENT UNION
stl.jsu.org/meatup

MISSOURI TORAH INSTITUTE
ישיבה ותחיבתא ד'מיטווי

NINETEENTH

Sunday Evening
May 10, 2026

Parents of the Year
Mr. & Mrs. Hillel and Rivkah Efron

Alumni of the Year
Mr. & Mrs. Jordan and Molly Rosenblum

Memorial Tribute
Rabbi Avi Bloch zt"l
Establishing the Rabbi Avi Bloch zt"l Scholarship Fund
A Community Initiative in His Memory

Dinner Committee
Yehudah Bienstock | Charlie Deutsch | Naftali Friedman
Craig Reiss | Jonathan Spetner | Jeff Weisman

At the Yeshiva Campus
1809 Clarkson Road
Chesterfield, MO
5:45 PM Hors D'oeuvres | 7:00 PM Dinner

ADEENA SUSSMAN
ZARIZ: 100 EASY, BREEZY, TEL AVIV-Y RECIPES

In conversation with Rachel Holtzman



jbf
ST. LOUIS JEWISH BOOK FESTIVAL • SPEAKER SERIES

**TUESDAY, MAY 5
7PM**

The J's Edison Gymnasium at the Staenberg Family Complex in Creve Coeur

zariz
100 Easy, Breezy, Tel Aviv-Y Recipes

For information and tickets Scan the QR Code or visit jccstl.com/sussman

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MISSOURI SEAL OF BILITERACY FOR HEBREW LANGUAGE

MUSIC AND VISUAL ARTS PROGRAM ELECTIVES

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KADIMAH ALUMNI HAVE BEEN ACCEPTED TO:
Binghamton, Boston University, Brandeis, Columbia, University of Florida, Harvard, Indiana, Lindenwood, Maryland, Maryville, Missouri, NYU (Honors), Rutgers, SLU, UMSL, Washington University, Yale, and Yeshiva University (Honors)

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SCHEDULE A VISIT. DISCOVER KADIMAH.
Contact D'vorah Miller at: dmiller@eha.org | 443-360-7086

A Health Conference for Jewish Women of St. Louis

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

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

 **TORAH PREP GIRLS SCHOOL**

Featuring local speakers from our community

Topics covered include:

**Menopause | Postpartum | Breast Health | Mental Health
Stress Management | Yoga | Alternative Healing
Torah Perspective on Health & Wellness | Nutrition**

Event includes: Babysitting, Breakfast, Lunch & a special FREE gift



Keynote Speaker:

Aliza Bixon

*Rebbetzin of Beth Israel of Miami Beach
Owner of Healthy on the Beach,
Health & wellness coaching*

For More Information & Registration: Empowerednurturer.org

Thank You To Our Very Generous Sponsors:

 | **CHARLIE & NAOMI RUTH DEUTSCH | WEISMAN FAMILY**

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