



# NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

## Parshios Achrei Mos-Kedoshim

April 24-25 2026

7-8 Iyar 5786

Candle Lighting 7:29 PM

Shabbos Concludes 8:31 PM

Leviticus 16:1-20:27

### Announcements

Please join us for an inspirational lunch to celebrate Yom Ha'Atzmaut, Israel's 78<sup>th</sup> Independence Day!

- Thank you to all those who are taking the time to serve as Greeters for our shul!

- ONLINE SPRING FUNDRAISER

36 HOUR CAMPAIGN MAY 17th, WE NEED EVERYONE TO PARTICIPATE. MORE INFORMATION TO COME

- 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 at a discounted rate (~\$30–35 per person). 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](mailto:office@nhbz.org) or 314-991-2100 ext. 2.

### Prayer Times

#### Friday, April 24

Mincha/Maariv	6:15 PM
Candle Lighting	7:29 PM

#### Shabbos, April 25

Shacharis/Mussaf	9:00 AM
Latest Shema Time	9:35 AM
Mincha	7:10 PM
Shalosh Seudos and Learn	After Mincha
Shabbos Concludes	8:31 PM

#### Weekday Schedule

Shacharis (Sun)	8:00 AM
Shacharis (Mon–Fri)	7:00 AM
Mincha (Sun–Thurs)	6:10 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)

### Yahrzeits Observed This Week

April 24 - 7 Iyar  
Harry Mendelson

April 26 - 9 Iyar  
Dena Levitt  
Pearl Chaskelson

April 28 - 11 Iyar  
Miriam Kadosh

April 25 - 8 Iyar  
Dorothy Bierman

April 27 - 10 Iyar  
Meyer Kaplan  
Phillip Mendelson

April 29 - 12 Iyar  
Samuel Greenberg  
Irving Sudin

## Happy Birthday!

April 24  
Evan Woolf

April 26  
Harry Lyons

April 28  
Madeline Hartranft  
Shelly Muskin  
Micha Szus

April 29  
Andrew Feit  
Liron Ganel

## Israel Committee Thank You!

This past Tuesday, NHBZ had an awesome, and it's first, Yom HaZikaron program. Those who attended from all parts of our Jewish community commented how moving, respectful and meaningful the program was.

There are many people to thank who contributed to the success of the program.

We would like to thank the following people:

- Rabbi Rubin who initiated the idea and helped to plan the program.

- Meira Ganel and Reuven Tzadok who envisioned the evening as an intimate telling of the lives of fallen soldiers.

- Also, to Meira for the many hours of hard work and dedication to making the program a moving tribute.

To the rest of the Israel committee that aided in all aspects of the program:

- Aileen Shifrin, Bob Kaiser, Charlene Kass, Don Singer, Margo Tzadok and Stuart Klamen.

- To all of our readers: Aileen S., Don S., Margo T., Reuven T., Meira G., Shaul G. and Shabtai Moria.

- To our security team.

- To Menachem Szus for the many hours of work to set up the technology.

- To Shimon Ohana and Reuven Tzadok for their beautiful singing and guitar playing.

- To Fran for promoting our event.

And of course, to Devorah.

## 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 16 - New Member **Lunch**  
Tot Shabbos  
May 17 - Online Fundraiser  
Brunch with MO  
Rep. George Hruza  
May 21-22 Shavuos

## 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

## March/April Tributes

### In Memory Of:

**Shulamit Newman**  
Irwin & Arlene Fredman  
Meira & Shaul Ganel  
Bob & Joni Kaiser  
Faye & Brian McCary  
Menachem Szus

**Ilene Litvag**  
Barry & Sharon

### In Memory Of:

**Shirley Hollander**  
Irwin & Arlene Fredman  
Faye & Brian McCary

**Michael Jacobson**  
Barry Baker & Sharon Smith

**Gene Carton**  
Barry & Sharon

### In Honor Of:

**Janet Haber's Birthday**  
Enid & Bruce Frank  
Bob & Joni Kaiser

**Gary & Trudy Sudin's Anniversary**  
Bob & Joni Kaiser



# 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>



# PIZZA NIGHT MENU

Sunday, April 26, 2026  
5-7 PM

ADULTS: \$15  
KIDS AGES 3-12: \$8  
KIDS UNDER 3: FREE

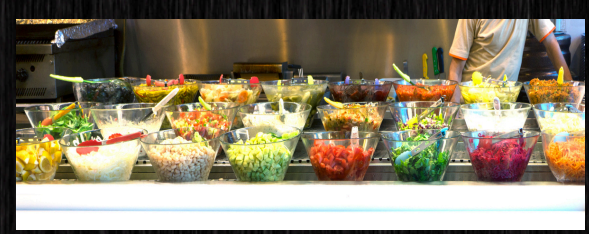
PIZZA



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



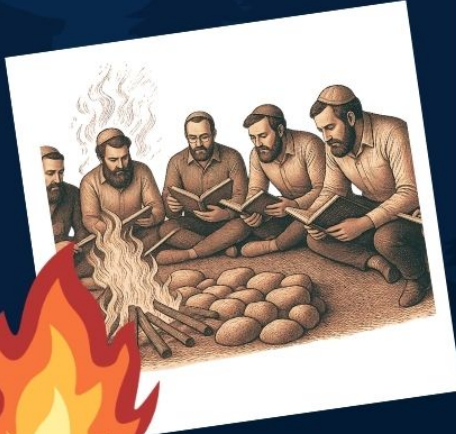
NHBZ.ORG



650 North Price Rd. St.  
Louis, MO 63132



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](mailto: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](https://RedCrossBlood.org) and enter: AriDougan  
to schedule an appointment.

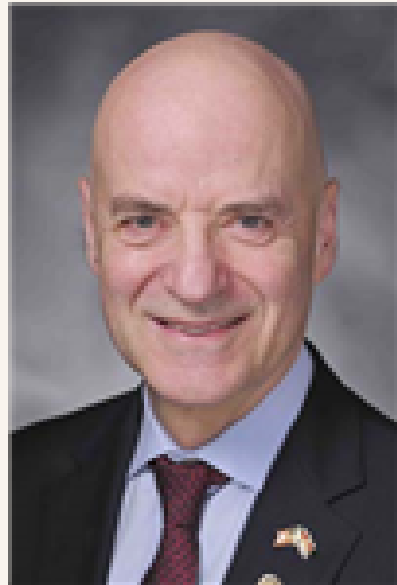
Come to give blood May 1-17 and get a \$20 eGift Card, thanks to  
Amazon! See: [rcblood.org/Amazon](https://rcblood.org/Amazon) (2026-APL-0083)



**American  
Red Cross**

1-800-RED CROSS | [RedCrossBlood.org](https://RedCrossBlood.org) | Blood Donor App

# 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!**

ISU STL EVENT  
\$10 PER PERSON  
REG. OUT TO YOSS! FOR MORE INFO  
BY JSU

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 168E1 N Outer 40 Rd, Chesterfield, MO 63005

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

For questions, contact: Afana Minoff (314) 302-0286, [afana@jssstl.org](mailto:afana@jssstl.org)

**JSU**  
JEWISH STUDENT UNION  
STLJSU.ORG/MEATUP

**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](http://Empowerednurturer.org)

**Thank You To Our Very Generous Sponsors:**  
Alpha Healthcare | CHARLIE & NAOMI RUTH DEUTSCH | WEISSMAN FAMILY

**Our Generous Supporters:**

MISSOURI TORAH INSTITUTE  
ישיבה מתיבתא ד'מיזורי

**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

**the 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  
Adeena Sussman

For Information and Tickets  
Scan the QR Code or visit  
[jcsstl.com/sussman](http://jcsstl.com/sussman)

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)