



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

April 17-18 2026

Parshios Tazria-Metzora

30 Nissan- 1 Iyar 5786

Candle Lighting 7:22 PM

Rosh Chodesh Iyar

Shabbos Concludes 8:23 PM

Leviticus 12:1-15:33

Announcements

Mazal Tov to the Boyko family on Sofia's Bat Mitzvah. The family is looking forward to celebrating with everyone this Shabbos at Kiddush after services.

- Thank you to all the volunteers who took their time in assisting with all aspects of the Pesach Kiddushim.
- There will be a stone dedication for Mimi Fiszal on April 19th at 11:00AM at Chesed Shel Emeth Cemetery (650 White Rd, Chesterfield, MO 63017)
- The Israel Committee is looking for Sponsors for our Big Yom Ha'Atzmaut Celebration Weekend (April 24-25, 2026). Please contact 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) today, to sign up and get your pin!



Yahrzeits Observed This Week

April 15 - 28 Nissan

Sara "Sonia" Katz

April 19 - 2 Iyar

Sharon Dale Haber

April 21 - 4 Iyar

Julia Britton

April 17 - 30 Nissan

Jennie Tolpen

Jerome Levin

Mary Solomon

April 20 - 3 Iyar

Gerald Katz

April 22 - 5 Iyar

Isadore Zeff

Alfred Stoler

ONLINE SPRING FUNDRAISER

36 HOUR CAMPAIGN

MAY 17th

WE NEED EVERYONE TO PARTICIPATE.

MORE INFORMATION TO COME

Prayer Times

Friday, April 17

Mincha/Maariv 7:00 PM

Candle Lighting 7:22 PM

Shabbos, April 18

Shacharis/Mussaf 9:00 AM

Latest Shema Time 9:41 AM

Mincha 7:00 PM

Shalosh Seudos and Learn After Mincha

Shabbos Concludes 8:23 PM

Weekday Schedule

Shacharis (Sun) 8:00 AM

Shacharis (Mon-Fri) 7:00 AM

Mincha (Sun-Mon, Wed-Thurs) 6:05 PM

Mincha (Tues) 6:30 PM

Yom Hazikaron

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

Happy Birthday!

April 17
Dan Winograd

April 23
Fran Reisler

Upcoming Events

- April 19 – Security Speech
- April 21 – Yom Hazikaron Commemoration
- April 24-25 – Yom Ha'atzmaut Celebration
- April 26 – Pizza Night
- May 2 – April/May Birthday Kiddush
- May 9 – Mrs. Leia Rubin Speech at Kiddush
- May 11 – Aish Blood Drive
- May 16 – New Member Kiddush
Tot Shabbos
- May 17 – Online Fundraiser
Brunch with Mo Rep. George Hruza

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

Community Events

- TONIGHT, Charlotte Korchak, an Israel advocacy leader, is coming to speak about how antisemitism manifests in modern times and how our teens can be best prepared @ 7pm at the JCC. The event is cosponsored by BBYO and is open to all highschool teens across St Louis (RSVP link <https://bbyo.my.site.com/s/event-details?eventId=a4kUZ000000EFF7> or text Yossi at 314-369-4688)
- This Sunday the 19th, A carnival spring Bash at the JSU House from 12:00pm - 2:00pm for all middle schoolers and their Families. <https://www.tinyurl.com/JrSpringBash>
- 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.
- 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 SISTERHOOD SCOOP



APRIL 18

אייר
ROSH
CHODESH
The Month of Healing

Volume 9

Number 14

1 Iyar 5786

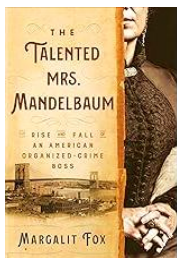
April 18, 2026

Book Club News

The Sisterhood Book Club was charmed by local author and long-time Parkway history teacher **Joe Regenbogen**, on Sunday, March 29, as the author described his novel *The Scent of Violets*, and offered insights into the themes of redemption, forgiveness, and antisemitism. Thank you to Mr. Regenbogen for leading the group discussion and to Jane Lyss for arranging it.

The Book Club's next book is:

The Talented Mrs. Mandelbaum: The Rise and Fall of an American Organized-Crime Boss, by Margalit Fox. The discussion date is **Sunday afternoon, May 31, 3:30-5:00PM, at NHBZ**, lower level, just before NHBZ's May Pizza Night.



Men & women are welcome!

Come for Book Club – Stay for Pizza!

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

State of Israel Proclaimed (1948)

The British mandate to govern the Holy Land expired on Friday, May 14, 1948. A United Nations resolution passed six months earlier endorsed the establishment of a Jewish state in the biblical homeland of the Jewish people. That afternoon, the state of Israel was proclaimed in Tel Aviv. Four neighboring Arab countries launched a brutal war on Israel's Jewish inhabitants but were miraculously unable to realize their full bloodthirsty intent. The date--Iyar 5 on the Jewish calendar--is celebrated in Israel as the Israeli "Independence Day" or *Yom Ha'atzmaut*.

Sheitels, Snoods, Tichels, Hats, Scarves, Shpitzels...

TOO COMPLICATED?

You are welcome to pick up a doily in the lobby to wear while in shul!

It is appreciated that men and married women cover their head/hair when in the sanctuary. Feel free to take a head covering as a gift from NHBZ.



TAZRIA-METZORA **The Wonder That Is Woman**

G-d spoke to Moses, saying: "A woman who shall conceive and give birth . . ." (Leviticus 12:1-2)

It happens 250 times a minute, almost 15,000 times every hour. It happens after years of effort and anticipation, or "by accident." It occurs on every socioeconomic level, in every country and village in the world. But no matter how frequently it transpires, no matter how commonplace an event it is, we always stand back in awe and say: a miracle.

That one being should give birth to, should create, another. If there is any area in which a creature emulates its Creator—if there is any act by which we express the spark of divinity at our core—it is the miracle of birth.

Yet it is in this, the most G-dly of our achievements, that we also most reveal the limitations of our individuality. Feeding, sleeping, thinking, producing a work of art or building a house—virtually everything we do, we can do on our own. But giving birth to a child is something we can do only together with another person. To give birth, we must cease to be an entity unto ourselves and become a part, a component, of a community of two.

Because if we are only what we are, we are most decidedly not divine. As beings unto ourselves, we are finite and self-absorbed things, manufacturers rather than creators. To create, we must rise above our individuality. To actualize our divine essence, we must transcend the bounds of self.

It is the woman, not the man, who gives birth. It is the woman who is most fulfilled in parenthood, and who most acutely feels the lack when parenthood is denied her. It is the woman who continues to mother her child long after the man has fathered it. It is the woman, according to Torah law, who exclusively determines the spiritual identity of her child.

Because it is the woman who most surrenders her selfhood to create life. She is the passive and receptive element in the procreation process. For nine months, her very body ceases to be hers alone as it bears and nurtures another life. So it is the woman, rather than the man, who "conceives and gives birth," and to whom motherhood is a state of being, rather than an "achievement" or "experience."

Yet everyone can become a "mother." What comes naturally to the female half of creation can be learned and assimilated by all, and not only in giving birth to children but in every one of life's endeavors. We all have the power to recognize that there is more to our existence than the narrow confines of individual identity.

We all have the power to become more than we are and to do more than we can—by becoming receptive to the divine essence that underlies the self and pervades the whole of existence.

– *Yanki Tauber*, www.chabad.org

THE SYNAGOGUE SECURITY COUNCIL OF NORTH AMERICA PRESENTS

HOW TO KEEP YOUR SYNAGOGUE SAFE

Strategies to protect our community from within

**AT THE INVITATION OF THE NHBZ SAFETY
& SECURITY COMMITTEE YOU WILL LEARN:**

- **Learn How Synagogue Security Really Works:** Understand the layered approach that keeps our community safe, from before arrival through entry and inside the building.
- **Build Everyday Awareness Skills:** Discover simple ways to recognize unusual behavior and strengthen your personal and communal safety awareness.
- **Know What to Expect at the Door:** Learn why we use greeters, controlled access, and visitor policies—and how these measures protect everyone.
- **See What Security Teams Look For:** Gain insight into how trained volunteers identify potential risks through behavior and observation.
- **Feel More Confident and Prepared:** Walk away with practical knowledge so you can play an active role in keeping our community safe.

About Your Instructor: Carmi Lawrence CPP, CAS

Carmi Lawrence brings over 30 years of leadership experience in global corporate security and investigations, currently serving with the U.S. Government. He is a nationally recognized expert in personal security and counter-violence strategies, with appearances on national TV and radio, as well as published books and professional articles.

*JOIN US TO BETTER UNDERSTAND, SUPPORT, AND
STRENGTHEN THE SAFETY OF OUR SYNAGOGUE COMMUNITY.*

SUNDAY, APRIL 19, 2026

7:00 - 8:15 PM - NUSACH HARI B'NAI ZION

SECURITY TEAM BRIEFING 8:15 - 9:15 PM





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
or 314-991-2100



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 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

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

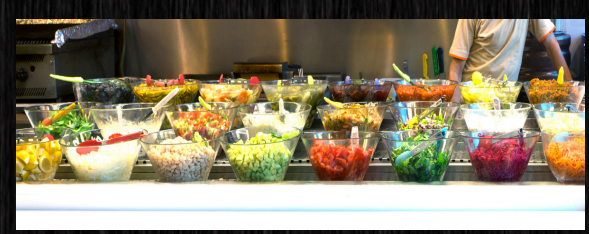
PIZZA



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

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.

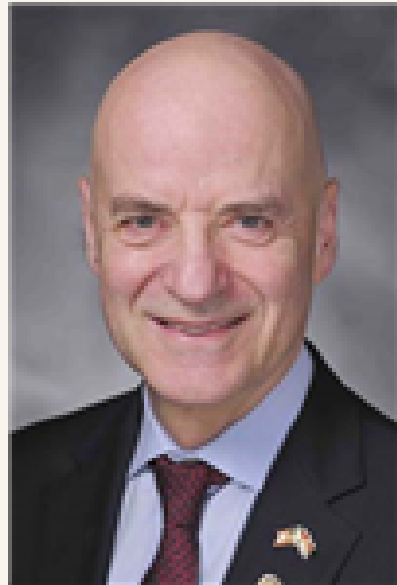
Come to give blood May 1-17 and get a \$20 eGift Card, thanks to
Amazon! See: rcblood.org/Amazon (2026-APL-0083)



**American
Red Cross**

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

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



Postponed to
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

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



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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

For Information and Tickets
Scan the QR Code or visit
jccstl.com/sussman

THE JEWISH WOMEN'S CIRCLE PRESENTS THE 9TH 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 26TH 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

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:

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