



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

May 8-9, 2026

Candle Lighting 7:42 PM

Parshios Behar-Bechukosai

Leviticus 25:1-27:34

21-22 Iyar 5786

Shabbos Concludes 8:46 PM

Announcements

- There will NOT be a drasha given by the Rabbi this Shabbos, instead please join us for a speech during lunch by Mrs. Leia Rubin on the topic of "Rachel and the Power of Potential"
- The Luncheon this Shabbos is given in honor of Mother's Day with thanks to HaShem for our beautiful Yiddisha Mommas who were outstanding models for us to emulate:
 - Marcia Berkin
 - Mildred Drifon
 - Shirley Goldenberg
 - Nina Tandler
 - Marian Walters
 - Leah Zarkowsky
 - Leona Needle
- The bulletin and cake at lunch are sponsored in honor of Vivian Zarkowsky. Happy Mother's Day! Love: Ash, Chai, Zev, Matan, Noam, Daniel, Brooke, Blake, Reed and Emma

• 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

Prayer Times

Friday, May 8

Mincha/Maariv 7:00 PM

Candle Lighting 7:42 PM

Shabbos, May 9

Shacharis/Mussaf 9:00 AM

Latest Shema Time 9:26 AM

Mincha 7:25 PM

Shalosh Seudos After
and Learn Mincha

Shabbos Concludes 8:46 PM

Weekday Schedule

Shacharis (Sun) 8:00 AM

Shacharis (Mon-Fri) 7:00 AM

Mincha (Sun-Thurs) 6:20 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

Announcements – Cont.

- **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.

Yahrzeits Observed This Week

May 9 - 22 Iyar
Rivkah Ben Sason

May 11 - 24 Iyar
Nathan Raginsky
Donald Kleiman
Hyman Spritz

May 14- 27 Iyar
Sarah Eisenberg

Happy Birthday!

May 8
Denny Feit
Jim Pollock

May 12
Don Eisenberg
Eleora Matt

May 9
Shawn Pernik
Gerald Tullman

May 13
Tracy Borden
Itta Boyko

May 11
Debra Safron

Upcoming Events

- May 11 – Aish Blood Drive
May 14 – NHBZ Mashgiach Course Part 1
May 16– New Member **Lunch** & Tot Shabbos
May 17– Online Fundraiser
May 17– Brunch with MO Rep. George Hruza
May 21–22 Shavous
May 28– NHBZ Mashgiach Course Part 2
May 30 – Rubin “Thank You Lunch for all Safety and Security Committee Volunteers
May 31– Book Club
May 31– Pizza Night
June 6 – Larry Goldenberg Kiddush

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



THE SISTERHOOD SCOOP

MAY 9



Volume 9

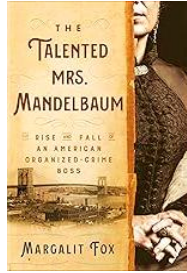
Number 15

22 Iyar 5786

May 9, 2026

Book Club News

The NHBZ Sisterhood Book Club's **next book** is: **The Talented Mrs. Mandelbaum: The Rise and Fall of an American Organized-Crime Boss**, by Margalit Fox -- How a nice Jewish immigrant wife and mother became the country's most notorious criminal "fence" and organized crime mastermind of the mid-1880s. Fox exposes the colorful underworld of the Gilded Age of New York and the development of police departments, private security, scams, cons, and corruption! The discussion 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

Choose the Good

“ Being warned of the bad helps us to choose the good. Too often we make the wrong choices because we don't think of the consequences. That's how global warming happened. That's how financial crashes happen. That's how societies lose their solidarity. Too often, people think of today, not the day after tomorrow. The Torah, painting in the most graphic detail what can happen to a nation when it loses its moral and spiritual bearings, is speaking to us in every generation, saying: Beware. Take note. Don't function on autopilot. Once a society begins to fall apart, it is already too late. Avoid the bad. Choose the good. Think long and choose the road that leads to blessings. ”

– **Rabbi Lord Jonathan Sacks** ZT"l
The Power of a Curse (Behar-Bechukotai, Finding Faith, Covenant & Conversation)

BEHAR-BECHUKOSAI:

THE ENGRAVED LETTERS

The Torah writes, “If you will walk in my statutes (*chukotai*) . . .” (LEVITICUS 26:3). Rabbi Schneur Zalman of Liadi¹ explains that the word *chok* (statute) is derived from the root *chakikah*, engraving, hewing or carving: one's study of Torah should be as letters that are hewn out of stone, not as letters of ink that are written on paper.²

What does this mean?

The letters and words of ink, through the process of writing, become inseparably connected and united with the paper or parchment. This symbolizes the basic level of Torah learning, in which the student does not give mere lip-service to the Torah's teachings, but becomes joined and united with Torah; his actions reflect his learning.³

On a deeper level, though, it is evident that the word written in ink is an entity distinct from that of the paper—although bound together with it. But the letter engraved in stone has no separate existence from the stone whatsoever. The stone itself bends inwards here, protrudes outwards there . . . and a letter is formed; the letter is the stone and the stone is the letter.

The carved letter simply does not exist as a distinct entity independent of the stone. In the same way, one's study of Torah should ultimately reach the level of “the engraved letter,” where the “self” of the student ceases to exist; his being, his essence, becomes simply Torah.

Such a level of self-effacement was achieved by Moses. He became one with G-d; his “self” ceased to exist. When transmitting G-d's words of blessing to Israel he used the first person, declaring, “. . . I will give grass in your fields,”⁴ for G-d's Presence (the *Shechinah*) was speaking through Moses' throat.⁵

Footnotes

1. The “Alter Rebbe,” 1745–1812, founder of Chabad-Lubavitch.
2. Likkutei Torah, Vayikra 45a ff.
3. See Talmud, Sanhedrin 106b.
4. Deuteronomy 11:15. See Likkutei Torah, Vayikra 50a.
5. See Zohar III:232a; Shemot Rabbah 3:15; Vayikra Rabbah 2:3; Mechilta, Shemot 18:19. Based on Likkutei Sichot, vol. 3, pp. 1012–1014.

– **Rabbi Yitschak Meir Kagan**, www.chabad.org

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

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

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

NHBZ Book Club &

Pizza Night

Sunday, May 31, 2026

Come discuss a good read, and
then enjoy a yummy buffet!



Special Kiddush Lunches

Shabbos May 9 & 16

Join us for Shabbos services followed by Kiddush Lunch
and inspirational Speakers....

Shabbos May 9
Pre-Mother's Day
Presentation
featuring our own Rebbetzin Mrs. Leia Rubin
speaking on "Rachel and the Power of Potential"

Shabbos May 16
New Member Shabbos
Honoring 37 New Members
who joined in the last 9 months
Several will recount their path to NHBZ
NHBZ Israel Committee will sponsor a Special Dessert
to celebrate Yom Yerushalayim

Bring the Family
It's Tot Shabbat!

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)

SIGN UP →



**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>

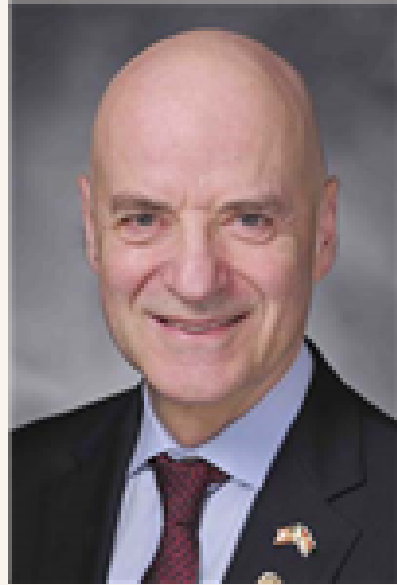
SESSION 2 - THURSDAY MAY 28TH, 7:30PM

“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



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314-991-2100 ext 2
650 N. Price Rd., 63132

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NINETEENTH
Annual Dinner

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



from **SPARKS** to **FLAMES**
THURSDAY, **5.28.26**
"ב' סיין, תשפ"ו

DINNER 6:00 PM | PROGRAM 7:45 PM

MUSICAL PERFORMANCE BY
OUR STUDENTS

CLAYTON PLAZA 7750 CARONDELET AVE | CLAYTON, MO 63105

TZARCHEI TZIBUR
COMMUNITY ENGAGEMENT AWARD

RABBI HILLEL ANTON

AGUDATH ISRAEL OF MISSOURI EAO DIRECTOR
AND THE
MOSCHOLARS PROGRAM



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MRS. ERIN GALCOTTE



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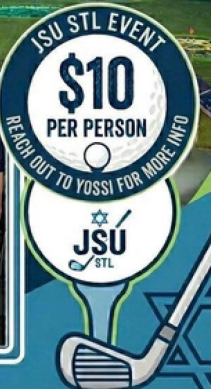
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**JEWISH STUDENT UNION
SAINT LOUIS**

TOPGOLF CHESTERFIELD

SWING INTO FUN!



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

SPONSORED BY
The Davidovits Family in memory of Dr. Alan Weiss z"l

UNITED BY TORAH UNITED FOR TORAH II

PRE-SHAVUOS EVENT FOR MEN & WOMEN



ELEVATE II

THURSDAY, MAY 7TH

NUSACH HARI B'NAI ZION

**DOORS OPEN: 8:00 PM
PROGRAM BEGINS: 8:15 PM
MAARIV: 9:30 PM**

SPECIAL GUESTS:

**RAV NAFTALI &
REBBETZIN JAEGER**

Rav Jaeger is the Rosh Yeshiva of Yeshivas Shor Yoshuv. Rebbetzin Jaeger, a daughter of Rav Shlomo Freifeld zt"l, is a renowned educator and speaker.



MEN Preparation for Shavuos:
Illuminating the Darkness



WOMEN Nurturing our Emunah &
Living b'Simcha

ELEVATE YOUR CONNECTION



Join your friends, Kollel Rabbis & Rebbetzins for group learning, culminating in presentations by the Rosh Yeshiva and Rebbetzin.



Expect sushi, fresh greens, sweet delights, and fruit.



RSVP to info@stlkollel.com



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IN MEMORY OF DR. ALAN WEISS A"H

Kollel ELEVATE II

A COMMUNITY SHABBOS

WITH RAV NAFTALI &
REBBETZIN TEHILA JAEGER

SHABBOS PARSHAS BEHAR-BECHUKOSAI
THURSDAY - SUNDAY • MAY 7 - MAY 10

THURSDAY, MAY 7

7:00 PM
Pre-event Partner and Pillar Donors Dinner with Rav & Rebbetzin Jaeger

Elevate YOUR CONNECTION

UNITED BY TORAH,
UNITED FOR TORAH
8:00 PM - 9:30 PM
NUSACH HARI B'NAI ZION

Engage in roundtable learning with our Kollel Rabbis and Rebbetzins, culminating in inspiring presentations by Rav & Rebbetzin Jaeger.

Men - Topic: Preparation for Shavuos: *Illuminating the Darkness*

Women - Topic: Nurturing our Emunah & Living b'Simcha

Expect Sushi, crisp greens, sweet treats, and fruit

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Mr. & Mrs. Yale & Gail Miller

PILLAR

Mr. & Mrs. Shmuel & Idena Freedman

SHABBOS, MAY 8-9

Elevate YOUR SHABBOS

7:00 PM
Mincha - Agudas Israel
Pre-Maariv Dvar Torah

8:50 AM
Shacharis - U. City Shul
Drasha - Rav Jaeger (approx. 10:30am)

Post Kiddush Shiur for Women with Rebbetzin Jaeger (approx. 11:45am)
Topic - Preparation for Shavuos: *The Unique Power of Women*

PARTNER DONORS
Shabbos Seuda with Rav & Rebbetzin Jaeger

5:00 PM
Shiur for Women
Topic - *Megillas Rus: Struggle of Majesty*
Home of Mrs. Raizy Golombeck 825 University Place

Pre-Mincha Shiur for Men in the Kollel

8:25 PM
Parsha Shiur for Men
Agudas Israel

SUNDAY, MAY 10

Elevate YOUR TORAH

MINI YARCHEI KALLAH FOR MEN
בנין יפני עור לא תתן כסף
8:45 AM Breakfast - Kollel
9:15 AM Learning - Aguda
9:45 AM Shiur - Aguda

Elevate YOUR PRIME

9:45 AM
Coffee & Shmooze with the Rebbetzin for Women 50's and beyond
Young Israel

Elevate YOUR LIFE

12:15 PM
Self-Care Luncheon for Women
The Sefira & Women: Counting Beyond The Self
Nusach Hari B'nal Zion

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** INCLUDES 2 SEATS FOR PRE-EVENT DINNER *** INCLUDES 1 SEAT AT PRE-EVENT DINNER

SAVE THE DATE!

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Kollel ELEVATE II

WITH REBBETZIN TEHILA JAEGER

WOMEN'S SCHEDULE

SHABBOS DAY LEARNING
at U City Shul
after Kiddush at 11:45am

SHABBOS AFTERNOON LEARNING
May 9th, 5pm
at Mrs. Raizy Golombeck's home

SUNDAY MORNING
May 10th, 9:45am
Coffee & Learn for 50+
at Young Israel

MOTHER'S DAY
SELF CARE LUNCHEON
12:15pm, May 10th
At Nusach Hari

SPONSORSHIP FOR EACH PROGRAM AVAILABLE

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