



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

May 21-28 Bulletin



Announcements

- We express our condolences to Faye Cohen & Brian McCary on the passing of Frances Cohen.
- We express our condolences to Jon & Irene Newman on the passing of Judith Boigon Davidson
- Thank you to all who contributed to the NHBZ May 2026 Campaign: From Strength to Strength. You delivered an incredible response to an ambitious fundraising target. Your generosity will strengthen our community, learning, and security in the coming year.
- We have enhanced security with temporary orange bollards, please be aware as you are walking.
- We are seeking greeters for Shabbos and Yom Tov between 9:00 AM-12:00 PM please reach out to aileen@shifren.com if you are able to assist. Thank you!
- **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

Weekday Schedule

Shacharis (Sun–Mon) 8:00 AM
 Shacharis (Tues–Thurs) 7:00 AM
 Mincha (Sun–Wed) 6:30 PM

Shabbos Programming

Childcare
 10:00 – 11:30 AM

Yahrzeits Observed This Week

<u>May 22 - 6 Sivan</u> Frances Oppenheim	<u>May 25 - 9 Sivan</u> Adeline Eisenberg
<u>May 23 - 7 Sivan</u> Larry Glazer Jeanette Stein	<u>May 28 - 12 Sivan</u> Hillel Volotzky Mina Kerner Eli Ragin Charles Bistrow

Happy Birthday & Anniversary!

<u>May 22</u> Jane Kadosh	<u>May 24</u> Sanford & Jennifer Cohen
<u>May 23</u> Eliyahu Scheinberg	<u>May 25</u> Naftali & Jane Kadosh
<u>May 24</u> Howard Loiterstein	
<u>May 27</u> Brent Waxman Bruce Waxman	

Shul Contact Information

phone: 314-991-2100
 Rabbi Rubin:
rabbirubin@nhbz.org
 Devorah- Office Administrator
 email: office@nhbz.org
 Hindy- Bookkeeper
bookkeeper@nhbz.org

Shavuos Schedule 5786 at NHBZ

Erev Shavuos

Thursday, May 21, 2026

Shacharis: 7:00 AM

Candle Lighting: 7:53 PM

Mincha/Maariv: 7:55 PM

Earliest Time to
Make Kiddush 8:58 PM

Tikkun Leil
Shavuos 11:30 PM

Shavuos Day 1

Friday, May 22, 2026

Early Shacharis: 5:00 AM

Shacharis: 9:00 AM

Shavuot Shmooze &
Ice-Cream @
Irv Zeid Park 3:30 PM

Candle Lighting from
Existing Flame 7:54 PM

Mincha/Maariv 7:55 PM

Shavuos Day 2

Shabbos, May 23, 2026

Shacharis: 9:00 AM

Yizkor No Earlier Than
10:30 AM

Tikkun Yom
Program 5:20 PM

Mincha/Seudah
Shlishit 7:40 PM

Maariv/Shabbos
& Yom Tov Ends 9:00 PM



NHBZ SHAVUOT LEARNING 5786

Tikkun Leil Program – Thursday, May 21st

- 11:30 PM “The Magen Avraham’s ‘Bombshell’ Question on Shavuot”
Rabbi Aron Rubin
- 1:30 AM “Holy Cheesecake! Embracing the Delight and Courage to Say ‘I Don’t Know’ on Shavuos”
Rabbi Avi Feigenbaum
- All Night Individual and Partner Learning + Pizza and Refreshments
- 5:00 AM Early Shacharit



Tikkun Yom Program – Shabbat, May 23rd

- 5:20 PM “The Unique Nature of Shavuos”
Rabbi Chaim Edelstein
- 5:50 PM “Unusually Strange Women in Tanach+”
Mr. Menachem Szus
- 6:40 PM Refreshment Break
- 6:50 PM “5 Reasons Why AI Cannot Become Your Rabbi”
(And I’m not just saying it to keep my position)
Rabbi Aron Rubin
- 7:40 PM *Mincha/Seudah Shlishit and Q&A with Rabbi Rubin*

- ALL PROGRAMS OPEN TO BOTH MEN AND WOMEN -



Happy
Shavuot

Nusach Hart
Bnai Zion

חג
שביוע
הטוב

NHBZ Shavuot Schmooze & Ice Cream at the Park

Friday, May 22nd

3:30-5:00pm

Irv Zeid Park



THE SISTERHOOD SCOOP

MAY 22-23



Volume 9

Number 17

6-7 Sivan 5786

May 22-23, 2026

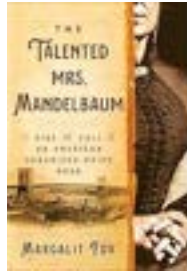
May you receive the Torah with joy and sincerity!

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

SHAVUOS: Not About Anything

People think that Torah is about something: that it comes to explain our world, what has happened and what will happen, where each thing belongs and what to do with it.

In a way, this is true. But ultimately, Torah isn't about anything—everything is about Torah.

Before creating a world, the sages say, G-d first composed a blueprint from His Torah. This Torah that we unfold in our world is that primordial Torah speaking within the parameters of our world.

G-d emanated light, created a world, and filled it with events, people and things, all so we would have means and metaphor to discuss His thoughts.

— Chayei Sarah 5726:19. Torat Menachem 5741, 13 Tishrei, www.chabad.org

SHAVUOS: The First Commandment

...The Ten Commandments, the 10-point encapsulation of G-d's message to man, reads in two directions: from top to bottom, and from side to side. They were given to Moses engraved on two stone tablets — five commandments on each stone. Why on two tablets? And why are the first five Commandments on one stone and the second five on the other? (*5/5 may seem an even division, but it's really not: the first five Commandments total 146 words in the original Hebrew, the second five 26.*) One of the reasons given by our sages is that the five latter Commandments are actually a reiteration of the first five. In other words, we're supposed to place these two tablets side by side and read across, like this:

- 1) I am the L-rd your G-d / Do not kill
- 2) You shall have no other gods / Do not commit adultery
- 3) Do not take G-d's name in vain / Do not steal
- 4) Remember the Shabbat / Do not bear false witness
- 5) Honor your father and mother / Do not covet anything of your fellow's

This means that, in essence, there are only five Commandments. "Do not kill" is another way of saying "I am the L-rd your G-d"; the prohibition against adultery is the prohibition against idolatry; keeping Shabbat means being a truthful witness; and so on.

The Midrash explains the correlations of each of these five sets, but for starters, we'll look at the connection between Commandments #1 and #6. Why is "Do not kill" the flip side of "I am the L-rd your G-d"? Because, say the Sages, to murder a fellow man is to murder G-d:

What is this analogous to? To a king of flesh and blood who entered a country and put up portraits of himself, and made statues of himself, and minted coins with his image. After a while, the people of the country overturned his portraits, broke his statues and invalidated his coins, thereby reducing the image of the king. So, too, one who sheds blood reduces the image of the King, as it is written (Genesis 9:6): "One who spills a man's blood... for in the image of G-d He made man."

Now there are murderers who say they believe in G-d. And there are people who are dead set against murder who claim not to believe in a higher power. They're both wrong.

If you truly believe in G-d, you are incapable of murder. And if you truly believe that taking the life of another human is wrong — not just because you lack the means or motive to do so or are afraid of ending up in jail, but because you recognize the transcendent, inviolable value of life — that's just another way of saying you believe in G-d. Even if you're not one of those religious types who put it in those terms.

—adapted from **Rabbi Yanki Tauber**, 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!



NHBZ MASHGIACH TRAINING

Instructed by Rabbi Rubín

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 Rubín: rabbirubin@nhbz.org



PIZZA NIGHT MENU

Sunday, May 31, 2026
5-7 PM

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

PIZZA



PASTA



SALAD BAR



FRIES



CHOLEV 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

Upcoming Events

- May 28- NHBZ Mashgiach Course Part 2
- May 30 - Safety and Security Committee Volunteers Appreciation **Lunch**
- May 31- Book Club
- May 31- Pizza Night
- June 6 - Larry Goldenberg **Lunch**

Community Announcements

Everybody is invited to the Uf Ruf of Yossi Rovinsky on Shabbos the 2nd day of SHavuos and the kiddush following davening at U. City Shul.

The Hakams Matzayva (Unveiling) for Selina Rovinsky z"l will take place on Sunday June 7th at 1:00PM at Chesed Shel Emes Cemetery on White Road.

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

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32 AVERAGE ACT

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Cape Fear School
Leaders in the School



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APPLY FOR THE YOUNG SCHOLARS AWARD AND RECEIVE UP TO A FULL YEAR OF FREE TUITION!

SCHEDULE A VISIT. DISCOVER KADIMAH.
Contact D'vorah Miller at:
dmiller@sehs.org | 443-350-7086

WE CELEBRATE 50 YEARS OF EXCELLENCE

CELEBRATION
50th Anniversary

from **SPARKS** to **FLAMES**

THURSDAY, **5.28.26**
7:00pm - 9:30pm

6:00 PM | PROGRAM | 7:45 PM

WEDICAL PERFORMANCE BY OUR STUDENTS

CLAYTON PLAZA 1700 CARROLLWOOD PARK CLAYTON, MISSOURI

TEACHERS' TEBIR COMMUNITY ENGAGEMENT AWARD

RABBI HILIEL ANTON
ROBERT ISRAEL OF MISSOURI GAZD DIRECTOR AND THE MOSCHOIARS PROGRAM

STELLAR EDUCATOR AWARD

MRS. ERIN GALICOTTE




CELEBRATION CHAIR
ETRI & CHARPINE GOLDENBERG

REGISTRATION
To make a reservation, please contact:
D'vorah Miller at dmiller@sehs.org
SEHS/CELEBRATION



EPSTEIN KADIMAH
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