



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

June 26-27, 2026

Candle Lighting 8:12 PM

Parshios Chukas-Balak

Numbers 19:1-25:9

11-12 Tammuz 5786

Shabbos Concludes 9:19 PM

Announcements

- Please join us for the birthday kiddush this Shabbos in honor of the June Birthdays!
 - The bulletin this week is sponsored in celebration of Vivian Zarkowsky's birthday, with love by Alan, her children, and grandchildren!
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- We extend a heartfelt Mazel Tov to Rabbi and Rebbitzin Smason on the recent marriage of their daughter Sivia Smason to Eric Berdinis
 - NHBZ board of directors have approved a firearm policy. Consent to carry a handgun will require approval of the Rabbi and board president. If you do not have approval, you cannot carry within the shul premises. This policy is effective immediately. If you have questions of clarification, please see Rodney John or Bruce Waxman.

Yahrzeits Observed This Week

June 28 - 13 Tammuz

Elliot 'Sonny' Landau

Nathan M. Ferman

Harry Kaplan

July 1 - 16 Tammuz

Beckie Freistein

Zola Koyen

June 29 - 14 Tammuz

Ludwig (Lou) Edelstein

July 2 - 17 Tammuz

Carl Koplowitz

June 30 - 15 Tammuz

Sonya Baer

Happy Birthday & Anniversary!

June 26

Zev Rosenberg

June 26

Boris & Alla Yasinev

July 1

Vivian Zarkowsky

June 27

Jeff & Irena Scheer

July 2

Joanna Alper

Jessica Fadem

Prayer Times

Friday, June 26

Mincha/Maariv 7:00 PM

Candle Lighting 8:12 PM

Shabbos, June 27

Shacharis/Mussaf 9:00 AM

Latest Shema Time 9:21 AM

Drasha by the distinguished
Rabbi Feigenbaum

Mincha 8:00 PM

Shalosh Seudos After
and Learn Mincha

Shabbos Concludes 9:19 PM

Weekday Schedule

Shacharis (Sun) 8:00 AM

Shacharis (Mon-Wed, Fri) 7:00 AM

Mincha (Sun-Wed) 6:45 PM

Fast Day -17th of Tammuz (Thurs)

Fast Starts 3:59 AM

Shacharis 6:45 AM

Mincha 8:00 PM

Fast Concludes 9:05 PM

Shabbos Programming

Soul Building with Rabbi Sentell

Does the Torah Want Us to Have a Sense of Humor?
10:00 AM

Childcare

10:00 - 11:30 AM

Shul Contact Information

To Donate To NHBZ

phone: 314-991-2100



Rabbi Rubin:
rabbirubin@nhbz.org

Devorah- Office Administrator
email: office@nhbz.org

Hindy- Bookkeeper
bookkeeper@nhbz.org

Upcoming Events

June 27 - Birthday Kiddush
June 28 - Pizza Night
July 4 - Graduation Kiddush
July 18 - Newman 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 Rubin's "Gemara Class
on Masechet Megillah"
after 7 AM Shacharis

July 9th-August 13

Mrs. Rubin's "Women's Summer
Parsha Class"
10 AM

Rabbi Hess's Amud-a-Week
after Maariv

Community Events

- Annual St. Louis Mikvah Campaign is This Upcoming Week! Our community-wide effort to raise \$100,000 runs Sunday morning through Tuesday night, June 28-30 at www.charidy.com/stlmikvah. Everyone's support of this vital community resource is crucial! For more information, speak with Rabbi Josh Bregman at 314-363-5977 or Hillel Anton at 347-323-4380
- July 12th a community-wide event commemorating the 20th Yahrzeit of Sarah Adelman z"l will take place at 11:15 AM in the Beit Midrash of Young Israel and via Zoom featuring Rabbi Menachem Leibtag on "The Concept of Moshiach in Yechezkel, in Light of the Menorah of Zecharya." To obtain a zoom link email samfstl@gmail.com after July 5th.
- All are invited to join the Aish Tisha B'av program on Thursday, July 23rd from 2-4 PM at the St. Louis Kaplan Feldman Holocaust Museum, where they will present the film "Undeniable." Preregistration is required by July 20th to cgoldstein@aishstl.com



THE SISTERHOOD SCOOP

JUNE 27

June 27, 1778 – Liberty Bell* returns home to Philadelphia after the British departure



Volume 9

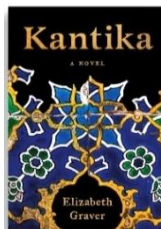
Number 22

12 Tammuz 5786

June 27, 2026

Book Club News

The NHBZ Book Club's next book is ***Kantika***, by Elizabeth Graver, a Sephardic multigenerational saga that moves from Istanbul to Barcelona, Havana, and New York, and explores themes of family, displacement, endurance, identity, and beauty. The novel is inspired by the life story of the author's maternal grandmother.



The book will be discussed on **Sun, July 26, 3:30-5:00PM**, at NHBZ lower level, before July's Pizza Night. ***Come for Book Club—Stay for Pizza!***



The remaining Book Club selections for 2026:

MONDAY, SEPT. 28, 6:45-8:00PM

Out of the Sky: Heroism and Rebirth in Nazi Europe, by Matti Friedman

SUNDAY, NOV. 29, 3:30-5:00PM

Kosher USA: How Coke Became Kosher and Other Tales of Modern Food, by Roger Horowitz

Men & women are welcome!

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

CHUKAT-BALAK: Good and Making Good

Life has two main goals: to do good, and to change bad into good.

This is expressed by the division of the Jewish week into Shabbat and the weekdays. Shabbat, the sacred day, directly expresses goodness. By contrast, the days of the week include negative possibilities—the many false options of the daily world. These, however, can all be transformed into good. We realize that a certain step was an error, and we find a way to make it good.

These two goals in life are also expressed in the two parts of the double Torah reading we read this Shabbat, and particularly in their names.

The first—Numbers 19:1-22:1—*Chukat*, means "law," "decree" or "statute" and also implies "engraving."

Words of Torah can be written with ink on parchment or engraved in stone. When they are engraved, they are totally one thing together with the stone. For the individual this means that the Torah is truly part of him or her. This is the atmosphere of the holiness of Shabbat and also of the dedication to do good things. You may know people who are distinguished for that, and at times, we might be like that ourselves. This is the first goal in life, to be purely positive, doing good, like Shabbat, and the first portion: *Chukat*, goodness engraved.

The second goal is more complex. We see this in the name of the second portion, Numbers 22:2-25:9. It is called *Balak*, the name of the non-Jewish king of Moab who tried to harm the Jewish people. He hired the heathen prophet Balaam to curse them. In fact, this makes it quite surprising that Balak's name should be chosen as the name of a portion in the holy Torah.

However, Balak had some positive features: our Sages tell us that Ruth the Moabite was descended from him. Ruth converted to Judaism and became the great-grandmother of King David, the ancestor of the Messiah. In the portion named Balak there is, in fact, an important prophecy about the Messiah. Although Balak acted badly, great goodness was hidden in him, which is revealed in his illustrious descendants, no less than the line of Jewish Kings including David, Solomon and the Messiah.

Hence the portion of Balak signifies bad which contains hidden good, and this good is ultimately revealed for the benefit of all.

The idea that bad leads to good has two important applications in our lives. The first concerns how we look at ourselves. Many people are very unfair to themselves and have a low opinion of their achievements in life. We should be more generous to ourselves, see our positive possibilities, and work to try to let them be expressed.

The second application concerns other people. Some people seem to have very negative qualities, yet the teaching of *parsha Balak* is that these can be transformed into good. And perhaps we ourselves can help in that process.

So, whether in the contrast of Shabbat and the weekdays, or the two halves of the double portion, we see that in life there are two main goals: doing good and making bad good.

– from **Dr. Tali Loewenthal**, www.chabad.org



Tammuz 12 is the birthday the sixth Lubavitcher Rebbe, **Rabbi Yosef Yitzchak Schneersohn** of Lubavitch (1880-1950), and also the day on which he was liberated from exile to the Soviet gulag 47 years later.

A Nation Dwelling Alone

“What makes Jews “a nation dwelling alone, not reckoned among the nations,” is that their nationhood is not a matter of geography, politics or ethnicity. It is a matter of religious vocation as G-d's covenant partners, summoned to be a living example of a nation among the nations made distinctive by its faith and way of life. Lose that and we lose the one thing that was and remains the source of our singular contribution to the heritage of humankind.”

– **Rabbi Lord Jonathan Sacks ZT"l**

Not Reckoned Among the Nations (Balak, Covenant & Conversation)

***Q: What Biblical verse is inscribed on the Liberty Bell?**



HAPPY *Birthday*

*Debra Barash
Noah Belau
Barb Bressler
Nathan Brook
Ethan Cohen
Teryn Farbstein
Amy Feit
Julie Friedman
Esther Gelb
Larry Goldenberg*

*Joyce Hochberg
Joni Kaiser
Sanford Koenig
Alan Morgensztern
Jon Newman
Michael Parker
Sarah Pernik
Mark Rothschild
Zev Rosenberg
Yosef Rube*

*Yitzchak Rubin
Adrian Shifren
Gia Shifren
Barry Solomon
Natalia Wallman
Rebecca Waxman
Barry Witten
Richard Woolf*

*Please join us for kiddush on Shabbos, June 27, 2026
in honor of the June birthdays!*





PIZZA NIGHT MENU

Sunday, June 28, 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



JOIN US FOR A

GRADUATION *Kiddush*



You're invited to a kiddush following services to
celebrate your preschool through college
graduates of 2026!

Please contact office@nhbz.org to recognize a
family member's graduation in the bulletin!

Please also consider sending in a donation to
help enhance the kiddush!



JULY 4, 2026

650 N. Price Rd.



Women's Summer Parsha Series

with Leia Rubin

**Thursdays at 10AM
July 9 - August 13**

**Pepose-Feigenbaum Multipurpose Room
or Zoom:**

[https://us02web.zoom.us/j/83795395408?
pwd=9EOsL9Pj1c1xaduWgKM3saD2v5OXsi.1](https://us02web.zoom.us/j/83795395408?pwd=9EOsL9Pj1c1xaduWgKM3saD2v5OXsi.1)

NHBZ Item Wishlist

Please contact the office, preferably by email (office@nhbz.org), if you wish to purchase any of the following items for our Shul, and for tribute details that you wish to include in purchased books or Judaica items.

Kitchen and Food Items

Electric Burr Coffee Grinder	\$120
Kitchen Knives	\$100
Kitchen Knives (additional)	\$100
Stones for Knife Sharpening	\$40

Sefarim (Books)

Tur and Shulchan Aruch Set	\$800
Dirshu Mishnah Berurah Set	\$130
Gemara Set	\$650
Mini Gemara Set (for upstairs)	\$170
Chumash Torat Chaim Set	\$220
Chumash Masorat HaRav Set (Rav Soloveitchik) (English)	\$160
The Little Midrash Says Set (for kids - English)	\$160
The Weekly Parashah Jaffa Family Edition Set (for kids - English)	\$160
My First Parsha Reader - Devarim (for young kids - English)	\$40
Chumash Rabbi Sacks (English)	\$60
Guide to the Perplexed (English)	\$50