



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

July 17-18, 2026

Candle Lighting 8:06 PM

Parshas Devarim

Deuteronomy 1:1-3:22

3-4 Av, 5786

Shabbos Concludes 9:10 PM

Announcements

- Kiddush this shabbos is sponsored by The Newman Family in memory of their father/Aba, Yehoshua Ben Yechiel Hacohen z"l

- NHBZ board of directors has 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.

Shabbos Programming

Soul Building with Rabbi David
10:00 AM

No Childcare Until Further Notice

Yahrzeits Observed This Week

July 17 - 3 Av

Bernard Winograd

July 22 - 8 Av

Sydine Fredman

July 19 - 5 Av

Albert Goodman

July 23 - 9 Av

Ben Freistein
Shurlie Weisberg

July 20 - 6 Av

Benjamin Sandler

Happy Birthday and Anniversary!

July 19

Brian Feit

July 20

Debbie & Brian Sher

July 20

Charlene Kass
Roman Peysakhovich

July 23

Larry Freistein
Sandy Kahn

Prayer Times

Friday, July 17

Mincha/Maariv 7:00 PM

Candle Lighting 8:06 PM

Shabbos, July 18

Shacharis/Mussaf 9:00 AM

Latest Shema Time 9:29 AM

Mincha 7:50 PM

Shalosh Seudos
and Learn After
Mincha

Shabbos Concludes 9:10 PM

Weekday Schedule

Shacharis (Sun) 8:00 AM

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

Mincha (Sun-Tues) 6:35 PM

Tisha B'Av (Wed-Thurs, July 22-23)

Fast Begins (Wed Night) 8:20 PM

Mincha/Maariv and Eicha 8:05 PM

Shacharis (Thurs) 7:00 AM

Chatzos (Midday) 1:07 PM

Mincha/Maariv 7:40 PM

Fast Concludes 8:54 PM

Shul Contact Information

To Donate To NHBZ

phone: 314-991-2100



Rabbi Rubin:
rabbi@nhbz.org

Devorah- Office Administrator
email: office@nhbz.org

Hindy- Bookkeeper
bookkeeper@nhbz.org

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

Upcoming Events

July 19 - Get out the vote
Call-a-Thon

July 25 - Pevnick Kiddush

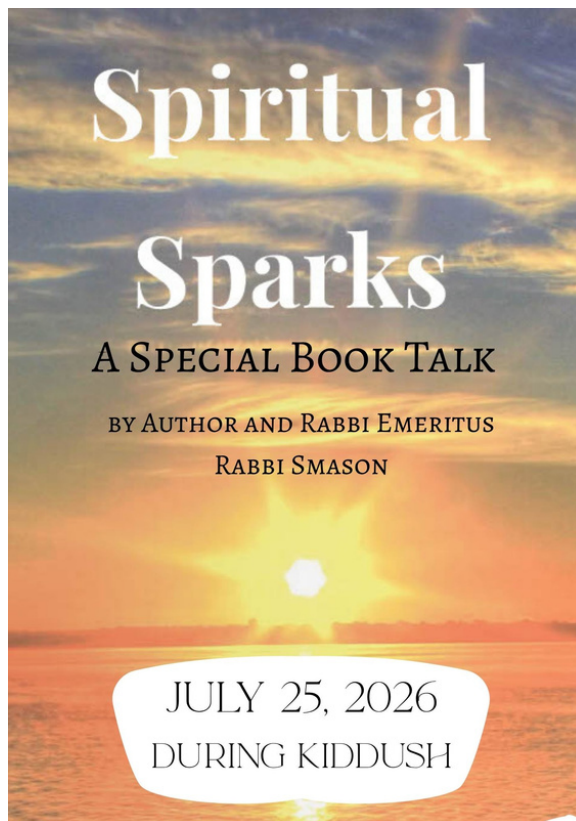
July 26 - Book Club
Pizza Night

August 1 - July/August
Birthday Kiddush

August 8 - Radinsky Kiddush

August 15 - Neudorf **Lunch**

August 30 - NHBZ Picnic



Community Events

- The annual St. Louis Eruv Campaign will take place July 19-26, with a goal of raising \$55,000.00 to cover the Eruv's annual operating budget as well as unanticipated repair and maintenance costs. The Eruv is a vital community resource that benefits families throughout St. Louis each Shabbos and Yom Tov. Please help ensure its continued strength and reliability by donating at www.charidy.com/stleruv.
- 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
- A Message from Agudath Israel of MO:
Voting for the Aug. 4th Primary Election is underway!
If you will be away on August 4th, you can go vote now, M-F from 8:00-4:30 at the Board of Elections office. Early voting at additional locations, including the Clayton library, opens Tuesday, July 21st.
Every single eligible community member should be sure to vote. Keep in mind that no matter your party registration, Missouri holds open primaries so you can request a Democrat or Republican ballot when you get to the polls. Questions? Go to - agudah.org/vote/missouri or email sbotuck@agudahmo.org.
- St. Louis Kaplan Feldman Holocaust Museum is having their Fall Orientation coming up on Sunday, August 30, 2026, from 9am-2pm. This Orientation is for anyone who wishes to volunteer at the Museum in their visitor services area, leading tours, in the Impact Lab, in their archives department, and more! If you have questions, please do not hesitate to contact Zach at zturner@stlholocaustmuseum.org or visit their website at <https://stlholocaustmuseum.org/get-involved/volunteer/>.



THE SISTERHOOD SCOOP

JULY 18



Volume 9

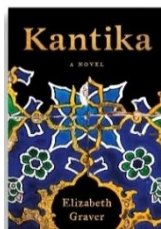
Number 25

4 Av 5786

July 18, 2026

Book Club Meets Next Sunday

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 this Sun., July 26, 3:30-5:00 PM, lower level, before Pizza Night.**



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

Tisha B'Av

From Destruction to Renewal

Tisha B'Av, the 9th day of the month of Av—beginning this year on Wednesday evening, July 22—is the saddest day on the Jewish calendar, on which we fast, deprive ourselves, and pray. It is the culmination of the Three Weeks marking: (1) the time of Moses when the Jews in the desert accepted the slanderous report of the ten Spies and were forbidden from entering the Land of Israel (1312 BCE), (2) the destruction of the First Temple (586 BCE) and the Second Holy Temple (70 CE) in Jerusalem, (3) the expulsion of Jews from Spain in 1492, (4) the start of WWI (1914), (5) the deportation of the Warsaw ghetto in 1942, and other national calamities that occurred at this time throughout history.

- excerpted from Chabad.org

DEVARIM: In Your Own Voice

The fifth book of the Five Books of Moses, Devarim, which means "Words," is named for the opening statement in the book:

These are the words that Moses spoke to all Israel on that side of the Jordan. The Torah continues:

It came to pass in the fortieth year, in the eleventh month, on the first of the month, that Moses spoke to the children of Israel according to all that the L-rd had commanded him regarding them.

Toward the end of Moses' life, as the Jews were about to cross the Jordan and enter the promised land, Moses spoke to his beloved people. He repeated all the commandments written in the first four books and he retold the stories of their sins and shortcomings of the past 40 years, in hopes that his words would help them learn and grow from their negative experiences.

While the first four books are written in third person (as in the very common verse "And G-d spoke to Moses"), the fifth book is written in first person, in the voice of Moses himself. This difference is significant. It represents a change in Moses' role, and a change in the way we are to understand the Torah.

Moses received the Torah from G-d and transmitted it to us. Moses' role was to be a loyal conduit who would convey the words of the Torah precisely as they were given to him. In the fifth book, however, Moses was no longer a mere transmitter. The words, ideas and teachings were internalized within Moses, and he therefore spoke them in his own voice.

This explains how both themes of the book of Devarim, the repetition of the Torah in Moses' own voice and the words of rebuke, are interrelated. The purpose of rebuke was to inspire the Jewish people to return to G-d. But how would a person who rejected the voice of morality, and the will of G-d, be inspired to return? The inspiration comes not from heeding the voice from above, but rather from listening to the voice that emanates from within ourselves. The commitment and courage to return to G-d comes from the teachings and values of the Torah that have become part of the Jew.

Like Moses, we experience both of these steps in our own study of the Torah. At first, we listen and learn. We seek to hear and understand that which the Torah is teaching us. This is the first stage, the stage represented by the first four books, in which we seek to receive the Divine words handed down to us.

And then we arrive at the fifth book. It may not happen overnight, it may take 40 years of wandering, but over time we begin to discover the ideas of the Torah within our deepest self. Over time, the words of the Torah become our own. We identify with them, and they express our own point of view. In the second stage of study, in the fifth book, we speak the words of Torah in our own voice.

- Rabbi Menachem Feldman, www.chabad.org



PIZZA NIGHT MENU

Sunday, July 26, 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



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NHBZ.ORG



650 North Price Rd. St.
Louis, MO 63132

*Nusach Hari
B'nai Zion*

PICNIC IN THE LOT

FOAM PARTY | KIDS ACTIVITIES | CAR SHOW | BBQ

Gather your friends, family, and loved ones for a delightful day filled with laughter, delicious food, and the beauty of the great outdoors!

Make sure to bring your appetite as there will be hamburger, veggie burger, or hot dog plates for sale all at \$10 a piece.

And to stay cool in the St. Louis heat enjoy some free snow cones!

LOCATION: NHBZ PARKING LOT (650 N.PRICE RD)

DATE: SUNDAY, AUGUST 30, 2026

TIME: 4-7PM



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.

Kitchen and Food Items

Item	Price	Purchased by
Electric Burr Coffee Grinder	\$120	Marvin and Doris Lerner
Kitchen Knives	\$100	Zev and Shana Katz
Kitchen Knives (additional)	\$100	
Kiddush Cups	\$50	Faye Cohen and Brian McCary
Stones for Knife Sharpening	\$40	Keith and Karen Zeff

Sefarim (Books)

Item	Price	Purchased by
Tur and Shulchan Aruch Set	\$800 \$580	\$180 - Esther Soumekhian \$40 - Yosef and Bekka Rube
Dirshu Mishnah Berurah Set	\$130	Jerry and Gail Tullman
Gemara Set (for downstairs)	\$420	
Rambam Set	\$150	Daniel and Marcela Morgensztern
Mini Gemara Set (for upstairs)	\$170	Dan and Melanie Winograd
Chumash Torat Chaim Set	\$220	
Chumash Masorat HaRav Set (Rav Soloveitchik) (English)	\$160	
The Little Midrash Says Set (for kids - English)	\$160	Dan and Melanie Winograd
The Weekly Parashah Jaffa Edition Set (for kids - English)	\$160	Jerry and Gail Tullman
Chumash Rav Hirsch Set (English)	\$110	Joel Ehrlich
Chumash Rabbi Sacks (English)	\$60	Lenny and Fran Alper
Guide to the Perplexed (English)	\$50	Michael and Charlene Kass

Judaica Items

Item	Price	Purchased by
Set of Tags for Torah Scrolls	\$250	Victor and Anna Rose Tendler