



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

August 21-22, 2026

Parshas Ki Seitzei

8-9 Elul, 5786

Candle Lighting 7:29 PM

Deuteronomy 21:10-25:19

Shabbos Concludes 8:28 PM

Announcements

- The ice cream floats this Shabbos are sponsored by Jesse & Debbie Barash in honor of their 48th wedding anniversary!
- The bulletin this Shabbos is sponsored by David Rubin in honor of Norma and their 15th wedding anniversary on 8/21.

Please join us for the NHBZ Shul Survey Results Presentation!

Thank you to everyone who took the time to share your feedback. We look forward to sharing the survey results and the insights we learned from you.

The presentation is open to all members. Please RSVP and indicate which time works best for you:

- Tuesday, August 25 at 10:00 AM
- Tuesday, August 25 at 7:15 PM

We hope you'll join us for this important opportunity to hear the results and learn what our members shared about NHBZ.

Every Man Counts

As we enter this important time of year, we ask the men of our community to make a special effort to attend minyan.

Every man counts, and your presence can make the difference between having a minyan and falling short. Please consider making a commitment to attend regularly and help strengthen our tefillah and our community.

Prayer Times

Friday, August 21

Mincha/Maariv 7:00 PM

Candle Lighting 7:29 PM

Shabbos, August 22

Shacharis/Mussaf 9:00 AM

Latest Shema Time 9:42 AM

Mincha 7:10 PM

Shalosh Seudos
and Learn After
Mincha

Shabbos Concludes 8:28 PM

Weekday Schedule

Shacharis (Sun) 8:00 AM

Shacharis (Mon-Fri) 7:00 AM

Mincha (Sun-Thurs) 6:10 PM

Shabbos Programming

Soul Building with Rabbi David
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

Office Hours Wed-Thurs
9:00 -12:00, 12:30-2:00

Devorah is available by email outside
of office hours.

Hindy- Bookkeeper
bookkeeper@nhbz.org

Announcements Cont.

NEW - Rachel & Ted Pevnick & Family Kiddush Fund

Please consider contributing to the Rachel & Ted Pevnick & Family Kiddush Fund. Your contribution will help enhance our weekly kiddush and create a welcoming and enjoyable experience for our entire community. Donations help support the food, beverages, and other expenses that make our kiddush gatherings possible. Your generosity is greatly appreciated. Thank you for helping us continue this wonderful tradition and for being part of our community!

Memorial Plaques

NOW ONLY \$300 - Special Pricing Through Rosh Hashana Before Price Increase

A memorial plaque is a meaningful way to perpetuate the memory of a loved one and keep their name connected to our shul and community for generations to come.

TO ORDER Please contact the Shul Office
(office@nhbz.org)

Yizkor Book Information

Each year before Yom Kippur, NHBZ offers opportunities to memorialize your loved ones throughout the year. You can choose to:

- 1) list their names in the Yizkor Book of Remembrance which is used throughout the year on Yom Kippur, Shemini Atzeres, Pesach and Shavuot, after which you may take one home
- 2) have their names Read Aloud during the recitation of the Yizkor service
- 3) new this year - reserve a half page or full page in the Book of Remembrance to memorialize your loved ones with a personalized message

This year, you can make your requests online. Go to the link below, and fill out the Entry Form by August 25. On the Entry Form, you can keep the same names as last year, add or delete names, or create a completely new list, or create a personalized message. If you have trouble filling out the form, call Lenny Alper at 314-993-4024.

<https://forms.gle/DvY32HjrBs3DTnSUA>

Yahrzeits Observed This Week

Aug 21 - 8 Elul

Joe Nissenbaum

Aug 25 - 12 Elul

Dr. Martin Beerman

Aug 22 - 9 Elul

Maya Malka Goren

Aug 26 - 13 Elul

Max Ludwig

Aug 24 - 11 Elul

Abram Dobin

Aug 27 - 14 Elul

Sonia Szus

Dan Rudman

Happy Birthday!

August 22

Betty Epstein

Debbie Sher

August 24

Allison Feit

Jonathan Yasinev

Happy Anniversary!

August 21

David & Norma Rubin

August 24

Rabbi & Leia Rubin

August 26

Michael & Janice Parker

August 27

Jesse & Debbie Barash

Upcoming Events

August 24 -

Part 2 Rabbi Rubin's High Holiday Series

August 29 -

Rabbi & Mrs. Rubin **Luncheon** in honor of their 1st year anniversary at NHBZ

August 30 -

NHBZ Picnic

September 11-13 - Rosh Hashana

Ongoing Classes

Sundays

Rabbi Swidler's "Learning Mishna"
after Shacharis

Mondays

Both Classes are On Summer Break

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

Rabbi Hess's Amud-a-Week
after Maariv

Community Announcements

- We wish a Mazel Tov to Rabbi and Mrs. Daniel and Rochel Sentell on the engagement of their daughter Sarah to Asaf Zaroom of Tom's River.
- Please Join St. Louis Friends of Israel, Magen David Adom, and St. Louis Jewish Community Center for

Ambulance Dedication

This community event will recognize the sponsorship of an ambulance for the People of Israel by Dr. Irvin Pretsky,

in honor of his parents, Jake and Dora Pretsky z"l

Guests will have the rare opportunity to tour the ambulance before it begins its journey to Israel.

Sunday, August 23, 4:00 P.M.

RSVP by August 16 to Heather Castle

hcastle@afmda.org

Address provided upon registration. Security will be present.

Israelis depend on Magen David Adom to save lives everyday Magen David Adom is Israel's pre-hospital medical emergency system, designated blood-services, and global disaster relief organization. Americans sponsor the majority of Magen David Adom's fleet of more than 3,650 emergency vehicles. Thanks to philanthropy, medics can race to the scene with the most sophisticated medical response available.

- 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/>.

- Please note the new Senior Kollel schedule:
Men's Learning – Monday through Thursday
 - 10:30–11:30 AM – Rabbi Yaakov Berkowitz
 - 11:30 AM–12:30 PM – Rabbi Shimmy FriedWomen's Weekly Lunch & Learn
 - Day & speaker TBA.



THE SISTERHOOD SCOOP

AUGUST 22



Volume 9

Number 30

9 Elul 5786

August 22, 2026

You are Invited to participate in Sisterhood's
5787 New Year Greetings Fundraiser...



...and wish **L'Shana Tova Tikatevu** to everyone in our NHBZ family!
Send in your donation (\$10 min – NO max) to NHBZ Sisterhood and your name will be published in the 5787 Rosh Hashanah Holiday Bulletin! See flier for details.

Book Club's Next Book

The Book Club will read ***Out of the Sky: Heroism and Rebirth in Nazi Europe***, by Matti Friedman. Using original documents from once-secret files, manuscripts, memoirs, and unpublished letters, Friedman follows four parachutists in the spring of 1944 on a dramatic rescue mission. The book will be discussed on **MONDAY EVENING, SEPT. 28, 6:45-8:00PM — in the NHBZ Sukka!**



The last Book Club discussion of 2026 will be **SUNDAY AFTERNOON, NOV. 29, 3:30-5:00PM**, before November Pizza Night. The selected book is ***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

Redeeming the World

“Hate the sin but not the sinner. Do not forget the past but do not be held captive by it. Be willing to fight your enemies but never allow yourself to be defined by them or become like them. Learn to love and forgive. Acknowledge the evil men do, but stay focused on the good that is in our power to do. Only thus do we raise the moral sights of humankind and help redeem the world we share.”

– **Rabbi Lord Jonathan Sacks ZTL**, *Against Hate* (Ki Teitse, Lessons in Leadership, Covenant & Conversation)

Wake Up / Elul is Here



Elul is the 12th and final month in the Jewish calendar.

It is a month that connects the past year with the coming year—a time when we reflect on where we stand and where we should be going. The theme of Elul is return to your essential self, a.k.a. teshuvah. In this month, the “King is in the Field,” and G-d is readily accessible, willing to hear our requests and listen to our fervent prayers for the coming new year. Every day of Elul we blow the shofar and recite special Psalms in anticipation of the High Holidays, Rosh Hashanah and Yom Kippur.

KISEITZEI: True Gender Equality

[Moses told the Jewish people,] “A man's attire must not be worn by a woman; a man must not wear a women's garment.”
– Deuteronomy 22:5

This directive implies that men should strive to actualize all their G-d-given potential as men, and women should strive to actualize all their G-d-given potential as women, in accordance with the Torah's guidelines for self-refinement. Although we all comprise male and female qualities, our biological gender clearly indicates which qualities we are meant to chiefly manifest.

Manifesting our G-d-given potential – free of any societal pressure to be something we are not – is true “equal rights.” When a woman mistakenly thinks that she must behave like a man and pursue a man's path, she implicitly affirms that women are intrinsically inferior to men. In order to cultivate a sense of self-worth, she must therefore compete with men. The Torah forbids such an affront to the status of women. Instead, it celebrates and values women's femininity, encouraging them to develop their innate female qualities. In this way, women can make their unique and crucial contributions to society, bringing the world to its ultimate, Divine fulfillment.

– from **The Lubavicher Rebbe**,
Translated and Adapted by **Moshe Wisniefsky**, www.chabad.org

**IF SOMEONE IS COMING TO KILL YOU,
RISE AGAINST HIM TO KILL HIM FIRST**

–Talmud, Sanhedrin 72a

The Holidays are Coming...

The Holidays are Coming...

The Holidays are Coming...



2026 ☆ 5787

Rosh Chodesh Elul is August 14

Erev Rosh Hashanah is September 11

Erev Yom Kippur is September 20

High Holiday Seating

Rosh Hashanah is just around the corner! All *full* members of NHBZ are entitled to request a reserved seat for the High Holidays, in order to come and go as much as needed. If you had a reserved seat last year and are happy with it, you are good to go! If you were not entirely happy with your seat last year (too noisy? too cold? too close to the front?) you can request a change! If you are a new member and you want a reserved seat, we can help you pick one to your liking. Please contact Lenny Alper at lenny.alper@outlook.com to review your seating options or contact Devorah at office@nhbz.org.

Deadline to reserve seats: Friday, August 28.

Yizkor Book of Remembrance

Watch your email for information about this year's Yizkor Book. As in the past, we will request a \$10 donation for each name listed (or group, such as "and family") in the published Book of Remembrance, and a \$36 donation for each name read aloud during the Yizkor Service. **NEW THIS YEAR:** Instead of (or in addition to) line-item name listings, we are offering an option to reserve a larger space to memorialize your loved one(s) with a personalized message. We request a \$300 donation for a half-page, and a \$500 donation for a full page in the Yizkor Book. The Book of Remembrance is used on Yizkor throughout the year for Yom Kippur, Shemini Atzeres, Pesach, and Shavuot.

Deadline to submit Yizkor names: Tuesday, August 25.

Sisterhood's New Year Greetings Fundraiser

Everyone is invited to participate in Sisterhood's annual New Year Greetings fundraiser to wish "**L'Shana Tova Tikatevu**" to everyone in our NHBZ family! Simply send your donation (\$10 minimum / NO max) to Sisterhood@nhbz.org or fran.alper@outlook.com and **your name** will be published in the 5787 Rosh Hashanah Bulletin! Proceeds benefit NHBZ's Passport to Israel Program and other NHBZ Sisterhood projects. **Deadline to submit your name and donation: Tuesday, August 25.**

Lulav & Esrog Sets

It will soon be time to place your orders for Lulav & Esrog sets. Please email your orders to Devorah at office@nhbz.org, or call 314-991-2100, ext. 2. Be sure to leave your name, call back phone number, and your order.

Prices below are now confirmed for this year.

- Basic Lulav & Esrog set \$70
- Standard Lulav & Esrog set \$80
- Deluxe Lulav & Esrog set \$95
- Premium Lulav & Esrog set \$105

All orders must be received and paid for on or before Tuesday, August 25.

Begin your Holiday Preparations NOW!

Watch for any changes in deadline dates or dollar costs



New Year Greetings

fundraiser

The **NHBZ Sisterhood** wishes you
Health, Happiness & Prosperity in the New Year...

...and invites you to wish **L'Shana Tova Tikatevu**
to everyone in our **NHBZ family!**

Make your check payable to **NHBZ** – write 'Sisterhood Greeting' on the
memo line – suggested minimum donation is \$10 per name – no maximum!

Your name will be published in the **5787 Rosh Hashanah Bulletin**

Send your contribution, along with the form below, **by Tues., August 25** to:

NHBZ Sisterhood
650 North Price Road
St. Louis, MO 63132

or you may email your greeting information directly to bookkeeper@nhbz.org
or visit the website www.nhbz.org to make a payment

FOR QUESTIONS, CALL THE NHBZ OFFICE, 314-991-2100, EXT.3, OR EMAIL: sisterhood@nhbz.org

NHBZ SISTERHOOD NEW YEAR GREETING ~ FOR ROSH HASHANAH 5787 BULLETIN

Name _____

Phone _____ Email _____

Amount enclosed \$ _____ [suggested minimum donation is \$10 per name – no maximum!]

Please list my name as follows:

Proceeds benefit NHBZ's Passport to Israel Program & other future NHBZ Sisterhood projects

Wishing you a Good and Sweet Year!





**Join NHBZ & Rabbi Rubin
for a two-part**

HIGH HOLIDAY SERIES

PART I : Monday, August 17 - 8pm

“Psalm 27 - L'David”

Why do we read this Psalm during the high holiday period? What is it about? What messages can we glean from it to enhance our high holiday experience...and the rest of our year?



PART II : Monday, August 24 - 8pm

“The Whats and Whys of Building a Sukkah”

Why are we told to live in huts for seven days? What significance does it have for our lives? What are the basic guidelines to building a “Kosher Sukkah”, while we still have time to plan?



**In-person at the new home of Bruce & Faith Waxman
(contact us for the address), or zoom:**

<https://us02web.zoom.us/j/86389316761?pwd=bL136UiPWbNAFmBdbMtfTyFFUF4rQ9.1>

For any questions, please contact Rabbi Rubin: rabbirubin@nhbz.org

NUSACH HARI B'NAI ZION SYNAGOGUE

MEMORIAL PLAQUES

A Lasting Tribute to Those We Hold Dear



Honor the memory of a beloved parent, grandparent, spouse, relative, or friend with a memorial plaque at Nusach Hari B'nai Zion Synagogue.

As we approach Rosh Hashanah, we invite you to establish a lasting remembrance for those whose lives and legacies remain part of our community.

SPECIAL ROSH HASHANAH PRICING

REGULAR PRICE: \$450 - Due to increased cost of production

NOW ONLY \$300

SPECIAL PRICING THROUGH ROSH HASHANAH

A memorial plaque is a meaningful way to perpetuate the memory of a loved one and keep their name connected to our shul and community for generations to come.

TO ORDER

Please contact the Shul Office (office@nhbz.org)

Take advantage of this special opportunity before the Rosh Hashanah deadline.

May the memories of our loved ones be a blessing.

Back to School/ Weekend Celebrations

Join us for Shabbos Lunch & Sunday Picnic!

Shabbos, August 29, 2026

Rabbi & Mrs. Rubin's Luncheon

Come celebrate the one year anniversary of the Rabbi and Rebbetzin and family joining the NHBZ community

Sunday, August 30, 2026

NHBZ's Annual Picnic in the Lot

FOAM PARTY | KIDS ACTIVITIES |

CAR SHOW | BBQ | SNOW CONES

So many great activities to enjoy!

Pay here or at the door

Nusach Hari
Bnai 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 kosher 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 PLATE.



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



Good Food. Great Friends.

AMAZING MEMORIES!

Help Make Our
BBQ A SUCCESS!

CHOOSE YOUR SPONSORSHIP



**GRILL MASTER
SPONSOR**

\$100



**CRUISIN'
SPONSOR**

\$75



**PICNIC BASKET
SPONSOR**

\$54



**SNOW CONE
SMILE
SPONSOR**

\$36



**KIDS' FUN
ZONE
SPONSOR**

\$18



**COOKOUT
CONTRIBUTOR**

\$ _____



Every sponsorship helps create
a fun afternoon for our community!



SPONSOR TODAY!

To sponsor online:

[https://www.zeffy.com/en-US/
ticketing/picnic-in-the-lot](https://www.zeffy.com/en-US/ticketing/picnic-in-the-lot)

— SAVE THE DATE —

CELEBRATING



Nusach Hari B'nai Zion

An Elegant Evening of Cocktails, Community & Auction



Sunday, December 13, 2026

5:30 – 9:00 PM • NHBZ, 650 NORTH PRICE ROAD, SAINT LOUIS, MO

IN HONOR OF

GUEST OF HONOR

Jennifer Hartranft

ISRAEL AWARD HONOREE

Dr. Bryan Sharp

HAKARAT HATOV HONOREE

Rabbi Chanan Swidler

SILENT AUCTION

Join us for a premier silent auction featuring items generously donated by local businesses, congregation members, and community partners.

Every bid supports Nusach Hari B'nai Zion as we celebrate 121 years of community, tradition, and togetherness.

RECEPTION MENU

Sushi Station

Mediterranean Grazing Table

Full Bar & Beverage Stations

An upscale cocktail-style reception, designed for mingling throughout the evening.

Formal invitation with full details to follow

NUSACH HARI B'NAI ZION • 650 NORTH PRICE ROAD, SAINT LOUIS, MO • NHBZ.ORG • 314.991.2100



Senior Kollel UPDATE

Starting Monday August 17
Senior Kollel schedule will be as follows

MONDAY - THURSDAY

10:30 - 11:30 ♦ Rabbi Yaakov Berkowitz
11:30 - 12:30 ♦ Rabbi Shimmy Fried

Women's Lunch & Learn - TBD



BUILDING A
VIBRANT TORAH
COMMUNITY
FOR
35 YEARS

PLEASE JOIN

St. Louis Friends of Israel
American Friends of Magen David Adom
and
St. Louis Jewish Community Center
for an

AMBULANCE DEDICATION

This community event will recognize the sponsorship of an ambulance for the People of Israel by Dr. Irvin Pretsky, in honor of his parents, Jake and Dora Pretsky z"l.

Guests will have the rare opportunity to tour the ambulance before it begins its journey to Israel.



**SUNDAY
AUGUST 23
AT 4:00 P.M.**

RSVP by August 16 to
Heather Castle
hcastle@afmda.org

Address provided
upon registration.
Security will be present.



Israelis depend on Magen David Adom to save lives every day. Magen David Adom is Israel's national pre-hospital emergency medical system, designated blood-services, and global disaster relief organization. Americans sponsor the majority of Magen David Adom's fleet of more than 3,650 emergency vehicles. Thanks to philanthropy, medics can race to the scene with the most sophisticated medical response available.



St. Louis Friends of Israel



Israel's Emergency Services System



Get pumped with a
spiritual workout for your soul at

SOUL

BUILDING

with Rabbi David



10:00 AM



@NHBZ

4-Weeks

of

Soul Building

before

**Rosh
Hashana**



STRONGER

Soul.

GREATER

Purpose.

BRIGHTER

New Year.

COME BUILD YOUR STRONGEST SOUL!



FOCUS. RENEW. ELEVATE. TOGETHER.

