



NHBZ Shabbos Bulletin

Welcome to Nusach Hari B'nai Zion

Affiliated with Union of Orthodox Congregations of America

September 4-5, 2026

Parshas Nitzavim

22-23 Elul, 5786

Candle Lighting 7:08 PM

Deuteronomy 29:9-30:20

Shabbos Concludes 8:06 PM

Announcements

The bulletin this week is sponsored in honor of all the volunteers and sponsors who participated in the tremendously successful annual picnic: Evan Axelbaum, Itta Boyko, Kenny Bressler, Marcie Brook, Faye Cohen, Joel Ehrlich, Celia Fox, Meira Ganel & The Israel Committee, Demetrice Goldsby, Tony Granillo, Jennifer & Bryson Hartranft, Mateo & Rodney John, Joni & Bob Kaiser, Charlene & Michael Kass, Leah Katz, Ed Levitt, Marcela Morgensztern, Michelle Mufson, Joe Newman, Sari Neudorf, Shimon Ohana and his Boys, Ella & Eddie Pernik, Nancy & Jason Rush, Aileen Shifren, Esther Soumekhian, Gary Sudin, Anna Rose Tandler, & Faith Waxman.

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)

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, September 4

Mincha/Maariv 7:00 PM

Candle Lighting 7:08 PM

Shabbos, September 5

Shacharis/Mussaf 9:00 AM

Latest Shema Time 9:47 AM

Mincha 6:50 PM

Shalosh Seudos After
and Learn Mincha

Shabbos Concludes 8:06 PM

Weekday Schedule With Selichos

Shacharis (Sun - Mon) 7:45 AM

Shacharis (Tues-Thurs) 6:30 AM

Mincha (Sun-Thurs) 5:45 PM

Shabbos Programming

Soul Building with Rabbi David
"Habits and Addictions- Making Them and Breaking Them"
10:00 AM

Childcare
10:00 - 11:30 AM

Shul Contact Information

To Donate To NHBZ

phone: 314-991-2100



Rabbi Rubin:
rabbinrubin@nhbz.org

Devorah- Office Administrator
email: office@nhbz.org

Office Hours Tues-Thurs
9:00 - 12:00, 12:30 - 2:00
Devorah is available by email
outside of office hours.

Hindy- Bookkeeper
bookkeeper@nhbz.org

Yahrzeits Observed This Week

Sept 4 - 22 Elul

Bess Zeff

Anita Hulbert

Sept 5 - 23 Elul

Stuart Allen Freistein

Harry Gelb

Gloria Waxman

Sept 6 - 24 Elul

Steven Smason

Sept 7 - 25 Elul

Harvey Friedman

Sept 8 - 26 Elul

Bonnie Borden

Irwin Rosen

Sept 9 - 27 Elul

Robert Blumberg

Sept 10 - 28 Elul

Linda Szus

Birthdays and Anniversaries!

Sept 4

Rabbi Rubin

Meira Ganel

Miriam Tzadok

Sept 8

Myra Solomon

Sept 10

Fran Hoffman

Daniel Morgensztern

Corey Woolf

Sept 5

Louis & Rebecca Goldman

Sept 7

Michael & Charlene Kass

Sept 8

Jerry & Gail Tullman

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

Rabbi Hess's Amud-a-Week
after Maariv

Upcoming Events

September 11-13 - Rosh Hashana

September 20-21 - Yom Kippur

September 25 - Oct 4 - Sukkos

September 28 - Sisterhood Book Club



THE SISTERHOOD SCOOP

SEPTEMBER 5

It's Elul!

Volume 9

Number 32

23 Elul 5786

September 5, 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 flyer 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. 🐾 Join us for the

discussion, led by **Sharon Summers**, on **MONDAY EVENING, SEPT. 28, 6:45-8:00 PM – in the NHBZ Sukka** on first day Chol Hamoed!



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

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

RENEWING THE COVENANT

“If you keep the covenant, then your ancestors will live in you, and you will live on in your children (or your disciples or the recipients of your kindness). Every seven years the covenant will become new again. Every generation will write its own Sefer Torah. The gate to eternity is not death: it is life lived in a covenant endlessly renewed, in words engraved on our hearts and the hearts of our children.”

– **Rabbi Lord Jonathan Sacks ZT”L**, Defeating Death (Nitzavim, Lessons in Leadership, Covenant & Conversation)

NITZAVIM-VAYELECH:

Are We Just Running Around in Circles?

So, we're back.

How quickly the year flies by. There was Rosh Hashanah, quickly followed by Yom Kippur and Sukkot. And before you even realized it, you were celebrating Chanukah, and then Purim. Passover came and went in a flash, and it sure didn't feel like a seven week gap from then until Shavuot. Tisha B'Av was just yesterday, but it couldn't have been, because we're about to celebrate Rosh Hashanah and start the cycle all over again.

Wouldn't we be better off just standing still?

Have we just been spinning our wheels, with nothing to show for our trouble? If you set off on a journey and end up back at the same place, doesn't that show that you've been wasting your efforts, running around in circles? Wouldn't we be better off just standing still?

A Spiral Staircase

The analogy of a spinning wheel is not quite accurate. Life is not a running circuit, but a spiral staircase. We're not back at the same spot; we're one level advanced in the cycle of life. We may be looking out at the same terrain, but our vantage point is far higher.

This year we've grown as individuals and developed as a community. Our year-long quest has allowed us to return home bearing gifts of incredible value. We've traveled the mitzvah-brick road, and our Judaism is now stronger for our struggles.

This idea of the yearly cycle of holidays as a spiral is reflected in the Torah portion we read this last week of the year—the double portion of Nitzavim and Vayelech. We start with the words, “*Atem nitzavim hayom*,” “You are standing today,” which the rabbis explain is a reference to the day of Rosh Hashanah. We stand before G-d at the beginning of the year, pausing to take stock, wondering what this year will bring. There are no guarantees, no perfect system. All we know is that we must keep traveling—an idea reflected in the title of the next portion, Vayelech, which literally means, “and he [Moses] went.”

There are no guarantees, no perfect system

Staying stationary is not an option. We must set off on our yearly cycle of growth so that when we arrive back here next Rosh Hashanah we're not the same person we were a year ago, and our observance of Judaism is at a totally new level.

Fittingly, one of the symbolic foods we eat on Rosh Hashanah is challah that has been shaped into a spiral. Flat at the edges, it rises into a crescendo in the middle. So too do we strive to reach ever higher in our journey forward, and to return to this point next year having reached a new pinnacle of achievement.

– **Rabbi Elisha Greenbaum**, www.chabad.org



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, **ASAP** 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!



HIGH HOLIDAY SCHEDULE 5787 AT NHBZ

SELICHOT PRIOR TO ROSH HASHANAH

Sun-Mon, Sept 6-7	7:45 am
Tues-Thurs, Sept 8-10	6:30 am

EREV ROSH HASHANAH – Friday, Sept 11

Selichot	6:15 am
Mincha/Maariv	6:55 pm
Candle Lighting	6:57 pm

ROSH HASHANAH I – Shabbat, Sept 12

Shacharit	8:00 am
Learners' Service	10:00 am
Children's Program	10 am – 12:30 pm
Drasha (Sermon)	10:15 am
Mincha/Seudah Shlishit	6:35 pm
Candle Lighting	After 7:54 pm

ROSH HASHANAH II – Sunday, Sept 13

Shacharit	8:00 am
Children's Program	10 am – 12:30 pm
Drasha (Sermon)	10:15 am
Shofar	After Drasha
Educational Program	11:00 am
Mincha	6:45 pm
Tashlich	After Mincha
Yom Tov Concludes	7:53 pm

FAST OF GEDALIAH – Monday, Sept 14

Fast Begins	5:22 am
Selichot	6:30 am
Mincha/Maariv	6:40 pm
Fast Concludes	7:40 pm

SHABBAT SHUVA

Friday, Sept 18

Candle Lighting	6:46 pm
Mincha/Kabbalat Shabbat	6:45 pm

Shabbat, Sept 19

Shacharit	9:00 am
Childcare	10:00 – 11:30 am
Soul Building	10:00 am
Shabbat Shuva Drasha	5:20 pm
Mincha/Seudah Shlishit	6:25 pm
Shabbat Concludes	7:43 pm

EREV YOM KIPPUR – Sunday, Sept 20

Shacharit	8:00 am
Mincha	1:30 pm
Fast Begins	6:43 pm
Candle Lighting	6:43 pm
Kol Nidrei/Maariv	6:45 pm
(Childcare Provided)	

YOM KIPPUR – Monday, Sept 21

Shacharit	8:30 am
Learners' Service	10:00 am
Children's Program	10 am – 12:30 pm
Drasha (Sermon)	11:00 am
Yizkor	Approx. 11:15 am
Mincha	5:05 pm
Neilah	6:20 pm
Maariv	7:40 pm
Havdalah/Shofar	7:55 pm
Fast Concludes	After Shofar is Sounded



SUKKOT SCHEDULE 5787 AT NHBZ

EREV SUKKOT – Friday, Sept 25

Mincha/Maariv	6:35 pm
Candle Lighting	6:35 pm

SUKKOT I – Shabbat, Sept 26

Shacharit	9:00 am
Childcare	10:00 – 11:30 am
Soul Building	10:00 am
Mincha/Seudah Shlishit	6:15 pm
Candle Lighting	After 7:32 pm

SUKKOT II – Sunday, Sept 27

Shacharit	9:00 am
Childcare	10:00 – 11:30 am
Mincha/Maariv	6:35 pm
Yom Tov Concludes	7:30 pm

CHOL HAMOED SUKKOT

Monday, Sept 28 – Thursday, Oct 1

Shacharit	6:45 am
Mincha/Maariv	6:30 pm

HOSHANAH RABBAH, Friday, Oct 2

Shacharit	6:30 am
Mincha/Maariv	6:25 pm
Candle Lighting	6:24 pm

SHEMINI ATZERET – Shabbat, Oct 3

Shacharit	9:00 am
Childcare	10:00 – 11:30 am
Yizkor	Approx. 10:30 am
Mincha/Seudah Shlishit	6:00 pm
Maariv	7:21 pm
Hakafot & Parade of Torahs	7:35 pm
Candle Lighting	After 7:21 pm

SIMCHAT TORAH – Sunday, Oct 4

Shacharit	9:00 am
Childcare	10:00 – 11:30 am
Women's Class	11:00 am
Kol HaNe'arim (Call all kids to Torah)	11:30 am
Mincha/Maariv	6:25 pm
Yom Tov Concludes	7:19 pm



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.

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.** ★