



**This week's Kiddush is sponsored by the Kiddush Club**



**This week's Shalosh Seudos is sponsored by the Shalosh Seudos Club**

**Schedule for the week**

<b><u>Friday, August 18th (26th Av)</u></b>		<b><u>Tuesday, August 22nd (30th Av) Rosh Chodesh Elul</u></b>	
Shabbos Candle Lighting	7:00 P*	Daf Yomi	6:00 A
Mincha/Kabalas Shabbos/Maariv	7:00 P	Shachris	6:35 A
		Mincha / Maariv	7:40 P
<b><u>Shabbos, August 19th (27th Av)</u></b>		<b><u>Wednesday, August 23rd (1st Elul) Rosh Chodesh Elul</u></b>	
Shachris	9:00 A	Daf Yomi	6:00 A
<b><i>PLEASE SEE PAGE 2 FOR ADDITIONAL SHABBOS CLASSES</i></b>		Shachris	6:35 A
Women' Shabbos Class at the Wilson home	5:00 P	Kollel Lunch & Learn at JCC with Rabbi Rudin	12:30 P
Daf Yomi	6:15 P	Minchah / Maariv	7:40 P
Pirkei Avos Class with Rabbi Haber <i>no class this week</i>		Rabbi Goder Beis Medrash - after Maariv	
Mincha	7:25 P	Daf Yomi - after Maariv	
Maariv / Havdala	8:32 P		
<b><u>Sunday, August 20th (28th Av)</u></b>		<b><u>Thursday, August 24th (2nd Elul)</u></b>	
Daf Yomi	7:00 A	Daf Yomi	6:00 A
Shachris	8:00 A	Shachris	6:45 A
Mincha / Maariv	7:40 P	Minchah / Maariv	7:40 P
		Daf Yomi - after Maariv	
<b><u>Monday, August 21st (29th Av)</u></b>		<b><u>Friday, August 25th (3rd Elul)</u></b>	
Daf Yomi	6:00 A	Daf Yomi	6:00 A
Shachris	6:45 A	Shachris	7:00 A
Mincha / Maariv	7:40 P	Shabbos Candle Lighting	7:00 P*
		Mincha/Kabalas Shabbos/Maariv	7:00 P

***\*Until September 15th we will be making an early Shabbos with Mincha at 7:00 PM.  
Candle Lighting will be at 7:00 PM, but no later than 7:20 PM.***

## CLASSES FOR EVERYONE

### DAF YOMI

**Morning Class:** Sundays at 7:00 AM, weekdays at 6:00 AM  
with Rabbi Loiterman

**Evening Class:** Sunday through Thursday after Ma'ariv

**Shabbos & Yom Tov:** both classes meet together one hour before  
Mincha with Rabbi Loiterman

### SHABBOS LEARNING FOR BOYS

Grades 5th - 8th Gemara class at 3:00 PM -

Grades 1st - 4th with Rabbi Lipman at shul 30 minutes before  
Mincha

Grades 5th - 9th Mishnayos Shiur at shul 30 minutes before  
Mincha.

### PIRKEI AVOS WITH RABBI HABER—OFF ON AUGUST 19TH

*Shabbos afternoons, 50 minutes before Mincha*

How Pirkei Avos influenced the lives of the Rebbes; how Pirkei  
Avos should influence our lives.

### PARTNERS IN TORAH: - (NO CLASS UNTIL AUGUST 28TH)

*Mondays from 8:00 PM to 9:00 PM*

**For both men and women**, meets at the JCC in Room 238

### Women's Tuesday Noon Learning Class

The Tuesday noon class for women is on hiatus until after Sukkos.

TALMUD CLASSES - 75 minutes before Mincha

*Tuesday evenings: With Gershon Aronoff - Megilla*

### RABBI GODER OPEN BEIS MEDRASH LEARNING NIGHT

*Wednesdays after Maariv at B'nai Israel*

Join one of several informal study groups being offered.

## WOMEN'S SHABBOS CLASS

*Shabbos, August 19th*

The class will be held at the home of Debbie Wilson.  
Miriam Wilson will be giving the class.

## LUNCH & LEARN AT THE JCC

*Wednesday, August 23rd at 12:30 PM at the Simon Family JCC, Room 238*

Join Rabbi Gavriel Rudin for an interactive discussion about the Laws of Lashon Harah, Evil Speech. Discover why this Mitzvah is so important to our Jewish Identity. Lunch will be served Please RSVP to: rabbirudin@norfolkkollel.com

## BNAI ISRAEL WELCOME & WELCOME HOME PICNIC

*Sunday, September 3rd at Bnai Israel from 5:00 PM to 7:00 PM*

What a way to start off the "new year." The cost is: \$7 for adults; \$5 for kids 3 and up; \$30 family cap; we are planning to have a moonwalk and other fun kids activities. Please rsvp to the B'nai Israel office (either by phone or email) by Friday, August 25th so we can get enough food for everyone!

## CEMETERY ACCESS

There is now a lock on the Bnai Israel Cemetery. For access, or any questions about the cemetery, please contact the office or Rabbi Haber.

## IT'S CLEAN-UP TIME AT BNAI ISRAEL!

Once again it's time to clean out the lost & found box in the coat room. What ever is left in the box by August 31st will be donated to charity.

If you are out of town, and think you might have something in the box, please contact Michael Mostofsky.

## SISTERHOOD FLOWER FUND

The Sisterhood provides fresh flowers for the Bimah for every Yom Tov.  
Contributions to the flower fund can be mailed to Irene Mazel or Frances Berger.

## THE 5778 BOOK OF REMEMBRANCE

The project is wonderful way one can fulfill their obligation (made during Yizkor) of donating tzedaka in memory of our loved ones. Even if you aren't obligated to say Yizkor, you can remember loved ones (grandparents, aunts, uncles, etc.) in this publication. The charges are the same as in the past: \$18 for each of the first three names (Mr. & Mrs. are separate) and \$12 for each additional name. There are also special dedication pages for past presidents, past rabbis of the congregation, Mrs. Ann Zukerman, Mr. Bernard Ehrlich and Mrs. Caroline Miller. The charge for being a sponsor is \$100 (per family) per page. There are also opportunities to become a sponsor of the entire project. For more information, please contact Melissa Schoenfeld. The deadline for submitting names is Friday, September 15th.

## Thank You to our Contributors

To Aaron & Ruth Cohen for their contribution the Bridge-Sturman Fund in memory of the father of Dr. Paul Mansheim.

To Esther Sarah Carroll for her contribution of a siddur in memory of her mother, Anna Beer (Chana Tova bas Yaakov HaLevi).

To Benn & Jackie Richels for their contribution to the Rabbi's Discretionary Fund in memory of Mary French Rylander.

To Rabbi Sholom & Judith Steinig for their contribution in honor of Rabbi & Mrs. Haber and their family - thanks for a wonderful Shabbos.

To Ruth Rothman for her contribution in honor of the Kopel family.

To Ruth Rothman for her contribution in honor of the Weinreb family.

To Ruth Rothman for her contribution in honor of the Bauman family.

To Ruth Rothman for her contribution in honor of Leonard & Diana Ruchelman and the Stricks family.

To Dr. Morton Coleman for his contribution to the Cemetery Fund.

# For the Week of Shabbos, August 19th through Friday, August 25th

## BIRTHDAYS

Jason Ohana	8/19
Michal Stein	8/19
Gerald Jaffe	8/24
Claude Miller	8/25

## ANNIVERSARIES

Mr. & Mrs. Claude Miller	64th	8/22	Rabbi & Mrs. Baruch Danziger	12th	8/24
Mr. & Mrs. Benn Richels	52nd	8/22	Mr. & Mrs. Louis Schlain	37th	8/24
Mr. & Mrs. Sherman Katz	53rd	8/23			

## YAHRTZEITS

Tillie Baras	8/19	Solomon Flax	8/24	Annie Karlin	8/25
Max Putterman	8/19	Karoline Frohlich	8/24	Lillian Minsberg	8/25
Faivich Rabinovich	8/19	Shirley Isrow	8/24	Ruth Richels	8/25
Dorothy Weissman	8/19	Jeffery Peters	8/24	David Sheldon Stern	8/25
Rachel Fleischmann Schramm	8/20	Samuel Tonelson	8/24	Dore Trestman	8/25
Dorothy Turchin	8/20	Sidney A. Hirsch	8/25		

## REFUAH SHELAIMA

### Women

### Men

Shoshana bas Miriam	Devora Leah bas Civet Elkie	Shalom Boruch ben Masha	Akiva Hillel Ben Cooki Tziporah Feige Gittel
Vittel Zilke bas Leah	Samecha Yehudis bas Esther	Yehuda ben Chasha Ruchel	Yehuda Herschel ben Chaya Leah
Leah Adina bas Chaya Esther	Reva Raza bas Malka	Moshe Yechezkel Halevi ben Sara Malka	Dovid Leshem ben Esther
Yochana bas Chana	Shoshana bas Netta	Reuven Simcha ben Naomi Rus	Chaim Yaakov Dovid ben Avigail
Nava bas Fruma Leah	Adi Bat Miriam	Yonah Michael Alter ben Esther Sarah	Abba ben Tzipora
Basha Leiba bas Baila Fruma	Chana Leah bas Fraydel	Shlomo Yaakov Yonason ben Chana Raizel	Pesach ben Baila
Simcha bas Tzipporah	Ruth bas Sarah	Aryeh Nachman HaCohen ben Ita	Dovid Avraham ben Miriam
Malka Esther bas Devorah	Chaya bas Ruchel	Shlomo ben Tzipporah	Yosef Aaron ben Keren Shoshana
Devorah bas Ruchel	Tinokes bas Esther Hadassah	David Shlomo ben Rivka Tehilla	Robert ben Jean
Sara Bas Sara	Sheva bas Rivka	Noach HaLevi ben Miriam	Rachmiel Leib ben Mordechai HaLevi
Miriam Rochel bas Chava Elisheva	Chaya Ruchel bas Zelda	Koppel ben Bayla	Yehuda Sema ben Alta Ruchel
Kayla Dodie bas Rochel Bracha	Shira bas Sarah	Yonatan ben Rivka	Chaim Rafael Yoel ben Shayna Golda
Rochel Bracha bas Baila	Nechama Getzel bas Rachel	Abraham ben Iza	Daniel Yosef ben Miriam
Tirtze Sorah bas Rochel Bracha	Ruchama Malka Briendel bas Shaina Shifra	Yoel Meir ben Chaya	Aaron Emanuel ben Tzippora
Rivka Tehilla bas Sarah	Miriam bas Chava	Yehudah Ben Batya	Michael Dovid ben Rivka
Hinda bas Dena	Leah Aviva bas Masha	Rafael Messod ben Naomi Sarah	Moshe Yosef ben Esther
Shula bas Carmela	Rochel bas Tova	Eliezer ben Sara	Reuven HaCohen ben Sarah
Eliana Chaya bas Nacha	Chaya Rochel bas Esti Rivka	Avraham Beryl HaLevi ben Miriam	Eitan Shmuel bas Chana Leah
Adi Simcha bas Penina Leah	Rivka bas Chaya Ruchel	Yissachar ben Rachel	Eliezer Yehuda ben Chana Shaindel
Gilsom Gila bas Tzipporah	Rivka bas Yocheved	Binyamin Leib ben Rachel Chana	Yisroel Shmuel ben Sarah
Tzipporah bas Gilsom Gila	Tzippora Aviva bas Rivka	Zecharia Avraham ben Devorah Rivka	Chaim Avraham ben Feiga
Aida Batya bas Etta	Devora Rivka bas Tzipora	Nosson Yitzhak Ben Leah	Chaim Shmuel ben Rivka
Chaya Tova Gittel bas Shulamis Sima	Raizel Shoshana bas Faiga Leah	Moshe ben Raizel	Eliyahu Aron ben Hudel
Elka Gittel bas Basya	Chana Shifra bas Freidel	Eliezer ben Penina Kaila	Sholom Yehuda ben Fayga
Chana Yitta bas Bryna	Orly Rachel Bat Yehudit Rus	Meir Yehoshua ben Penina Kaila	Tinok ben Rochel
Yehudis bas Irma	Leah Rivka bas Sarah	Beryl ben Chava	Shlomo Yoel ben Chaya Leah
Bayla Mishka bas Devora	Yehudis bas Chana Leah	Shmuel Yeruchem ben Baila	Chanina Getzl ben Chana Fradel
Malka Chana bas Ruchel		Eitan ben Sarah	Meyer Yisroel Hirsch ben Zahava Zippora
Miriam bas Tzipora		Yehoshua ben Nechama Aliza	Yitzchak ben Emma
Chaya Raizel bas Dena		Menachem ben Tzipka	
Chana bas Sarah		Avraham ben Chana	
		Asher Eliyahu ben Leah	

## THE B'NAI ISRAEL CALENDAR AT A GLANCE

### **Week of August 20th through August 26th**

**Friday, August 25th:** Reservations for picnic (September 3rd) due into the shul office

**Shabbos, August 26th:** Shabbos Kallah for Jennie Lefcoe

### **Week of August 27th through September 2nd**

### **Week of September 3rd through September 9th**

**Sunday, September 3rd:** Bnai Israel Community picnic at Bnai Israel

**Monday, September 4th:** Chasuna of Jenny Lefcoe & Shneur Wallach

**Shabbos, September 9th:** Kiddush in honor of Shari Ber-  
man's special birthday

**Shabbos, September 9th:** Sheva Brachos Jenny & Shneur at Shalosh Seudos

### **Week of September 10th through September 16**

**Sunday, September 10th:** Chasuna of Roe'e Mor & Avi-  
gail Simon

**Shabbos, September 16th:** Shabbat Chatan of Ro'ee  
& Avigail

**Shabbos, September 16th:** Sheva Brachos Ro'ee & Abi-  
gail at Shalosh Seudos

## ELUL!!

By Rabbi Sender Haber

Five thousand seven hundred and seventy six years ago, G-d founded a corporation. He organized a board of directors, a mission statement, and a corporate framework. He analyzed a list of possible employees and placed each person in their most appropriate and effective position.

Each year on the anniversary of this day, G-d reviews the progress of the world and of each individual. Based on past performance and future expectations, He sets the next year's assignments.

"All pass before G-d like sheep. As a shepherd examines his flock, G-d inspects, counts, appoints, and determines the fate of every living. On Rosh Hashana it is written and on Yom Kippur it is sealed" (High holiday prayers).

We begin each year with high hopes and excitement. Like anyone starting a new project, we are determined that this year will be THE year. We plan to do everything right, or, at the very least, better than ever before.

Many of us are successful. We make resolutions and follow them through to new heights and. Even so, as the year reaches its conclusion and the time of G-dly restructuring is imminent, none of us can be completely sure that we will be allowed to retain our positions. We set aside Elul, the last month of the year, as a time of Teshuva and introspection.

Towards the end of Deuteronomy (30:6), the Baal Haturim (1270-1343) finds a hint to the month of Elul. The Torah describes that at end of days, "G-d will bring back your exiles and He will have mercy on you and he will bring you to the land that He has promised you and He will remove the impurities from your hearts and from the hearts of your children" The first letters of the last four words "es Levavcha v'es Levav" spell the word Elul.

The Baal Haturim is not just playing word games. There is a significant connection between the end of days and the end of the year:

According to Kabbala, every person has times when he or she experiences an "Isarusa" (awakening). An Isarusa is defined by a deep desire to right a wrong, to grow as a person, or to come closer to G-d. An Isarusa may come as a result of intense sorrow, a feeling of emptiness, or a profound feeling of joy. It is imperative that we grab that Isarusa, and channel it into action and commitment before it fades away. As time goes on and the individual grows, the commitment will grow as well. This process is called growth.

As we progress along this path of growth, it becomes increasingly difficult to recall the excitement that was its original catalyst. We accept Mitzvos upon ourselves with excitement and we continue to do them, but they slowly become habit, rote, and something we do because we did it yesterday. We lose our spark of excitement, our Isarusa and feel as if we have reached the end of our growth path.

The Torah describes this condition in its description of the End of Days (Deut. 4): "When you shall give birth to children and grandchildren and you will grow old in the land". 'Growing old' refers to a lackadaisical and bored attitude toward the Mitzvos and good deeds that

we do. Growing Old is potentially the first step toward the abandonment of Mitzvos altogether, and the verse ends "... you will commit despicable acts and worship other gods".

It seems that every Isarusa and growth spurt is eventually followed by a 'low'. The energy that woke us up will eventually run out. The Torah (30:6) tells us that there is only one solution to this problem: "And G-d will bring back your exiles and He will have mercy on you and he will bring you to the Land that He as promised you and He will remove the impurities from your hearts and from the hearts of your children".

G-d appreciates the good deeds that we do, He remembers us, and He will help us repent, reform, and reconnect to the original spark of inspiration that started us on our journey.

The Torah was referring to the end of days, but the same cycle takes place every year: We begin anew at Rosh Hashana full of excitement and determination to make this "The Year". We have visions of a year with less fighting, more smiles and more time for G-d. We translate those yearnings into realistic commitments and we turn to G-d and to provide us with the means and circumstances to honor our commitments. We are granted the opportunity for growth and are able to change.

Over the course of twelve months we experience highs and lows, but when the month of Elul comes we are in need of assistance. G-d is preparing to judge us again just as we are becoming 'old' and unexcited about our growth. We possess actions, but we no longer have the spark of excitement that sent us sailing through the judgment day last year.

G-d does not let us fizzle out. For a full month preceding Rosh Hashana, He helps us remove our impurities and bare our souls He gives us an opportunity to renew our excitement be our very best as He evaluates us and sets our roles for the coming year.

May we all emerge victorious in judgment and maintain our spark of enthusiasm throughout the entire year.

(Based on the Afikei Mayim)