



Kiddush is sponsored by Rabbi Gavriel & Malka Rudin  
and their extended family  
in honor of their daughter, Rivka Riva (Rivi)



Shalosh Seudos is sponsored by the Shalosh Seudos Club

## Schedule

### Friday, January 26th (10th Shevat)

Candle Lighting 5:06 P  
Mincha 5:05 P

### Shabbos, January 27th (11th Shevat)

Shachris 9:00 A  
BISLI 10:00 A

*See Page 2 for additional Learning programs*

Daf Yomi 3:50 P  
Minchah 4:50 P  
Maariv/Havdala 6:06 P  
Parent/Child learning 6:30 P

### Sunday, January 28th (12th Shevat)

Daf Yomi 7:00 A  
Shachris 8:00 A  
Mincha/Maariv 5:10 P

### Monday, January 29th (13th Shevat)

Daf Yomi 6:00 A  
Shachris 6:45 A  
Mincha /Maariv 5:10 P  
Class with Rabbi Haber:  
    Tu Bishvat - Adding another Ring 7:15 P  
Late Maariv 7:50 P  
Partners in Torah (JCC) 8:00 P

### Tuesday, January 30th (14th Shevat)

Daf Yomi 6:00 A  
Shachris 7:00 A  
Tomer Devorah for women 12:00 N  
Mincha/Maariv 5:10 P  
Late Maariv 7:50 P

### Wednesday, January 31st (15th Shevat)

#### Tu B'Shevat

Daf Yomi 6:00 A  
Shachris 7:00 A  
Mincha/Maariv 5:10 P  
Late Maariv 7:50 P

### Thursday, February 1st (16th Shevat)

Daf Yomi 6:00 A  
Shachris 6:45 A  
Mincha/Maariv 5:10 P  
Late Maariv 7:50 P

### Friday, February 2nd (17th Shevat)

Daf Yomi 6:00 A  
Shachris 7:00 A  
Candle Lighting 5:14 P  
Mincha 5:15 P

## **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 Late Ma'ariv  
**Shabbos & Yom Tov:** both classes meet together one hour before  
Mincha with Rabbi Loiterman

### BNOS

*Shabbos Afternoon 3:15 PM - 4:15 PM*

For girls from Kindergarten to 6th Grade in the Fred Aron Education Wing.

*Next Bnos: Shabbos February 3rd*

### SHABBOS LEARNING FOR BOYS

Grades 5th - 8th Gemara class with Rabbi Harpaz at his home at 3:00 PM  
Grades 1st - 4th Parsha with Rabbi Lipman at shul 30 minutes before Mincha

### PARENT-CHILD LEARNING

*Motzei Shabbos*

Join us once again for our beautiful Parent-Child learning each Motzei  
Shabbos. Inspiring atmosphere, beautiful learning, and exciting prizes.

### PARTNERS IN TORAH

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

*Meets at the JCC in Room 238*

### KOLLEL NIGHT SEDER FOR MEN

Sundays, Tuesdays, Wednesdays & Thursdays following the Late Maariv  
Held in the Bnai Israel Minyan Room.

Includes: Rabbi Goder Open Beis Medrash Learning Night

### WOMEN'S TUESDAY NOON LEARNING CLASS

The sefer Tomer Devorah is being studied.

TALMUD CLASS - 75 minutes before Mincha

*Tuesday evenings: With Gershon Aronoff - Avoda Zara.*

## **YAK 2018 SENIORS FUNDRAISER**

Please support the Yeshiva Aish Kodesh Seniors by buying their delicious dips. Flavors available: Onion, roasted garlic, olive, jalapeno with many more to come. Each container of dip is \$4.50. All products are made in the yeshiva kitchen. All orders should be placed before 8:00 AM on Thursdays by emailing: [yakseniors2018@gmail.com](mailto:yakseniors2018@gmail.com)

## **SISTERHOOD FLOWER FUND**

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

## **HEICHAL SHLOMO - SHABBOS SHIRA MELAVA MALKA**

*This Motzei Shabbos, January 27th from 8:00 PM to 10:00 PM at Heichal Shlomo*

This Shabbos, Heichal Shlomo is celebrating Shabbat Shira with Rabbi Shlomo Perr, the Rabbi of the Berditchev Synagogue of Lakewood. They are having a complete Shabbaton with the culmination of the event being a Melave Malka, to be held at Heichal Shlomo, 353 Village Road, Virginia Beach, VA 23454. For more information, please contact them at (917) 497-3837 or email them at [heichalshlomova@gmail.com](mailto:heichalshlomova@gmail.com)

## **SUPER SUNDAY**

*Sunday, January 28 from 10:00 am to 1:00 pm*

Join us for Super Sunday, the Tidewater Jewish Community's annual fundraising phone-a-thon, organized and run by volunteers like you, and it's bigger than ever! This year there are two opportunities to volunteer, means you can support Super Sunday AND enjoy Operation Hamantashen with your family!

We'll have activities in the gym until noon for the little ones, including two bounce houses.

There will also be a marketplace for shopping, and Tzedakah box decorating project hosted by Nadiv YAD Men's Giving Circle. Sponsored by Coastal Home Mortgage Co. After the Super Sunday program Dr. Wollschlaeger will reprise his talk for BBYO teens and the community at 1:00 PM, upstairs at the JCC. With his message of, "Don't live in the shadow of history," Dr. Wollschlaeger will explore how he changed shadows in to light.

## **ANNUAL DATE WITH THE STATE**

*THIS Tuesday, January 30th from 7:00 am to 4:00 pm, cost: \$36*

Meet your State Senator & Delegate and discuss issues that affect our Jewish community.

On Tuesday, January 30th, our Tidewater Jewish community will travel together to Richmond for Date with the State to advocate about issues that are important to our community to state delegates and senators. We will ask for support for our local institutions serving the elderly and impoverished, social services, and health care. And we are one delegation of a larger coordinated group – representatives of all of the Virginia Jewish communities also come to Richmond on the same day so we make an even larger impact. We will be meeting at the JCC for Shacharis at 6:15. The bus leaves from the JCC following Shachris.

## **TU B'SHEVAT CELEBRATION WITH THE NORFOLK KOLLEL**

*Wednesday, January 31st at 5:00 PM at the Simon Family JCC*

Come celebrate the holiday of the trees with some yummy treats and make your very own Tu B'Shevav terrarium! The cover charge is \$5.00.

## PROJECT KAHBAID - BETH SHOLOM VILLAGE

*Shabbos, February 3rd*

In partnership with Beth Sholom Village, our region's only Jewish senior housing community, we are once again participating in Honor or Kahbaid Weekend. On February 2 - 4, synagogues around the world will be reading Parshas Yisro, which includes the Ten Commandments, including the 5th to Honor our Fathers and Mothers.

Here at Bnai Israel, we will be having a Kiddush, sponsored by the Beth Sholom Village, in honor of this wonderful event.

To learn about the ongoing Honor Campaign to renovate the Berger-Goldrich Skilled Care Facility, call David Abraham at (757) 420-2512 or visit [www.bethsholomvillage.com](http://www.bethsholomvillage.com).

## TRUE COLORS PAINT NIGHT AT BINA

*Motzei Shabbos, February 3rd at 7:45 PM*

Women - it's time to let your inner artistic self out. Join the girls of BINA at a night of artistic fun. The cost is \$25.00 per adult and \$15.00 per student.

Please RSVP to BINA at 757-627-2462 or [info@binshighschool.com](mailto:info@binshighschool.com)

## MEN: BAKE YOUR OWN MATZOS - WITH THE NORFOLK KOLLEL

*Sunday, February 4th*

Join the Norfolk Kollel for an eye-opening and inspirational experience. Daven Shachris in the famed Bais Medrash Govoha, enjoy a VIP tour of the largest Yeshiva in America, meet with one of the Gedolim of our generation, learn about the intricacies of baking and then practice what you've learned, enjoy lunch as a group, and do some Pesach shopping ...all in one day. Cost is \$40 per man, \$30 per Middle School boys. (Scheduled departure from Norfolk is at 12:30 AM). Please contact any member of the Kollel about this wonderful experience.

## ISRAEL TODAY - AARON DAVID MILLER

*Monday, February 12 at 7:30pm at the Simon Family JCC.*

The Vice President for New Initiatives at the Woodrow Wilson International Center for Scholars and Global Affairs Analyst for CNN offers patterns of the past as the basis for comparison to a wandering and clueless modern-day Gulliver tied up by tiny tribes as a means for recognizing that not all foreign policy problems can be solved: not abandoning hope, but perhaps abandoning illusions.

Prior to serving at the Woodrow Wilson Center, Mr. Miller served in the Department of State as an analyst, negotiator and adviser on Middle Eastern issues to Republican and Democratic Secretaries of State. In addition to his role on CNN, Miller is a frequent commentator on Fox News, MSNBC, and NPR. **The event is free and open to the community but RSVP required for security purposes.**

## SCHOLAR IN RESIDENCE: RABBI YISSACHAR FRAND

*Friday, February 16th & Shabbos, February 17th*

Rabbi Yissachar Frand, a renowned speaker, author and teacher will be visiting the Norfolk Community as the Scholar in Residence. Rabbi Frand will be delivering the Dvar Torah during the Friday night davening, will be also be delivering the Drasha Shabbos morning. In the afternoon, he will be conducting a shiur in halacha. All of Rabbi Frand's talks are open to both men & women.

**CHAI KIDDUSH**  
*Shabbos, February 17th*

We will be having a Chai Kiddush on Parshas Teruma. Be sure to get your dedications into the shul office by **Thursday, February 15th**.

**KARP/SROKA MEMORIAL FUND**

The following offer came from the *Richmond Jewish Foundation*.

The Karp/Sroka Memorial Fund provides need-based scholarships to children from the Richmond, VA and **Tidewater** metropolitan areas for Jewish overnights camps.  
Size of Awards: Generally, grants are approximately \$375 - \$500. For more information, please contact: <http://www.rjfoundation.org/scholarships/>  
Deadline: March 2, 2018

**CALENDAR CORRECTIONS**

There were two half-page ads omitted from the 2018 calendar:

In memory of Harold Blumenthal by his family Louis & Edie Schlain and their son Adam.

In honor of Bnai Israel by the Lefcoe Family.

**Thank You to our Contributors**

- To Stuart & Renee Brenner for their contribution to the Bnai Israel Yahrtzeit Fund in memory of his grandfather, Isadore Aronoff
- To Jeanene Anker for her contribution to Bnai Israel in memory of the brother of Aaron Cohen, Norman Cohen.
- To Jeanene Anker for her contribution to Bnai Israel in honor of Dr. Gedalia & Jodi Schwartz and family
- To Jeanene Anker for her contribution to Bnai Israel in honor of Dr. Earl & Andie Pollock and family.
- To Dorothy Slone for her contribution of a Siddur to Bnai Israel in memory of her uncle, Ben Weininger.
- To Dorothy Slone for her contribution of a Siddur to Bnai Israel in memory of her father, Frank Stern.
- To Harold & Susan Loiterman for their contribution to the Bnai Israel Yahrtzeit Fund in memory of Harold's mother, Rivka bas Simcha.
- To Kevin & Amy Lefcoe for their contribution to the Bnai Israel Yahrtzeit Fund in memory of Amy's grandmother, Jean Ehrlich.

## Thank You to our Contributors

To Susan Wilson for her contribution to Bnai Israel in memory of the brother of Aaron Cohen, Norman Cohen.

To Irene Ullman for her contribution to Bnai Israel for the Refuah Shelaima of Jodi Schwartz.

To Benjamin Borman for his contribution to the Bnai Israel Yahrzeit Fund in memory of his grandfather, Sam Borman.

To Benjamin Borman for his contribution to the Bnai Israel Yahrzeit Fund in memory of his great-great-grandmother, Rachel Ethel Oshry.

To Dr. Ludwig & Ruth Sternlicht for their contribution to the Bnai Israel Yahrzeit Fund in memory of Ruth's father, Nathan Kappel.

To Laura Taylor for her contribution to Bnai Israel Congregation in honor of the Tuesday noon Ladies' Class with Amy Lefcoe.

To Alan Kurzer for his contribution to the Bnai Israel Yahrzeit Fund in memory of his uncle, Melvin Kurzer.

To Alan Kurzer for his contribution to the Bnai Israel Yahrzeit Fund in memory of his grandmother, Sarah Traub.

To Alan Kurzer for his contribution to the Bnai Israel Yahrzeit Fund in memory of his brother, Larry Kurzer.

To Bob & Honey Low for their contribution of a Chumash to Bnai Israel in memory of Honey's sister, Lois Cohen.

## For the Week of Shabbos, January 27th through Friday, February 2nd

### BIRTHDAYS

Perry Bloch		1/28	Hadassah Leah Lipman	4th	2/1
Batsheva Danziger	4th	1/28	Bonnie Lutsky		2/1
Chaim Schoenfeld	11th	1/28	Yeshaya Leib Rothman		2/1
David Garson		1/29	Eli Rudin	2nd	2/2
Rena Leah Bridge	17th	2/1			

### ANNIVERSARIES

Mr. & Mrs. Warren Aleck	57th	1/29	
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### YAHRTZEITS

Herman Cohen	1/27	Morris Kahn	1/29	Fannie Lefkowitz	2/1
Felicia Lefcoe	1/27	Edith Lindsey	1/29	Louis Lefkowitz	2/1
Rebecca Pogolowitz	1/28	Youssef Menasha	1/29	Sarah Putterman	2/1
Charles Caplan	1/29	Behjat Dayanim	1/30	Maurice Rothman	2/1
Joseph Dubin	1/29	Zelda Becker	1/31	Ben Weininger	2/1
Fanny Goldin	1/29	Jeffrey Allan Colby	2/1	Ben Chalem	2/2

### REFUAH SHELAIMA

#### Women

Shoshana bas Miriam	Adi Simcha bas Penina Leah	Sheva bas Rivka	Tye Miriam bas Zehavit
Vittel Zilke bas Leah	Aida Batya bas Etta	Chaya Ruchel bas Zelda	Yehudis Sima bas Alta Ruchel
Leah Adina bas Chaya Esther	Chaya Tova Gittel bas Shulamis Sima	Shira bas Sarah	Chaya bas Ruchel
Yochana bas Chana	Elka Gittel bas Basya	Nechama Getzel bas Rachel	Chana Rochel bas Sara
Nava bas Fruma Leah	Chana Yitta bas Bryna	Ruchama Malka Briendel bas Shai- na Shifra	Ginendal Sarah bas Perel
Basha Leiba bas Baila Fruma	Yehudis bas Irma	Miriam bas Chava	Chana Bracha bas Sara
Simcha bas Tzipporah	Bayla Mishka bas Devora	Leah Aviva bas Masha	Arielle Mazal Tov bas Eliane
Malka Esther bas Devorah	Malka Chana bas Ruchel	Rochel bas Tova	Miril bas Ida Hudya
Devorah bas Ruchel	Miriam bas Tzipora	Chaya Rochel bas Esti Rivka	Sara bat Zipporah
Sara Bas Sara	Chaya Raizel bas Dena	Rivka bas Chaya Ruchel	Devora Faiga bas Malka
Miriam Rochel bas Chava Elisheva	Chana bas Sarah	Rivka bas Yocheved	Shoshana Aliza bas Aviva Michal
Kayla Dodie bas Rochel Bracha	Devora Leah bas Civet Elkie	Tzippora Aviva bas Rivka	Miriam Chava Chana Devora bas Shaindel Chaya Rivka
Rochel Bracha bas Baila	Samecha Yehudis bas Esther	Devora Rivka bas Tzipora	Batya Pia bas Chaya Ruchel
Tirtze Sorah bas Rochel Bracha	Adi Bat Miriam	Raizel Shoshana bas Faiga Leah	Etti bas Avraham HaCohen
Rivka Tehilla bas Sarah	Chana Leah bas Fraydel	Orly Rachel Bat Yehudit Rus	
Hinda bas Dena	Ruth bas Sarah	Leah Rivka bas Sarah	
Shula bas Carmela	Chaya bas Ruchel	Yehudis bas Chana Leah	
Eliana Chaya bas Nacha	Tinokes bas Esther Hadassah		

#### Men

Shalom Boruch ben Masha	Avraham Beryl HaLevi ben Miriam	Gittel	Chaim Shmuel ben Rivka
Yehuda ben Chasha Ruchel	Yissachar ben Rachel	Yehuda Herschel ben Chaya Leah	Eliyahu Aron ben Hudel
Moshe Yechezkel Halevi ben Sara Malka	Binyamin Leib ben Rachel Chana	Dovid Leshem ben Esther	Sholom Yehuda ben Fayga
Reuven Simcha ben Naomi Rus	Zecharia Avraham ben Devorah Rivka	Chaim Yaakov Dovid ben Avigail	Tinok ben Rochel
Yonah Michael Alter ben Esther Sarah	Nosson Yitzhak Ben Leah	Abba ben Tzipora	Shlomo Yoel ben Chaya Leah
Aryeh Nachman HaCohen ben Ita	Moshe ben Raizel	Pesach ben Baila	Chanina Getzl ben Chana Fradel
Shlomo ben Tzipporah	Eliezer ben Penina Kaila	Rachmiel Leib ben Mordechai HaLevi	Meyer Yisroel Hirsch ben Zahava Zippora
David Shlomo ben Rivka Tehilla	Meir Yehoshua ben Penina Kaila	Chaim Rafael Yoel ben Shayna Golda	Shlomo ben Na'ami
Koppel ben Bayla	Beryl ben Chava	Daniel Yosef ben Miriam	Eliyahu Yaakov ben Sarah Roiza
Yonatan ben Rivka	Shmuel Yeruchem ben Baila	Moshe Yosef ben Esther	Yitzhak Mordechai ben Yehudis Sima
Abraham ben Iza	Yehoshua ben Nechama Aliza	Reuven HaCohen ben Sarah	Chaim bas Shifra
Yoel Meir ben Chaya	Menachem ben Tzipka	Eitan Shmuel bas Chana Leah	Dovid Avraham HaCohen ben Libby Yeshia
Yehudah Ben Batya	Avraham ben Chana	Eliezer Yehuda ben Chana Shaindel	
Rafael Messod ben Naomi Sarah	Asher Eliyahu ben Leah	Yisroel Shmuel ben Sarah	
Eliezer ben Sara	Akiva Hillel Ben Cooki Tziporah Feige	Chaim Avraham ben Feiga	

## THE B'NAI ISRAEL CALENDAR AT A GLANCE

### **Week of January 21st through January 27th**

**Shabbos, January 27th:** Kiddush is sponsored by Rabbi Gavriel & Malka Rudin in honor of their daughter, Rivka Reva (Rivi)

**Motzei Shabbos, January 27th:** Shabbat Shira Melave Malka at Heichel Shlomo (8:00 - 10:00 PM)

### **Week of January 28th through February 3rd**

**Sunday, January 28th:** Super Sunday at the JCC

**Monday, January 29th:** Class with Rabbi Haber: Tu B'shvat - Adding another Ring at 7:15 PM at Bnai Israel

**Wednesday, January 31st:** Tu B'Shevat

**Wednesday, January 31st:** Norfolk Kollel celebration of Tu B'Shevat at Simon Family JCC.

**Shabbos, February 3rd:** Kiddush is sponsored by the Beth Sholom Village in honor of Project Kahbaid.

**Motzei Shabbos, February 3rd:** True Colors Paint Night with BINA (for women & girls only)

### **Week of February 4th through February 10th**

**Sunday, February 4th:** Kollel trip to Lakewood (men only) - "Bake Your Own Matzos"

**Wednesday, February 7th:** Kollel Holiday Series: "Purim all in one basket" at the JCC

**Shabbos, February 10th:** Parshas Shekalim

**Shabbos, February 10th:** Kiddush is in memory of David Slomowitz, Frank Stern, and Ben Weininger by Dorothy & Norman Slone and Laurie & Jordan Slone

### **Week of February 11th through February 17th**

**Monday, February 12th:** BINA Yeseira in the Fred Aron Education Wing

**Thursday, February 15th - Friday, February 16th:** Rosh Chodesh Adar

**Friday, February 16th - Shabbos, February 17th:** Norfolk Kollel Scholar in Residence: Rabbi Yissachar Frand

**Shabbos, February 17th:** Chai Kiddush

### **Week of February 18th through February 24th**

**Wednesday, February 21st:** Kollel Holiday Series: "The Queen Unmasked" at the JCC

**Shabbos, February 24th:** Parshas Zachor

**Shabbos, February 24th:** Special sponsored Kiddush

### **Week of February 25th through March 3rd**

**Monday, February 26th:** BINA Yeseira in the Fred Aron Education Wing

**Wednesday, February 28th:** Ta'anis Esther

**Thursday, March 1st:** Purim

**Friday, March 2nd:** Shushan Purim

### **Week of March 4th through March 10th**

**Wednesday, March 7th:** Kollel Holiday Series: "Let Them Eat Matzoh" at the JCC

**Shabbos, March 10th:** Parshas Parah

**Shabbos, March 10th:** Annual Toras Chaim Shabbos Lunch at Bnai Israel (reservation only)

### **Week of March 11th through March 17th**

**Monday, March 12th:** BINA Yeseira in the Fred Aron Education Wing

**Thursday, March 15th:** Kollel pre-Pesach Scotch and Steak

**Shabbos, March 17th:** Rosh Chodesh Nisan

**Shabbos, March 17th:** Parshas HaChodesh

### **Week of March 18th through March 24th**

**Wednesday, March 21st:** Kollel Holiday Series: "The Exodus Revisited" at the JCC

**Shabbos, March 24th:** Shabbos HaGodol

**Shabbos, March 24th:** Bar Mitzva of Chaim Dov Lefkovitz

### **Week of March 25th through March 31st**

**Sunday, March 25th through Wednesday, March 28th:** BINA project: Pre-Pesach meals (dairy)

**Friday, March 30th:** Erev Pesach - Last time to eat Chometz (10:41 AM) & Last time to burn Chometz (11:55 AM)

**Shabbos, March 31st:** First day of Pesach



## Our Song

By Rabbi Sender Haber

There are so many elements to Parshas Beshalach: the splitting of the sea, the Mon, and the war with Amalek. Still Shira seems to be the focal point for which the shabbos is named.

Shira can be translated as song, as poetry, or even random sounds. It is an articulation of something that is going on deep in our neshamos.

Shira is not simple. King David wrote the Psalms and somehow he has been the standard bearer for Shirah for over two thousand years. Everyone respects the Psalms of King David.

A life in which we cannot express ourselves and in which we suppress our emotions is a very frustrating life.

The Piasezner writes in Shalosh Maamaros (2:5) that there are three levels of prophecy. The highest is Ruach Hakodesh, but directly below that is Shirah. The level right below Shirah is Prayer. The idea is that our souls are full of lofty G-dly ideas. We contain a 'piece' of G-d inside of us. We don't always feel holy because articulating those ideas is tricky and we have so many other thoughts inside of us but when we achieve prayer or Shira we have achieved a measure of Ruach Hakodesh, even prophecy.

I once went to King David's grave in Israel. Many people say that it is not King David's grave, the Christians say that it was the site of the last supper and the Muslim's say that it is theirs, but I felt a need to go so I went.

I went to the sarcophagus and quietly began to say a bit of tehillim from memory. It was the same Tehillim that we say every morning in shul, but this time I was saying it right next to King David. Next to me there was a Breslover clapping loudly and jumping up and down in prayer. Out of the corner of my eye I saw an Israeli teenager walk in. He had no Yarmulke and he looked at the grave and at me and at the Breslover and then he just stood there. He was lost. He couldn't recite Tehillim from memory and he certainly wasn't going to jump up and down and clap.

Just then a fourth person walked into the room.

He went over to that Israeli teenager and said "Do you want to pray?" Together they recited – in their native tongue- "*Mizmor Ledavid hashem Ro'i Lo Echsar...*" – "A psalm written by David: G-d is my shepherd, I shall not want..." I watched as another boy stood by silently waiting his turn. They were Israeli teenagers wandering around the old city. They all wanted to pray and they didn't know how.

Dovid Hamelech was the heart of all of us. He sang our songs and he wrote our poems. We need to take the time to articulate our feelings before G-d.

If we can do it in prayer, great!

If we can teach others to pray, great!

The main thing is not to let our lives pass us by without learning how to truly access the depths of our hearts – and pray and sing and articulate the holy feelings that percolate inside every one of us.