



This week's Kiddush is sponsored in memory of David Slomowitz, Frank Stern, and Ben Weininger by Dorothy & Norman Slone and Laurie & Jordan Slone



Shalosh Seudos is sponsored in memory of Yaakov Swain by Joyce Swain, Daniel Swain, David & Hadassah Swain and Aliza & Kenny Hendon

Schedule

Friday, February 9th (24th Shevat)

Candle Lighting 5:21 P
Mincha 5:25 P

Shabbos, February 10th (25th Shevat)

Shachris 9:00 A
BISLI 10:00 A
See Page 2 for additional Learning programs
Daf Yomi 4:10 P
Minchah 5:10 P
Maariv/Havdala 6:20 P
Parent/Child learning 6:50 P

Sunday, February 11th (26th Shevat)

Daf Yomi 7:00 A
Shachris 8:00 A
Mincha/Maariv 5:25 P

Monday, February 12th (27th Shevat)

Daf Yomi 6:00 A
Shachris 6:45 A
Mincha /Maariv 5:25 P
Late Maariv 7:50 P
Partners in Torah (JCC) 8:00 P
Women's Partner in Torah
at Brooke home 8:00 P

Tuesday, February 13th (28th Shevat)

Daf Yomi 6:00 A
Shachris 7:00 A
Mincha/Maariv 5:25 P
Late Maariv 7:50 P

Wednesday, February 14th (29th Shevat)

Daf Yomi 6:00 A
Shachris 7:00 A
Mincha/Maariv 5:25 P
Late Maariv 7:50 P

Thursday, February 15th (30th Shevat)

Rosh Chodesh Adar - Day 1

Daf Yomi 6:00 A
Shachris 6:35 A
Mincha/Maariv 5:25 P
Late Maariv 7:50 P

Friday, February 16th (1st Adar)

Rosh Chodesh Adar - Day 2

Daf Yomi 6:00 A
Shachris 6:35 A
Candle Lighting 5:29 P
Mincha 5:30 P
Rabbi Frand will be giving
a Drasha before Maariv

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 17th

SHABBOS LEARNING FOR BOYS

Grades 5th - 8th Gemara class with **Rabbi Bauman 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.

PURIM CLASSES BY RABBI SENDER HABER:

Mondays at 7:15 PM

"Esther: The Final Chapters"

February 12th - No class

February 19th - Chapter Ten: The Aftermath of Purim

February 26th - Purim Today: Meaning, Laws and Purpose

PARTNERS IN TORAH

Mondays from 8:00 PM to 9:00 PM

Meets at the JCC in Room 238

WOMEN'S PARTNERS IN TORAH

Monday, February 19th at 8:00 PM

At the home of Amy Brooke.

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

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.

CHAI KIDDUSH

Shabbos, February 17th

In conjunction with the Kollel's Scholar in Residence **next Shabbos**, we will be having a Chai Kiddush. Be sure to get your dedications into the shul office by **Thursday, February 15th**.

SPECIAL BINA YESEIRA

Monday, February 12th at noon in the Fred Aron Education Wing

BINA High School will be having a light lunch, with the girls, while some BINA students present the projects they did for their Mishlei class regarding small animals. After this, Mrs. Danziger will continue on and delve into the new topic within Sefer Mishlei. It should be an entertaining Lunch & Learn this week.

WOMEN'S PARTNERS IN TORAH MONTHLY MEETING

This Monday, February 12th at 8:00 PM at the home of Amy Brooke

Meet monthly with practical, informative, and entertaining presentations and of course... Torah! This meeting will be featuring a presentation: The Importance of Living a Balanced "Wholly" Lifestyle by Amy Brooke, RN, BSN. For more information, please contact either Leah Weinreb or Shana Danziger.

ISRAEL TODAY - AARON DAVID MILLER

This Monday, February 12th 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 Norfolk Kollel 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.

KOLLEL YARCHEI KALLAH

Sunday, February 18th - Monday, February 19th

Join the Norfolk Kollel and Yeshivas Aish Kodesh for an exciting two-day learning program.

Dedicate your holiday weekend for two mornings of yeshiva-style learning. A gourmet breakfast and lunch will be served in Yeshiva. They will be studying the topic of the mitzvah of Mishloach Manos in depth. Shiurim will be given by the talented Rabbeim of the Yeshiva.

VAAD HAKASHRUS SHALACH MANOS

Trying to figure what to put in your Shalach Manos? Why do the Work? Let the Vaad will do it for you. They have two options for you.

Option #1: The Vaad HaKashrus of Tidewater will make beautiful Shalach Manos baskets and deliver them to all members of B'nai Israel who live in Ghent, for a flat fee of \$136.00. Our Shalach Manos will contain a deluxe assortment of wonderful treats, Hamentashen and wine.

Option #2: If you would like to send only a few Shalach Manos baskets to people on the B'nai Israel list who live in Ghent, please send a list of names - at the price of \$10 per name. For more information, please contact Rabbi Sholom Mostofsky at (757) 572-6344. All checks are to be made out to the Vaad HaKashrus of Tidewater - **BEFORE PURIM.**

PASSOVER CANDY SALE BENEFITTING CHILDREN'S PROGRAMMING

We are looking for a few super salespeople! Barton's Pesach candy is back at Bnai! Through these candy sales, we're hoping to be able to increase our children's programming and possibly cover the cost of babysitting during the High Holidays and throughout the year.

Everyone who sells the candy is a winner! There are prizes for all levels of sales.

Local top winners will get a special lunch with Rabbi Haber and a \$25 gift certificate! Sales kits are available from Mrs. Pollock or from the Bnai Israel office. Sales will begin this Sunday, February 4th and all orders must be in by Purim, March 1st.

KARP/SROKA MEMORIAL FUND

The Karp/Sroka Memorial Fund provides need-based scholarships to children from the Richmond, VA and **Tidewater** metropolitan areas for Jewish overnights camps. Generally, grants are approximately \$375 - \$500.

For more information, please contact: <http://www.rjfoundation.org/scholarships/> Deadline: March 2, 2018

TEHILLIM LIST GUIDELINES

Like many communities, we are fortunate to have a communal Tehillim list. It is a beautiful way to include each other and our loved ones in our prayers while bringing merit, comfort, and restored good health to those who are not well. Below please see some common Questions and Answers. Rabbi Haber is available for consultation if further clarity is needed.

How many lists are there?

There is a long Tehillim list that is graciously updated and circulated through email by Mrs. Diana Ruchelman and also appears on the weekly B'nai Israel Handout. There is a shorter mi Shebeirach List that is rewritten each month and it is read in shul on Monday, Thursday and Shabbos. In addition, individuals should have their own personal list which might include individuals that are not on the other lists.

Why is the Mi Shebeirach list at Shul shorter?

Since the list is read aloud and can be quite time consuming, we are vigilant in keeping the list current. This is common practice in all shuls. Rabbi Loiterman and Rabbi Haber can be contacted monthly to add names to this list.

Who belongs on the Tehillim list?

Someone who is suffering from a debilitating illness that could improve or worsen or an illness requiring hospitalization. Community lists should be limited to community members or those personally known to community members. Any other names should be reserved for personal Tehillim Lists.

Who does NOT belong on the Tehillim List?

By putting someone on the list, we are labeling them a 'choleh'. Halachically, a Choleh is someone who fits the above guidelines of suffering a debilitating condition or at acute risk. Giving someone who is not a Choleh this classification is an 'Ayin Hara' and should be avoided. For this reason individuals suffering conditions like common cold, flu or headache, or even a minor heart condition should not be on the list. Obviously, it is still appropriate to pray for these individuals and keep them on our private lists without the classification of 'Choleh'.

Who should be removed from the List?

Someone who is no longer debilitated or has already achieved their expected level of recovery and is no longer at acute risk. These individuals can still be mentioned in personal Tehillim lists. If, G-d forbid, someone passes away the list should be updated. A current and relevant list is more likely to be used frequently. It is the responsibility of the person who submitted the name to make sure that it is removed where appropriate.

How should a person's name be listed?

A 'choleh' should be listed by their Hebrew Name and their Mother's Hebrew name. If the Hebrew name is not known the English name can be used. If the mother's name is not known at all, the name Sarah should be used. A unnamed child should be listed as Tinok (m) or Tinokkes (f). Titles like 'Rabbi' or 'Rebbetzin' should never be used on a Cholim list, even for very great people. Also, it should be kept in mind that many illnesses are personal and it is very common for an individual or their family to prefer not to be placed on the list. Names should not be submitted by individuals unfamiliar with the family's preferences. Obviously, these names can be mentioned on our personal lists.

How should we use the Tehillim List?

Prayers for Cholim can be added to our daily Shemonah Esrei (page 104 in the Artscroll Siddur). In addition, Tehillim (Psalms) can be said at any time and followed by the prayer found in most books of Tehillim. Many people have a practice of reciting Tehillim daily according to the monthly division or a regimen of their own. In addition, there are sometimes Tehillim Groups

where people gather together to say Tehillim for those on the list. It has been suggest that those who submit names to the list make a point of using the list in their prayers as well. We are taught that in the merit of praying for others our own prayers are answered.

May all of our prayers be answered and may we merit to see the day when there is no more suffering and our prayers consist solely of Thanksgiving and Praise to Hashem.

Thank You to our Contributors

- To Ruth Rothman for her contribution to Bnai Israel Congregation in honor of Dr. Gedalia & Jodi Schwartz and family.
- To Ruth Rothman for her contribution to Bnai Israel Congregation in honor of Dr. Earl & Andie Pollock and family.
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- To Norman David Soroko for his contribution to Bnai Israel Congregation in memory of his grandfather, Aaron Weisman.
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- To Yehudah & Helen Griffin for their contribution to Bnai Israel Congregation for the *refuah shelaima* of Susan Wilson.

For the Week of Shabbos, February 9th through Friday, February 16th

BIRTHDAYS

Moshe Aryeh Katz	2nd	2/11	Jennifer Friedman	2/16
Ruth Rothman		2/11	Katie Lazarus	2/16
Shana Danziger		2/14	Dr. Michael Weissman	70th 2/16
Ruth Sternlicht		2/15		

ANNIVERSARIES

Dr. & Mrs. Leonard Ruchelman	57th	2/12
Mr. & Mrs. Yehudah Griffin	19th	2/13

YAHRTZEITS

Harry Fantuch	2/10	Harry Sacks	2/14
Rose Sandler Goldberg	2/10	Adele Ashe	2/15
Abraham Horenstein	2/10	Melvin Kurzer	2/15
Yaakov Swain	2/10	Shmuel Ashkenazi	2/16
Bessie Miller	2/12	Marion Cohen	2/16
Nathan Richenthal	2/13	Eli Schultz	2/16
Benjamin Fred Brenner	2/14	Louis Weiss	2/16
Szyman Frajermauer	2/14		

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

THE B'NAI ISRAEL CALENDAR AT A GLANCE

Week of February 4th through February 10th

Shabbos, February 10th: Parshas Shekalim

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

Shabbos, February 10th: Shalosh Seudos in memory of Yaakov (Dwight) Swain by Joyce Swain, Daniel Swain, David & Hadassah Swain, and Aliza & Kenny Hendon.

Week of February 11th through February 17th

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

Monday, February 12th: Women's Partners in Torah at the home of Amy Brooke. Speaker: Amy Brooke

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

Sunday, February 18th: Norfolk Kollel/Yeshivas Aish Kodesh Yarchei Kallah - day 1

Monday, February 19th: Norfolk Kollel/Yeshivas Aish Kodesh Yarchei Kallah - day 2

Monday, February 19th: Esther: The Final Chapters series of classes with Rabbi Haber. Second class: **Chapter 10: The Aftermath of Purim** at 7:15 PM

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

Sunday, February 25th: BINA annual Purim Carnival at the JCC

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

Monday, February 26th: Esther: The Final Chapters series of classes with Rabbi Haber. Third class: **Purim Today: Meaning, Laws & Purpose** at 7:15 PM

Wednesday, February 28th: Ta'anis Esther

Thursday, March 1st: Purim

Friday, March 2nd: Shushan Purim

Shabbos, March 3rd: Kiddush by Dr. Gedalia & Jodi Schwartz in honor of Sarah Minna Schwartz

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, location to be announced.

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 Lefkowitz

Week of March 25th through March 31st

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

Week of April 1st through April 7th

Sunday, April 1st through April 7th: Pesach

Week of April 8th through April 14th

Monday, April 9th: Rabbi Haber starting a Pirkei Avos class at the JCC on Mondays at noon

SHEKALIM - DO WE HAVE A 50% CEILING?

By Rabbi Sender Haber

None of us are perfect. We are born half good and half bad. That is part of being human. There will always be a part of us that is insensitive, egotistic, and irrational. There is another half as well that is full of holiness, giving, and yearning.

We will never completely eradicate one half or the other. The Bnei Yisoschar points out that Shekel has the same numerical value as Nefesh. When we donated a half-shekel toward the building of the Mishkan, we were giving our soul - but only the good half.

Moshe had trouble with this. How could we suffice with just one half? How could the Mishkan be built with our half-shekel? Don't we need to bring the whole thing? Don't we want to be perfect?

Hashem responded by showing Moshe the half-shekel he was referring to. He removed it from under his Heavenly throne and it was on fire. He explained that this was the Shekel he sought.

Rav Dessler explains that it is inevitable that our bad half will exist, but we can overcome it by lighting our good half on fire. If we have a burning desire to do good and to be good, it will not matter that we are not quite perfect.

None of us is perfect on our own, but by passionately putting our halves together we can build an edifice in which Hashem will dwell.

Rav Saadiah Gaon writes that each of us is only half a neshama. Our husband or wife is the other half. Perhaps this is one way to understand it. By putting our good halves together, complimenting and learning from one another, we can truly become one perfect whole.