



Kiddush is sponsored by Kevin & Amy Lefcoe and the Lefcoe Family Partnership in memory of Kevin's parents, Dr. Sanford (Sonny) and Mavolyn Lefcoe



Shalosh Seudos is sponsored by Cantor Jacob & Cyndi Tessler in memory of Jacob's mother, Rachel bas Zev, A"H on her first yahrtzeit

Schedule

Friday, March 16th (29th Adar)

Candle Lighting 6:55 P
Mincha 6:55 P

Shabbos, March 17th (1st Nisan)
Rosh Chodesh Nisan

Shachris 9:00 A
BISLI 10:00 A
See Page 2 for additional Learning programs
Daf Yomi 5:40 P
Minchah 6:40 P
Maariv/Havdala 7:53 P

Sunday, March 18th (2nd Nisan)

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

Monday, March 19th (3rd Nisan)

Daf Yomi 6:00 A
Shachris 6:45 A
Mincha /Maariv 7:00 P

Partners in Torah (JCC) off until after Pesach

Tuesday, March 20th (4th Nisan)

Daf Yomi 6:00 A
Shachris 7:00 A
Tomer Devora class 12:00 N
Mincha/Maariv 7:00 P

Wednesday, March 21st (5th Nisan)

Daf Yomi 6:00 A
Shachris 7:00 A
Mincha / Maariv 7:00 P

Thursday, March 22nd (6th Nisan)

Daf Yomi 6:00 A
Shachris 6:45 A
Mincha / Maariv 7:00 P

Friday, March 23rd (7th Nisan)

Daf Yomi 6:00 A
Shachris 7:00 A
Candle Lighting 7:02 P
Mincha 7:00 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, March 24th

SHABBOS LEARNING FOR BOYS

Grades 5th - 8th: Mishnayos class with Rabbi Harpaz at shul 30 minutes before
Mincha

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

MONDAY NIGHT CLASSES WITH RABBI HABER

Monday nights at 7:30 PM

3/26 - Make the most of your Seder

PARTNERS IN TORAH

Mondays from 8:00 PM to 9:00 PM

Meets at the JCC in Room 238

On hiatus until after Pesach, resumption date TBA.

PARTNERS IN TORAH FOR WOMEN

Meets monthly. Next date TBA.

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 & other services for the shul. Contributions to the Bnai Israel Sisterhood "flower fund" can be mailed to Irene Mazel or Frances Berger.

INTRODUCTORY PILATES CLASS FOR WOMEN (MODIFIED)

Being held in the "babysitting" room in the Fred Aron Education Wing

There is 1 week left in this series of classes - 30 minutes per class (once a week). There are 2 choices: Mondays at 9:00 AM or Wednesdays at 9:00 PM. If you are interested, please contact Amy Brooke to make your reservations (space is limited).

MONDAY NIGHT CLASSES WITH RABBI HABER - PESACH

Monday night classes at 7:30 PM

March 19th: Make the most of your Seder

BINA CAR WASH GIFT CARDS

BINA is once again partnering with Autobell Car Wash just in time for your Pesach cleaning. We have \$20 car wash gift cards for sale. Buy them for yourselves or buy them for your friends and staff.

Here's what \$20 gets you at any of the convenient 9 locations throughout Hampton Roads: The Super Wash - interior vacuum, exterior wash, polish and sealer, dashboard, door panels and console wiped down, interior window cleaning and finally, hand dry by an experienced staff member. Please contact Amy Lefcoe or Andie Pollock.

THE NORFOLK KOLLEL HOLIDAY SERIES

Wednesday, March 21st from 12:30pm to 1:30pm at the JCC

Join Rabbi Gavriel Rudin for his last class on Passover: "The Exodus Revisited"

NORFOLK KOLLEL PRE-PESACH SCOTCH & STEAK

Wednesday, March 21st at 6:30 PM at the Ghent Village Clubhouse

Join the members of the Kollel for great food, great company and even greater Divrei Torah! Please bring a friend.

VAAD HAKASHRUS OF TIDEWATER

Rabbi Mostofsky has published his annual Passover list. It is being distributed via the Shul's email. If you did not receive one, and would like one, please click [here](#).

Also, Rabbi Mostofsky will be available for Kashering certain items for Passover on Sunday, March 25th from 6:00 PM to 7:00 PM, for the entire Tidewater community. If you have 20 or fewer SMALL items that can fit in a large kashering pot, please bring them to the back door of Bnai Israel (by the kitchens).

All items being kashered must be thoroughly cleaned
and then not used for 24 hours before they are kashered.

MAOS CHITTIN

As part of our preparation for Pesach, we are encouraged by Jewish Law to donate funds to ensure that others have the means to prepare Pesach as well. Please contribute to our local "Maos Chittin" fund by making your check to the "Rabbi's Discretionary Fund" and submitting it to Rabbi Haber or the office. Thank you to all who have contributed. We also gratefully acknowledge the support of the Orthodox Union in supplementing the Maos Chittin funds of our community.

By the same token, if you are able to host individuals or families for the Seder, please contact Rabbi Haber.

SELLING OF CHOMETZ FORMS

The form for selling your Chometz is available [here](#). Paper copies are available in the shul. Please return the completed form to Rabbi Haber by Tuesday, March 27th.

PRE-PESACH MEALS BY BINA HIGH SCHOOL

On Sunday, March 25th & Wednesday, March 28th, BINA High School will be offering meals to eat in or take out from 5:30 to 7:00 in Richels Hall.

The choices will be: Pasta with Meat Sauce (9" pan /2 adult portions] \$10.00

Hot Dogs (1 hot dog, French fries & pickle) \$5.00

Both choices include salad

ADVANCE orders only!

Please send your orders to: apollock@binahighschool.com or call (757) 502-9129 by Wednesday, March 21st

THE TIDEWATER UMBRELLA PROJECT

Tuesday, March 27 at 12:30pm

Decorate an umbrella at this arts & crafts senior event for Israel @70! The umbrellas will be hung in the JCC's Cardo Café and will remain throughout the month of April for Israel's Independence Day, and our community celebration of Israel Fest on Sunday, April 22nd from 11 am - 4 pm.

For more information, contact Naty Horev, Senior Program Director at nhorev@simonfamilyjcc.org or 757-452-3186

JFS RUN, WALK

Sunday, May 6th

Mark your calendars for this annual event.

A SPECIAL OPPORTUNITY

This is a project which began in Bnai Israel!

We are excited to inform you that Dr. Michael Weissman and Rabbi Mordechai Wecker are co-authors of a soon-to-be published book!

The book is entitled, "Real Torah /Real Life," and follows the following format: Dr. Weissman culled case studies from his 40 years of clinical psychology practice (carefully obscuring the identity of the participants, of course) that illustrate the application of Torah principles to the psychotherapy process.

Rabbi Wecker will provide the halachic and/or hashkafic (Jewish philosophical) background with more than thirty Divrei Torah. The Book is intended to provide a comprehensive treatment of the integration of psychotherapy and Torah in the service of helping people who struggle with personal and relationship problems to resolve their life challenges and to help them improve the quality of their lives.

The book has been approved for publication by Mosaica Press in Israel, and the text is being edited now.

Sponsorship opportunities are available. If you are interested in being a sponsor, please contact either Rabbi Wecker or Dr. Weissman.

Thank You to our Contributors

To Leonard & Diana Ruchelman for their contribution in honor of Ruth Rothman and family

To Leonard & Diana Ruchelman for their contribution in honor of Benn & Jackie Richels and family.

To Larry Buckman for his contribution of a Chumash in memory of his father, William Buckman.

To Dr. Andrew & Ruth Fekete for their contribution of a sefer for the Minyan Room Library in memory of Ruth's mother, Anna Gelb.

To Dr. Ludwig & Ruth Sternlicht for their contribution in honor of Frances Berger on her special (90th) birthday.

To Aaron & Ruth Cohen for their contribution to the Bridge-Sturman Fund in honor of Jesse & Bracha Slone and family.

To Aaron & Ruth Cohen for their contribution to the Bridge-Sturman Fund in honor of Jordan & Laurie Slone and family.

To Aaron & Ruth Cohen for their contribution to the Bridge-Sturman Fund in honor of Norman & Dorothy Slone and family.

To Aaron & Ruth Cohen for their contribution to the Bridge-Sturman Fund in honor of Natalie Aron and family.

For the Week of Shabbos, March 18th through Friday, March 23rd

BIRTHDAYS

Mattisyahu Loiterman 18th 3/17	Yisroel Eliyahu Brandt 18th 3/22	Rebecca Holberg 3/23
Avigayil Murkoff 3/19	Eli Bauman 4th 3/23	Tzvi Schwartz 9th 3/23
Eli Simcha Weinreb 3/21	Yehudah Leib Griffin 3/23	Batsheva Tessler 11th 3/23

YAHRTZEITS

Lillian Gutterman 3/17	Louis Schwartz 3/21
Benyumin Wesley 3/18	Hannah Weil Weisman 3/21
Dr. Sanford (Sonny) Lefcoe 3/19	Rubin Mirman 3/22
Rachel Tessler 3/19	Israel Berman 3/23
Al Frierman 3/20	Herman Muni Eisenberg 3/23
Beatrice Roher 3/20	Albert S. Levinson 3/23
Melvin Gottlieb 3/21	Max Peters 3/23
Evelyn Knable 3/21	Ida Weininger 3/23
Steven Leibowitz 3/21	

REFUAH SHELAIMA

Women

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

Men

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

THE B'NAI ISRAEL CALENDAR AT A GLANCE

Week of March 11th through March 17th

Shabbos, March 17th: Rosh Chodesh Nisan

Shabbos, March 17th: Parshas HaChodesh

Shabbos, March 17th: Kiddush by Kevin & Amy Lefcoe in memory of Kevin's parents, Dr. Sonny & Mavolyn Lefcoe

Shabbos, March 17th: Shalosh Seudos by Cantor Jacob & Cyndi Tessler in memory of Jacob's mother, Rochel bas Zev on her first yahrtzeit.

Week of March 18th through March 24th

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

Wednesday, March 21st: Kollel pre-Pesach Scotch and Steak at the Ghent Village Clubhouse

Shabbos, March 24th: Shabbos HaGodol

Shabbos, March 24th: Bar Mitzva of Chaim Dov Lefkowitz

Week of March 25th through March 31st

Sunday, March 25th: Vaad HaKashrus annual Hagola for Pesach.

Sunday, March 25th: Bina High School Pre-Pesach meals

Monday, March 26th: Class with Rabbi Haber at 7:30 PM: *Make the most of your Seder*

Wednesday, March 28th: Bina High School Pre-Pesach meals

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

Wednesday, April 4th (Chol HaMoed Pesach): Bar Mitzva of Osher Hilel in Miami

Week of April 8th through April 14th

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

Shabbos, April 14th: Bar Mitzva of Zev-Adi Goldberg

“TUR TUR”

By Rabbi Sender Haber

“The blossoms have appeared in the land; the time of singing has arrived and the call of the turtledove is heard in our land.” (Song of Songs 2:12)

The TurtleDove (*Streptopelia turtur*) gets her name from her distinctive, purring, gentle and evocative TurTur sound as she brings in the summer months. It is a farewell to winter and a wake up call to new and better times to come.

These sounds are heard throughout the land, but they are directed at us. Hachodesh Haze Lachem – this month is for you – G-d says, because it is our chance for renewal. As we welcome Parshas Hachodesh, we witness the rebirth of the moon and experience the refreshing vistas of springtime. We relate to this reality by preparing for Pesach, the Seder, and the anniversary of the day that we were taken by Hashem to be his nation (R S.R. Hirsch, *The Jewish Year*).

The answer lies in the table of contents that we sing at the Seder. According to the Kabbalists, we name each step of the seder because it represents a spiritual undercurrent. The seder is not just a mimicry of the Greek symposium; it is a yearly process of freedom, liberation and closeness to G-d.

We begin the Seder with Kadesh Urchatz: we sanctify ourselves and wash our hands. Common sense would dictate that we wash our hands as a first step in sanctification, but the Hagada tells us otherwise. We sanctify first and wash our hands second.

One of the early Chasidische rebbes, “The Shpoyler Zaide” (of Dancing Bear fame) once sat down at his Seder and invited his youngest child to recite the Simanim. The youth said. “Kadesh – the father comes home from shul puts on his kittel and makes kiddush”. He stopped. The Zaide asked, “is that it!?” “yes”, the boy replied “that’s all my teacher taught me”. Early the next morning the Zaide approached the teacher in shul: “is it true that you taught the children an abridged version of the text”?! The teacher explained that since the children were young it he felt was enough just to teach them the bare bones of things. The rebbe scolded the teacher: “don’t you realize that everything in the Seder has special significance? Kiddush isn’t just a blessing on wine, it means holiness and sanctification. The father we refer to is Hashem. On the first night of Pesach Hashem comes home from shul with us (so to speak). He is hoping to purify and redeem us as He did thousands of years ago on this day. It is in this hope we ask that the father (Hashem) “put on his kittel” and make kiddush (i.e. make us holy) very quickly. The reason for the rush is because us Jews are like little kids with a very short attention span. For hundreds of years Jews have been begging Hashem: “Make Kiddush quickly before your little children fall asleep. Never leave those words out again!”

Logically we should first wash our hands and then become holy. However, on Pesach (in Egypt and today) we are like Hashem’s small children. We really can’t be expected to wash our hands on our own and we need a little help from Hashem. It is not we who are sanctifying ourselves at the seder, but G-d who is sanctifying us. Every Pesach (and, on smaller scale, every shabbos) we receive a gift of free sanctification from Hashem. Sometimes that holiness is allowed dissipate and get lost, but if we are alert we can ride that holiness and follow it with our own purification, making it last forever.

At the end of the Torah we compare Hashem to an eagle that awakens his young by hovering above them. The Vilna Gaon explains the eagle flies higher than all other birds and carries her young on her back to protect them from any harm. In order to travel safely the birds need to be awake and holding on tight. In the same way, Hashem wakes us up, but it is our responsibility to stay awake and hold on tight.

It is Nissan. Spring is here. The time of singing has arrived and the turtledove is calling.

Wake Up!