



Kiddush is sponsored by Rabbi Shaul & Chayala Lefkovitz in honor of the Bar Mitzva of their son, Chaim Dov.



Shalosh Seudos is sponsored by the Shalosh Seudos Club in honor of the Bar Mitzva of Chaim Dov Lefkovitz

## Schedule through end of Pesach

### Friday, March 23rd (7th Nisan)

Mincha	7:00 P
Candle Lighting	7:02 P
Dvar Torah by Rabbi Yechiel Spero	

### Shabbos, March 24th (8th Nisan)

Shachris	9:00 A
BISLI	10:00 A
<i>See Page 3 for additional Learning programs</i>	
Daf Yomi	4:45 P
Shabbos HaGodol Drasha	5:45 P
<b>"Studying Torah: Group Activity or Individual Pursuit?"</b>	
Minchah	6:45 P
Maariv/Havdala	8:00 P

### Sunday, March 25th (9th Nisan)

Daf Yomi	7:00 A
Shachris	8:00 A
BINA Pre-Pesach Dinners starting at	5:30 P
Vaad HaKashrus - HaGolah	6:00 P
Mincha/Maariv	7:10 P

### Monday, March 26th (10th Nisan)

Daf Yomi	6:00 A
Shachris	6:45 A
Shachris II	8:00 A
Mincha /Maariv	7:10 P
Pesach Class with Rabbi Haber: <b>Make the Most of Your Seder</b>	7:45 P

### Tuesday, March 27th (11th Nisan)

Daf Yomi	6:00 A
Shachris	7:00 A
Shachris II	8:00 A
Tomer Devora class	12:00 N
Mincha/Maariv	7:10 P

### Wednesday, March 28th (12th Nisan)

Daf Yomi	6:00 A
Shachris	7:00 A
Shachris II	8:00 A
BINA Pre-Pesach Dinners starting at	5:30 P
Mincha / Maariv	7:10 P

### Thursday, March 29th (13th Nisan)

Daf Yomi	6:00 A
Shachris	6:45 A
Shachris II	8:00 A
Mincha / Maariv	7:00 P

### Friday, March 30th (14th Nisan) Erev Pesach

Daf Yomi	6:00 A
Shachris	7:00 A
Siyum for the First Born	
<b>Latest Time to Eat Chometz</b>	<b>10:41 A</b>
<b>Latest Time to Burn Chometz</b>	<b>11:55 A</b>
Candle Lighting	7:08 P
Mincha / Kabalas Shabbos	7:10 P
Earliest time to make Kiddush	8:05 P
Chatzos	1:10 A

# Schedule through April 13th

## Shabbos, March 31st (15th Nisan) Pesach 1

Shachris	9:00 A
Daf Yomi	5:50 P
Minchah	6:50 P
Class with Rabbi Baruch Danziger	
Maariv	8:05 P
Earliest Time to light candles	8:06 P
Chatzos	1:09 A

## Sunday, April 1st (16th Nisan) Pesach 2

Shachris	9:00 A
Daf Yomi	5:50 P
Minchah	6:50 P
Class with Rabbi Velvel Cook	
Maariv/Havdala	8:06 P

## Monday, April 2nd (17th Nisan) Pesach 3/ CM 1

Daf Yomi	6:00 A
Shachris 1 (with tefilin)	6:35 A
Shachris 2	8:00 A
Yeshiva Bein Hazemanim	10:00 A
Mincha /Maariv	7:15 P

## Tuesday, April 3rd (18th Nisan) Pesach 4 /CM 2

Daf Yomi	6:00 A
Shachris 1 (with tefilin)	6:35 A
Shachris 2	8:00 A
Yeshiva Bein Hazemanim	10:00 A
Mincha /Maariv	7:15 P

## Wednesday, April 4th (19th Nisan) Pesach 5/CM 3

Daf Yomi	6:00 A
Shachris 1 (with tefilin)	6:35 A
Shachris 2	8:00 A
Yeshiva Bein Hazemanim	10:00 A
Mincha /Maariv	7:15 P

## Thursday, April 5 (20th Nisan) Pesach 6/CM 4/ Erev Yom Tov

Daf Yomi	6:00 A
Shachris 1 (with tefilin)	6:35 A
Shachris 2	8:00 A
Yeshiva Bein Hazemanim	10:00 A
Eruv Tashvilin	
Mincha	7:10 P
Candle Lighting	7:13 P

## Friday, April 6th (21st Nisan) Pesach 7 (Yom Tov)

Shachris	9:00 A
Daf Yomi	5:50 P
Candle lighting	7:14 P
Minchah / Kabbalas Shabbos / Maariv	7:15 P

## Shabbos, April 7th (22nd Nisan) Pesach 8

Shachris	8:30 A
Daf Yomi	5:45 P
Minchah	7:00 P
Seudah Shelishis / Neilas Hachag	
Maariv/Havdala	8:12 P

## Sunday, April 8th (23rd Nisan)

Daf Yomi	7:00 A
Shachris	8:00 A
Mincha/Maariv	7:20 P

## Monday, April 9th (24th Nisan)

Daf Yomi	6:00 A
Shachris	6:45 A
Pirkei Avos with Rabbi Haber at JCC	12:00 N
Mincha /Maariv	7:20 P
Partners in Torah (JCC)	8:00 P

## Tuesday, April 10th (25th Nisan)

Daf Yomi	6:00 A
Shachris	7:00 A
Tomer Devora class	12:00 N
Mincha/Maariv	7:20 P

## Wednesday, April 11th (26th Nisan)

Daf Yomi	6:00 A
Shachris	7:00 A
Mincha / Maariv	7:20 P

## Thursday, April 12th (27th Nisan)

Daf Yomi	6:00 A
Shachris	6:45 A
Mincha / Maariv	7:20 P

## Friday, April 13th (28th Nisan)

Daf Yomi	6:00 A
Shachris	7:00 A
Candle Lighting	7:00 P*
Mincha	7:00 P

**From April 13th through September 14th we will making an early Shabbos with Mincha at 7:00 PM. Candle lighting will be at 7:00 PM, and 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 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: This 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 night at 7:30 PM*

*3/26 - Make the most of your Seder*

### PARTNERS IN TORAH

*Mondays from 8:00 PM to 9:00 PM—hiatus until after Pesach*

*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.*

## 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.

## SELLING OF CHOMETZ FORMS

The forms for selling your Chometz is available with the Friday Pre-Shabbos mailing. Additional copies are available in the shul. Please return the completed form to Rabbi Haber by Tuesday, March 27th.

## IMPORTANT NOTICE - PESACH CLEAN-UP!

In preparation for this coming Pesach it is time to make sure you clean out your shtender and lockers of all chametz and garbage as well as take home personal items you may be storing in shul. It is a decent thing to do to also look into surrounding shtenders to see if there are any personal items there as well. The garbage in those shtenders may have been left by your children or guests throughout the year. Bnai Israel is your shul and we are asking for your help and cooperation in getting it ready for the Chag and keeping it clean.

On Sunday March 25th, a thorough cleaning will take place and all items that are not Shul property will be removed.

The Main Sanctuary will be open after Shachris until 2:00 pm on Sunday (3/25), if you are unable to clean out the shtender either before Shabbos or after maariv motzei Shabbos.

## THE MOSAICA HAGADA BY RABBI SENDER HABER

*Available NOW from Rabbi Haber or in the Bnai Israel Office for only \$20.00*

Join Rabbi Sender and Chamie Haber and their charming family at their Pesach Seder and experience this wondrous night with this most special educational Hagada. The Hagada is available in the Bnai Israel office for \$20.00.

## HARRIS TEETER

As a community, we have come to rely on Farm Fresh on West 21st Street for our local kosher food purveyor. Now that the Farm Fresh has been sold to Harris Teeter, we have to speak up and let Harris Teeter know that we cherished the Kosher section in Farm Fresh and that we would like them to continue it. The more people who contact Harris Teeter's corporate offices, the more powerful is our collective voice. There are three ways you contact them:

**Online:** <https://www.harristeeter.com/contact-us/contact-us-form>

**By Phone:** 800-432-6111, option 2

**Mail:** Harris Teeter Inc., Attn: Customer Relations, PO Box 10100, Matthews, NC 28106-0100

This approach has been effective in other locations and we appreciate your help in this matter.

## 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 11:00 am – 4:00 pm. For more information, contact Naty Horev, Senior Program Director at [nhorev@simonfamilyjcc.org](mailto:nhorev@simonfamilyjcc.org) or 757-452-3186

## **PIRKEI AVOS LUNCH & LEARN AT THE JCC WITH RABBI HABER**

*Wednesdays 12:00 pm - 1:00 pm: 4/9, 4/16, 4/23, 4/30, 5/7, 5/14*

Topic: "An Historical, Philosophical, and Mystical Perspective on the Ethics of the Fathers"  
Come and learn what the Ethics of the Fathers is and what its meaning is for us today.

## **YOM HASHOAH**

*April 11 | 6:45pm at Beth El Congregation*

Yom Hashoah, Holocaust Remembrance Day, is a commemorative program celebrating the power of the human spirit and the enduring faith of those who witnessed and survived the Holocaust. It honors the survivors, liberators, and righteous gentiles who reside in Hampton Roads, as well as the memory of the victims. For more information please see:  
<http://jewishva.org/holocaust-yom-hashoah>

## **ISRAELFEST - ISRAEL AT 70**

*Sunday, April 22nd from 11:00 am to 4:00 pm at the Simon Family JCC*

Experience Israel through art, education, culture, food and entertainment with activities for all ages! Listen, dance, and learn with Israeli DJ Eyal Rob, co-founder of Israel's first music television channel, Israeli journalist and culture critic as he shares tunes from Israel's past 70 years!

Bnai Israel will, once again, be having a booth at the festival. It is being organized by Chava Goldberg - but she needs help. Please contact her if you are able to help.

## **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 Rabbi Wecker.

## Thank You to our Contributors

To Eileen Berman for her contribution to the B'nai Israel Yahrzeit Fund in memory of her uncle, Israel Berman.

To Galit Ozeri for her contribution to the B'nai Israel Yahrzeit Fund in memory of her father, Boaz ben Batsheva.

To Ruth Rothman for her contribution to Bnai Israel in honor of Jordan & Laurie Slone and family

To Ruth Rothman for her contribution to Bnai Israel in honor of Jesse & Bracha Slone and family

### For the Week of Shabbos, March 24th through Friday, March 30th

#### BIRTHDAYS

Ingrid Edery		3/24	Moshe Edery		3/28
Esther Bridge		3/25	Nosson Tzvi Harpaz	1st	3/28
Nehorai Hilel	6th	3/25	Frances Berger	90th	3/29
Jean Jaffe		3/26	Chava Harpaz	16th	3/29
Yaakov Wilson		3/27			

#### ANNIVERSARIES

Rabbi & Mrs. Aharon Lipman    7th    3/27

#### YAHRTZEITS

Lars Horwitz	3/24	Miriam Drory	3/28	Joseph Kessler	3/30
William Jaffee	3/25	Esther Gelfand	3/28	Rebecca Loren	3/30
Mollie Caplan	3/26	Ryan Paige Segel	3/28	Joseph Postove	3/30
Sophia Stoler	3/26	Abraham Bornstein	3/29		
Ella Blumenthal	3/28	Karl Japha	3/30		

## REFUAH SHELAIMA

### Women

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

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

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

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

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

### **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

**Shabbos, April 7th:** Shalosh Seudos at Bnai Israel

### **Week of April 8th through April 14th**

**Monday, April 9th:** Rabbi Haber starting a Pirkei Avos class at the JCC on Mondays at noon (continues on Mondays until May 14th)

**Wednesday, April 11th:** Yom HaShoah program at Congregation Beth El

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

### **Week of April 15th through April 21st**

**Sunday, April 15th:** Rosh Chodesh Iyar (Day 1)

**Monday, April 16th:** Rosh Chodesh Iyar (Day 2)

### **Week of April 22nd through April 28th**

**Sunday, April 22:** IsraelFest at the JCC from 11:00 am till 4:00 PM

### **Week of April 29th through May 5th**

**Thursday, May 3rd:** Lag B'Omer

**Shabbos, May 5th:** Bar Mitzva of Avraham Rothman



## Be The Matzah

By Rabbi Sender Haber

Dough is one of the most unwieldy and uncooperative items in the kitchen. I've seen dough rise back out of the Garbage can, push open the door of the refrigerator and jump out of the bread machine and onto the floor. It has a life of its own. Wine ferments in a staid and mature fashion. Dough can be all over the place.

The Torah describes Matzah as Lechem Oni - a poor man's bread but the way it is actually written in the Torah is Lechem Ani - Poor bread. Is it the bread that is poor or the person that is poor? The Gemara brings an argument as to which is the proper translation and the Shulchan Aruch quotes both.

The Bnei Yissaschar explains that in truth both explanations are the same. Our Mitzvah is not just to eat the Lechem Oni, it is to be the Lechem Oni. We need to be like that bread.

Creativity is great. There is nothing wrong with growing unpredictably and spontaneously, but every once in a while we need to put that dough back in its place we bang it down and pat it down and rush it into a two thousand degree oven to ensure that it doesn't rise. We need to get back to the basics.

Take things down to their simplest level. This is how Hashem made me. This is what Hashem wants me to do. It is good to build on that, but once in a while we need to just take ourselves out of it.

Sometimes we have a little kid who is so excited about going outside or going to shul. We tell him or to stand still for a minute while we button his shirt or tie his shoes.

We are that little kid. We are so excited about life and G-d and fly off in ten different directions. Today we need to just pause and give Hashem a moment to tie our shoes. We need to make sure that we have the basics.

Matzah is called Nahma D'meihefnusa. It is the bread of Emunah. Even if we lose everything else, we will still have our Emunah. On Pesach we get back to the basics.