



This week's Kiddush is sponsored by the Kiddush Club



This week's Shalosh Seudos is sponsored by Esther Sarah Carroll on the 5th yahrtzeit of her husband, Menachem Carroll

Schedule for the Week

<u>Friday, April 20th (5th Iyar)</u>		Mesilas Yesharim with Rabbi Haber	6:45 P
Candle lighting	7:00 P*	Mincha /Maariv	7:30 P
Minchah/Kabbalas Shabbos/Maariv	7:00 P*	Partners in Torah (JCC)	8:00 P
<u>Shabbos, April 21st (6th Iyar)</u>		<u>Tuesday, April 24th (9th Iyar)</u>	
Shachris	9:00 A	Daf Yomi	6:00 A
BISLI	10:00 A	Shachris	7:00 A
Shabbos Women's Class @ S Loiterman	5:00 P	Tomer Devora class	12:00 N
Daf Yomi	6:15 P	Mincha/Maariv	7:30 P
Pirkei Avos: guest speaker Rabbi Noach Gruen	6:20 P	<u>Wednesday, April 25th (10th Iyar)</u>	
Minchah	7:15 P	Daf Yomi	6:00 A
Maariv/Havdala	8:26 P	Shachris	7:00 A
<u>Sunday, April 22nd (7th Iyar)</u>		Mincha / Maariv	7:30 P
Daf Yomi	7:00 A	<u>Thursday, April 26th (11th Iyar)</u>	
Shachris	8:00 A	Daf Yomi	6:00 A
IsraelFest at JCC	11:00 A	Shachris	6:45 A
Congregational Meeting	6:30 P	Mincha / Maariv	7:30 P
Mincha/Maariv	7:30 P	<u>Friday, April 27th (12th Iyar)</u>	
<u>Monday, April 23rd (8th Iyar)</u>		Daf Yomi	6:00 A
Daf Yomi	6:00 A	Shachris	7:00 A
Shachris	6:45 A	Candle Lighting	7:00 P*
Pirkei Avos with Rabbi Haber at JCC	12:00 N	Mincha	7:00 P*
BINA Yeseira	12:00 N		

**Until 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 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, April 28th

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

SHABBOS AFTERNOON WOMEN'S CLASS

5:00 PM - Various Locations

Initial class: April 21st at the home of Susan Loiterman

The class will be based on the book by Shira Hochheimer: "**Eishes Chayil- Ancient Wisdom for Women of Today**"

SHABBOS AFTERNOON PIRKEI AVOS WITH RABBI HABER

50 minutes before Mincha

Pirkei Avos: Practical Lessons for Life

PIRKEI AVOS WITH RABBI HABER

Mondays at noon at the JCC

Delve into the Ethics of our Fathers, while enjoying lunch at the JCC

PARTNERS IN TORAH

Mondays from 8:00 PM to 9:00 PM

Meets at the JCC in Room 238

MONDAY NIGHT CLASS WITH RABBI HABER

Mondays at 6:45 pm

The Monday Night class with Rabbi Haber is based on Mesillas Yesharim - Path of the Just. Come weekly or just drop in to learn this classic text outlining our role in this world and our strategies for achieving our potential. Practical, thought-provoking, and fundamental.

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.

SHABBOS AFTERNOON CLASS FOR WOMEN

Shabbos afternoon at 5:00 PM (various locations)

Introducing the 2018 Shabbos Afternoon Ladies Class, beginning Shabbos April 21. This year, we will be learning the Book "**Eishes Chayil- Ancient Wisdom for Women of Today**" by Shira Hochheimer

Each week, we will meet at a different home and learn another chapter. If you would like to host or lead the class, please contact Chamie Haber.

The first class on April 21st will take place at the home of Susan Loiterman.

You do not need to have a book to participate, but if you would like to buy the book, you can find it at https://www.amazon.com/Eishes-Chayil-Ancient-Wisdom-Women/dp/1946351067/ref=sr_1_1?ie=UTF8&qid=1523643102&sr=8-1&keywords=eishes+chayil+mosaica&dpID=51NWc3c4%252BML&preST=_SY291_BO1,204,203,200_QL40_&dpSrc=srch

ISRAELFEST - ISRAEL AT 70

THIS 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! Bnai Israel will, once again, be having a booth at the festival. It is being organized by Chava Goldberg - but she needs help for this endeavor to be a success.

BNAI ISRAEL CONGREGATIONAL MEETING

THIS Sunday, April 22nd at 6:30 PM

Please attend this important Bnai Israel congregational meeting. We will be electing officers of the Executive Board and members of the General Board. We will also be giving reports of the upgrades going on in the shul, both present and future.

PIRKEI AVOS LUNCH & LEARN AT THE JCC WITH RABBI HABER

Mondays 12:00 pm - 1:00 pm: 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.

BINA HIGH SCHOOL - BINA YESEIRA

Monday, April 23rd at noon

Continue to explore Sefer Mishlei with Mrs. Shana Danziger - presented for women by Bina High School

MONDAY NIGHT CLASS WITH RABBI SENDER HABER

Mondays at 6:45 pm

The Monday Night class with Rabbi Haber is based on Mesillas Yesharim - Path of the Just. Come weekly or just drop in to learn this classic text outlining our role in this world and our strategies for achieving our potential. Practical, thought-provoking, and fundamental.

LAG B'OMER CELEBRATION

Wednesday, May 2nd at 6:30 PM

Mark your calendars for the annual Lag B'Omer celebration at Bnai Israel, brought to you by the Norfolk Kollel. There will be food items available at a nominal cost.

JFS RUN, WALK

Sunday, May 6th

JFS' 14th Annual Run, Roll or Stroll will take place the morning of Sunday, May 6 at 24th Street Park and the Virginia Beach Boardwalk. The Run, Roll or Stroll features an 8K run, 5K run, 5K walk, and a 1 Mile run/walk. Families and individuals of all ages are encouraged to come out to walk, run, or just cheer on the participants.

But the excitement is not just limited to running/walking on the boardwalk. Inside 24th Street Park, attendees will be treated to music by the New 101.3 radio station. Kids of all ages will be transformed thanks to face painter, Ashley Pickin, dazzled by the incredible balloon art creations of Ryan the Balloon Guy, and will find lots more fun things to explore!

YAK vs. DISTINGUISHED GENTLEMEN - ANNUAL GAME

Thursday, May 10th at 7:00 PM at the JCC Gym

Calling all former basketball stars and wanna-be stars. Do you have what it takes to play against the YAK bochurim? If so, please join us for our annual YAK vs Distinguished Gentlemen game. The cost is \$10.00 per person (all money will be used to pay referees.) Your check is your RSVP. Please mail or drop it off at the Yeshiva. If you have any questions, please contact Debbie Wilson at dwyatyak@gmail.com

TORAS CHAIM DINNER:

HONORING RABBI DR. MORDECHAI LOITERMAN FOR 10 YEARS OF SELFLESS DEVOTION TO TORAS CHAIM

Sunday, May 13th at Bnai Israel

Please join the Toras Chaim family in honoring Rabbi Dr. Mordechai Loiterman for his decade of service and leadership at Toras Chaim. Couvert is \$54.00 per person. If you have not received your invitation and journal form, please contact the school at (757) 686-2480 or go their website at toraschaim.net

SHAVUOS LEARNING PROGRAM & SPONSORSHIP

Shavuos learning program starting Motzei Shabbos, May 19th at 11:30 PM

As we do each year, Bnai Israel will be hosting inspiring and energetic Shavuos learning throughout the night. An exciting class schedule is in formation and refreshments will be available throughout the evening.

Please be a part of this beautiful program by taking advantage of one of the sponsorship opportunities below.

Entire night of learning:	\$1,000
Sponsor for each lecture:	\$250 (6 sessions)
Sponsor for Teen Learning Program:	\$250 (1 session)
Sponsor for one hour of learning:	\$100
General Sponsorship:	\$18

If you are interested in becoming a sponsor, please contact the B'nai Israel office as soon as possible.

OU ADVOCACY'S ANNUAL LEADERSHIP MISSION TO D.C.

Wednesday, June 13, 2018

Please join us on Wednesday, June 13, 2018 at the White House and on Capitol Hill for our Annual Leadership Mission to Washington, D.C. If you are interested in attending, please contact Rabbi Sender Haber.

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.

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.

Thank You to our Contributors

To Kevin Snashall for his contribution to Bnai Israel Congregation

To Kevin Snashall for his contribution to Bnai Israel Congregation for the classes which are held in the synagogue.

To Joey & Carol Miller for their contribution to Bnai Israel Congregation for their Yizkor pledge.

To Harold & Susan Loiterman for their contribution to Bnai Israel Congregation for their Yizkor pledge.

To Mitzi & Mike for their contribution to the Yahrtzeit Fund of Bnai Israel Congregation.

To Jeffrey & Jennifer Zukerman for their contribution to Bnai Israel Congregation.

To Kevin Snashall for his contribution towards the Kiddush Fund.

To Kevin Snashall for his contribution to the Eruv Fund.

To Mike & Naomi Zelikovich for their contribution to the Eruv Fund.

To Dr. Earl & Andie Pollock for their contribution to Bnai Israel Congregation for the Refuah Shelaima of Rabbi Mordechai Loiterman.

To Dr. Earl & Andie Pollock for their contribution to Bnai Israel Congregation for the Refuah Shelaima of Rabbi Yisroel Stein.

To Dr. Earl & Andie Pollock for their contribution to Bnai Israel Congregation in honor of Shmuel & Shira Itzhak and family.

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

To Benn & Jackie Richels for their contribution of a Siddur in memory of Claude Miller.

To Benn & Jackie Richels for their contribution of a Siddur in memory of Mrs. Vera Friedman Revesz, mother of Rabbi Yosef Friedman.

To Frances Berger & Nathan Berger for their contribution to Bnai Israel Congregation in memory of Claude Miller

To Frances Berger & Nathan Berger for their contribution to Bnai Israel in honor of Mrs. Irene B. Mazel and family.

To Adele Rhodes & Ilene Putterman for their contribution to Bnai Israel in memory of Claude Miller

Thank You to our Contributors

To Aaron & Ruth Cohen for their contribution to Bnai Israel in memory of Claude Miller.

To Dr. Leon Leach, his daughter Sharon Leach and her sons for their contribution of a Siddur in memory of Claude Miller.

To Drs. Stephen & Lynn Deutsch for their contribution to Bnai Israel Congregation in honor of Shira and Shmuel Itzhak and family.

To Dr. Ludwig & Ruth Sternlicht for their contribution to the Bnai Israel Yahrtzeit Fund in memory of Ludwig's mother, Halina Sternlicht.

To Sheindy Brody for her contribution to Bnai Israel Congregation.

To Kenneth Hinderliter for his contribution to Bnai Israel Congregation in memory of a great friend, Claude R. Miller.

To Alan Kurzer for his contribution to the Bnai Israel Cemetery Fund in memory of his great-grandfather, Eli Tabachnick.

To Ruth Rothman for her contribution to Bnai Israel Congregation in honor of Mikhail & Naomi Zelikovich and family.

To Ruth Rothman for her contribution to Bnai Israel Congregation in memory of Claude Miller.

To Ruth Rothman for her contribution to Bnai Israel Congregation in honor of Shmuel & Shira Itzhak and family.

For the Week of Shabbos, April 21st through Friday, April 27th

BIRTHDAYS

Miriam Gittel Bridge	7th	4/21	Pesha Shereshevsky	15th	4/24
Aharon Dovid Lefkovitz	1st	4/21	Rose Joy Lefcoe	16th	4/25
Amy Lefcoe		4/22	Asher Schoenfeld	6th	4/26
Sholom Mostofsky		4/22	Norman Cohen		4/27
Rivka Schoenfeld	14th	4/22	Aryeh Litt	15th	4/27
Norman Slone		4/22	Marni Blair Siegel	29th	4/27
Yitzi Litt	17th	4/24	Mikhail Zelikovich		4/27

YAHRTZEITS

Solomon Portisky	4/21	Irving Richels	4/24
Marilyn Bloomberg	4/22	Lea Brooke	4/25
Nellie Gottlieb	4/22	Georg Japha	4/26
George Shapiro	4/22	Sam Brooke	4/27
Richard C. Wilson	4/22	Sarah R. Buckman	4/27
Ida Like	4/23	Mordechai Werther	4/27
Michael Louis Polevoy	4/23		

REFUAH SHELAIMA

Women		Men	
Shoshana bas Miriam	Chaya bas Ruchel	Shalom Boruch ben Masha	Rachmiel Leib ben Mordechai HaLevi
Vittel Zilke bas Leah	Sheva bas Rivka	Yehuda ben Chasha Ruchel	Chaim Rafael Yoel ben Shayna Golda
Leah Adina bas Chaya Esther	Chaya Ruchel bas Zelda	Moshe Yechezkel Halevi ben Sara Malka	Daniel Yosef ben Miriam
Yochana bas Chana	Shira bas Sarah	Reuven Simcha ben Naomi Rus	Moshe Yosef ben Esther
Nava bas Fruma Leah	Nechama Getzel bas Rachel	Yonah Michael Alter ben Esther Sarah	Reuven HaCohen ben Sarah
Basha Leiba bas Baila Fruma	Ruchama Malka Briendel bas Shaina Shifra	Aryeh Nachman HaCohen ben Ita	Eitan Shmuel bas Chana Leah
Simcha bas Tziporah	Rivka bas Chaya Ruchel	David Shlomo ben Rivka Tehilla	Eliezer Yehuda ben Chana Shaindel
Malka Esther bas Devorah	Rivka bas Yocheved	Koppel ben Bayla	Yisroel Shmuel ben Sarah
Devorah bas Ruchel	Raizel Shoshana bas Faiga Leah	Abraham ben Iza	Chaim Shmuel ben Rivka
Tzippora Aviva bas Rivka	Orly Rachel Bat Yehudit Rus	Yoel Meir ben Chaya	Eliyahu Aron ben Hudel
Sara Bas Sara	Tye Miriam bas Zehavit	Yehudah Ben Batya	Sholom Yehuda ben Fayga
Miriam Rochel bas Chava Elisheva	Chana Rochel bas Sara	Rafael Messod ben Naomi Sarah	Tinok ben Rochel
Kayla Dodie bas Rochel Bracha	Arielle Mazal Tov bas Eliane	Eliezer ben Sara	Shlomo Yoel ben Chaya Leah
Rochel Bracha bas Baila	Devora Faiga bas Malka	Avraham Beryl HaLevi ben Miriam	Chanina Getzl ben Chana Fradel
Tirtze Sorah bas Rochel Bracha	Shoshana Aliza bas Aviva Michal	Yissachar ben Rachel	Meyer Yisroel Hirsch ben Zahava Zippora
Rivka Tehillah bas Sarah	Miriam Chava Chana Devora bas Shaindel Chaya Rivka	Binyamin Leib ben Rachel Chana	Shlomo ben Na'ami
Hinda bas Dena	Batya Pia bas Chaya Ruchel	Zecharia Avraham ben Devorah Rivka	Eliyahu Yaakov ben Sarah Roiza
Shula bas Carmela	Esther bas Ruth	Nosson Yitzhak Ben Leah	Yitzhak Mordechai ben Yehudis Sima
Eliana Chaya bas Nacha	Rachel Chana bas Shulamet Itel	Moshe ben Raizel	Chaim bas Shifra
Adi Simcha bas Penina Leah	Feiga Elka bas Yehudis	Eliezer ben Penina Kaila	Dovid Avraham HaCohen ben Libby Yeshia
Aida Batya bas Etta	Aydel bas Chaya	Meir Yehoshua ben Penina Kaila	Yehudah Leib ben Lenora Daniella
Chaya Tova Gittel bas Shulamis Sima		Beryl ben Chava	Yosef Tzvi ben Rochel Pessil
Chana Yitta bas Bryna		Shmuel Yeruchem ben Baila	Chaim Yaakov ben Avigail Dovid
Bayla Mishka bas Devora		Yehoshua ben Nechama Aliza	Moshe Yosef ben Esther
Malka Chana bas Ruchel		Avraham ben Chana	
Sarah bas Tzipora		Asher Eliyahu ben Leah	
Chaya Raizel bas Dena		Akiva Hillel Ben Cooki Tziporah Feige Gittel	
Chana bas Sarah		Yehuda Herschel ben Chaya Leah	
Adi Bat Miriam		Dovid Leshem ben Esther	
		Abba ben Tzipora	
		Pesach ben Baila	

THE B'NAI ISRAEL CALENDAR AT A GLANCE

Week of April 15th through April 21st

Shabbos, April 21st: Shalosh Seudos by Esther Sarah Carroll in memory of Menachem Carroll on his 5th yahrtzeit

Week of April 22nd through April 28th

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

Sunday, April 22nd: Bnai Israel Congregational meeting - election of Executive and General Board members

Week of April 29th through May 5th

Wednesday, May 2nd (night): Lag B'Omer celebration presented by Norfolk Kollel

Thursday, May 3rd: Lag B'Omer

Shabbos, May 5th: Bar Mitzva of Avraham Rothman at Bnai Israel

Week of May 6th through May 12th

Sunday, May 6th: JFS Run, Stroll, Walk

Thursday, May 10th: Annual YAK vs. Distinguished Gentlemen Basketball game at JCC

Week of May 13th through May 19th

Sunday, May 13th: Toras Chaim Dinner honoring Rabbi Dr. Mordechai Loitermans' 10 years of service

Tuesday, May 15th: Rosh Chodesh Sivan

Shabbos, May 19th: Kiddush by Shmuel & Shira Itzhak in honor of Maytal Rivka Itzhak

Shabbos, May 19th (night): Annual All-night Shavuos Learning Sessions

Shabbos, May 19th: Erev Shavuos

Week of May 20th through May 26th

Sunday, May 20th: First Day of Shavuos

Monday, May 21st: Second Day of Shavuos (Yizkor)

Week of May 27th through June 2nd

Monday, May 28th: Memorial Day

Week of June 3rd through June 9th

Week of June 10th through June 16th

Wednesday, June 13th: Rosh Chodesh Tamuz (1st Day)

Thursday, June 14th: Rosh Chodesh Tamuz (2nd Day)

Week of June 17th through June 23rd

Sunday, June 17th: Yeshivas Aish Kodesh Graduation and Siyum Dinner (Bnai Israel)

Monday, June 18th: Bina High School Graduation (Bnai Israel)

Thursday, June 21st: Toras Chaim 8th Grade Graduation (Toras Chaim - Portsmouth)

Week of June 24th through June 30th

Monday, June 25th: First Day of Camp Ruach (4 weeks)

It's About Relationships

By Rabbi Sender Haber

The book of Shir Hashirim is one of the most unusual books in the Torah. It describes the love between two people and is an allegory for the love that exists between G-d and the Jewish people. This love song is background music to every single moment in our history, from our descent to Egypt to our exile to Babylon, to our redemption in the future and everything in between.

Most of the rabbis of the Mishna were of the opinion that Shir Hashirim is not as holy as the other books of the Torah. It doesn't contain the same hallmarks of holiness and, in fact, contains information that we usually would not share in a holy setting. Rabi Akiva disagreed. He said "All of the songs are holy, but Shir Hashirim is the Holy of Holies". Shir Hashirim is holier than the Torah, the prophets and the rest of the writings.

How is this possible?

Rav Avigdor Miller points out that Shir Hashirim is not just a backdrop to history. It is the reason that we still survive. Were it not for the strong love that exists between the Jewish people and G-d, Jewish history would have been a very short story. In the same way that a wife and a husband can support one another and survive anything, G-d has been there for us through thick and thin, always loving, always caring.

Who understood this more than Rabi Akiva?

Rabi Akiva was a simple shepherd. He was – according to many accounts – illiterate. He said he would bite a scholar if he saw him. He wanted to be a scholar but understood that Torah study was not going to come easily. He couldn't do it on his own. It was his wife Rachel who believed in him and who inspired him. She was the one who gave up everything to marry him; she was the one who sent him away to learn Torah. She was the one who encouraged him when he didn't feel like he was getting anywhere, and she was the one who lived in absolute poverty and was happy to do so that he could learn Torah.

Rabi Akiva understood the relationship between a husband and a wife. He understood how a wife can make her husband into a man and he saw how much she genuinely appreciated and enjoyed everything that he accomplished. (And by the way, a husband can do this for his wife as well). When Rabi Akiva came home after twenty-four years he refused to take any credit for his Torah. "My Torah", he told his students, "and Your Torah, is all Her Torah". He told them to treat her with the respect that they would give to him. The Mishna even tells us what jewelry Rabi Akiva bought for his wife, so strong and exemplary was their relationship.

Rabi Akiva understood Shir Hashirim better than anybody else. He understood how his wife had made him who he was. He understood how much he meant to his wife. And he understood that a key part of our existence is our relationship with G-d. There was no better parable than that of a man and a woman.

On the flipside, we find that Rabi Akiva's students did not get the memo. They perished because they did not show proper respect for each other. They may have been great scholars, but they were not worthy of teaching the next generation. Relationships are essential to our existence as a people.

All the songs are holy, but in essence the song of Shir Hashirim is the Holy of Holies.

Rachel and Rabi Akiva taught us about relationships. Rabi Akiva taught us to Love our neighbors as ourselves. We mourn his students during Sefira because they did not have the proper respect for each other. Let's cherish the relationships that we have and work to build model relationships so that people can look to us to understand the ultimate relationship that exists between G-d and his people.