



This week's Kiddush is sponsored by the Kiddush Club



This week's Shalosh Seudos is sponsored
by the Shalosh Seudos Club

Schedule for the Week

<u>Friday, April 27th (12th Iyar)</u>		Partners in Torah (JCC)	8:00 P
Candle lighting	7:00 P*		
Minchah/Kabbalas Shabbos/Maariv	7:00 P*	<u>Tuesday, May 1st (16th Iyar)</u>	
<u>Shabbos, April 28th (13th Iyar)</u>		Daf Yomi	6:00 A
Shachris	9:00 A	Shachris	7:00 A
BISLI	10:00 A	Tomer Devora class	12:00 N
Shabbos Women's Class @ Debbie Wilson	5:00 P	Mincha/Maariv	7:35 P
Daf Yomi	6:20 P	<u>Wednesday, May 2nd (17th Iyar)</u>	
Pirkei Avos:	6:30 P	Daf Yomi	6:00 A
Minchah	7:20 P	Shachris	7:00 A
Maariv/Havdala	8:33 P	Lag B'Omer celebration (Norfolk Kollel)	6:30 P
<u>Sunday, April 29th (14th Iyar) (Pesach Sheini)</u>		Mincha / Maariv	7:35 P
Daf Yomi	7:00 A	<u>Thursday, May 3rd (18th Iyar) Lag B'Omer</u>	
Shachris	8:00 A	Daf Yomi	6:00 A
Mincha/Maariv	7:35 P	Shachris	6:45 A
<u>Monday, April 30th (15th Iyar)</u>		Mincha / Maariv	7:35 P
Daf Yomi	6:00 A	<u>Friday, May 4th (19th Iyar)</u>	
Shachris	6:45 A	Daf Yomi	6:00 A
Pirkei Avos with Rabbi Haber at JCC	12:00 N	Shachris	7:00 A
Mesilas Yesharim with Rabbi Haber	6:45 P	Candle Lighting	7:00 P*
Mincha /Maariv	7:35 P	Mincha	7:00 P*

**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

Pirkei Avos for Boys - at the Schwartz home at 5:15 PM

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

SHABBOS AFTERNOON WOMEN'S CLASS

Shabbos afternoon at 5:00 PM

April 28th: at the home of Debbie Wilson

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., April 28th: Home of Debbie Wilson

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.

You do not need to have a book to participate, but if you would like to buy the book, you can find it on Amazon.

PIRKEI AVOS LUNCH & LEARN AT THE JCC WITH RABBI HABER

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

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.

LAG B'OMER AT JCC

Thursday, May 3 | 5:00- 7:30 pm, Simon Family JCC

Get your family together for the annual Lag B'Omer Bash hosted by The Simon Family JCC, YAD, and Chabad of Tidewater. There will be a cookout, beer, kids activities, the kona ice truck and more! Purchase tickets now! For more information contact Carly Glikman at CGlikman@ujff.org

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! Please join us for our annual YAK vs. Distinguished Gentleman Game on Thursday May 10 at 7:00 at the JCC. Please contact Debbie Wilson at dwatyak@gmail.com for more information.

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.

BINA HIGH SCHOOL GRADUATION JOURNAL AND YEARBOOK

Graduation: Monday, June 18th

The school is celebrating the 2018 graduation of Mattie Lefcoe and Libby Frenkel. They would like everyone to join in on the celebration by placing an ad in the graduation journal and yearbook. Ads range from \$36 for a greeting to \$2,500 for the inside of the back cover. For more information about the journal/yearbook, please contact [Mrs. Andie Pollock](mailto:Mrs.AndiePollock).

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 Ruth Rothman for her contribution to Bnai Israel Congregation in honor of Rabbi Moshe & Malka Rubinovich and family.

To Gloria Goldberg for her contribution of a Chumash and a Siddur in memory of her brother, Victor Salomon Mizrahi.

To Clara Mizrahi Katz for her contribution of a Chumash and a Siddur in memory of her brother, Victor Salomon Mizrahi.

To Gary & Laurie Siegel for their contribution to the Eruv Fund in honor of Susan & Jon Becker and family.

To Gary & Laurie Siegel for their contribution to the Eruv Fund in honor of Mike & Naomi Zelikovich and family.

To Gary & Laurie Siegel for their contribution to the Eruv Fund in memory of Vera Friedman Revesz

To Barbara Tavss Gross for her contribution to Bnai Israel Congregation in memory of Claude Miller.

Thank You to our Contributors

- To the Food Bank of Central & Eastern North Carolina for their contribution to Bnai Israel Congregation in memory of Claude Miller.
- To Carol B. Rosenblatt for her contribution to Bnai Israel Congregation in memory of Claude Miller
- To Carolyn & Herbert Bangel for their contribution to Bnai Israel Congregation in memory of Claude Miller
- To Bob & Honey Low for their contribution to Bnai Israel Congregation in honor of the Bar Mitzva of Avraham Mordechai Rothman
- To Benjamin Borman for his contribution to the Yahrtzeit Fund of Bnai Israel in memory of his great-great-grandmother Pearl Borman Kel and his father, Dr. Gerald Borman.
- To Rabbi Gershon & Sara Litt for their contribution to the Yahrtzeit Fund of Bnai Israel in memory of Sara's grandmother, Terry Salt.
- To Harold & Susan Loiterman for their contribution to the Yahrtzeit Fund of Bnai Israel in memory of Susan's father, Avraham Dov Ber ben Ephraim Yaakov HaCohen (Ben Paiken).
- To Jackie Richels for their contribution to the Rabbi's Discretionary Fund in honor of Trudy Dayanim for her kindness.
- To Susan Wilson for her contribution to Bnai Israel Congregation in honor of Shmuel & Shira Itzhak and family.
- To Gail Juren for her contribution to the Bnai Israel Yahrtzeit Fund in memory of her husband, Elliot Juren.
- To Dr. Michael & Brina Weissman for their contribution to Bnai Israel Congregation in honor of the Zelikovich family.
- To Dr. Michael & Brina Weissman for their contribution to Bnai Israel Congregation in honor of Noam & Shayna Itzhak and Shmuel & Shira Itzhak and family.

For the Week of Shabbos, April 28th through Friday, May 4th

BIRTHDAYS

Osher Hilel	13th	4/28
Zev-Adi Shimshon Goldberg	13th	4/29
Zipporah Yocheved Goldberg	13th	4/29
Marissa Kempner		4/30
Rabbi Shmuel Yitzchak Brandt		5/1
Leora Drory		5/2
Eliya Schwartz	11th	5/2
Shlomo Zalman Danziger	3rd	5/3
Bracha Stein	1st	5/4

YAHRTZEITS

Jeanette Berger Guzick	4/28	Joseph Klein	5/1	Yosef Torikasvily	5/2
Ben Paiken	4/28	Chaim Salber	5/1	Lottie Walker	5/2
Annie Soroko	4/28	Albert Cohen	5/2	Charles (Chuck) Klein	5/3
Max Strauss	4/28	Ronald Donn	5/2	Mildred Polevoy	5/3
Mark Cohen	4/29	Erwin Friedman	5/2	Minnie Frierman	5/4
Sam Pincus Karlin	4/30	Fannie Rines	5/2	Rose Silver Gutterman	5/4
Bessie Katz	4/30	Eleanor Shapiro	5/2	Tillie Rapoport-Breman	5/4
Pearl Borman Kel	5/1	Louis Tonelson	5/2	Joseph Weiner	5/4

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 Tzipporah	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	Eliyahu Yaakov ben Sarah Roiza
Eliana Chaya bas Nacha	Rachel Chana bas Shulamet Itel	Moshe ben Raizel	Yitzhak Mordechai ben Yehudis Sima
Adi Simcha bas Penina Leah	Feiga Elka bas Yehudis	Eliezer ben Penina Kaila	Chaim bas Shifra
Aida Batya bas Etta	Aydel bas Chaya	Meir Yehoshua ben Penina Kaila	Dovid Avraham HaCohen ben Libby Yeshia
Chaya Tova Gittel bas Shulamis Sima		Beryl ben Chava	Yehudah Leib ben Lenora Daniella
Chana Yitta bas Bryna		Shmuel Yeruchem ben Baila	Yosef Tzvi ben Rochel Pessil
Bayla Mishka bas Devora		Yehoshua ben Nechama Aliza	Chaim Yaakov ben Avigail Dovid
Malka Chana bas Ruchel		Avraham ben Chana	Moshe Yosef ben Esther
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 29th through May 5th

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

Thursday, May 3rd: Lag B'Omer

Thursday, May 3rd: Lag B'Omer celebration by JCC, YAD & Chabad at JCC

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

Shabbos, May 12th: Shalosh Seudos by Drs. Stephen & Lynn Deutsch "In Honor of the entry of Shira and Shmuel into Bnai Israel's Grandparent's Club!"

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: Erev Shavuos

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

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)

Simple

Moshe taught us the fifty one mitzvos found in this week's parsha. He began with the commandment: "Kedoshim Tihyu' – You must be holy.

We are all familiar with holiness. Hopefully, we've been in contact with holy individuals, experienced holy times and visited holy places. Moshe taught us that this was not enough. We all need to be holy.

One of the themes in the Parsha "V'ahavta L'reiacha kamocho". We need to love our friend as we love ourselves. We hear about this mitzvah so often that we sometimes don't think about its simple meaning.

Rabi Akiva taught that there is an exception to this halacha: when our lives are in danger. If there is only one cup of water in the desert or one parachute, we may keep it for ourselves. He proves this from the verse 'V'chai Bahem'. The Ramban points out that Rabi Akiva had to source his leniency because the simple understanding of the commandment to love someone else doesn't seem to have any exclusion at all.

Aristotle held that it is possible to keep our minds clear of emotion. We could have neutral feelings about a person. Abarbanel explains that the Torah disagrees. Either you love someone or you hate them or you are very mixed up. Our hearts are small and life is short so rather than complicate our hearts with conflicting emotions of love and hate, the Torah tells us to keep it simple. Just love them. You can be annoyed, impatient, and unappreciative. But you need to love them.

We are at a point of the year where Rabi Akiva's message is particularly important. We don't listen to music or get haircuts because Rabi Akiva's great students passed away. These students were the cream of the crop, but their failure to show proper respect for each other made them unfit to be the next link in the chain of Torah scholarship.

It's easy not to listen to music and not to get a haircut. The tough part is remembering why we are mourning and working on respect for each person.

I recently read an article about my brother-in-law's father. He was born in Shnagahai and recently went back to visit. He related how at his birth and Bris, which was on Yom Kippur, all of the refugees celebrated. They had no food, no family and no country, but they were excited about the idea of more life and a new generation. They named him Chaim – Life.

We need to remember that everyone is a part of the world that we enjoy. We can usually think of a reason to love them, but even if we can't – they are life. They are another Neshama and we need to spend the next six weeks remembering that every time we miss our favorite music.