



This week's Kiddush is sponsored by Dan, Mindy, Ariella, Alex, Dalia & Dovid Tzvi Rubenstein in honor of the Bnai Israel Family: "Thank you for your kindness and friendship over the past year"



This week's Shalosh Seudos by Joel Mazel & Alyson Leeson in memory of Joel's uncle Philip Mazel

Schedule for the Week

<u>Friday, June 29th (16th Tammuz)</u>		<u>Tuesday, July 3rd (20th Tammuz)</u>	
Candle lighting	7:00 P*	Daf Yomi	6:00 A
Minchah/Kabbalas Shabbos/Maariv	7:00 P*	Shachris	7:00 A
<u>Shabbos, June 30th (17th Tammuz)</u>		Tomer Devora class	12:00 N
Shachris	9:00 A	Seed Girls - Women's Event	7:00 P
Shabbos Women's Class @ A. Loiterman	5:00 P	Mincha/Maariv	8:10 P
Daf Yomi	7:00 P	<u>Wednesday, July 4th (21st Tammuz)</u>	
Pirkei Avos:	7:10 P	<u>Fourth of July (legal holiday)</u>	
Mincha	8:00 P	Daf Yomi	7:00 A
Maariv/Havdala	9:14 P	Shachris	8:00 A
<u>Sunday, July 1st (18th Tammuz)</u>		Kollel Learning Program	
<u>Shiva Asar b'Tammuz (Nidche)</u>		with Rabbi Prager after Shachris	
Fast Begins	4:12 A	Mincha / Maariv	8:10 P
Daf Yomi	7:00 A	<u>Thursday, July 5th (22nd Tammuz)</u>	
Shachris	8:00 A	Daf Yomi	6:00 A
Mincha / Maariv	8:00 P	Shachris	6:45 A
Fast End	9:14 P	Mincha / Maariv	8:10 P
<u>Monday, July 2nd (19th Tammuz)</u>		<u>Friday, July 6th (23rd Tammuz)</u>	
Daf Yomi	6:00 A	Daf Yomi	6:00 A
Shachris	6:45 A	Shachris	7:00 A
Rabbi Haber's class - The Three Weeks	7:00 P	Candle Lighting	7:00 P*
Partners in Torah at JCC	8:00 P	Mincha	7:00 P*
Mincha/Maariv	8:10 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**

Shabbos Classes

3:00 PM For boys grades: 5th to 8th Gemara Shiur at home of Rabbi Harpaz

Boys Learning 5:15 PM For all boys: Pirkei Avos - home of Dr. Gedalia Schwartz

30 minutes before Mincha: For boys 1st to 4th grades: Parsha with Rabbi Lipman

Women's Class 5:00 PM at the home of Ariella Loiterman. Based on the book: "*Eishes Chayil: Ancient Wisdom for Women of Today*" by Shira Hochheimer. Class to be given by one of the Seed girls

Pirkei Avos with Rabbi Haber 50 minutes before Mincha: Practical Lessons for Life

Weekday Classes

	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.
Daf Yomi with Rabbi Loiterman						
Morning	7:00	6:00 AM				
Evening	After Maariv (as noted)					
Rabbi Haber's Classes						
	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.
The Three Weeks		7:00 PM				
Kollel Learning Programs						
	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.
Partners in Torah at JCC		8:00 PM				
Night Kollel	After Maariv		After Maariv			
Other Classes Available						
	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.
Tomer Devora with Amy Lefcoe			Noon			
Seed Women's Program			7:00 PM			
Gemara: Avoda Zora			75 min before Mincha			

SEED GIRLS: SUMMER OF 2018

We are looking forward to having 5 Seed girls in our community for next 4 weeks.

In addition to running the day camp, the girls will be at Partners in Torah at the JCC on Mondays, host a Women's Program each Tuesday and a teen program on Wednesday.

We are looking for families to host the Seed girls for dinners on Monday, Tuesday and Wednesday as well as both meals on Shabbos. Please contact Mrs. Rivki Katz for hosting opportunities and Mrs. Chamie Haber for any other questions

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 Mrs. Irene B. Mazel or Mrs. Frances Berger.

SUMMER HOSPITALITY

As the summer months are here and our guests are beginning, please let Mrs. Helen Griffin know if you are able to host guests for sleeping or eating. All guests placed by the hospitality committee are screened by Rabbi Haber. Please have all potential guests call Rabbi Haber's office directly. He will put them in touch with Mrs. Griffin. If you are interested in renting out your house over a portion of the summer please let Rabbi Haber know. We receive several requests each year.

VOLUNTEER OPPORTUNITY

We are looking for volunteers to help prepare food and set up for Shalosh Seudos. Opportunity is open to men and women and food can be prepared in shul during the week at volunteer's convenience. Please contact Rabbi Haber or Jeff Brooke.

BABYSITTING

We are looking for an additional volunteer to assist with hiring and managing babysitters. Please contact Jeff Brooke with any questions or to volunteer.

RABBI HABER'S MONDAY NIGHT CLASS

Monday, July 2nd, 7:00 PM

Rabbi Haber will be giving a special class this Monday on the Three Weeks (which begins on Sunday, July 1st)

KOLLEL INDEPENDENCE DAY SHIUR **THREE WEEKS: WHAT ARE WE MOURNING?**

Wednesday, July 4th

Shachris will be at 8:00 AM followed by light refreshments. The shiur with Rabbi Moshe Prager will follow. Men & Women are welcome to attend.

SAVE THE DATE: THE 2ND ANNUAL ANN ZUKERMAN SCHOLAR-IN-RESIDENCE PROGRAM

Shabbos, September 1st, Parshas Ki Savo

The second annual Ann Zukerman Scholar-in-Residence Program will take place on Shabbos Parshas Ki Savo, September 1st. Our guest will be Rabbi Yitzchok Adlerstein, a well known Torah scholar, author, and lecturer. If you would like to be involved in the program, please contact Rabbi Haber or Jeff Brooke.

BNAI ISRAEL CALENDAR FOR 2019

Believe it or not, it's actually time to start getting ads for the 2019 Bnai Israel calendar. This year, the calendar will have an option to have ads in full color. If you have any companies (mechanic, electrician, plumber, painter, etc., or persons that you feel might benefit from placing an ad in the calendar, please send your list of names and addresses to the shul office and we will contact them for you.

A NOTE FROM THE RUBENSTEIN FAMILY

BS"D

Norfolk is truly a special place with special people, and we feel so blessed to have gotten the chance to experience your warmth and Torah dedication this past year.

As many of you know, Danny was offered a better role with his company -- in Jacksonville, Florida -- and all the puzzle pieces eventually came together B"H. We are from Florida, and our kids are excited to be closer to their grandparents, aunts, uncles and cousins.

As wandering BTs, we have been learning and growing together as a family the past 12 years. The Norfolk community -- including B'nai, the Kollel, and Toras Chaim -- have been instrumental in our ongoing ascent, and we will forever be grateful to you.

I hope you'll continue to read my articles documenting our adventures (Chabad.org, Aish.com). I've been asked to do a collaborative Nishei, with articles, essays and artwork from women in various communities IY"H. We already have some submissions -- contact me if you would like to participate.

Please consider stopping in for a visit. Our doors will always be open to you.

With love and gratitude,

The Roving Rubensteins: Danny, Mindy, Ariella, Alex, Dalia, Dovid Tzvi (& Diego)

Our new address [was provided in this week's shul e-mail].

THE KIDDUSH & SHALOSH SEUDOS CLUBS

Ever wonder how those non-sponsored Kiddushes and Shalosh Seudos meals get paid for? Although it doesn't look like a lot of food, it does cost us at least \$100.00 as week to put on the non-sponsored Kiddush for over 150 people and at least \$75.00 for a non-sponsored Shalosh Seudos.

It is through the generosity of the members of the Kiddush Club and the Shalosh Seudos clubs that the costs are covered.

The following families have pledged \$18 per month to the Kiddush Club to cover these costs:

Robert & Darcy Bloch
Jeff & Amy Brooke
Aaron & Ruth Cohen
Drs. Stephen & Lynn Deutsch
Robert & Audrey Gutterman
Kevin & Amy Lefcoe
Rabbi Gershon & Sara Litt
Jason & Dr. Alison Ohana

Dr. Earl & Andie Pollock
Ruth Rothman
Dr. Gedalia & Jodi Schwartz
Dr. Gary Siegel & Dr. Laurie Goldsticker
Jordan & Laurie Slone
Dr. Michael & Brina Weissman
Mike & Naomi Zelikovich
Herb & Bina Zukerman

Each of the following families have pledged \$10 per month to the Shalosh Seudos Club cover these costs:

Robert & Darcy Bloch
Jeff & Amy Brooke
Aaron & Ruth Cohen
Drs. Stephen & Lynn Deutsch
Rabbi Sender & Chamie Haber
Shmuel & Shira Itzhak
Rabbi Aharon & Sarah Lipman
Rabbi Gershon & Sara Litt

Harold & Susan Loiterman
Joey & Carol Miller
Dr. Earl & Andie Pollock
Bern Schloss
Dr. Gedalia & Jodi Schwartz
Jordan & Laurie Slone
Dr. Michael & Brina Weissman
Herb & Bina Zukerman

Won't you consider joining these special clubs? Additional sponsors will help us cover our cost and expand our menus. You can be billed each month, or once a year - it's up to you. If you are interested, please contact Amy Brooke or Michele Aronoff.

Thank you to our contributors

<p>General Fund</p>	<ul style="list-style-type: none"> ✧ Mikhail & Naomi Zelikovich ✧ Silverman Solutions Inc.: In honor of Dr. Gedalia Schwartz and Nat Sims ✧ Silverman Solutions Inc.: In honor of Rabbi and Rebbetzin Haber ✧ Silverman Solutions Inc.: In honor of Ruth Rothman ✧ Silverman Solutions Inc.: In honor of Shmuel and Shira Itzhak ✧ Silverman Solutions Inc.: In honor of Jeff and Amy Brooke ✧ Silverman Solutions Inc.: In honor of my chavrusas Rabbi Danziger and Rabbi Segal ✧ Kevin Snashall ✧ Dr. David & Pnina Rosenberg ✧ Kevin Ruben: For Monday morning Hagba and the refuah shelaima of his grandmother, Yosefa bas Ana
<p>Kiddush/Shalosh Seudos Fund</p>	<ul style="list-style-type: none"> ✧ Kevin Snashall
<p>Youth Fund</p>	<ul style="list-style-type: none"> ✧ Jason & Alison Ohana: In honor of BISLI ✧ Kevin Snashall in honor of BISLI
<p>Eruv Fund</p>	<ul style="list-style-type: none"> ✧ Mikhail & Naomi Zelikovich ✧ Kevin Snashall
<p>Yahrtzeit Fund</p>	<ul style="list-style-type: none"> ✧ Dr. Michael & Brina Weissman: In memory of Michael's father, Leo Weissman (Moshe Lazar ben Shmuel) and Brina's father, Sidney Salt (Shimon ben Yitzchak) ✧ Raphael, Shayna & Tova Kayla Karlin: In memory of Katie Karlin. ✧ Mark & Elaine Rosenberg: In memory of Gerald Milstein (Yaakov ben Pinchas)
<p>Classes</p>	<ul style="list-style-type: none"> ✧ Laura Taylor: In memory of her mother and in honor of Amy Lefcoe's class on Tomer Devora.
<p>Siddurim</p>	<ul style="list-style-type: none"> ✧ Anna Karp: In memory of her mother, Ruth Lida ✧ Anna Karp: In memory of Nandor Lazar
<p>Seforim</p>	<ul style="list-style-type: none"> ✧ Rabbi Reuven & Tzivia Bauman: Donation of Rabbi Bauman's new book: "Yanky's Amazing Discovery" ✧ Slone Family: Donation of "Rabbi Meir Zlotowitz" (biography by Yisroel Besser).
<p>Rabbi's Discretionary Fund</p>	<ul style="list-style-type: none"> ✧ Kevin Snashall

For the Week of Shabbos, June 30th through Friday, July 6th

BIRTHDAYS

Elzbieta Maddock	6/30	Irene Ullman	7/4
Gershon Aronoff	7/1	Dovid Shimon Litt	4th 7/5
Malka Edery	19th 7/1	Benn Richels	7/5
Jeffrey Brooke	7/2	Susan Loiterman	7/6
Melvyn Forman	7/2	Nat Sims	7/6
Elisheva Mostofsky	7/3		

ANNIVERSARIES

Rabbi & Mrs. Shmuel Katz	7th 7/3	Mr. & Mrs. Robert Bloch	31st 7/5
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YAHRTZEITS

Rose Bridge	6/30	Melvin Berman	7/2	Irving Igdal	7/3
Philip Mazel	6/30	Elsa Borman	7/2	Myrna Ossinsky	7/3
Frances Popkin	6/30	Helena Frohlich	7/2	Sara Ashburn	7/4
Beulah Swartz	6/30	Sidney Salt	7/2	Joe Levin	7/5
Etta Goldblatt	7/1	Arlene Sidman	7/2	Judith Schatz	7/5
Regina Menasha	7/1	Edith Friedenbach	7/3	Michael Horenstein	7/6
Leo Weissman	7/1	Alex Gottlieb	7/3	Jack Pollack	7/6

REFUAH SHELAIMA

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

THE B'NAI ISRAEL CALENDAR AT A GLANCE

Week of June 24th through June 30th

Shabbos, June 30: Kiddush: In honor of the Bnai Israel Community by the Rubenstein family

Shabbos, June 30th: Shalosh Seudos in memory of Phillip Mazel by his nephew Joel Mazel & Alyson Leeman

Week of July 1st through July 7th

Sunday, July 1st: Shiva Asar b'Tamuz (nidche) beginning of the Three Weeks

Wednesday, July 4th: Independence Day

Week of July 8th through July 14th

Friday, July 13th: Rosh Chodesh Av

Week of July 15th through July 21st

Friday, July 20th: Last day of Camp Ruach / Camp SEED

Week of July 22nd through July 28th

Sunday, July 22nd: Tisha b'Av (nidche) - end of the Three Weeks

Week of July 29th through August 4th

Week of July 5th through August 11th

Shabbos, August 11th: Bar Mitzva of Coby Schwartz

Week of August 12th through August 18th

Shabbos, August 18th: Bar Mitzva of Mordechai Schoenfeld

Week of August 19th through August 25th

Shabbos, August 25th: Kiddush in honor of the 50th Wedding anniversary of Harold & Susan Loiterman

Shabbos, August 25th: Bar Mitzva of Sholom Brashevitzky (Chabad)

Week of August 26th through September 2nd

Shabbos, September 2nd: The 2nd Annual Ann Zukerman Scholar in Residence with Rabbi Yitzchok Adlerstein

Week of September 3rd through September 8th

Monday, September 4th: Labor Day

Week of September 9th through September 15th

Sunday, September 9th: Erev Rosh Hashana

Monday, September 10th: First day of Rosh Hashana 5779

Tuesday, September 11th: Second day of Rosh Hashana

Tuesday, September 11th: Tashlich at the Hague

Wednesday, September 12th: Tzom Gedalia

Week of September 16th through September 22nd

Tuesday, September 18th: Erev Yom Kippur / Kol Nidre

Wednesday, September 19th: Yom Kippur

Week of September 23rd through September 29th

Sunday, September 23rd: Erev Sukkos

Monday, September 24th: First day of Sukkos

Tuesday, September 25th: Second day of Sukkos

Wednesday, September 26th: Chol Hamoed Sukkos

Thursday, September 27: Chol Hamoed Sukkos

Friday, September 28th: Chol Hamoed Sukkos

Shabbos, September 29th: Chol Hamoed Sukkos

Week of September 30th through October 6th

Sunday, September 30th: Hoshana Raba

Sunday, September 30th: Erev Shmini Atzeres

Monday, October 1st: Shmini Atzeres

Tuesday, October 2nd: Simchas Torah

LESSONS OF 17 TAMMUZ

By Rabbi Sender Haber

The only amendment to Shemona Esrei on the 17th of Tammuz is during Mincha. The reason given is because the Tefila of Aneinu was composed by Elijah the prophet during the time of the Mincha. The scripture tells us that Eliyahu was only answered at Mincha.

The commentaries explain that unlike Shacharis and Maariv, Mincha necessarily comes in the middle of our daily routine. The uniqueness of Mincha is the distraction and turmoil that often accompanies it. Shacharis is said before we begin our day and Maariv can be said when we are finished with our day. Davening Mincha is like opening a window for G-d to peek into our lives.

The seventeenth of Tammuz is the anniversary of the smashing of the Luchos and the burning of the Torah by Apostumous. There is obviously a connection between the two. Also on this day, at various times in our history, the walls of Jerusalem were breached, the daily sacrifice was discontinued and an idol was erected in the holy of holies.

Aside from the common denominator that we will discuss, it is important to remember Hashem's promise to spread the punishment for the golden calf over many years. Any tragedy is connected to the golden calf.

The Medrash tells us that when Moshe came down from Mount Sinai the tablets suddenly became heavy. The holy letters, written by G-d, could not bear to enter the presence of idol worshippers. In Moshe's greatest and most dramatic lesson to the Jewish people, he showed that holiness couldn't exist in a place where it is unwelcome.

The Torah ends with the death of Moshe and an epitaph to his life. The very last three words of the Torah, L'eienei Kol Yisroel, reference Moshe's bold and dramatic demonstration that Torah cannot coexist with idol worship.

Eliyahu didn't tell the people to serve Hashem. He told the people to make up their minds: If you are for Hashem – stay with Hashem; but if you are for the Baal – stay with the Baal.

The lesson of Moshe, Eliyahu, and Mincha are all the same: Even in the most hectic times of our day and on the craziest days of our lives, we need to be sure that Hashem is welcome.

Rabbi Hirsch points out that the destruction of the Beis Hamikdosh was no surprise. The only surprise was that Hashem stopped protecting and dwelling in the Beis Hamikdosh. The burning of the Torah, the breaking of the Luchos, the desecration of the Holy of Holies, the discontinuation of the Tamid and the breaching of the wall were all a result of our actions that made the Shechina unwelcome in our midst.

May we merit to make Hashem feel welcome in our homes, our lives and our lands. May this Tisha B'av be a day of holiness and joy in the cities of Yehuda and the courtyards of Yerushalayim.