

**Kiddush is sponsored by the Kiddush Club****Shalosh Seudos is sponsored by Shalosh Seudos Club****Schedule for the week****Friday, March 17th (19th Adar)**

Mincha/Kabalas Shabbos/Maariv
Shabbos Candle Lighting

6:55 P
6:57 P

Tuesday, March 21st (23rd Adar)

Daf Yomi
Shachris
Tehillim Class for Women
Gemara Class
Minchah / Maariv
Daf Yomi - right after Maariv

6:00 A
7:00 A
12:00 N
6:15 P
7:00 P

Shabbos, March 18th (20th Adar)

Shachris
BISLI
Gemara for boys 5th - 8th @ Bauman's
Daf Yomi
Learning for boys 1st - 4th grades
Mishnayos for boys 5th - 8th grade
Mincha
Maariv / Havdala

9:00 A
10:00 A
3:00 P
5:45 P
6:15 P
6:15 P
6:45 P
7:54 P

Wednesday, March 22nd (24th Adar)

Daf Yomi
Shachris
Minchah / Maariv
Goder Beis Medrash - right after Maariv
Daf Yomi - right after Maariv

6:00 A
7:00 A
7:00 P

Sunday, March 19th (21st Adar)

Daf Yomi
Shachris
Mincha / Maariv

7:00 A
8:00 A
7:00 P

Thursday, March 23rd (25th Adar)

Daf Yomi
Shachris
Minchah / Maariv
Daf Yomi - right after Maariv

6:00 A
6:45 A
7:00 P

Monday, March 20th (22nd Adar)

Daf Yomi
Shachris
Mincha / Maariv
Daf Yomi - right after Maariv
Partners in Torah (JCC)

6:00 A
6:45 A
7:00 P
8:00 P

Friday, March 24th (26th Adar)

Daf Yomi
Shachris
Mincha/Kabalas Shabbos/Maariv
Shabbos Candle Lighting

6:00 A
7:00 A
7:00 P
7:03 P

CLASSES FOR EVERYONE

DAF YOMI

Morning Class: Sundays at 7:00 A, Weekdays at 6:00 A 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

SHABBOS LEARNING FOR BOYS

Grades 5th - 8th with Rabbi Harpaz at his home at 3:00 PM

THIS WEEK (March 18th) AT RABBI BAUMAN'S HOME

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

Grades 5th - 9th Mishnayos Shiur with Rabbi Harpaz at shul 30 minutes before Mincha. **This week (March 18th) - Rabbi Stein will be teaching the class**

TAKING PURIM & PESACH TO NEW HEIGHTS

A THREE PART SERIES WITH THE NORFOLK KOLLEL FOR BOTH MEN & WOMEN

All classes will be held in Bnai Israel at 8:00 PM

Tuesday, March 28th - The Laws of Pesach by Rabbi Gavriel Rudin

Tuesday, April 4th - Perspectives on the Meaning of Pesach by Rabbi Velvel Cook

RABBI HABER's MONDAY NIGHT CLASS AT 7:45 PM

Monday, March 27th: *Picking Up those Tiny Crumbs: In Halacha & Jewish Thought*

Monday, April 3rd: *Awesome & Exciting: The Seder Explained*

PARTNERS IN TORAH:

Mondays from 8:00 PM to 9:00 PM

For both men and women, meets at the JCC in Room 238.

TEHILLIM CLASS FOR WOMEN

Tuesdays at noon

Join Amy Lefcoe and other women of the community as they delve into the meaning of the Psalms of King David.

TALMUD CLASSES at 6:15 PM

Tuesday evenings: With Gershon Aronoff - Megilla

GODER OPEN BEIS MEDRASH LEARNING NIGHT

Wednesdays after Maariv at B'nai Israel

Join one of several informal study groups being offered.

RABBI HABER'S MONDAY NIGHT CLASS SCHEDULE

These classes will be held at 7:45 PM and are open to both men & women.

Monday, March 20th: How to Prepare for Pesach & Enjoy the Seder

Monday, March 27th: - Picking Up those Tiny Crumbs: In Halacha & Jewish Thought

Monday, April 3rd: - Awesome & Exciting: The Seder Explained

TAKING PURIM & PESACH TO NEW HEIGHTS

All classes, for both men and women, will be held in Bnai Israel at 8:00 PM

Tuesday, March 28th - The Laws of Pesach by Rabbi Gavriel Rudin

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BINA VENDOR'S FAIR

This Sunday, March 19th from 1:00 to 4:00 PM

at the Ghent Square Clubhouse (852 Mowbray Arch)

Looking for something new for Passover? Why not attend the BINA Vendor's fair, featuring: LuLaRoe, Tastefully Simple, The Pampered Chef, Mary Kaye Cosmetics, Thirty-One and many more. A generous portion of the sales will be donated to BINA High School.

BNAI ISRAEL GENERAL BOARD MEETING

Sunday, March 19th at 6:00 PM

The agenda is:

Dvar Torah-Rabbi

"Election" to Renew/confirm terms of current Board members and Officers

Sign up for Committees: Per Section 6 of the Constitution. There will be four permanent committees (Programming, Building and Grounds, Membership, and Cemetery), which may include persons who are not members of the Board, with each chairperson to be appointed by the President.

Updates from each committee chairperson

Financial update

Buildings and Grounds Update: Michael Mostofsky

Announce promote upcoming events:

Sunday, April 30th: OU Community Fair

Sunday, May 7 parlor meeting /fundraiser

Shabbos, June 16/17: Dr. David Liberman

Meet the Candidate: Jay Jones, Esq.

(Candidate for 8th District House Seat; VA General Assembly)

"WHO WE ARE": A TORAS CHAIM MIDDLE SCHOOL GIRLS PRODUCTION FOR WOMEN ONLY

Tuesday, March 21st at 7:00PM

B"CH the middle school girls are very excited for their play! The girls worked very hard to create a beautiful performance and are hoping that you will attend.

The play will IY"CH be this coming Tuesday night, March 21st at 7:00 P.M in the Toras Chaim auditorium. A women's only performance.

TORAS CHAIM 8TH GRADE YEARBOOK

Please support Toras Chaim 8th grade girls. They diligently working to put together an amazing yearbook for Toras Chaim. Please support their efforts to make this the best yearbook yet!

A "SMALL" FUNDRAISER

Several years ago, Bnai Israel pushkes were distributed to the community. There are still a small number of the pushkes available for your home, so you can drop a coin or two in them. You'll be surprised how quickly they can fill up! You don't even have to count the coins if you don't want (although it's a good project to do with your kids), just bring the loose coins into the shul office and we'll do the work for you. If you need a pushke, just contact Michele, as we have a limited number of pushkes available.

ANNUAL YAK GIFT AUCTION

Sunday, March 26th at 8:00 PM at the home of Laurie Slone

Once again, women are gathering to have a break from cleaning for Pesach to have a good time and to get gifts. Purchase a gift (try to keep it under \$20), wrap it really pretty (and put a clue on it - not too hard, but not too easy either) and see how much it goes for! The proceeds will benefit Yeshivas Aish Kodesh.

A TASTE OF MUSSAR

Four-week session begins Wednesday, March 29 | 12:30pm | Simon Family JCC

Dates: 3/29, 4/5, 4/26, 5/3, Cost for series: \$36

The Simon Family JCC will offer A Taste of Mussar, facilitated by Rabbi Gavriel Rudin. This introductory four-week course, developed by Dr. Alan Morinis, is a follow up to his discussions on the Jewish spiritual practice of Mussar offered during the recent Tidewater Today events. To register visit the Simon Family JCC front desk, call 321-2338 or [click here](#). Questions? Email: MGoldberg@simonfamilyjcc.org.

BNAI ISRAEL FREEZER / WALK-IN

Several months ago, a major clean-out of the Bnai Israel freezer was done and a lot of old (freezer-burned), unmarked food was tossed out of the freezer, and the food was stored in an orderly manner. Well, it seems that things have come full circle. Once again, there are a number of items in the freezer (and walk-in) without names on them. Members of the executive board have taken upon themselves to keep the freezer (and the entire shul, for that matter) in an orderly fashion. If you have items in the freezer, please let Michele know what you have and make sure that it is marked with your name. If not, it will either be used by the shul (i.e., become Hefker) or will be tossed out. **You will have till Monday, March 20th. After that date, there will be no guarantees.**

B'NAI TZEDEK TEEN PHILANTHROPY PROGRAM

The Tidewater Jewish Foundation is very excited to debut an exciting new program just for teens! The B'nai Tzedek Teen Philanthropy Program encourages teens to become involved in tzedakah by establishing a fund for Jewish charitable giving. Opening a B'nai Tzedek fund gives your teen a chance to play a part in improving your community and the world. So how does this work?

Donate at least \$250 to the Tidewater Jewish Foundation (TJF) in order to establish a fund in the name of your teen! TJF will match your gift with another \$250 for a starting fund balance of \$500! Your teen can learn about the needs of the Jewish community—locally, in Israel and around the world. Each year, fund holders, your teens, can grant 5% of their fund to a Jewish charity of their choice. In essence, you are empowering your kids to take ownership of their own philanthropy—a valuable lesson that we know pays off! Please contact the Tidewater Jewish Foundation for more information.

NEED MONEY FOR SCHOOL FOR THE 2017-18 ACADEMIC YEAR?

Apply for a JELF Interest-Free Loan for Higher Education Beginning March 1!

Applications for interest-free loans for higher education (college, graduate school and vocational programs) are available to Jewish students in your area for the 2017-2018 school year from JELF (Jewish Educational Loan Fund).

From March 1 – April 30 (and from September 1 – September 30), the loan application is available on JELF's website at jelf.org.

JELF loans are need-based and offer “last-dollar” financing, meaning that JELF provides the final dollars that bridge the gap between a student's total financial resources and the cost of attending school. To qualify, applicants must be:

1. Enrolled full time in a program leading to a degree or certificate at an accredited U.S. institution
2. A U.S. citizen or have lawful immigration status
3. Able to demonstrate financial need (2017 FAFSA application required).

For more information, contact application@jelf.org or visit jelf.org.

Thank You to our Contributors

To Steven & Pearl Schaikewitz for their contribution in memory of Anna Elberg Schaikewitz.

To Caroline Schloss for her contribution in memory of her mother, Petronia Troutman-Schloss.

To Caroline Schloss for her contribution in memory of her great-uncle, Bert Schloss.

To Ilene Puttermann and Adele Rhodes for their contribution in memory of Caroline Miller, sister of Mike & Mitzi Ashe.

To Susan Wilson for her contribution in memory of Caroline Miller.

To Michel C. & Marilyn Ashe for their contribution of a Sidur in memory of Caroline Miller.

To Jon & Susan Becker for their contribution of two Chumashim in memory of Caroline Miller.

To Eileen Berman for her contribution in memory of Caroline Miller, mother of Joey Miller.

To Esther Sarah Carroll for her contribution as a "thank you to those people who did not identify themselves, but did something very warm and sweet. Know that my work is a labor of love which I give freely. Your kindness brings joy into my life."

To Aaron & Ruth Cohen for their contribution to the Bridge-Sturman Fund in memory of Caroline Miller, mother of Joey Miller.

To Bruce, Jane, Matt, Tess, Mike, Onnie & Bodhi Ash for their contribution in memory of Barney & Caroline Miller.

To Irene Mazel for her contribution in memory of Caroline Miller.

To Ruth Rothman for her contribution to the Eruv Fund in memory of Caroline Miller.

BIRTHDAYS

Avigayil Murkoff	3/19	Yehudah Leib Griffin	3/23
Chana Aliza Rubinovich	4th	Rebecca Holberg	3/23
Eli Simcha Weinreb	20th	Tzvi Schwartz	3/23
Yisroel Eliyahu Brandt	17th	Batsheva Tessler	3/23
Eli Bauman	3rd	Ingrid Edery	3/24

ANNIVERSARIES

YAHRTZEITS

William Buckman	3/18	Meyera Oberndorf	3/20
Isaac Hobowsky	3/18	Michael Robert Zysman	3/20
Anna Mandel	3/18	Joseph Jacobson	3/21
Beatrice Samuels	3/18	Hannah Kahn	3/21
Gussie Weisman	3/18	Samuel Rosen	3/21
Manny Isaacs	3/19	Herman Cogan	3/22
Bess Peck	3/19	Israel Littman	3/22
Cecelia Saks	3/19	Frances Goldblatt Potts	3/22
Dorothy Schwartz	3/19	Stephen Morris Schustek	3/22
Pauline Tasgal	3/19	Bertha Rabinovich	3/23
Petronia T. Schloss	3/19	Sadie Cohen Guterman	3/24
Jacqueline Goodman	3/20	Polly Reznek	3/24
Aaron Leiderman	3/20	Harold Schustek	3/24

REFUAH SHELAIMA

Women

Shoshana bas Miriam	Shoshana bas Leah
Vittel Zilke bas Leah	Chaya Ruchel bas Esti Rivka
Leah Adina bas Chaya Esther	Chana Yitta bas Bryna
Yochana bas Chana	Yehudis bas Irma
Nava bas Fruma Leah	Bayla Mishka bat Devora
Basha Leiba bas Baila Fruma	Malka Chana bas Ruchel
Simcha bas Tzipporah	Miriam bas Tzipora
Malka Esther bas Devorah	Chaya Raizel bas Dena
Devorah bas Ruchel	Chana bas Sarah
Tzippora Aviva bas Rivka	Devora Leah bas Civet Elkie
Devorah Rivka bas Tzipora	Samecha Yehudis bas Esther
Miriam bas Chava	Chana Shifra bas Freidel
Sara Bas Sara	Reva Raza bas Malka
Bryna Leah bas Faiga Rochel	Shoshana bas Netta
Miriam Rochel bas Chava Elisheva	Adi Bat Miriam
Kayla Dodie bas Rochel Bracha	Chana Leah bas Fraydel
Rochel Bracha bas Baila	Ruth bas Sarah
Tirtze Sorah bas Rochel Bracha	Chaya bas Ruchel
Rivka Tehilla bas Sarah	Tamar Adina bas Kayna Shulamis
Hinda bas Dena	Tinokes bas Esther Hadassah
Shula bas Carmela	Sheva bas Rivka
Eliana Chaya bas Nacha	Esther bas Devora
Adi Simcha bas Penina Leah	Chaya Ruchel bas Zelda
Gilsom Gila bas Tzipporah	Chana Bas Nachama
Tzipporah bas Gilsom Gila	Shira bas Sarah
Aida Batya bas Etta	Nechama Getzel bas Rachel
Chaya Tova Gittel bas Shulamis Sima	Ruchama Malka Briendel bas
Elka Gittel bas Basya	Shaine Shifra

Men

Shalom Boruch ben Masha	Eitan ben Sarah
Yehuda ben Chasha Ruchel	Shlomo Yitzchak ben Elka
Moshe Yechezkel Halevi ben Sara Malka	Yehoshua ben Nechama Aliza
Reuven Simcha ben Naomi Rus	Menachem ben Tzipka
Yonah Michael Alter ben Esther Sarah	Avraham ben Chana
Shlomo Yaakov Yonason ben Chana Raizel	Asher Eliyahu ben Leah
Aryeh Nachman HaCohen ben Ita	Chaim ben Ruth
Shlomo ben Tzipporah	Akiva Hillel ben Tzipora Gittel
David Shlomo ben Rivka Tehilla	Yehuda Herschel ben Chaya Leah
Noach HaLevi ben Miriam	Dovid Leshem ben Esther
Koppel ben Bayla	Chaim Yaakov Dovid ben Avigail
Yonatan ben Rivka	Abba ben Tzipora
Abraham ben Iza	Pesach ben Baila
Yoel Meir ben Chaya	Dovid Avraham ben Miriam
Yoseph Shalom ben Bluma Devorah	Yosef Aaron ben Keren Shoshana
Yehudah Ben Batya	Robert ben Jean
Rafael Messod ben Naomi Sarah	Rachmiel Leib ben Mordechai HaLevi
Eliezer ben Sara	Yehuda Sema ben Alta Ruchel
Avraham Beryl HaLevi ben Miriam	Chaim Rafael Yoel ben Shayna Golda
Moshe ben Dovid	Daniel Yosef ben Miriam
Yissachar ben Rachel	Aaron Emanuel ben Tzippora
Binyamin Leib ben Rachel Chana	Michoel Dovid ben Rivka
Zecharia Avraham ben Devorah Rivka	Moshe Yosef ben Esther
Nosson Yitzhak Ben Leah	Reuven ben Sarah
Moshe ben Raizel	Eitan Shmuel bas Chana Leah
Eliezer ben Penina Kaila	Eliezer Yehuda ben Chana Shaindel
Meir Yehoshua ben Penina Kaila	Yisroel Shmuel ben Sarah
Beryl ben Chava	Yehudah ben Chana Leah
Shmuel Yeruchem ben Baila	Chaim Avraham ben Feiga

THE B'NAI ISRAEL CALENDAR AT A GLANCE

Week of March 19th through March 25th

Sunday, March 19th: BINA Vendor's Fair

Monday, March 20: Class with Rabbi Haber: How to Prepare for Pesach & Enjoy the Seder (7:45 PM)

Week of March 26th through April 1st

Sunday, March 26th: Yeshivas Aish Kodesh Annual Gift Auction at the home of Laurie Slone

Monday, March 27th: Class with Rabbi Haber: Picking Up those Tiny Crumbs: In Halacha & Jewish Thought (7:45 PM)

Tuesday, March 28th: Norfolk Kollel: Taking Purim & Pesach to New Heights: The Laws of Pesach by Rabbi Gavriel Rudin

Week of April 2nd through April 8th

Monday, April 3rd: Class with Rabbi Haber: Awesome & Exciting: The Seder Explained

Tuesday, April 4th: Norfolk Kollel: Taking Purim & Pesach to New Heights: Perspectives on the Meaning of Pesach by Rabbi Velvel Cook

Week of April 9th through April 15th

Monday, April 10th: Erev Pesach, burn Chometz

Monday, April 10th - Tuesday, April 18th: Passover

Rules and Reasons - Understanding The “Chok”

By Rabbi Sender Haber

A Chok is a Mitzvah without any apparent reason. Some Mitzvos, like kindness, Tzadaka, and not killing are commandments that could have emerged in any thinking society. Other mitzvos, like Shofar and Lulav, are Mitzvos that we do just because Hashem told us to do them.

I would like to suggest that the difference between Chukim and Mishpatim are not as clear cut as one would think. It seems that most Mitzvos contain elements of both Chok and Mishpat – apparent reasons and non-apparent reasons.

The Rambam writes that the Mitzva to blow Shofar is a Chok. It is a rule without an apparent reason. We blow the shofar because Hashem told us to. Still, the Rambam writes that there is an important message in the Shofar: It is a wakeup call, telling us to do teshuva.

The Rambam seems to be saying that there are two levels to every Mitzva: There is the Chok – the fact that we do it just because Hashem said so and then there is the reason that we can relate to, that talks to us, and that we can comprehend.

The Seforno writes that this concept is clear in Tehillim. King David writes: “Blow a Shofar in the new year for it is a chok for the Jewish people; and a Mishpat of Hashem”. It is beyond our comprehension and meaningful all at once

Listening to ones parents is another example. It is also called a Chok and a Mishpat: “Sham sam lo Chok U’mishpat”. Usually listening to our parents makes logical sense: we owe them and they are older and wiser than us. Other times, we just shrug our shoulders in bewilderment and listen anyway. In this way, honoring parents is both a chok and a mishpat: logical, but not totally within our comprehension.

Parshas Parah, teaches about a pure chok. The laws of Red Heifer, more than any other mitzvah, defy any level of comprehension. We are taught that if a person becomes impure by coming in contact with a corpse, the only way for he or she to become pure again is to find a pure red heifer, slaughter it and burn it, mix its ashes with water and sprinkle them over a period of seven days. After seven days, the person who is sprinkled becomes pure but the people who purified him need to go to the mikva. Nobody understands how this works. It is a Chok.

The Beis Halevi explains that the role of Parah Adumah is to remind us that every mitzvah has depth. We don’t understand the full depth of any Mitzvah. Still, the Beis Halevi writes, we are obligated to do our best to make the mitzvah meaningful for ourselves.

King Solomon tried to understand the Parah Adumah, “I tried to understand”, he said, “but it was out of my grasp”. We need to work to understand the Mitzvos and make them meaningful, even as we realize that they contain a depth beyond our comprehension.

The Piasetzna Rebbe asks how it is possible for people to study Torah and not be perfect. He was writing for teenage boys and he acknowledged that Torah and Mitzvos don’t always

achieve the desired results. We get on a high and act holy for a while, but we also come down and revert back to our old nature. Aren't the Torah and Mitzvos supposed to make us better and holier people?

The Rebbe explains, based on the Zohar: "The Torah is a garment. Anyone who admires the beauty of a garment but believes that there is nothing within the garment is missing the point." A person could study clothes all day and learn a lot of important things, but he will not have even begun to comprehend the essence of the person in those clothes.

We can do the Mitzvos properly and perfectly, but if we do not look beyond the rules and into the inner meaning. They will not have the desired effect. It is true that we can't possibly understand the full depth of all of the Mitzvos and that some Mitzvos, like Parah Adumah, are completely beyond our grasp. Still, we need to try to look beyond the surface and understand what it is that we are doing.

Several years ago, one of my brothers was rushed to the hospital in Israel. They were travelling down Kvish Echad with the sirens blaring, yet some cars refused to move out of the way. The driver explained to my father that everyone had a reason why they weren't moving. Some were Palestinians who were unconcerned about a Jewish ambulance, others could tell from the way they were driving that this was not a terrible emergency, others knew that even if they moved to the side the ambulance would still be stuck in the traffic up ahead.

As I imagine the scene, I can't help but think, "just stop making calculations and move over to the side –my brother is in there!"

The truth is, though, that not thinking isn't a great approach either. A person could move aside dozens of times and never once think about the person inside of the ambulance. That person will have missed an important opportunity to grow. When we hear an ambulance, we should take a minute to think. We can move to the side, we can say a chapter of Tehillim, and we can thank Hashem that you are safe and that if we were injured they would be available to help us. By thinking about what we are doing we can become better people.

This needs to be our approach to every Mitzvah. We do it because Hashem said so and because that is His will, but that shouldn't stop us from thinking into the mitzvah, trying to understand it, and doing our best to grow as people.