



Welcome to all of our Guests

Kiddush is sponsored by the Kiddush Club

Shalosh Seudos is sponsored by Shalosh Seudos Club

Schedule for the week

Friday, March 24th (26th Adar)

Mincha/Kabalas Shabbos/Maariv	7:00 P
Shabbos Candle Lighting	7:03 P

Shabbos, March 25th (27th Adar)

Shachris	9:00 A
BISLI	10:00 A
Gemara for boys 5th - 8th @ Harpaz	3:00 P
Daf Yomi	5:50 P
Learning for boys 1st - 4th grades	6:20 P
Mishnayos for boys 5th - 8th grade	6:20 P
Mincha	6:50 P
Maariv / Havdala	8:00 P

Sunday, March 26th (28th Adar)

Daf Yomi	7:00 A
Shachris	8:00 A
Mincha / Maariv	7:10 P

Monday, March 27th (29th Adar)

Daf Yomi	6:00 A
Shachris	6:45 A
Mincha / Maariv	7:10 P
Daf Yomi - right after Maariv	
Rabbi Haber's Class: Picking Up those Tiny Crumbs: In Halacha & Jewish Thought	7:45 P
Partners in Torah (JCC)	8:00 P

Tuesday, March 28th (1 Nisan) Rosh Chodesh Nisan

Daf Yomi	6:00 A
Shachris	6:35 A
Tehillim Class for Women	12:00 N
Gemara Class	6:15 P
Minchah / Maariv	7:10 P
Daf Yomi - right after Maariv	
Kollel Class: The Laws of Pesach by Rabbi Gavriel Rudin	8:00 P

Wednesday, March 29th (2nd Nisan)

Daf Yomi	6:00 A
Shachris	7:00 A
A Taste of Mussar with Rabbi Rudin (@ JCC)	12:30 P
Minchah / Maariv	7:10 P
Goder Beis Medrash - right after Maariv	
Daf Yomi - right after Maariv	

Thursday, March 30th (3rd Nisan)

Daf Yomi	6:00 A
Shachris	6:45 A
Mincha / Maariv	7:10 P
Daf Yomi - right after Maariv	

Friday, March 31st (4th Nisan)

Daf Yomi	6:00 A
Shachris	7:00 A
Shabbos Candle Lighting	7:09 P
Mincha/Kabalas Shabbos/Maariv	7:10 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

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.

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

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

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 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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HAND & MACHINE SHMURA MATZO AVAILABLE THRU BNAI ISRAEL

Hand-made Shmura Matzo from the Lakewood Matzo Factory is available through Bnai Israel.

The prices are as follows:

Hand Shmurah:	\$24.00	Hand 50% Whole Wheat:	\$24.50
Hand 100% Whole Wheat:	\$25.50	Hand Organic Spelt	\$27.00
Machine Spelt	\$14.00	Machine made Oat	\$26.00
Machine Shmura Matzo:	\$10.00	Machine Shmura Matzo Meal:	\$ 8.00
Machine Shmura - Chabura	\$13.00	Oat Matzo Meal:	\$18.50

If you are interested in ordering Matzo, please contact Michele as soon as possible.

The order is being placed with the bakery on Monday, March 27th.

NO LATE ORDERS WILL BE ACCEPTED!

Your payment is due with your order.

SPECIAL PASSOVER GROCERY SERVICE

Pos'Tiv is a distributor of bug-free vegetables, including Romaine lettuce for Maror!

They are excited to be teaming up with 7 Mile Market in Baltimore to bring Kosher for Pesach groceries to your community. Items are available individually or by the case. The delivery will be coming to Bnai Israel on April 5th.

There are two grocery lists which will be available in the Friday email and in the front of the shul. One is from 7 Mile Market and one is from Pos'Tiv. Email your choices to orders@sevenmilemarket.com by March 27.

The subject of the email should say **Norfolk Delivery**.

Please note: In addition to the price of the groceries, there is a \$25 delivery charge per family for delivery. Please email your order to orders@sevenmilemarket.com Please provide your credit card information, contact phone number

THE MOSAICA HAGGADAH

INSPIRED BY SMART KIDS BY RABBI SENDER

It's here! Join Rabbi Sender & Chamie Haber and their charming family at their Pesach Seder and experience this wondrous night with this most special educational haggadah. The Haggadah is available in Norfolk directly from Rabbi Sender Haber (rsh@bnaiisrael.org),
The cost is \$20.00 per book.

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! For ad forms, please contact the Toras Chaim office.

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.

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 tzedaka 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.

ISRAELFEST AT THE JCC

Sunday, April 30th

Stay tuned for more information!

JFS Run, Roll, Stroll

Sunday, May 7th at 24th Street Park

Please stay tuned for more information.

There will be special subsidies available for Toras Chaim students.

Thank You to our Contributors

To Dr. Behrooz & Trudy Dayanim for their contribution in memory of Caroline Miller.

To Larry Buckman for his contribution in memory of his father, William Buckman.

To Dr. Ludwig & Ruth Sternlicht for their contribution in memory of Caroline Miller.

To Susan Wilson for her contribution in honor of Esther Bridge's special birthday.

To Esther Beckoff for her contribution in memory of Caroline Miller.

BIRTHDAYS

Esther Bridge		3/25	Leah Esther Mostofsky		3/30
Nehorai Hilel	5th	3/25	Michael Ashe		3/31
Jean Jaffe		3/26	Cantor Elihu Flax		3/31
Yaakov Wilson	21st	3/27	Batsheva Ester Price	3rd	3/31
Moshe Edery		3/28	Efraim Aryeh Price	3rd	3/31
Frances Berger		3/29			
Chava Harpaz	15th	3/29			

ANNIVERSARIES

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YAHRTZEITS

Anna Gelb	3/26
Esther Hobowsky	3/26
Harry Salber	3/26
Lottie Banks	3/27
Shmuel Dean	3/27
S. M. Ted Deutsch	3/27
Lillian Gutterman	3/28
Benyumin Wesley	3/29
Dr. Sanford (Sonny) Lefcoe	3/30
Al Frierman	3/31
Beatrice Roher	3/31

REFUAH SHELAIMA

Women

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

Men

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

THE B'NAI ISRAEL CALENDAR AT A GLANCE

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

Wednesday, March 29: Taste of Mussar at the JCC (12:30 PM) - First of 4 classes

Week of April 2nd through April 8th

Monday, April 3rd: Class with Rabbi Haber: Awesome & Exciting: The Se-der Explained

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

Wednesday, April 5th: Taste of Mussar at the JCC (12:30 PM) - 2nd of 4 classes

Week of April 9th through April 15th

Monday, April 10th: Erev Pesach, burn Chometz

Monday, April 10th - Shabbos, April 15th: Passover (continues next week)

Week of April 16th through April 22nd

Sunday, April 16th - Tuesday, April 18th: Passover

Week of April 23rd through April 29th

Sunday, April 23rd: Yom HaShoah

Wednesday, April 26th: Taste of Mussar at the JCC (12:30 PM) - 3rd of 4 classes

Week of April 30th through May 6th

Monday, May 1st: Yom HaZikaron

Tuesday, May 2nd: Yom HaAtzmaut

Wednesday, May 3rd: Taste of Mussar at the JCC (12:30 PM) - 4th of 4 classes

YOU'RE ON CANDID CAMERA!

By Mrs. Chamie Haber

I had a spiritual epiphany this week. As part of our Community Promotion Campaign and in an effort to tell the world just how special our community is, we are producing a video showcasing...us. As real people. As a real community. Earlier this week, I sat at a meeting where we discussed which features of our community should be displayed in this video.

Then, when Wednesday came, I, like many of you, participated in events like the Playground Gathering for parents and children, Partners in Torah, and the Women's Learning. Because our community is awesome, we turned out, we showed up, and we supported this project. And, because the camera was rolling, we were all on our best behavior.

At the playground, we interacted happily, lovingly, with our children and friends. Because, who's going to sit on a bench texting when they are being filmed?

At the learning, everyone listened attentively and contributed appropriately. Really, nodding off during learning is not going to look good on a video.

At shul, there was less talking, more concentration. No one wants to be recorded spacing out during davening.

The videographer visited our schools. At each one, he was greeted by students and teachers who were a little prouder, a little more attentive, a little more eager to interact with each other.

And there was an energy, an excitement about everything we were doing. It was purposeful and we felt good about it.

Was it fake? Were we putting on a show?

Not at all, the photographer got to see us living up to the ideals that we hold dear, but sometimes miss. More importantly, we got to see that it's possible to live up to our ideals! None of us are perfect. But for these two days, we sure tried to be!

I am reminded of the teaching of Rabi Yehuda HaNasi in Pirkei Avos (2:1) **הַסֵּתֶמֶל בְּשִׁלְשָׁה דְּבָרִים וְאֵין אָתָּה בָּא לַיָּדִי עֲבֵרָה, דַּע מָה לְמַעַלָּה מִמֶּךָ, עֵין רוֹאָה וְאָזְן שׁוֹמְעַת, וְכָל מַעֲשֶׂיךָ בִּסְפָר נִתְּבֵינ**

Consider three things and you will not come to sin: Know what is above you: an eye that sees and an ear that hears, and all your deeds are inscribed in a book."

If we can be cognizant of the fact that HaShem has an **"עֵין רוֹאָה וְאָזְן שׁוֹמְעַת"** "an eye that sees and an ear that hears" we will not come to sin. Indeed, if we are constantly aware of G-d's presence and the reality that He is all-knowing, how could we sin?!

I ask myself "If I could really internalize the idea of HaShem standing and videoing me all day long, how much more could I accomplish?" If, when faced with a choice, I could conjure up an image of a video camera pointed at me, would I really have a choice then? Of course I would do the right thing! Because **"וְכָל מַעֲשֶׂיךָ בִּסְפָר נִתְּבֵינ"** All my deeds are being recorded."

When Rabi Yehuda HaNasi wrote these words, he was exhorting his students to imagine such a thing! Imagine, he said to them, that everything you do is seen, heard and recorded. We have such an advantage over those students. We know that it's possible for everything to be seen and heard and recorded. We lived it for a few hours this week. Let's try to live it every moment of our lives. And then, we can truly become the people we want to be!