



This week's Kiddush is sponsored In honor of the birthday of Amy Brooke and our wonderful children and son in law: Chana & Avi, Isaac, and Michael



This week's Shalosh Seudos in sponsored by Dr. Michael & Brina Weissman in memory of Brina's mother, Terry Salt on her first yahrtzeit

Schedule for the Week

Friday, May 25th (11th Sivan)

Candle lighting 7:00 P*
Minchah/Kabbalas Shabbos/Maariv 7:00 P*

Shabbos, May 26th (12th Sivan)

Shachris 9:00 A
BISLI 10:00 A
Babysitting 10:00 A
Shabbos Women's Class @ Marcy M. 5:00 P
Daf Yomi 6:50 P
Pirkei Avos: 7:00 P
Mincha 7:50 P
Maariv/Havdala 9:00 P

Sunday, May 27th (13th Sivan)

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

Monday, May 28th (14th Sivan) - Memorial Day

Daf Yomi 7:00 A
Shachris 8:00 A
Norfolk Kollel: Halachos of Whiskey 9:00 A
Mincha/Maariv 8:00 P

Tuesday, May 29th (15th Sivan)

Daf Yomi 6:00 A
Shachris 7:00 A
Tomer Devora class 12:00 N
Mincha/Maariv 8:00 P

Wednesday, May 30th (16th Sivan)

Daf Yomi 6:00 A
Shachris 7:00 A
Mincha / Maariv 8:00 P

Thursday, May 31st (17th Sivan)

Daf Yomi 6:00 A
Shachris 6:45 A
Mincha / Maariv 8:00 P

Friday, June 1st (18th Sivan)

Daf Yomi 6:00 A
Shachris 7:00 A
Candle Lighting 7:00 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**

Shabbos Classes

Bnos
Next: May 26th

3:15 pm to 4:15 pm in the Fred Aron Education Wing
 For girls from Kindergarten to 6th Grade in the Fred Aron Education Wing.

Boys Learning

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

5:15 PM For all boys: Pirkei Avos with Dr. Gedalia Schwartz at his home
30 minutes before Mincha: For boys 1st to 4th grades: Parsha with Rabbi Lipman

Women's Class

5:00 PM at the home of Marcy Mostofsky. Based on the book: "*Eishes Chayil: Ancient Wisdom for Women of Today*" by Shira Hochheimer

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	Before Shachris as noted				
Evening	After Maariv (as noted)					
Rabbi Haber's Classes						
	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.
Mesilas Yesharim		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			12:00 N			
Gemara: Avoda Zora			75 min before Mincha			

MONDAY NIGHT CLASS WITH RABBI SENDER HABER

Mondays at 7:00 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.

NORFOLK KOLLEL HOLIDAY EDUCATION SERIES: SHERRY CASKS IN HALACHA

Monday, May 28th, Memorial Day - following Shachris

After davening Shachris at 8:00 AM, please stay for a gala breakfast. Then, study the materials with the Rabbis of the Kollel (9:45 AM to 10:45 AM). Following the individual study, Rabbi Davis will be leading an interactive shiur (10:45 AM to 11:30 AM)

VOLUNTEERS NEEDED FOR CEMETERY CLEANUP

Sunday, June 3rd, 10:00 AM to 12:00 noon

Our cemetery committee has made some real progress in cataloging and upgrading the cemetery. On Sunday June 3rd, we are (once again) looking for volunteers to come out to the B'nai Israel cemetery.

Most of the work will be removing overgrowth. We will plan to be there from 10:00 to 12:00. Please bring gardening equipment. Please see Rabbi Haber or Adam Goldberg for more details.

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.

A SPECIAL OPPORTUNITY

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.

Sponsorship opportunities are available. If you are interested in being a sponsor, please contact Rabbi Wecker.

Thank you to our contributors

Bnai Israel Congregation	<ul style="list-style-type: none">✧ Mrs. Irene B. Mazel, in memory of Lyla Longman✧ Mr. Joseph Drory✧ Mr. & Mrs. David Jancewicz, in honor of the Bar Mitzva of Zev Goldberg✧ Mr. Ralph Garner, Jr. in memory of Claude Miller✧ Mr. & Mrs. Mikhail Zelikovich in honor of Gershon Rothman
Yahrtzeit Fund	<ul style="list-style-type: none">✧ Mr. Benjamin Borman, in memory of Rebecca Katz✧ Mr. & Mrs. Leonard Ruchelman, in memory of Diana's father, Fred Hoffberger (Shlomo Yaakov ben Yosef)
Daf Yomi	<ul style="list-style-type: none">✧ Mr. Joseph Drory, in memory of his brother, Itzhag Drory (26th Sivan)
Siddurim	<ul style="list-style-type: none">✧ Mrs. Susan Wilson, in memory of her husband, Arthur S. Wilson
Cemetery Fund	<ul style="list-style-type: none">✧ Mrs. Sonia Land, in memory of her grandmother, Belle Wellman✧ Mrs. Sonia Land, in memory of her uncle, Samuel Wellman✧ Mr. Alan Kurzer, in memory of his step-father, Norman Kozak✧ Mr. & Mrs. David Drory, in memory of his father, Itzhag Drory.

For the Week of Shabbos, May 26th through Friday, June 1st

BIRTHDAYS

	Andie Pollock		5/26
	Leah Tessler	13th	5/27
	Amy Brooke		5/31
	Marcy Mostofsky		6/1

ANNIVERSARIES

Mr. & Mrs. Robert Gutterman	54th	5/30
Mr. & Mrs. Abbott Saks	64th	5/30

YAHRTZEITS

Betty Lutsky	5/26	Gloria Kingsley	5/28	Barbara Wolinsky	5/30
Eli Tabachnick	5/26	Terri Salt	5/28	Thomas Moses Friedman	5/31
Allen Steven Fenton	5/27	Freda Soroko	5/28	Frieda Goodman	5/31
Ruth Stein	5/27	Gerald Borman	5/29	Morris Cogan	6/1
Robert Ashburn	5/28	Reuben Postove	5/29		
Sol Gutterman	5/28	Eva Sherman Sandler	5/29		

REFUAH SHELAIMA

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

THE B'NAI ISRAEL CALENDAR AT A GLANCE

Week of May 20th through May 26th

Shabbos, May 26th: Shalosh Seudos by Dr. Michael & Brina Weissman in memory of Brina's mother, Terry Salt

Week of May 27th through June 2nd

Monday, May 28th: Memorial Day

Monday, May 28th: Norfolk Kollel Day of Learning: The Halachos of Whiskey

Shabbos, June 2nd: Shalosh Seudos by Rabbi David Zitter in memory of his mother

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 / Camp SEED (4 weeks)

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 Koby Schwartz

Week of August 12th through August 18th

Shabbos, August 18th: Bar Mitzva of Mutty Schoenfeld

Week of August 19th through August 25th

Week of August 26th through September 2nd

Shabbos, September 2nd: Zukerman Scholar in Residence (tentative)

The Problem With Labels

By Rabbi Yaacov Haber

In today's parsha, we read about an unpleasant event: the investigation by a kohen of a "sotah" - that is, a woman suspected by her husband of adultery, as a result of suspicious behavior on her part.

In connection with this investigation, is the offering that the suspected woman's husband brings with them to the kohen. It is a very simple offering: one tenth of an ephah of barley meal, without oil or frankincense (Num. 5:15). Why is this? Rashi explains: barley meal (an animal food) was used, instead of wheat flour, because she (allegedly) behaved like an animal. No oil was used because oil is associated with light, and she acted in darkness. Finally, no frankincense was added because our matriarchs are called "frankincense", but she turned away from their paths.

There is something strange about Rashi's explanation.

Suppose you met someone who was hopelessly unkempt in every way, and you said to him: "You could use a manicure!" What you are proposing would be completely out of proportion to what was wrong with him.

Similarly, here we have a woman who is being compared to an animal, someone who acts in darkness, and then we say that she does not quite measure up to the standards of the matriarchs!

This last comparison seems incongruous in relation to the first two: she has (supposedly) not been behaving like a decent human being, let alone like Sarah, Rivka, Rachel and Leah!

The answer to this puzzle, I believe, is this. We tend to think of our relationship to the requirements of the Torah strictly in the context of our present behavior. By that I mean that we consider any small improvement on our current behavior (for instance, not using lashon hora in one conversation) as a big thing—which it is! In fact, that is how we are supposed to improve, one little step at a time. But with all that, we should never lose sight of our ultimate goal, which should be to become a tzaddik!

I remember a conversation I had with a friend recently, someone whom I had known for twenty years, since yeshiva. He confessed to me (not that I wanted a confession from him, since that is not a Jewish ideal) that he had been slipping more and more in many of his observances.

To begin with, he stopped wearing a kippa

Then he found that in the winter it was difficult to leave his office early on Friday in time for Shabbos. Then he found that, for business reasons, he "had to" eat in non-kosher restaurants with clients. And so on. "And do you know," he concluded, "the amazing thing is that in spite of all this, I've managed to remain frum!"

Well, of course, we can laugh at him, and think: “Frum indeed! Who are you kidding—yourself?”

But the point I want to make is that this man is not being completely hypocritical or self-deceiving. He has certain standards, realizes that he has been slipping from them, and, at a certain level, wants to return to them.

We all attach labels to ourselves to some extent, and labels can be useful, as a means of identifying ourselves to the outside world. However labels can also have a bad side, when we use them as ceilings for our behavior, as excuses for not striving to improve ourselves.

Whatever our label, whatever our present affiliation, we can, and should, aim for the very highest. The woman labeled a “sotah” was made to realize that, no matter how low she has fallen, she could have attained—and could still attain—the very highest spiritual level. And so can we all.