



This week's Kiddush is sponsored by the Kiddush Club  
Happy Birthday to Rich Mart

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There will be **NO** Shalosh Seudos in shul this Shabbos due to Tisha B'Av

## Schedule for the Week

### Friday, July 20th (8th Av)

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

### Shabbos, July 21st (9th Av)

Shachris 9:00 A  
Shabbos Women's Class @ T. Mostofsky 5:00 P  
Daf Yomi 6:55 P  
Pirkei Avos 7:05 P  
Mincha 6:30 P  
Fast Begins 8:20 P  
Maariv 9:15 P  
Eicha and Kinot 9:30 P

### Sunday, July 22nd (10th Av) Tisha B'Av (Nidche)

Shachris 8:00 A  
Kinot  
Chatzos 1:11 P  
Video from Chofetz Chaim  
Heritage Foundation - Program B 1:30 P  
The Man at the Wall 3:00 P  
Video from Chofetz Chaim  
Heritage Foundation - Program A 1:30 P  
Yizkereim 5:30 P  
Mincha (with Tefilin) 7:50 P  
Maariv / End of Fast 9:05 P

### Monday, July 23rd (11th Av)

Daf Yomi 6:00 A  
Shachris 6:45 A  
Chatzos 1:11 P  
Mincha/Maariv 8:00 P

### Tuesday, July 24th (12th Av)

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

### Wednesday, July 25th (13th Av)

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

### Thursday, July 26th (14th Av)

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

### Friday, July 27th (15th Av)

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

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

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

**30 minutes before Mincha:** On Hiatus until August 4th

**Women's Class** **5:00 PM** at the home of Tehilla Mostofsky. Class to be given by Rebbitzin Chamie Haber

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

# Weekday Classes

	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.
<b>Daf Yomi with Rabbi Loiterman</b>						
Morning	7:00		6:00 AM			
Evening			After Maariv (as noted)			
<b>Rabbi Haber's Classes</b>						
	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.
		7:00 PM				
<b>Kollel Learning Programs</b>						
	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.
Partners in Torah at JCC		On hiatus				
Night Kollel	On hiatus		On hiatus			
<b>Other Classes Available</b>						
	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.
Tomer Devora with Amy Lefcoe			On hiatus until 8/28			
Gemara: Avoda Zora			75 min before Mincha			

**TISHA B'AV: SUNDAY, JULY 22ND**  
**KINOS AFTER SHACHRIS**

Once again, we will spend the morning hearing meaningful and engaging Kinos (elegies) punctuated by remarks from local rabbis.

**CHOFETZ CHAIM HERITAGE FOUNDATION: WORLDWIDE TISHA B'AV EVENT 5778**  
**FEELING THE PAIN OF ANOTHER**

Sunday, July 22nd

We will once again be showing the CCHF video on Tisha B'av afternoon. The Program B will be shown at 1:30 PM, and Program A will be shown at 4:00 PM. There is a recommended donation payable to the Chofetz Chaim Foundation. Please see attached brochure for more information.

**THE MAN AT THE WALL / YIZKEREIM**

Project Inspire has produced a new inspirational documentary on Rabbi Meir Schuster. We will be showing the video at 3:00 between viewing of the CCHF video. In addition, we will be showing the Yizkereim Video on the aftermath of WWII at 5:30.

**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 to come, 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.

**MIKVA APPOINTMENTS**

Please note that all Mikva appointments between 7/23 and 8/11 should be made by contacting Mrs. Rothman at 757-685-8806

**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.

### **SOFER COMING TO NORFOLK**

The month of Elul is considered an appropriate time to have one's Tefillin and Mezuzos checked. In conjunction with Rabbi Haber, the Norfolk Kollel has arranged for a highly qualified Sofer to give an interactive presentation describing the background and production of Tefillin.

He will be available to check Mezuzos for \$12 each, and Tefillin for \$150 per pair. This price is all inclusive, and includes taking down the Mezuzos and putting them back up, and any small repairs that may be necessary. He will also have Mezuzos of all prices and replacement straps for Tefillin for sale, as well as pairs of Tefillin (upon request).

If you have interest in these services please be in touch with Rabbi Davis or any of the Kollel Rabbis so we can have an idea of how much time he should plan on spending in Norfolk.

### **BNAI ISRAEL FREE LOAN FUND**

The establishment of a Free Loan Fund is imperative for any Jewish community and a great merit for all of its participants. The Bnai Israel Free Loan fund was founded in 1996 and was dormant for several years. We are currently accepting donations and will be back in operation with advanced guidelines for the beginning of the month of Elul. To participate or if you have any questions, please contact Rabbi Haber.

<b>Thank you to our contributors</b>	
<b>Bnai Israel General Fund</b>	<ul style="list-style-type: none"><li>◊ Irene Mazel: For the Tzedaka Box Campaign in memory of her son, Joel Mazel</li><li>◊ Frances Berger &amp; Nathan Berger: To Louis &amp; Edie Schlain in memory of Louis's brother, Leonard.</li></ul>
<b>Yahrtzeit Fund</b>	<ul style="list-style-type: none"><li>◊ Anna Karp: In memory of her father, Szaja Lida</li><li>◊ Eileen Berman: In memory of her grandfather, Abraham Green</li><li>◊ Eileen Berman: In memory of her grandmother, Rose Green</li><li>◊ Dr. Moussa &amp; Evelyn Menasha: In memory of Moussa's mother, Regina Menasha</li><li>◊ Dr. Moussa &amp; Evelyn Menasha: In memory of Evelyn's mother, Nellie Lichaa</li></ul>
<b>Siddur</b>	<ul style="list-style-type: none"><li>◊ Joseph Drory: In memory of his father, Shabtai Drory</li></ul>

## For the Week of Shabbos, July 21st through Friday, July 27th

### BIRTHDAYS

Nachy Rudin	6th	7/23	Shmuel Weinreb	1st	7/26
Minna Bracha Haber	15th	7/25	Jeanene Anker		7/27
Kevin Lefcoe		7/26	Tzirel Bauman	1st	7/27
Dr. Gary Siegel		7/26			

### YAHRTZEITS

Benjamin Forman	7/21	Julius Jacobson	7/24
Leon Pogolowitz	7/21	Rosa Japha	7/24
David Leonard Shaffer	7/21	J. Leonard Kahn	7/24
Elias Mizrachi	7/22	Szaja Lida	7/24
Morris S. Berger	7/23	Allen Bridge	7/25
Louis Ellenson	7/23	Sharon Kurzer Sabbagh	7/26
Eva Amdursky Berger	7/24	Miriam Deutsch	7/27
Eulis Cogan	7/24		

### REFUAH SHELAIMA

Women	Men
<p>Shoshana bas Miriam  Vittel Zilke bas Leah  Leah Adina bas Chaya Esther  Yochana bas Chana  Nava bas Fruma Leah  Basha Leiba bas Baila Fruma  Simcha bas Tzipporah  Malka Esther bas Devorah  Devorah bas Ruchel  Tzippora Aviva bas Rivka  Sara Bas Sara  Miriam Rochel bas Chava Elisheva  Kayla Dodie bas Rochel Bracha  Rochel Bracha bas Baila  Tirtze Sorah bas Rochel Bracha  Rivka Tehillah bas Sarah  Hinda bas Dena  Shula bas Carmela  Eliana Chaya bas Nacha  Adi Simcha bas Penina Leah  Aida Batya bas Etta  Chaya Tova Gittel bas Shulamis Sima  Bayla Mishka bas Devora  Malka Chana bas Ruchel  Sarah bas Tzipora  Chaya Raizel bas Dena  Chana bas Sarah  Adi Bat Miriam</p> <p>Sheva bas Rivka  Chaya Ruchel bas Zelda  Shira bas Sarah  Nechama Getzel bas Rachel  Ruchama Malka Briendel bas Shaina Shifra  Rivka bas Chaya Ruchel  Rivka bas Yocheved  Raizel Shoshana bas Faiga Leah  Orly Rachel Bat Yehudit Rus  Tye Miriam bas Zehavit  Chana Rochel bas Sara  Arielle Mazal Tov bas Eliane  Devora Faiga bas Malka  Shoshana Aliza bas Aviva Michal  Miriam Chava Chana Devora bas Shaindel Chaya Rivka  Batya Pia bas Chaya Ruchel  Esther bas Ruth  Rachel Chana bas Shulamet Itel  Feiga Elka bas Yehudis  Aydel bas Chaya  Sarah Duba bas Miriam  Batya Yehudis bas Masha Sarah  Nechama bat Esther Mere  Miriam bas Chava  Sara bas Tzipora</p>	<p>Shalom Boruch ben Masha  Yehuda ben Chasha Ruchel  Moshe Yechezkel Halevi ben Sara Malka  Reuven Simcha ben Naomi Rus  Yonah Michael Alter ben Esther Sarah  Aryeh Nachman HaCohen ben Ita  David Shlomo ben Rivka Tehillah  Koppel ben Bayla  Abraham ben Iza  Yehudah Ben Batya  Rafael Messod ben Naomi Sarah  Eliezer ben Sara  Avraham Beryl HaLevi ben Miriam  Yissachar ben Rachel  Binyamin Leib ben Rachel Chana  Nossion Yitzhak Ben Leah  Moshe ben Raizel  Eliezer ben Penina Kaila  Meir Yehoshua ben Penina Kaila  Beryl ben Chava  Shmuel Yeruchem ben Baila  Yehoshua ben Nechama Aliza  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</p> <p>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  Ezra Chaim ben Rivka  Mordechai Dovid ben Leah  Chaim Refael ben Naomi  Berel Dovid ben Molly</p>

## THE B'NAI ISRAEL CALENDAR AT A GLANCE

### **Week of July 15th through July 21st**

**Thursday, July 19th:** Last day of Camp Ruach / Camp SEED

**Shabbos, July 20th:** No Shalosh Seudos in shul

**Motzei Shabbos, July 20th:** Tisha B'Av, reading of Eicha and Kinos

### **Week of July 22nd through July 28th**

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

**Sunday, July 22nd:** Showing of Chofetz Chaim Foundation Tisha B'Av videos (both Programs A & B)

**Friday, July 27th:** Tu B'Av

**Shabbos, July 28th:** Shalosh Seudos in memory of Allen S. Bridge, DDS by his family

### **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 of the Simon Wiesenthal Holocaust Center

#### **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

## SHABBOS CHAZON

By Rabbi Sender Haber

The Haftorah of Shabbos Chazon is designed to get us into the Tisha B'av spirit. It is a prophecy from the book of Isaiah forecasting what will happen to the Jewish people if they do not change ways. As we know, the Jewish people did not listen and they did not change their ways quickly enough. That is why we have Tisha B'av. This Haftorah is the message that we should have paid more attention to.

In the Haftorah, Yeshayahu discusses some awful sins: idol worship, stealing, bribery, and insincere worship Hashem. Hashem says:

*"I hate your offerings and your prayers – they are making me weary".* In the days leading up to the destruction of the first Bais Hamikdash we were insincere in our worship and we were distracted by false gods. Hashem "**wasn't interested**" anymore.

In the midst of all of the doom and gloom, Yeshayah offered us a way out, a way to change everything and make our sins disappear. *"Like red cloth, turning to white"* we will can turn back the clock, stay in our land, and revive our connection with Hashem:

*"Learn to do good, seek justice, strengthen the victim, do justice for the orphan, take up the cause of the widow..."*

*"If you will be willing and obey, you shall eat the goodness of the land. But if you will refuse and rebel, you shall be devoured by the sword – for the mouth of Hashem has spoken".*

All of the suffering could have been avoided if we had only taken notice of downtrodden people and treated them fairly!

In Parshas Devarim we find a similar theme. Moshe describes how during most of the years in the desert, Hashem was removed from the Jewish people. It was only after the entire generation of the spies and the Golden Calf passed away that Hashem was able to resume His former relationship.

Hashem is everywhere and we are always able to talk to Him. What changes when Hashem comes closer to the Jewish people?

Rashi explains that there are three important components to our relationship with Hashem:

Firstly, there is a Chiba, a genuine fondness that exists when we are not distracted in our service of Hashem.

Secondly, The conversation itself is "Panim el Panim" – face to face. We give our full attention to Hashem and He gives His full attention to us.

Finally, Rashi says, there is Yishuv hadaas – time. We aren't running anywhere and Hashem has all the time in the world for us.

Several years ago Rabbi Mostofsky and I took the Toras Chaim eighth grade to visit Rav Shmuel Kamenetzky, Rav Shmuel one of the Gedolim of our generation and he has many people and organizations in our community and around the world calling him for advice. He is also the head of a large yeshiva where he gives regular classes. Keeping his busy schedule, and his age in mind, I was hesitant about calling and asking him to meet with the Toras Chaim eighth graders on their class trip. When I called, Rav Shmuel told me that he

would love to spend some time with the boys. I should just let him know when it would work with OUR schedule. We set a time and organized our itinerary accordingly.

When the time came, Reb Shmuel welcomed us into his office and proceeded to test the boys and speak with them for forty-five minutes.

His desk was clear besides for the Sefer he was learning with us.

The phone did not ring once and nobody knocked on the door.

Reb Shmuel hung onto every word uttered by the three thirteen year old boys who had come to see him.

One would think that he had nothing else to do.

For almost an hour we were the only people in the world.

We live in an age where everyone wants to look busy. We feel inadequate if we have too much time. Reb Shmuel Kamenetzky probably had less time on his hands and more issues on his mind than any of us ever will. He probably had things to do and people to call.

This is the lesson of "Ashru Chamotz". We need to listen to other people with love, attentiveness, and as if we have nothing else to do. We need to do the same when we talk to Hashem.

If we can pull that off, we may never have another Tisha B'av.