



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



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

Schedule for the Week

<u>Friday, July 20th (8th Av)</u>		<u>Monday, July 23rd (11th Av)</u>	
Candle lighting	7:00 P*	Daf Yomi	6:00 A
Minchah/Kabbalas Shabbos/Maariv	7:00 P*	Shachris	6:45 A
<u>Shabbos, July 21st (9th Av)</u>		Chatzos	1:11 P
Shachris	9:00 A	Mincha/Maariv	8:00 P
Shabbos Women's Class @ T. Mostofsky	5:00 P	<u>Tuesday, July 24th (12th Av)</u>	
Daf Yomi	6:55 P	Daf Yomi	6:00 A
Pirkei Avos	7:05 P	Shachris	7:00 A
Mincha	6:30 P	Mincha/Maariv	8:00 P
Fast Begins	8:20 P	<u>Wednesday, July 25th (13th Av)</u>	
Maariv	9:15 P	Daf Yomi	6:00 A
Eicha and Kinos	9:30 P	Shachris	7:00 A
<u>Sunday, July 22nd (10th Av) Tisha B'Av (Nidche)</u>		Mincha / Maariv	8:00 P
Shachris	8:00 A	<u>Thursday, July 26th (14th Av)</u>	
Kinos		Daf Yomi	6:00 A
Chatzos	1:11 P	Shachris	6:45 A
Video from Chofetz Chaim		Mincha / Maariv	8:00 P
Heritage Foundation - Program B	1:30 P	<u>Friday, July 27th (15th Av)</u>	
The Man at the Wall	3:00 P	Daf Yomi	6:00 A
Video from Chofetz Chaim		Shachris	7:00 A
Heritage Foundation - Program A	1:30 P	Candle Lighting	7:00 P*
Yizkereim	5:30 P	Mincha	7:00 P*
Mincha (with Tefilin)	7:50 P		
Maariv / End of Fast	9:05 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 Bauman

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.
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.
		7:00 PM				
Kollel Learning Programs						
	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.
Partners in Torah at JCC		On hiatus				
Night Kollel	On hiatus		On hiatus			
Other Classes Available						
	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 Kinot (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.

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

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
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
Simcha bas Tziporah	David Shlomo ben Rivka Tehillah
Malka Esther bas Devorah	Koppel ben Bayla
Devorah bas Ruchel	Abraham ben Iza
Tzipora Aviva bas Rivka	Yehudah Ben Batya
Sara Bas Sara	Rafael Messod ben Naomi Sarah
Miriam Rochel bas Chava Elisheva	Eliezer ben Sara
Kayla Dodie bas Rochel Bracha	Avraham Beryl HaLevi ben Miriam
Rochel Bracha bas Baila	Yissachar ben Rachel
Tirtze Sorah bas Rochel Bracha	Binyamin Leib ben Rachel Chana
Rivka Tehillah bas Sarah	Nosson Yitzhak Ben Leah
Hinda bas Dena	Moshe ben Raizel
Shula bas Carmela	Eliezer ben Penina Kaila
Eliana Chaya bas Nacha	Meir Yehoshua ben Penina Kaila
Adi Simcha bas Penina Leah	Beryl ben Chava
Aida Batya bas Etta	Shmuel Yeruchem ben Baila
Chaya Tova Gittel bas Shulamis Sima	Yehoshua ben Nechama Aliza
Bayla Mishka bas Devora	Avraham ben Chana
Malka Chana bas Ruchel	Asher Eliyahu ben Leah
Sarah bas Tzipora	Akiva Hillel Ben Cooki Tziporah Feige Gittel
Chaya Raizel bas Dena	Yehuda Herschel ben Chaya Leah
Chana bas Sarah	Dovid Leshem ben Esther
Adi Bat Miriam	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
	Ezra Chaim ben Rivka
	Mordechai Dovid ben Leah
	Chaim Refael ben Naomi
	Berel Dovid ben Molly

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 Kinot

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 prophesy 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 Ha-shem.

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