



## Kiddush on Shabbos is sponsored by the Kiddush Club



## The Shalosh Seudos on Shabbos is sponsored by the Shalosh Seudos Club

### Schedule for the Week

**Friday, October 25th (26th Tishre)**

Shabbos Candle Lighting 5:58 P  
 Mincha/Kabalas Shabbos/Maariv 6:00 P

**Shabbos, October 26th (27th Tishre)**

Shachris 9:00 A  
 Daf Yomi 4:45 P  
 Minchah 5:45 P  
 Maariv/Havdala 6:54 P

**Sunday, October 27th (28th Tishre)**

Daf Yomi 7:00 A  
 Shachris 8:00 A  
 Mincha/Maariv 5:55 P

**Monday, October 28th (29th Tishre)**

Daf Yomi 6:00 A  
 Shachris 7:00 A  
 Mincha / Maariv 5:55 P

**Tuesday, October 29th (30th Tishre)**

**Rosh Chodesh Cheshvan**

Daf Yomi 6:00 A  
 Shachris 6:40 A  
 Mincha / Maariv 5:55 P

**Wednesday, October 30th (1st Cheshvan)**

Daf Yomi 6:00 A  
 Shachris 6:40 A  
 Mincha / Maariv 5:55 P

**Thursday, October 31st (2nd Cheshvan)**

Daf Yomi 6:00 A  
 Shachris 6:45 A  
 Mincha / Maariv 5:55 P

**Friday, November 1st (3rd Cheshvan)**

Daf Yomi 6:00 A  
 Shachris 7:00 A  
 Shabbos Candle Lighting 5:50 P  
 Mincha/Kabalas Shabbos/Maariv 5:50 P

# Shabbos Classes & Groups

## Boys Learning Shabbos Day

**3:00 PM:** The Shabbos Gemara Shiur for Middle School boys will be given by Rabbi Harpaz at his home. On Shmini Atzeres, the class will meet at **3:30 PM**

## Rabbi Lipman's Class

Rabbi Lipman's Parsha class for elementary school boys will restart after Sukkos. This class is held during Shalosh Seudos

## Weekday Classes

	Sun.	Mon.	Tues.	Wed.	Thur.
<b>Daf Yomi with Rabbi Loiterman</b>					
Morning	7:00 AM			6:00 AM	
Evening				After Maariv	
<b>Rabbi Haber's Classes</b>					
	Sun.	Mon.	Tues.	Wed.	Thur.
Daf Hashavua					
<b>Kollel Learning Programs</b>					
	Sun.	Mon.	Tues.	Wed.	Thur.
Partners in Torah at JCC		8:00 PM			
Night Kollel	After Maariv			After Maariv	
<b>Other Classes Available</b>					
	Sun.	Mon.	Tues.	Wed.	Thur.
Chovos Halevavos with Mrs. Amy Lefcoe			Classes re-sume 11/5		
Gemara: Avoda Zora			6:00 PM		
Mesillas Yesharim with Rabbi Lipman			After Maariv		
Women's Phone in Shiur: Halachos of a Shabbos Kitchen					9:00 PM
Men's Shiur at the home of Rabbi Aron Slone (one-half hour)					After Maariv

## CONTINUING PHONE-IN SHIUR FOR WOMEN

*Every Thursday night at 9:00 PM*

Call 605-468-8700 and key in conference access code 825597 to learn and review these halachos which will enhance your Shabbos. The call will start promptly, so make sure to call a minute or two early to not miss a thing! For further information or questions, please contact Michelle London at mlondon2678@gmail.com

## NEW CLASS AT HEICHAL SHLOMO

*Tuesday Evenings at 7:15*

Rabbi Zitter will be giving a class on the book of Yehoshua and Perek Shira entitled "JAQ: Joshua, Animals & Questions." Please contact Rabbi Zitter for more information.

## BNAI ISRAEL CALENDAR FOR 2020

**The deadline for display ads is Friday, October 25th and for inscriptions Friday, November 1st.** As we had last year, the calendar will have an option to have ads in full color. If you have any companies (mechanic, electrician, plumber, painter, lawn care person, etc., or persons that you feel might benefit from placing an ad in the calendar, please call for an ad blank to get to them. If you wish to include your birthday, anniversary or any yahrtzeit, the cost is \$18.00 for the first 3 names and \$3.00 each additional name.

## ANGST - RAISING AWARENESS AROUND ANXIETY

*Tuesday, October 29th at 5:30 PM at the Sandler Family Campus*

Anxiety affects more than 25% of all teens and is the most common form of mental illness in the U.S. Join us for a **FREE** community conversation featuring IndieFlix original documentary **Angst**, including a panel discussion by youth and young adults from "**Say It Out Loud.**" If there is a young person in your life, please join us! Appropriate for ages 10+. Registration begins at 5:30 PM. The movie starts promptly at 6:00 PM. To make a reservation, please contact [www.jfshamptonroads.org/angst](http://www.jfshamptonroads.org/angst) or call 757-321-2237.

## NORFOLK CHOPPED COMPETITION

*Sunday, November 3rd at 5:00 PM in the Sheraton Waterside Riverwalk Room*

The Vaad of Tidewater presents "A Chopped Competition: Tapas, Dessert & Cocktails at the Sheraton Waterside Riverwalk Room on Sunday, November 3rd at 5:00 PM. The judge will be Naomi Nachman, author of the cookbooks: "Perfect Flavors" and "Perfect for Pesach". In addition to the competition, there will be an exciting Chinese Auction. To become a sponsor of this event or for more information, please email: [choppedva@gmail.com](mailto:choppedva@gmail.com)

## ISRAEL TODAY - INBAL ARIELI

*Wednesday, November 6th at 7:30 PM*

The first speaker of the season is Inbal Arieli, Serial Entrepreneur and one of the 100 Most Influential People in Israeli High-Tech. Arieli is a former officer in the Israeli Defense Forces Elite Intelligence Unit 8200 [Israel's version of the NSA] and has held numerous executive positions in leading Israeli tech companies. Her new book, **Chutzpah**, reveals the secrets behind how Israel, a tiny country with the highest concentration of start-ups per capita worldwide, is raising generations of entrepreneurs, disrupting markets around the globe, and bringing change to the world. We kindly request RSVP's through this link: <https://>

## **SUPER SUNDAY - SAVE THE DATE**

*Sunday, November 17, 10 am -1 pm at the Reba and Sam Sandler Family Campus*  
To volunteer, email Jasmine Amitay at jamitay@ujft.org

## **MIKVA CONSTRUCTION**

The construction is progressing, the walls are being built!. If anyone would like to make a pledge to the Mikva expansion, please either contact Sarah Lipman or Kevin Lefcoe to make your pledge or just mail a check into the Bnai Israel office. Or, you can go to the Bnai Israel website and **GO** to the **MIKVA TAB** and make your donation on-line.

## **SIYUM HASHAS - DAF YOMI: JANUARY 1, 2020**

The long awaited Siyum Hashas of Daf Yomi will be taking place the January 1st in NYC. To purchase tickets please go to <https://thesiyum.org/>. You can ensure that you will be seated with other Norfolk attendees by using group code: DY-23517-1482A. Please contact Rabbi Haber with any questions. Please note that Tickets are beginning to sell out.

## **BNAI ISRAEL FREE LOAN FUND**

According to the Chafetz Chaim: *The establishment of a Free Loan Fund or Gemach is one of the highest forms of tzedaka and a necessity in any Jewish community.*

We are pleased to inform the community that the Bnai Israel Free Loan fund, founded in 1996, is currently funded and available for loans up to \$2,500. Limitations apply and guarantors are necessary for large loan amounts. Confidentiality is assured. To donate, to borrow, or if you have any questions, please contact Rabbi Haber or Rabbi Weinreb.

## **SPECIAL PROGRAM TO HELP THE MEMBERS OF OUR KOLLEL**

This special "Gemach" is a new and creative way to have a part in the Zechus of Torah study taking place every day and evening by the Kollel. By donating to the Babysitting Voucher program you can assist Kollel families as they run errands, grocery shopping, attend an event, etc., without worrying about the extra cost of a sitter. If you would like to join in this project, in assisting the Kollel families with their babysitting expenses, please submit your donations to Mrs. Helen Schloss-Griffin. Check donations, made out to Helen Schloss-Griffin, are accepted - just make sure to indicate on your check "babysitting" in the memo. For questions, comments or donations please contact Helen Schloss-Griffin: 757-635-7373 or hrsgriffin@cox.net

## **ZICHRON NECHAMA KALLAH GEMACH**

As a way to honor the memory of Nellie Gottlieb, Nechama Bas Avraham Sharaga, her children and grandchildren have founded the Zichron Nechama Kallah Gemach to help Kallahs as they approach their wedding. Nellie was not only one of the founders of B'nai Israel but she also was known as the candy lady in the back of the shul. She always did for others and gave of herself both in time and money. This gemach is for the purpose of helping ease the financial burden associated with what should be one of the happiest times of a kallah's life - her wedding.

Requests for up to \$1,000 can be made by email using the Google form linked below.

Please request a specific item (e.g. Headpieces, Sheitels, headbands, flowers, transportation, chossan gift).

Final decisions will be made by the Gemach Administrator. The local committee is made up of Rebbetzin Haber, Mrs. Irene Mazel, Mrs. Ruth Sternlicht, and Mrs. Francis Berger.

To complete the form, please copy the following and paste it in your internet search box:

[https://docs.google.com/forms/d/1j8KMFx4Z64qAXQoE-XOZamuZqx15lcWfJ22ld5z1Y1Y/viewform?edit\\_requested=true](https://docs.google.com/forms/d/1j8KMFx4Z64qAXQoE-XOZamuZqx15lcWfJ22ld5z1Y1Y/viewform?edit_requested=true)

	<b>Thank you to our contributors</b>
<b>Bnai Israel Congregation</b>	<ul style="list-style-type: none"><li>✧ Daniel &amp; Mark Gordon, Len &amp; Steve Saunders: In memory of Norman Slone</li><li>✧ Dr. Ludwig &amp; Ruth Sternlicht: In memory of Norman Slone</li><li>✧ Andrew &amp; Leslie Auerbach: In memory of Norman Slone</li><li>✧ KPMG - Norfolk Office: In memory of Norman Slone</li></ul>
<b>Cemetery Fund</b>	<ul style="list-style-type: none"><li>✧ Irene Mazel: In memory of her sister, Rebecca Goldstein</li><li>✧ Irene Mazel: In memory of her sister, Bessie Wexler</li><li>✧ Irene Mazel: In memory of her mother-in-law: Sarah Mazel</li><li>✧ Irene Mazel: In memory of Norman Slone</li></ul>

# For the Week of Shabbos, October 26th to Friday, November 1st

## BIRTHDAYS

Jesse Kalman Slone		10/26
Shmuel Segal	1st	10/27
Aharon Loiterman		10/28

## ANNIVERSARIES

Mr. & Mrs. Kevin Lefcoe	27th	11/ 1	Mr. & Mrs. Daniel Vogel	21st	11/ 1
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## YAHRTZEITS

Harry Amdursky	10/26	Jack Goldman	10/28	Rose Mizrachi	10/30
Phillip Hilles	10/26	Leah Traub	10/28	Roger Oberndorf	10/30
Nathan Gutterman	10/27	Annie Potts	10/29	Hannah Aron	10/31
Ethel Kirschenbaun	10/27	Sarah Sonnenberg	10/29	Ralph S. Karlin	10/31
Eli Putterman	10/27	Samuel Kurzer	10/30	Michael Aschkenas	11/1
Rebecca S. Brown	10/28	Eva Meyerowitz	1 0/30	Rebecca Stamm	11/1

## REFUAH SHELAIMA

### Men

Shalom Boruch ben Masha	Beryl ben Chava	Eliezer Yehuda ben Chana Shaindel	David Shlomo ben Gittel
Moshe Yechezkel Halevi ben Sara Malka	Shmuel Yeruchem ben Baila	Yisroel Shmuel ben Sarah	Ezra Chaim ben Rivka
Reuven Simcha ben Naomi Rus	Yehoshua ben Nechama Aliza	Chaim Shmuel ben Rivka	Mordechai Dovid ben Leah
Yonah Michael Alter ben Esther Sarah	Avraham ben Chana	Eliyahu Aron ben Hudel	Chaim Refael ben Naomi
Aryeh Nachman HaCohen ben Ita	Asher Eliyahu ben Leah	Tinok ben Rochel	Orit Tzadik ben Avraham
David Shlomo ben Rivka Tehillah	Akiva Hillel ben Cooki Tziporah	Shlomo Yoel ben Chaya Leah	Nechemya ben Malka
Koppel ben Bayla	Feige Gittel	Meyer Yisroel Hirsch ben Zahava	Chaim Shlomo Ben Penina Fagel
Abraham ben Iza	Yehuda Herschel ben Chaya Leah	Zippora	Avraham ben Pnina
Yehudah ben Batya	Dovid Leshem ben Esther	Eliyahu Yaakov ben Sarah Roiza	Avraham Mordechai ben Etti
Rafael Messod ben Naomi Sarah	Abba ben Tzipora	Yitzhak Mordechai ben Yehudis Sima	Refael Yehuda ben Chana Leiba
Eliezer ben Sara	Pesach ben Baila	Chaim ben Shifra	Eliyahu Yaakov ben Sara Roiza
Avraham Beryl HaLevi ben Miriam	Rachmiel Leib ben Mordechai HaLevi	Dovid Avraham HaCohen ben Lib-	Yosef Dovid ben Sara Roiza
Yissachar ben Rachel	Chaim Rafael Yoel ben Shayna Golda	by Yeshia	Eliyahu Shmuel ben Freda
Binyamin Leib ben Rachel Chana	Daniel Yosef ben Miriam	Yosef Tzvi ben Rochel Pessil	Chaim Mendel ben Jennie
Moshe ben Raizel	Moshe Yosef ben Esther	Chaim Yaakov ben Avigail Dovid	Zachriah ben Leba
Eliezer ben Penina Kaila	Reuven HaCohen ben Sarah	Moshe Yosef ben Esther	Kasreil Dovid ben Esther
Meir Yehoshua ben Penina Kaila	Eitan Shmuel ben Chana Leah	Yonason Yisroel ben Devorah Rivka	

### Women

Shoshana bas Miriam	Shula bas Carmela	Raizel Shoshana bas Faiga Leah	Ziona bas Tye
Vittel Zilke bas Leah	Eliana Chaya bas Nacha	Orly Rachel Bat Yehudit Rus	Sheva bas Rivka
Leah Adina bas Chaya Esther	Adi Simcha bas Penina Leah	Tye Miriam bas Zehavit	Miriam bas Chana
Yochana bas Chana	Aida Batya bas Etta	Arielle Mazal Tov bas Eliane	Chaya Ruchel bas Esti Rivka
Nava bas Fruma Leah	Chaya Tova Gittel bas Shulamis Sima	Devora Faiga bas Malka	Malka Chana bas Ruchel
Basha Leiba bas Baila Fruma	Bayla Mishka bas Devora	Shoshana Aliza bas Aviva Michal	Simcha bas Sara
Simcha bas Tzipporah	Sarah bas Tzipora	Miriam Chava Chana Devora bas	Idit Chava bat Yaffa
Malka Esther bas Devorah	Chaya Raizel bas Dena	Shaindel Chaya Rivka	Hinda Raizel bas Pesha
Devorah bas Ruchel	Chana bas Sarah	Batya Pia bas Chaya Ruchel	Ahuva Devorah bas Chana Rivka
Tzippora Aviva bas Rivka	Sheva bas Rivka	Esther bas Ruth	Hinda bas Feiga
Miriam Rochel bas Chava Elisheva	Shira bas Sarah	Rachel Chana bas Shulamet Itel	
Kayla Dodie bas Rochel Bracha	Nechama Getzel bas Rachel	Feiga Elka bas Yehudis	
Rochel Bracha bas Baila	Ruchama Malka Briendel bas	Aydel bas Chaya	
Tirtze Sorah bas Rochel Bracha	Shaina Shifra	Sarah Duba bas Miriam	
Rivka Tehillah bas Sarah	Rivka bas Chaya Ruchel	Batya Yehudis bas Masha Sarah	
Hinda bas Dena	Rivka bas Yocheved	Nechama bat Esther Mere	

## THE B'NAI ISRAEL CALENDAR AT A GLANCE

### **Week of October 20th to October 26th**

#### **Week of October 27th to November 2nd**

**Tuesday, October 29th:** Rosh Chodesh Cheshvan

**Wednesday, October 30th:** Rosh Chodesh Cheshvan

**Shabbos, November 2nd:** Kiddush in honor of the engagement of Isaac Brooke to Shira Wagner

#### **Week of November 3rd to November 9th**

**Sunday, November 3rd:** SATs (Sunday testing)

**Sunday, November 3rd:** Vaad HaKashrus of Tidewater presents: "A Chopped Competition" with Naomi Nachman

**Wednesday, November 6th:** 9th Annual Israel Today program. First speaker: Inbal Arieli

**Shabbos, November 9th:** Shalosh Seudos by Daniel Simkovitz & Juliette Landesman in honor of Adam & Avigayil Perry and their children and to all veterans.

#### **Week of November 10th to November 16th**

**Friday, November 15th:** The Shabbos Project, Friday Night Dinner

**Shabbos, November 16th:** The Shabbos Project

#### **Week of November 17th to November 23rd**

**Sunday, November 17th:** SuperSunday at the Sandler Family JCC

#### **Week of November 24th to November 30th**

**Thursday, November 28th:** Thanksgiving

**Thursday, November 28th:** Rosh Chodesh Kislev

**Friday, November 29th:** Rosh Chodesh Kislev

#### **Week of December 1st to December 7th**

**Shabbos, December 7th:** Aufruf of Isaac Brooke

**Shabbos, December 7th:** Kiddush in honor of the aufruf of Isaac Brooke

**Shabbos, December 7th:** Shalosh Seudos in honor of the aufruf of Isaac Brooke

### **Week of December 8th to December 14th**

**Sunday, December 8th:** SATs (Sunday Testing)

**Monday, December 9th:** 9th Annual Israel Today program - Second Speaker: Yaakov Katz

### **Week of December 15th to December 21st**

#### **Week of December 22nd to December 28th**

**Sunday, December 22nd:** First night of Chanuka

**Monday, December 23rd:** First day/Second Night of Chanuka

**Tuesday, December 24th:** Second Day/Third Night of Chanuka

**Wednesday, December 25th:** Third Day/Fourth Night of Chanuka

**Thursday, December 26th:** Fourth Day/Fifth Night of Chanuka

**Friday, December 27th:** Fifth Day/Sixth Night of Chanuka

**Shabbos, December 28th:** Sixth Day/Seventh Night of Chanuka

**Shabbos, December 28th:** Rosh Chodesh Teves

### **Week of December 29th to January 4th**

**Sunday, December 29th:** Seventh Day/Eighth Night of Chanuka

**Sunday, December 29th:** Rosh Chodesh Teves



## Our Name Is Mud

By Rabbi Sender Haber

On the sixth day, Hashem said, "Let us make Adam, in our likeness with our image."

Man was different than all of the other creatures. We were made in the image of G-d.

After Man was created, G-d created animals out of the earth as well he brought them before Adam and he was given the task of naming them. He was in charge of all of the creatures and he was able to name them based on their innate talents.

The Torah tells us that Adam named every one of the creatures. He named them with a certain degree of prophecy, finding and defining the inner strengths. The horse is called a Sus because he has happiness. An ox makes a straight line - a shura. A donkey is naturally slow and lazy.

After naming all of the animals that had emerged from the earth, Adam turned to naming himself. He chose the name Adam after the Adama. (Even in Latin Hemo means earth hence Homo sapiens.)

This is astounding. Adam is a fine name, but all of the animals had come from the earth. He named each one according to their unique potential. Man is greater than any of the animals. He is almost a divine being. We have a breath of G-d within us. Why Adam?

The Alter of Slobodka explains that Adam did not want to label himself as divine. He wanted to remind himself where he had come from and far it was possible for him to sink.

We may have a divine spark in us but we are also made of dirt. This is the story of this week's parsha and of the entire book of Bereishis.

Rav Chiya bar Abba (Avoda Zara 25a) refers to the book of Bereishis as Sefer Hayashar - the Book of the Upright. This is a reference to our forefathers whose stories are recounted in the book of Bereishis. They were upright, just, and proper people. Yesharim. The entire Sefer of Bereishis contains very few mitzvos, but it is our history. It begins with the creation of the world which is the basis upon which Hashem gave us the land of Israel, but it continues with the stories of our forefathers: the kindness of Avraham, the self-sacrifice of Yitzchak and the dedication of Yaacov.

The Torah is here to tell us how to live our lives as divine beings while remaining aware of our muddy roots.

There are several ways to attend a wedding. Some people attend as the bride. They are the center of attention and the focal point of the program. The show cannot go on without her. Another important figure is the groom. After that there are family, good friends, the shadchan, the teachers and the dignitaries.



After that, there are the people who just show up. Most of them belong there. Some might have crashed or shown up at the wrong wedding. Everyone enjoys weddings. You have a couple of grouches, but most people enjoy the occasion.

The same applies to Simchas Torah. It's a happy day. Especially after so many solemn days, it is nice to come to shul to dance and to listen to the singing. Perhaps to kiss the Torah. To listen as the Aliyos are sold, the Torah is completed and to sing along as the torah is begun again with the six days of creation.

The question is how involved we are in the completion of the Torah.

Halachically, it is ideal to study the Parsha twice every week in Hebrew and once with a translation, but that is not practical for everyone. Figure out what works for you.

Perhaps you could be particular to listen to every word of the Torah Reading and following along in the Chumash for the entire year. You could read one Aliyah a day in the Stone Chumash. You can read "**The Medrash Says**" or even aim to complete the entire "**Me'am Loez**" series.

These are not unattainable goals. They are also not the only way to finish the Torah.

I encourage everyone to use their creativity. Finish the Torah this year. If you enjoyed the Simchas Torah this year, enjoy it more next year.

Make next Simchas Torah your personal celebration.