



This week's Kiddush is sponsored by Shmuel & Shira Itzhak in honor of the birth of Maytal Rivka Itzhak, daughter of Shayna & Noam Itzhak



There will be no Shalosh Seudos this week at Shul due to the fact that Shabbos is Erev Shavuos

## Schedule for the Week

<b><u>Friday, May 18th (4th Sivan)</u></b>			
Candle lighting	7:00 P*	Yizkor - not earlier than	10:30 A
Minchah/Kabbalas Shabbos/Maariv	7:00 P*	Neilas HaChag for Women at Haber home	5:00 P
		Mincha	7:55 P
		Neilas HaChag with Rabbi Golding	
		Maariv/Havdala	8:55 P
<b><u>Shabbos, May 19th (5th Sivan) Erev Shavuos</u></b>			
Shachris	9:00 A		
BISLI	10:00 A	<b><u>Tuesday, May 22nd (8th Sivan)</u></b>	
Early Mincha	2:30 P	Daf Yomi	6:00 A
Shabbos Women's Class @ Amy Brooke	5:00 P	Shachris	7:00 A
Daf Yomi	6:45 P	Tomer Devora class	12:00 N
Pirkei Avos:	6:55 P	Mincha/Maariv	8:00 P
Minchah	7:45 P		
Candle Lighting no earlier than	8:54 P	<b><u>Wednesday, May 23rd (9th Sivan)</u></b>	
Introduction to Night of Learning		Daf Yomi	6:00 A
with Rabbi Rudin: "The Chosen Nation"		Shachris	7:00 A
Maariv	8:54 P	Mincha / Maariv	8:00 P
Bnai Israel Shavuos Learning Program	12:00 M		
(For Schedule of classes, please see separate flyer)		<b><u>Thursday, May 24th (10th Sivan)</u></b>	
		Daf Yomi	6:00 A
		Shachris	6:45 A
		Mincha / Maariv	8:00 P
<b><u>Sunday, May 20th (6th Sivan) - Shavuos Day 1</u></b>			
Early Shachris	5:00 A	<b><u>Friday, May 25th (11th Sivan)</u></b>	
Shachris	9:00 A	Daf Yomi	6:00 A
Mincha	7:55 A	Shachris	7:00 A
Class with Rabbi Katz		Candle Lighting	7:00 P*
Maariv	8:35 P	Mincha	7:00 P*
Candle Lighting - no earlier than	8:54 P		
<b><u>Monday, May 21st (7th Sivan) - Shavuos Day 2</u></b>			
Shachris	8:30 A		

**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 Amy Brooke . 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.
<b>Daf Yomi with Rabbi Loiterman</b>						
Morning	7:00	See handout for each day (this week only)				
Evening	after Maariv (as noted)					
<b>Rabbi Haber's Classes</b>						
	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.
Mesilas Yescharim		No class				
<b>Kollel Learning Programs</b>						
	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.
Partners in Torah at JCC		No class 5/21				
Night Kollel	No class 5/20		after Maariv			
<b>Other Classes Available</b>						
	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.
Tomer Devora with Amy Lefcoe			12:00 N			
Gemara: Avoda Zora			75 min before Mincha			

## MAZEL TOV

Mazel Tov to Avidan Itzhak on his college graduation from Touro college Lander college for Men

## MONDAY NIGHT CLASS WITH RABBI SENDER HABER

*Mondays at 6:45 pm – no class 5/21/18 (Shavuot)*

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: AN OVERVIEW OF THE HALACHIC IMPLICATIONS OF WHISKEY PRODUCTION

*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 equipment and 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.

## OU ADVOCACY'S ANNUAL LEADERSHIP MISSION TO D.C.

*Wednesday, June 13, 2018*

Please join us on Wednesday, June 13, 2018 at the White House and on Capitol Hill for our Annual Leadership Mission to Washington, D.C. If you are interested in attending, please contact Rabbi Sender Haber.

	<b>Thank you to our contributors</b>
<b>Bnai Israel Congregation</b>	<ul style="list-style-type: none"><li>✧ Drs. Stephen &amp; Lynn Deutsch in honor of Cantor Jacob &amp; Cyndi Tessler in appreciation of their Shabbos hospitality</li><li>✧ Drs. Stephen &amp; Lynn Deutsch in honor of Dr. Gedalia &amp; Jodi Schwartz in appreciation of their Shabbos hospitality</li><li>✧ Jeffrey &amp; Nancy Snyder in memory of Claude Miller</li><li>✧ Mark &amp; Elaine Rosenberg for the Refuah Shelaima of Moshe ben Devora Esther</li><li>✧ Thomas Winterstein in honor of the Bar Mitzva of Zev-Adi Goldberg</li></ul>
<b>Aliya Pledges</b>	<ul style="list-style-type: none"><li>✧ Joel &amp; Suri Stern</li></ul>

## For the Week of Shabbos, May 19th through Friday, May 25th

### BIRTHDAYS

Adina Malka Nathan	5/20	Miriam Prager	1st	5/23
Michael Aschkenas	5/21	Ariella Chanah Rubenstein	14th	5/23
Shira Katz	5/21	Aviva Harpaz		5/24
Joseph Drory	5/22	Avraham Rothman	13th	5/24
Michal Raizel Murkoff	5/22	Peggy Renee Aschkenas		5/25
Moshe Rothman	5/22			

### YAHRTZEITS

Samuel Alderman	5/19	Fred Hoffberger	5/22
I. Morton Feldman	5/19	Hadassah Horenstein	5/22
Bella Polevoy	5/19	Brian Forman	5/23
Tilly Spooner	5/19	Sarah Japha	5/24
Ruth Igdal	5/20	Rosa Rabinovich	5/24
Mary Levi	5/20	Alan Rose	5/24
Ida Mirman	5/20	Stanley Zedd	5/24
John Perl	5/20	Alan Beer	5/25
Hilliard Shapiro	5/21	Abe Rines	5/25
Abraham Bridge	5/22		

### REFUAH SHELAIMA

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

## THE B'NAI ISRAEL CALENDAR AT A GLANCE

### **Week of May 13th through May 19th**

**Shabbos, May 19th:** Kiddush by Shmuel & Shira Itzhak in honor of Maytal Rivka Itzhak

**Shabbos, May 19th:** No Shalosh Seudos (Erev Shavuot)

**Shabbos, May 19th (night):** Annual All-night Shavuot Learning Sessions

### **Week of May 20th through May 26th**

**Sunday, May 20th:** First Day of Shavuot

**Monday, May 21st:** Second Day of Shavuot (Yizkor)

### **Week of May 27th through June 2nd**

**Monday, May 28th:** Memorial Day

### **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 (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**

### **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)

## Taking the plunge

By Rabbi Sender Haber

Three thousand, three hundred, and twenty-nine years ago, Moshe (Moses) announced to the Jewish people that He would be ascending Mount Sinai to receive the Torah for the Jewish people. The Midrash tells us that the Jewish people protested. They said, “We want to see our G-d; we want to receive the Torah directly from its author.” Moshe transmitted the Jewish peoples’ beautiful request to G-d. G-d agreed and gave Moshe detailed instructions on how the people must prepare and purify themselves for a three-day period. The people rejoiced at the news and enthusiastically threw themselves into the task of preparing to literally ‘meet their creator’ and receive his Torah.

By the third day, everything was in place. The purification process was completed and at dawn trumpeting and thunder were heard. The presence of G-d began to descend on Har Sinai.

Nobody showed up.

Moshe quickly ran back to the camp and spoke to the people. He woke them, comforted them, calmed them, and convinced them to come to Mount Sinai and receive the Torah. Our sages tell us that G-d himself came toward the camp to greet and encourage our forefathers as they gathered beneath the mountain to receive the Torah.

This is very strange. The Jewish people begged for an audience with G-d, but needed to be convinced to attend!

As children, many of us are taught that the Jewish people were sleepyheads—hey just forgot to set their alarm clocks. I don’t think this explanation is sufficient.

We need to consider that the Jewish people had been the chosen people since the times of Abraham and his covenant with G-d. Nonetheless, this was the first time that the people were forced to make a commitment. It could be said that until now the Jewish people had enjoyed a very long engagement. Mount Sinai was to be the wedding ceremony between us and G-d. The Torah was the contract, the rules and the promises that came with the relationship. When it came to actually tying the knot, our forefathers were scared. They were the first (and only) nation in history to enter into a covenant with G-d. Other nations refused the Torah outright but the Jewish people—with a little encouragement from Moshe and from Hashem himself, were able to take the plunge, tie the knot, and make the commitment.

Generations later we have a close relationship with Hashem because our forefathers made that plunge.

Sometimes in order to grow as people and as Jews we need to be strong enough to do something new; to take on something daunting. Often we do not need that strength, because it’s already been done by our fathers and their fathers before them.