

Tish'a B'Av Schedule

Shabbat, August 9 Mincha — 6:00 pm
 **Fast begins — 8:13 pm**
 Shabbat ends — 8:55 pm
 Ma'ariv and *Eicha* — 9:15 pm
 Sunday, August 10 Shacharit and *kinot* — 8:30 am

Tish'a B'av Video Program

6:00 pm – Leaving Envy Behind: Decency, *Derech Eretz* and Destruction of the Temple – Rabbi Mordechai Becher and Rabbi Zev Leff — by the Chofetz Chaim Heritage Foundation
 Mincha/Ma'ariv — 7:40 pm
 Fast ends — 8:54 pm

The Month of Elul

The month of Elul: A month before Rosh Hashanah, this year Monday, September 1, we begin preparing for the Day of Judgment. We blow the *shofar* each weekday morning, with the exception of Erev Rosh Hashanah, and add Psalm 27 into our prayers each morning and evening, in order to begin awakening within us feelings of repentance.

Selichot: Penitential prayers are recited each weekday morning until Yom Kippur. We begin reciting these prayers at a special midnight service on Saturday night, September 20.

Customs and Practices for the “Nine Days” and Tish'a B'Av

Background: The three-week period from 17 Tammuz through 9 Av was a time of tragedy for the Jewish people. Many calamities happened on these specific days and during the time between. The catastrophic events surrounding the Holy Temple in Jerusalem that occurred on those specific days resulted in the long exile, which is still ongoing. On the 17th of Tammuz the walls of Jerusalem were breached during the period of the second Temple, and the 9th of Av marks the day on which both the first and second Temples were destroyed. For that reason it was ordained that this period of three weeks should be observed as days of mourning by the entire nation. Some mourning practices begin on 17 Tammuz and they increase in severity as we approach the 9th of Av.

We discussed the customs of the beginning of this period in the last *ChaiLine*. Now we will mention the customs observed after Rosh Chodesh Av.

When: The 9 days begin on Rosh Chodesh Av, which occurs on Shabbat, August 2, and continue through 9 Av, which occurs on Sunday, August 10.

Mourning practices: During the entire 3-week period we do not conduct weddings, we refrain from haircuts, and we avoid listening to live music. During the 9 days beginning on Rosh Chodesh we refrain from eating meat and drinking wine (or grape juice), and from wearing freshly laundered and ironed clothes. Freshly laundered undergarments are permitted. None of these restrictions apply to Shabbat. We may also drink the wine or grape juice used for Havdalah, even though it is no longer Shabbat, however it is preferable that a child drink the wine or grape juice. We also do not launder or dry clean those clothes during this period, even for use after the 9 days. Swimming and bathing for pleasure is likewise forbidden. Bathing for hygienic and health reasons is permitted. Purchasing “items of joy” should be avoided unless their cost will be higher, or the item will not be available, after Tish'a B'Av. Shaving is avoided during the 9 days, and is forbidden on Tish'a B'Av itself – Saturday night and Sunday.

Erev Tish'a B'Av which occurs on Shabbat: Shabbat is celebrated as usual and no mourning takes place on Shabbat. We are permitted to eat meat and drink wine, sit as a group and on regular chairs, even at *Seudah Sh'lishit*. The customary *seudat hamafseket*, the last meal before the fast commences, is not observed in

Thank You

Thank you for all your good wishes and Mitzvah Cards on the occasion of the marriage of our granddaughter and the engagement of our grandson. It is nice to share *simchas* with our friends.

Marlene and Jack Serkin

Kiddushim Sponsors

Thanks to the following for sponsoring Shabbat morning *kiddushim*:
 May 17 — Charles & Paula Rubin, in memory of Barry Raff's sister, Elaine Raff
 May 24 – Meryl & Harold Sasnowitz, in honor of their son-in-law, Betzalel Lazarus, becoming an ASA (Associate in the Society of Actuaries)
 June 21 – Families of graduates and Lilly & Herman Wolf, and Miriam & Aaron Alweis in honor of Dan returning from two successful years of study in Israel
 July 5 – The Sasnowitz children, in honor of Meryl & Harold's 40th Anniversary
 July 17 – Rabbi Zev & Judy Silber, in honor of visiting family

honor of the Shabbat. Special care must be taken to complete all eating and drinking before sunset, which this year is at 8:13 pm. After this time no food or drink may be consumed and the other Tish'a B'Av restrictions (see below) apply. Regular Torah study is permitted by many authorities during all of Shabbat. Havdalah is **not** to be recited after Shabbat, since the fast has already begun. Changing to non-leather shoes is not permitted until after Shabbat, and after a verbal recitation of Havdalah – *baruch hamavdil bein kodesh l'chol – blessed is He who differentiates between holy and regular days* – is recited.

Tish'a B'Av is observed for the full 24-hour period, beginning at sundown on Saturday, August 9. All the restrictions of Yom Kippur apply: It is prohibited to eat and drink; we are not allowed to wash, anoint oneself, wear leather shoes or engage in marital relations. If you need to take medication or consume food or drink due to health reasons, please consult with the rabbi. It is also customary to sit on a low chair or on the floor, as during Shiva, until Mincha on Tish'a B'Av.

Ma'ariv service: After the evening service we read the book of *Eicha* (Lamentations), followed by several *kinot*, poetic dirges which recall the destruction of the Temple.

Shacharit service: We do not don Tallit or Tefilin and following the service many *kinot* are recited which recall the many tragic events that occurred on this day.

Mincha service: We wear our Tallit and Tefilin and the traditional service for a fast day is recited.

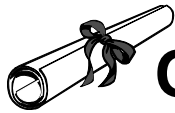
After Tish'a B'Av: After Ma'ariv we recite Havdalah over a cup of wine or grape juice, but we do not use spices or a candle. The *b'racha* of *Hamavdil* is recited and the wine or grape juice should be drunk by a child, if available. Otherwise, an adult is permitted to drink. It is customary to recite *kiddush l'vanah* – the blessing over the new moon – before eating. Some of the restrictions of Tish'a B'Av continue until noon of the next day. It is customary not to eat meat or drink wine or grape juice until after noon. It is permissible to wear leather shoes and bathe immediately after the fast. We are not permitted to wash clothes, get a haircut and shave until after noon.

Our sages teach that whoever mourns over Jerusalem will merit the future vision of her joy. As it is written in Isaiah (Chapter 66, verse 10), “rejoice greatly with her, all who mourn her.”

Book Your Shabbat Kiddush Today

Giving a Kiddush is a nice way to celebrate any *simcha* or special occasion. Giving a Kiddush is a nice way to create a special occasion, even if there is nothing special to celebrate.

Meryl Sasnowitz, Kiddush coordinator, will reserve your special dates for the coming year; please call her at 797-5458.



Our Graduates



College

Peter Cohen, son of Drs. Jerry and Elaine Cohen, graduated with a B.S. from S.U.N.Y. of Albany

Rachel Rendsburg Abrams, granddaughter of Mr. and Mrs. Samuel Ladenheim, graduated from Barnard College with a B.A.

Alison Triebwasser, sister of Tom Treibwasser, completed a B.A. at University of Mass. at Amherst.

High School

Michael Mintz, grandson of Mr. and Mrs. Robert Groh, graduated from Maimonides High School in Boston.

Hillel

Lily Choi, daughter of Dr. Susan Choi

Emily Lewis, daughter of Mr. and Mrs. Richard Lewis

JCC Preschool

Amylia Wiesner, daughter of Dr. and Mrs. Lawrence Wiesner, granddaughter of Mr. and Mrs. Michael Wiesner, and great granddaughter of Doris Zolty

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Shabbat Luncheon		Shul Office or Charney Oppenheim
Seudah Shlishit		Rabbi Adamit-773-8980
Shabbat Kiddush		Meryl Sasnowitz-797-5458

Calendar of Events



Saturday, August 9 Farewell Kiddush for Ilene Goldman
 Sunday, August 10, Fast Day Tisha B' Av
 Saturday, August 16 Jeremy Wright *Auf Ruf*
 Sunday, September 7 Jeremy Wright wedding
 Tuesday, September 9 Chany Slonim wedding
 Wednesday, September 10 Sisterhood Opening mtg.
 Sunday, September 14 New Chabad House dedication
 Sunday, September 21 Bat Mitzvah of Elisa Alweis

How to Contact Your Rabbi

Rabbi Silber's office hours will be: Tuesdays, 9:00-11:00 am and Wednesdays, 1:00-3:00pm.

Please feel free to stop by at these times, even without an appointment. If you need to consult with the rabbi and these times are not convenient for you, please call Rabbi Silber and you can work out a mutually acceptable time.

Occasionally these hours need to change, and changes are listed in the weekly announcement sheet distributed each Shabbat at services.

If you need to contact one of the rabbis, there are several ways that this can be done:

* Call the shul office (722-1793) and leave a message with Shirley who will contact them

* Call the shul office (722-1793) and leave a confidential message on the voice mail. Press #2 for Rabbi Silber's mail box or #3 for Rabbi Adamit's mail box. The rabbis check their voice mail frequently

* In case of emergency on a school day, you can call Hillel Academy (722-9274) and leave a message for either or both Rabbi Silber and/or Rabbi Adamit.

* In case of emergency at other times, you can call the rabbi's cell phone: Rabbi Silber can be reached at 761-7098 and Rabbi Adamit can be reached at 237-3690.

It's Still Available

Nibbles to Noshes, Beth David Sisterhood's Cookbook, is still available at only \$7.50 for the set of three volumes of culinary delights by Beth David's finest cooks.

Don't miss getting your copy today. Call Shirley at the Shul office, 722-1793.

**Don't Forget the
Beth David
Endowment Fund!**