

Shavuot Luncheon

Our Shavuot luncheon, held on Thursday, June 5, was great. Thanks to Marcy Yonaty and her workers. Marcy's name is synonymous with the luncheon although while doing the preparations, she always says this is her last year. When she thanks everyone publically, her remarks include references to what she will do next year, which we take as her commitment for the future.

Marcy was assisted by Lillian Sommer, Cathy Velenchik, Marie Werner, Ruth Goldstein, Lillian Zodikoff and Marlene Serkin.

Gabi Yonaty did shopping and schlepping and fruit preparation.

The Torah Tour students were a great asset to the holiday. The dinner on Tuesday evening was sponsored by Rabbi Zev and Judy Silber and prepared, served and cleaned up by Judy Silber with help from Cathy Velenchik,

The luncheon this year was sponsored by Mark Yonaty in memory of Doris Zolty, of blessed memory. The herring was donated by Ahren Edison.

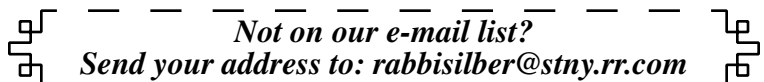
Blintze Casserole Recipe (served at luncheon)

	6-8	24-32
Batter		
Butter, melted	3 T	3/4 C
Sugar	3 T	3/4 C
Eggs, large	3	12
Flour	3/4 C	3 C
Milk	3/4 C	3 C
Sour Cream	1/2 C	2 C
Baking Powder	1 t.	4 t.
Vanilla	1/4 t.	1 t.
Filling		
Farmer Cheese	8 oz.	2 lbs.
Cottage Cheese (small curd)	1 1/2 C	6 C
Sugar	2 T	1/2 C
Eggs, large	1	4
Lemon Juice	1 T	4 T

Preheat oven to 350 degrees. Place all batter ingredients in blender, processor or mixer, until well blended. Pour 1 C (4 C) batter into the bottom of a well greased 9" (or appropriate size) pan. Bake about 12 minutes or until set.

Mix together all filling ingredients and pour over baked bottom layer. Stir remaining batter and pour it evenly over the filling. Bake for an additional 45-50 minutes or until top is puffed and golden brown. Cool slightly and cut into squares.

Can be made ahead and reheated before serving. Cinnamon may be added prior to reheating for color and flavor. Serve plain, or with sour cream or strawberries. Freezes well.


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Shabbat Luncheon

This linguini recipe from Claire Ladenheim is for a large crowd. Adjustments will have to be made for a smaller amount. It was served at the June Shabbat luncheon.

Cook and drain 2 lbs. of linguini. Add the following:

- 1 c. diced red pepper
- 1 c. diced green pepper
- 1 c. sesame seeds
- 2 c. cashew nuts
- 1 bunch scallions cut up

Optional: shredded carrots, diced cucumbers, sliced red radishes

Dressing:

- 2/3 c. soy sauce
- 1/2 c. sesame oil

Mix ingredients for dressing and drizzle over the linguini.

Tzedekah boxes

Beth David Tzedekah boxes are available for one and all. Please call Meryl Sasnowitz (797-5458) and she will see that you receive one. When your box is ready to be emptied, you can call Meryl or bring it into the shul office. A receipt will be issued for the amount in the box.

Funds and Phone Numbers Please Clip and Save

Fund	Minimum Donation	Contact
Mitzvah Fund	\$2.50	Toby@ 754-4297
Shul Beautiful	\$5.00	Toby @ 754-4297
Library Fund	Shul Office-722-1793
Discretionary Fund	Shul Office-722-1793
General Fund	Shul Office-722-1793
Mikvah Fund	Shul Office-722-1793
Ansell Tikun Torah Fund	Shul Office-722-1793
Siddur(Prayer Book)	\$35.00	Shul Office-722-1793
Chumash	\$60.00	Shul Office-722-1793
Gemorrah	\$75.00	Shul Office-722-1793
Shabbat Luncheon	Shul Office-722-1793
Seudah Shlishit	Rabbi Adomit-773-8980
Shabbat Kiddush	Meryl @ 797-5458
To schedule use of kitchen	Hadassah @ 772-8410
To schedule use of Mikvah	Susan @ 772-8576

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 shall be observed as days of mourning by the entire nation. Some mourning practices begin on 17th of 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 Monday, July 28, and continue through 9 Av, which occurs on Tuesday, August 5.

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 clothes during this period, even for use after the 9 days. Swimming and bathing for pleasure is likewise forbidden. Bathing for hygienic and health reason 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, or at least the week in which Tish’a B’Av occurs, and is forbidden on Tish’a B’Av itself – Monday night and Tuesday.

Erev Tish’a B’Av: Before sunset it is customary to eat a *seudat hamafseket*, the last meal before the fast commences. The regular meal eaten in order to have the strength to fast is consumed earlier. This meal is a meal of mourning. It consists of just one course, usually a hard-boiled egg, and bread. This meal is eaten while sitting on a low chair, just like during Shiva, and consumed in solitude. This is the last food that one should consume before the fast.

Tish’a B’Av is observed for the full 24-hour period, beginning at sundown on Monday, August 4. 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: 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 or 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.”

The Month of Elul

The month of Elul: A month before Rosh Hashanah, this year Wednesday, August 27, 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 service on Saturday night, September 20.

Calendar of Events

Monday, July 28.....	Rosh Chodesh Av
Tuesday, August 5	Tisha B’Av
Tuesday-Wednesday, August 26-27.....	Rosh Chodesh Elul
Monday, September 1	Labor Day
Wednesday, September 10.....	Sisterhood Opening Mtg.
Saturday, September 13	Kiddush Luncheon