



Weekday Morning and Evening Services

August 7-11

Morning: Sun 8:00 am • M-Th 6:30 am

Evening: Sun - Mon-Th 7:50 pm

Friday night, August 5th

Mincha & Kabbalat Shabbat @ CBI.....7:00 pm

Northside Minyan @ Sudikoff home7:00 pm

1209 Shattuck Ave (east side of street, past Oak Park, near Eunice)

Candle Lighting7:55 pm

Saturday, August 6th

Morning Service.....9:15 am

Childcare9:15 am

Torah Readers: **Na'aman Kam**

Haftorah Reader: **Jamie Conway**

Formal Group Time:10:30 am

Kedma (3-5 years old): **Natan Kuchar**

Tzafona (K-2): **Mordechai Miranda**

Negba (3rd-5th): **Ari Weber**

Parent supervisor: **Ofra and Eliav Goldberg**

Sermon by R. Cohen: Building the Temple Word by Word

Shabbat Mincha.....7:35 pm

Seudah Shlishit7:55 pm

Ma'ariv, Havdalah & Shabbat ends after8:55 pm

KIDDUSH SPONSORS

Sanne Dewitt: in memory of my beloved father, Dr. Samuel Kalter, and in memory of our wonderful and beautiful daughter, Laila Ruth DeWitt

Glenn and Judy Massarano: in honor of the yahrtzeit of HaRav Moshe Eliezer ben David Eliyahu u'Fayga Nechama, Rabbi Moshe Rubinstein, father of Judy Massarano, marked on Monday night and Tuesday. May his memory be for a blessing, as he continues to inspire me lil'mod ul'lamed lishma.

The following sponsors in honor of Avraham Burrell's "social security birthday" and in recognition of all that he does for the community:

Serach Bracha and Paul Albert, Carol and Jim Cunradi, Sara and Benni Darmoni, Jane Falk, Malcolm Feeley and Rivka Amado, Matan and Nadav Gilbert, Sam and Rose Ginsburg, Preston and Anya Grant, Dan Lewis, Lois and Gary Marcus, Judy and Glenn Massarano, Batya Schick, Hiram Simon, David Spieler, Justin and Sheba Sweet, Rona and Eli Teitelman, Ruth and Fried Wittman, Joelle Yzquierdo

SHABBAT CHAZON PARSHAT DEVARIM

Friday night & Saturday, August 12th & 13th

Mincha & Kabbalat Shabbat7:00 pm

Candle Lighting7:47 pm

Morning Service.....9:15 am

Childcare9:15 am

Formal Group Time.....10:30 am

Shabbat Mincha.....4:00 pm

followed by Seudah Shelishit at home

Shabbat ends after8:46 pm

FAST OF TISHA B'AV

Sat. night & Sun., August 13th – 14th

Saturday night, August 13th

Fast begins.....8:00 pm

Ma'ariv & Eicha9:00 pm

Sunday, August 14th

Shacharit for Tisha B'Av.....8:00 am

Kinnot9:00 am

Special Tisha B'Av community learning10:00 am

Chatzot (midday)1:13 pm

Mincha with Tallit & Tefilin7:35 pm

Ma'ariv & Fast ends.....8:32 pm

Beth Israel Classes

SATURDAY

Zemirot with Rabbi Rue—Shabbat Morning During Kiddush

Each Shabbat we will study one Zemir, learn the tune, study the text and ask some questions for further thought. We will start about 15 minutes after Kiddush starts to give people time to get food and eat when we study.

Rabbi David Rue has been a Dayan from 1989, Rosh Beit Din from 2000. He has dealt with more than 400 cases of Agunot, and has been able to solve more than 95% of them. Rabbi Rue has dealt with many Rabbis of all kinds of affiliations, and his approach was formed by my contact with the luminaries of the Zionist movement. Rabbi Rue has taught extensively in Yeshivot Bnei Akiva, the premier religious Zionist education network in Israel with over 75 schools and 24,000 students. He is a close student of Rav Druckman.

MONDAY

NEW CLASS: Book of Eicha: In the weeks leading up to the Ninth of Av, we will look at the book of Eicha. Attributed to the prophet Jeremiah, it is a hauntingly beautiful elegy for the people and city of Jerusalem at the time of the Destruction of the Temple.

Maharat Victoria Sutton — Mondays @ 12:00 pm, August 8

WEDNESDAY

Jewish philosophers: Rabbi Eliezer Berkovits: The class is currently reading and discussing selections from "Essential Essays on Judaism" presenting Berkovits' most significant essays, exploring vital issues within Judaism and Jewish society, including: Jewish morality and law, Jewish nationhood, and Jewish theology. No background necessary.

Muni Schweig — Wednesdays @ 8:00 pm @ the Schweig home

EVENTS/ANNOUNCEMENTS

In Beth Israel

Baruch Dayan Emet: We deeply regret to inform you of the passing in Israel of **Chava Golda Bas Rachel Leah**, beloved mother of R. Elihahu Klein, mother-in law of Cynthia Scheinberg and grandmother of Gavi Klein. She is survived by her husband, Rabbi Tsvi Klein of Lakewood New Jersey, 8 children, and a lot of grandchildren and great grandchildren. The funeral took place in Israel; shiva will be completed in Lakewood,

Please refrain from wearing perfumes or scented products as there are congregants for whom these products are an irritant due to allergies or as a result of chemotherapy or other medical treatment. Thank you.

New Jersey. We expect R. Eliahu Klein to return to Berkeley on August 11.

HaMakom Yenacheim Et'chem Betoach She'ar Aveilei Tziyon VeYerushalayim. May God comfort the family and all others who mourn for Zion and Jerusalem.

CBI SISTERHOOD: Stitch meeting

The next meeting will be on Tuesday, **August 9, from 10 AM to 1 PM** at the home of Sara Engel. 169 Requa Rd., Piedmont. Please let Sara know if you are coming at 510-549-2975, or savtase@yahoo.com; Rose Ginsburg, 510-525-3906 rosegins@gmail.com

Save the Date! Shabbat Shalem

Dinner and Learning with Elishav and Ma'ayan Rabinovich

Friday & Saturday, August 12-13

We are thrilled to welcome back Elishav and Ma'ayan Rabinovich, who together with their family served as *shlichim* in our community as our Youth Directors, at OHDS and at the Merkavah Torah Institute from 2011 to 2014. Elishav & Ma'ayan live in Tel Aviv where they both work in the field of education and in building a vibrant community in the city. They are excited to be back in Berkeley together with their four daughters Uri, Halel, Raz & Shiri

Friday, August 12

7:00 p.m. Mincha & Kabbalat Shabbat

7:47 p.m. Candle Lighting

7:45 p.m. Shabbat dinner at CBI followed by learning: "From Berkeley to Tel Aviv: Reflections on Our Journey"

\$10 per child (to age 12), student, & young professional, \$18 per adult, \$50 maximum per family—RSVP by August 9

Saturday, August 13

Sermon by Ma'ayan Rabinovich: "Longing for *Beit Ha'Mikdash* – Reflections on the Meaning of Nostalgia"

Special Tisha B'Av Community-Wide Learning

Sunday, August 14

10:00 am to 2:00 pm: Tisha B'Av Learning

Learning Torah brings us joy, and so we refrain from this type of learning on Tisha B'Av. We turn towards texts dealing with themes appropriate for the day, texts often overlooked.

Join us for a meaningful day of engaging with these themes, with sessions taught by community-wide educators, including: *Rachel Brodie *Rabbi Yehuda Ferris *Elishav Rabinovich *Dr Bernie Steinberg and more...

2 PM - 6 PM

Film Selections for Tisha B'Av

Young Professionals Tu B'Av Get Together

Thursday, August 18 @ 7:30 PM

Take comfort in friends, old and new, on this day of love and joy.

Enjoy music and comfort foods on the CBI outdoor patio.

Free with RSVP. Please RSVP to M. Victoria Sutton

Evening on Israel and the Environment with Alon Tal

Sunday, August 21, 6:30 PM

Professor Alon Tal founded the Israel Union for Environmental Defense, Israel's leading green advocacy organization and the Arava Institute for Environmental Studies. A passionate advocate for local and global environmental protection, Israel's Haaretz newspaper has called him the country's most effective environmental leader. Tal has

offered a range of stimulating and inspirational talks at over fifty universities worldwide. Between 2010 and 2013 he served as chair of Israel's Green Party. Israel's Ministry of Environment gave him a life achievement award at age 48. In 2005 he was the winner of the Bronfman prize, a humanitarian award for young leaders. He has held faculty positions at Ben Gurion, Tel Aviv, Harvard, Stanford, Michigan State and Otago Universities.

Donate your car/boat/vehicle to Beth Israel. Full tax write off. Beth Israel. Contact David: 510-849-0961

In the Community

Camp Gan Israel: By the sandy shores of North Lake Temescal stands a Jewish summer camp. Fresh air. All day. Exploring the wonders of the natural world. Inspired by childrens' natural curiosity to explore the world

Safe and sheltered setting, all while drawing inspiration from Jewish tradition and wisdom, brought to life in a vibrant atmosphere.

Engaging activities by enthusiastic counselors.

Fishing: every week at Lake Temescal

Hiking: on the winding paths around the lake, stopping to pick berries.

Food prep: pizza, sushi, cream puffs, challah every Friday

Capoeira: with Sabia, a local expert

All types of Sports, Crafts, Swimming at Strawberry Canyon

Two trips every week, to local places of interest.

Camp Gan Israel has 1 more session: August 8-12

MAKING WAVES

in harmony with our Jewish community

FEATURING THE MACCABEATS*

Sunday, November 13, 2016

Doors open @ 4:15 p.m.

Show starts @ 5:00 p.m.

Acalanes High School Theater, Lafayette

Tickets go on sale September 1, 2016

Adults \$25 Kids under 12- \$15

With a massive fan base, more than 20 million views on YouTube, and a White House performance under their belts, this charismatic a cappella phenomenon plans to "light up" the Acalanes Theater in Lafayette with an eclectic mix of popular Jewish, American, and Israeli songs fused with inspirational holiday stories.

Sponsored by the Jewish Federation of the East Bay

For more information, go to www.jfed.org/makingwaves

* Recommended for ages 6+

Sandwiches @ UC Berkeley: Freshly made kosher sandwiches will be available at 11:30 am Monday through Fridays at the following locations: Crossroads at the Den (Channing & Bowditch), Golden Bear Cafe, and Cafe Ramona. Choices available: one meat, one poultry, and an egg salad. For any questions, contact Avraham Burrell avraham@mindspring.com.

Three Weeks and Nine Days

The 17th of Tammuz, commemorating the fall of Jerusalem prior to the destruction of the Temple, marks the beginning of a three-week national period of mourning culminating with the 9th of Av. Our rabbis referred to the time period between the 17th of Tammuz and the 9th of Av as “*Bein Hamitzarim*,” between the straits, based on the verse, “All her oppressors have overtaken her within the straits.” (Lamentations 1:3)

On Shabbat during the Three Weeks, the Haftorot focus upon the Temple’s destruction and the exile of the Jewish people.

The five events which we mourn on the 17th of Tammuz are:

- Moshe broke the tablets at Mount Sinai, in response to the sin of the Golden Calf.
- The daily offerings in the First Temple were suspended during the siege of Jerusalem, after the *Kohanim* could no longer obtain animals.
- Jerusalem’s walls were breached prior to the destruction of the Second Temple in 70 CE.
- Prior to the Great Revolt, the Roman general Apostamos burned a Torah scroll, setting a precedent for the burning of Jewish books throughout the centuries.
- An idolatrous image was placed in the Sanctuary of the Temple.

Aspects of mourning during the three weeks

- We do not get married, but one may get engaged.
- We avoid public celebrations, especially those which involve singing, dancing and musical accompaniment.
- We do not enjoy live music. This prohibition however does not apply if you make your living as a musician or teacher, or if you are a student practicing but not performing.
- We do not get haircuts. A person who usually shaves daily and would suffer business or financial loss by not shaving may continue to do so.

Aspects of mourning during the nine days

The period commencing with Rosh Chodesh Av is called the Nine Days. During this time, a stricter level of mourning is observed, in accordance with the Talmudic dictum, “When the month of Av begins, we reduce our joy.” (BT Taanit 26)

- We don’t eat meat (including poultry) or drink wine. These foods are symbolic of the Temple service, and are generally expressions of celebration and joy. (Meat and wine are permitted on Shabbat. This also applies to any other *seudat mitzvah*, for example, at a *Brit Milah*, *Simchat Bat* or at the completion of a tractate of Talmud.)
- We do not bathe for pleasure, but one should continue to bathe for daily hygiene in a manner that is somewhat less enjoyable. Those taking swim lessons or who swim for medical reasons may continue to do so.
- We avoid purchasing any items that bring great joy, but one may buy things if they will be difficult to find after the 9th of Av, or even if they will be more expensive later. If possible, one should refrain from using or wearing these items until after this period. Purchases necessary for one’s livelihood are permitted.
- We do not say the *She-hechyanu* on new food or clothes, except on Shabbat.
- We postpone starting home improvements or the planting of trees and flowers until after the 9th of Av, as it would seem inconsistent to focus upon home decor as we mourn the destruction of God’s house.
- If one has the option, it is preferable to refrain from wearing newly laundered exterior garments, except on Shabbat. (If the “freshness” has been taken out of a garment prior to the Nine Days —by having worn it for even a few moments—it may be worn. For this reason, it is advisable to put on, however, briefly, any exterior garments you wish to wear during this time, prior to the Nine Days. The clothing of small children, which gets soiled frequently, may be laundered and worn in a normal fashion.)

The Ninth of Av, history and laws

On the 9th of Av, we remember and mourn tragedies which occurred to our people throughout history. The following events are said to have transpired or started on this very day:

- The sin of the spies caused God to decree that the Children of Israel who left Egypt would not be permitted to enter the land of Israel.
- The first Temple was destroyed.

- The second Temple was destroyed.
- Betar, the last fortress to hold out against the Romans during the Bar Kochba revolt in the year 135, fell, sealing the fate of the Jewish people.
- One year after the fall of Betar, the Temple area was plowed.
- In 1492, King Ferdinand of Spain issued the expulsion decree, setting the 9th of Av as the final date by which not a single Jew would be allowed on Spanish soil.
- World War I, which began the downward slide to the Holocaust – began on the 9th of Av.

The central component of the day however is not only sadness and loss but also the hope for *teshuvah* and the betterment of ourselves.

There are five major prohibitions (all of which are rabbinically ordained) that help create and reflect our sense of loss and introspection on the 9th of Av.

- We do not eat or drink. (Individuals who are ill, pregnant or nursing should in no way harm themselves.)
- We do not bathe even parts of our bodies. If part of the body becomes soiled, one may wash that area. After using the restroom and after waking up, one washes his or her hands up to the knuckles.
- We do not anoint our bodies with oils. This include creams, cosmetics, cologne and perfume.
- We do not wear leather shoes.
- Marital relations are prohibited.

Other traditions include:

- *Greeting*: We do not greet each other at all, because mourning is an introspective process, not a social one. One should be careful not to offend another person who may be unaware of this law. There is an added custom to minimize speech in general, at least until midday (known as *chatzot*, which falls precisely between sunrise—*neitz*—and sunset—*shkia*. See the *zmanim* chart for details).
- *Torah study*: We do not study Torah, as it offers us our greatest joy. However, elements dealing with the destruction of the Temple or the laws of mourning should be studied.
- *Sitting on the floor*: We sit on the floor or on a low chair until *chatzot*. One may also stand or lie down. There is an added custom to remove a pillow from one's bed, or to place a stone beneath the pillow.
- *Tallit and tefilin*: Are not worn in the morning, but are worn for mincha.
- Our tradition teaches that the process of redemption will also begin on the 9th of Av.