



Weekday Services July 19-23

Sun. 8:00 am • Mo-Th 6:30 am

Sun-Th @ CBI: 8:05 pm

Friday Evening, July 17th

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

Northside Minyan @ Alper Home 7:00 pm

910 Oxford St. Berkeley

Candle Lighting 8:12 pm

Saturday, July 18th

Morning Service.....9:15 am

Torah & Haftarah Reader: **Na'aman Kam**

Educational Programming 11:00 am

Yeladim: **Yael Krieger**

Talmidim A & B: **David Hartman**

Sermon by R. Cohen: Our Faithful Return Home — Reflections for the Nine Days of Av

Shabbat Mincha..... 7:50 pm

Seudah Shelishit..... 8:05 pm

Ma'ariv, Havdalah & Shabbat ends after 9:14 pm

KIDDUSH LUNCHEON SPONSORS

Kiddush luncheon sponsored by **Hope and Noah Alper** in honor of the aufruf and upcoming marriage of their son David to Naama Wrightman of White Plains, NY and the visit of Hadassah & Jeff Wrightman and grandmother Elaine Binder.

Aaron Marcus is co-sponsoring in the kiddush in honor of the visit from Berlin, Germany, to Berkeley, during 14-28 July 2015, of his daughter Elisheva Marcus, her husband Henning Schaefer, and their baby daughter Frieda Grace Schaefer (Orli Margalit).

SHABBAT PARSHAT DEVARIM

Friday & Saturday, July 24th – 25th

Mincha & Kabbalat Shabbat 7:00 pm

Candle Lighting 8:07 pm

Morning Service.....9:15 am

Educational Childcare 11:00 am

Mincha 4:00 pm

followed by seudah shlishit at home

Fast of Av begins..... 8:28 pm

Shabbat ends after..... 9:09 pm

Ma'ariv & Eicha..... 9:25 pm

FAST OF TISHA B'AV

Sat. night & Sun., July 25th – 26th

For full details of the laws of Tisha B'Av and the Week that precedes it, see below

Saturday, July 25th

Mincha 4:00 pm

Followed by seudah shlishit at home

Fast Begins 8:28 pm

Ma'ariv & Eicha..... 9:25 pm

Eicha Readers:

Chapter 1 – **Sarah Silverman**

Chapter 2 – **Benjamin Epstein**

Chapter 3 – **Preston Grant**

Chapter 4 – **Andrea Brott**

Chapter 5 – **Judy Massarano**

Sunday, July 26th

Shacharit for Tisha B'Av 8:00 am

Kinnot 9:00 am

Special Tisha B'Av community-wide learning 10:00 am-2:00 pm

Classes focused on themes of Tisha B'Av, taught by educators from the wider East Bay Jewish Community. Full schedule to follow shortly. Torah study, as it brings joy, is limited on Tisha B'Av to topics appropriate for the day of communal mourning.

Chatzot (midday)..... 1:15 pm

Movie Screening 2:00-4:00 pm

Mincha with Tallit & Tefilin 8:10 pm

Ma'ariv 8:50 pm

Fast ends..... 8:58 pm

Beth Israel Classes

SUNDAY, JULY 26

Special Tisha B'Av community-wide learning 10:00 am-2:00 pm

Classes focused on themes of Tisha B'Av, taught by educators from the wider East Bay Jewish Community. Full schedule to follow shortly. Torah study, as it bring joy, is limited on Tisha B'Av to topics appropriate for the day of communal mourning.

Movie Screening 2:00-4:00 pm

WEDNESDAY

Book of Eicha with Maharat Victoria Sutton: 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 — Wednesdays July 15 & 22 @ 11:00 am

FRIDAY

Talmudic Wisdom: Join us for a weekly class that explores key *sugyot* (talmudic units) that discuss major Jewish questions of practice and thought.

R. Yonatan Cohen - Fridays, 9:00 a.m.

EVENTS/ANNOUNCEMENTS

In Beth Israel

Condolences: We deeply regret to inform you of the passing of Dr. **Ronald (Ron) Sherwood Tikofsky, PhD.**, beloved husband of Rita Tikofsky, father of Melissa Tikofsky, z"l and Andy Tikofsky and grandfather of Shira Tikofsky. Andy is spending the week with his mother in San Francisco. He will be joining evening services at CBI on Sunday, Monday and Tuesday at 8:15 pm. The CBI Family is invited to offer personal condolences at those times.

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.

*HaMakom Yenacheim Et'chem Betoach She'ar Aveilei Tziyon
VeYerushalayim.*

May God comfort the family and all others who mourn for Zion and Jerusalem

Mazal Tov! to Elizabeth Wasserman and Isaac Resnikoff on the birth of a baby boy on the night of July 7, and the bris on July 15 in Los Angeles of Eli Haviland Wasserman-Resnikoff. He is named in memory of our dear friend Eli Resnikoff, z"l. Mother and baby are in good health, b"n. Special Mazal Tov to **Denise Resnikoff, Lenny Kristal, and the entire Resnikoff family** on this joyous occasion!

May Eli's life be filled with the insights of Torah, the warm and supportive love of family and community, and the blessing of good deeds.

We are pleased to announce that **L'Chaim Foods** will deliver weekly chef prepared meals to your home every Thursday evening at the time slot of your choice. One meal feeds one person.

Order here: <http://lchaimfoods.com/product/lchaim-at-home/>

Special thanks to our dear friend R. Alex Shandrovsky for his amazing work and his commitment to our East Bay community. L'Chaim!

Donate your car/boat/vehicle to Beth Israel/Midrasha. Full tax write off. Beth Israel/Midrasha share proceeds from sale. Contact David: 510-849-0961 or Midrasha: 510-843-4667.

For my Preschool Shall Become Preschools for All People

A number of years ago our community set out to rebuild our Gan Shalom Preschool and Shabbat Youth Center. As we approached the time of construction, our preschool director Laura Lipman and I began searching for an alternative space to serve our preschool community during the time of construction. Through meticulous research, our preschool director discovered that a local Asian church owned a minister's home on its lot that was vacant. After consultation and research, Laura and I went to meet the church's board president.

During an hour's meeting, Laura and I walked through the space and, channeling Gan Shalom's creativity, we began to lay out a vision for transforming the vacant minister's home into a preschool. The church's president stood on the side mesmerized. "This will be the nap room..." "That will become the art center..." "This will be perfect for circle time..."

At the end of the meeting, the president thanked us and promised to return with an answer from the church's board. A few days passed and we heard back that the board turned down our offer.

With our backs against the wall (we contacted countless other places as well), we began dreaming of transforming our shul space...Our shul library became the area for circle time (and all books were removed), my office became the area for art work and nap time (thank God for coffee shops and long walks), our shul patio became a bicycle runway.

Our communal space grew smaller...but our hearts grew wider.

A year after hearing back from the church, I drove by it only to notice a sign on its outer gate. The sign announced the opening of a new Church preschool. It seems like the vision we had shared during our visit took root. The minister's vacant home did become a preschool after all...And as I saw that sign, I couldn't help but smile.

Now - thank God! - it is our time to hang up a sign.

Our prophets spoke of a time when the Home of God will become a worship place for all people. It is wholly holy to begin with our children.

We will officially dedicate our new Gan Shalom Youth Center on August 30. Stay tuned for more details and please support our project's final fundraising goal of \$75,000.

R. Yonatan Cohen

In the Community

Israel Innovations Fair, Sunday, August 30, 10 AM – 5 PM, at the David Brower Center, 2150 Allston Way, Berkeley. The fair showcases the ways that Israeli innovation and technology have contributed to humankind. The speakers will educate the attendees about the innovative spirit of Israeli society. The fair will feature many exciting speakers and exhibitions with the latest developments in Israeli technology including solar energy, irrigation systems, medicine, environmental issues, as well as art and fashion. For more information: elliottlavey@aol.com.

Kosher 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.

The Nine Days

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 teshuva 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.