



Weekday Morning and Evening Services

July 24-30

Morning: Sun 8:00 am • M-Th 6:30 am  
Evening: Sun 7:55 pm, Mon-Th 8:05 pm

**Friday night, July 22<sup>nd</sup>**

Mincha & Kabbalat Shabbat @ CBI..... 7:00 pm  
Northside Minyan @ Sudikoff home ..... 7:00 pm  
1209 Shattuck Ave (east side of street, past Oak Park, near Eunice)  
Candle Lighting ..... 8:08 pm

**Saturday, July 23<sup>rd</sup>**

Morning Service.....9:15 am  
Childcare .....9:15 am  
Torah Readers: **Na'aman Kam**  
Haftorah Reader: **Darrell Cohn**  
(in honor of Darrel and Leah's 8th anniversary )  
Formal Group Time: ..... 10:30 am  
Kedma (3-5 years old): **M. Victoria Sutton**  
Tzafona (K-2): **Mordechai Miranda**  
Negba (3rd-5th): **Ari Weber**  
Parent supervisor: **Jo-Ellen Zeitlin**  
**Sermon by R. Cohen: Praying with Bilam**  
Pre-Mincha class w/Reb Eliahu Klein ..... 6:45 pm  
Shabbat Mincha ..... 7:45 pm  
Seudah Shlishit..... 8:05 pm  
Ma'ariv, Havdalah & Shabbat ends after ..... 9:10 pm

KIDDUSH LUNCH SPONSORS

The Millers, The Yudenfreunds, and the Zedecks, celebrating their 50th wedding anniversaries.

**FAST OF 17TH OF TAMMUZ**

**Yahrzeit of Archie Greenberg, z"l**

**Sunday, July 24<sup>th</sup>**

Fast Begins ..... 4:30 am  
Shacharit w/selichot ..... 8:00 am  
Mincha w/Torah reading & Haftorah ..... 7:55 pm  
Ma'ariv ..... 8:40 pm  
Fast ends ..... 8:56 pm

This year, as the Fast of the Seventeen of Tammuz falls on Shabbat, the fast is postponed until Sunday. Information about the significance of this fast day and customs pertaining to the three weeks leading up to the Ninth of Av is found on the back pages.

**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.

**Pre-Mincha Class with Reb Eliahu Klein, 6:45 pm**

The Maharal on Pirkei Avot and Other Chassidic masters

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, July 25, August 1 & 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**

**CBI is pleased to invite you to a fascinating evening with Colonel (ret) Dr. Ephraim Kam: *The "New" Middle East - A Tour D'Horizon***

**Tuesday, July 26, 6:45 to 8:00 pm @ CBI**

The Middle East has undergone dramatic changes since 2011: millions of people were killed, wounded, or displaced; central governments do not function; Jihadist terror organizations have penetrated into the vacuum; nobody knows what will happen in key countries like Saudi Arabia, Iran, or Turkey in the near future; and the Iranian nuclear issue is still on the agenda. The talk will review the significance of these developments and their implications on the security of both the US and Israel.

Dr. Ephraim Kam is a Senior Research Associate at the Institute for National Security Studies (INSS), and former Deputy Head of the Institute for 18 years. He served as the Assistant Director for Evaluation of the Research Division of IDF Military Intelligence until 1993. He obtained his Ph.D in international relations from Harvard University, USA. He specializes in security problems of the Middle East – especially the Iranian challenge – strategic intelligence, and Israel's security issues. His book *"Surprise Attack: The Victim's Perspective"* was published by Harvard University Press and was awarded the 1988 prize for best book on intelligence matters from the National Intelligence Study Center, Washington, D.C. He is also the author of *From Terror to Nuclear Bombs: The Significance of the Iranian Threat* (2004) and *A Nuclear Iran: What Does it Mean, and What Can be Done* (2007).

*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.*

**CBI Cooks at Berkeley Men's Shelter**  
**Wednesday, July 27, 5-7:30 PM**

With your help, CBI prepares and serves dinner to more than 50 guests at the Berkeley Men's Homeless Shelter each month. You can join us on Wednesday, July 27, to cook, serve or clean up. To sign up for one of the following shifts, please contact Maharat Victoria with questions, or if you would like to help shop on Wednesday afternoon.

5-6:30 - Cook and Prep Shift

6:45-7:30 Serve and Clean-Up Shift

To help support the shelter cooking, you can contribute to Rabbi Cohen's Discretionary Fund which finances these dinners. Whether paying online or by check, please indicate "Homeless Shelter" in your memo section.

About the Berkeley Men's Housing Project:

The Men's Housing project is located in the Veteran's Memorial Building in Downtown Berkeley at 1931 Center Street. It provides 48 single men's beds and 5 emergency cots/beds on a nightly basis, 365 days a year. To find out more, volunteer or donate, please visit their website.

Be Part of Homeless Solutions in Berkeley

*Tizku l'Mitzvot,*

**Save the Date!**

Shabbat August 12-13 with R. Elishav & Ma'ayan Rabinovich, dinner and pre-Tisha B'Av Learning

Camp Gan Israel has 2 more sessions: August 1- 5, August 8-12

**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](mailto:avraham@mindspring.com).

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| <p>Please join us at<br/>Congregation Beth Israel<br/>Sunday, September 18, 2016,<br/>As We Honor<br/><b>RABBI YONATAN COHEN &amp; DR. FRAYDA GONSHOR COHEN</b><br/>for their 10 years of leadership, dedication<br/>and devotion to our community<br/>6:00 pm : Cocktails<br/>7:00 pm : Dinner &amp; Program<br/>Couvert \$80<br/>Student Rate \$45</p> |
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**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.

## 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 *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.