CONGREGATION BETH ISRAEL

DAF HASHAVUAH

SHABBAT PARSHAT BALAK

JULY 8, 2017 / TAMMUZ 14, 5777

Weekday Morning and Evening Services
July 9-13
Morning: Su 8:00 am • M-F 6:30 am
Evening: Su, M, W, Th 8:15 pm • Tu 7:50 pm

Friday night, July 7
Mincha & Kabbalat Shabbat ..... 7:00 pm
Northside minyan @ Sudikoff home..... 7:00 pm
1209 Shattuck Ave (east side of street, past Live Oak Park, near Eunice)
Candle Lighting ..... 8:17 pm

Saturday, July 8
Morning Service ..... 9:15 am
Childcare ..... 9:15 am
Torah Reader: **Glenn Massarano**
Haftorah Reader: **Darrell Cohn**
"Shabbat in the Sun" Youth Summer Series *(see below)*..... 10:45 am
Sermon by Leah Kahn: *Crafting a Personal Vision: Blessings and Curses as Life Lessons*
Shabbat Mincha..... 7:55 pm
Seudah Shelishit ..... 8:15 pm
Ma'ariv, Havdalah & Shabbat ends after ..... 9:22 pm

KIDDUSH SPONSORS
Linda Diamond in memory of Richard Diamond; in celebration of the visit of my daughter, Danielle Diamond-Bongard and her husband, Ilan, and the birth of their daughter, Hallel; in memory of Leslie Ann Provence
Nae Golomb in memory of her father, Joel Simon Golomb; in memory of Leslie Ann Provence
Gladis & Phil Leider in memory of Jack and Margaret Weiss and Shirley Leider
All of us in honor of the 4th of July

CBI "SHABBAT IN THE SUN" YOUTH SUMMER SERIES

Are your kids itching to run around outside and get some Vitamin D on Shabbat? Well, good news - on select Shabbatot this summer, youth programming at CBI will be heading out into the sun at 10:45AM for outdoor activities!
Accompanied by the Shabbat team and parent volunteers, youth at CBI will be treated summer fruits, popsicles, games and free play in local parks as well as organized sports and activities in the sun. Age-appropriate activities will be arranged while at the park.
This Shabbat - July 8
Meet us at the front of Gan Shalom at 10:45AM this Shabbat or anytime before 11:45AM at Becky Temko Park, 2424 Roosevelt (btw. Channing and Dwight).
Parent Volunteer: Wendy Kenin
Park Parents: Benni & Sara Darmoni, Sarah & Saul Miranda
All children under the age of 3 must be accompanied by a parent.
******Please dress your child appropriately for time in the sun.***

FAST OF 17TH OF TAMMUZ
Yahrzeit of Archie Greenberg, z"l
Tuesday, July 11
Fast Begins ..... 4:16 am
Shacharit w/selichot ..... 6:30 am
Mincha w/Torah reading & Haftorah ..... 7:50 pm
Ma'ariv ..... 8:50 pm
Fast ends ..... 9:05 pm

Beth Israel Classes

MONDAY
Daniel & Ezra with M. Victoria Sutton: These narratives tell the story of the Jewish people between the First and Second Temples. From the writing on the wall to the lion's den, we will explore the life and times of the prophet Daniel in the Babylonian court. Next, we turn to Ezra haSofer, the pivotal figure in returning the people, and Torah, from the Babylonian exile to Jerusalem. As we journey through this critical time in Jewish history, we will learn about these amazing figures, their challenges and choices, and how they can inform our own experiences both in the Diaspora and in Israel.
M. Victoria Sutton — Mondays @ 12:00 pm.

WEDNESDAY

Women's Torah Leyning Class with Meena Viswanath *(please note: registration is closed)*: Learn to *leyn* in time for Simhat Torah women's reading! Should be able to comfortably read Hebrew (with punctuation). No previous Torah reading experience or musical ability necessary. Cost:
Meena Viswanath -- Wednesdays @ 7:30 pm -8:30 pm

Jewish philosophers: The class is currently reading **"A Living Covenant: The Innovative Spirit in Traditional Judaism"** by world-renowned philosopher and social activist, Dr. David Hartman (z"l), the founder of the Shalom Hartman Institute in Jerusalem.
Muni Schweig — Wednesdays @ 8:00 pm @ the Schweig home

FRIDAY
Talmudic Wisdom @ 9:00 AM: Join us for a weekly class that explores key *sugyot* (talmudic units) on major Jewish questions of practice and thought.
On hiatus for the summer.

SATURDAY
Study of *Kima Kima* (Step by Step) by Rabbi Chaim Drukman: Kima examines the sources that deal with the redemption of the Jewish people from the Bible, Talmud, Midrashim and the early Rabbinic sources. *Kima Kima* provides deep insights into modern Israeli Orthodox thought and philosophy of delivery from exile to redemption and the important part that the State of Israel has played in this process.
R. David Rue • Saturdays @8:30 am-9:15 am

Zemirot of Shabbat with R. David Rue—Shabbat Day: Each Shabbat we will study one Zemer (Shabbat Song), learn the tune, study the text and ask some questions for further thought. Class will meet in the beit midrash during kiddush, **15** minutes after kiddush begins.
R. David Rue • Saturdays during Kiddush.

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.

PLEASE DO NOT REMOVE THIS SHEET FROM THE BUILDING ON SHABBAT

EVENTS/ANNOUNCEMENTS
In Beth Israel

Kiddush @ CBI in Honor of the Return of R. Cohen and Family, July 22
Please Join us in welcoming back Rabbi Cohen, Frayda Gonshor Cohen and Hoshaya, Gavriel and Amarya on Shabbat, July 22
If you wish to be a sponsor for this kiddush, we welcome all levels of contribution. Payment is accepted by check directly to CBI, or online at the CBI website (please pick the "Kiddush" fund and indicate "Cohen Family Kiddush" in the memo line):
https://www.cbiberkeley.org/connect/giving/

CBI Lost & Found & Unsolicited donations: We will be clearing all the lost and found at shul by Shabbat, July 29 -- please check the social and library for things you may have brought and forgotten.
We would like to remind everyone that CBI does not accept unsolicited donations of books, CD's, or toys. We appreciate if you would kindly consult with the office before leaving any items at shul (or on the porch).

R. Naftali Citron of the Carlebach Shul
"THE BEAUTIFUL MAIDEN"
One of the most romantic and intriguing stories in all of kabbala—Opens the gates to understanding of Torah and Judaic consciousness.
Wednesday, July 12 at 6:45 pm
(6:30 pm - Refreshments, Meet the Rabbi)
Rabbi Citron has been a popular teacher of Jewish mysticism in the U.S. and abroad for the last 20 years. He is the founder of the Day of Kabbalah and spiritual leader of the legendary Carlebach Shul. He grew up in Berkeley, the son of esteemed Rabbi-Dayan Chaim Citron and grand-nephew of Shlomo Carlebach.
Sponsored by Congregation Beth Israel, the Alberts, the Alpers, the Jaspers, Batya Schick, and Rachel Schorr & David Spieler

Donate your car/boat/vehicle to Beth Israel. Full tax write off.
Proceeds benefit Gan Shalom Preschool Scholarship Fund.
Contact David Spieler: 510-849-0961.

EVENTS/ANNOUNCEMENTS
In the Community

Afikomen Judaica: Sunday, July 23rd 3:00 pm
Please Join us for a fabulous Book Talk and Signing with Bay Area Historian Richard Schwartz: *The Man Who Lit Lady Liberty*
Richard's new book, The Man Who Lit Lady Liberty: The Extraordinary Rise and Fall of Actor M.B. Curtis, tells the amazing life story of immigrant actor M.B. Curtis. Curtis catapulted to overnight stardom in 1880 and was the first American Jewish actor to portray a Jewish character on stage, using his comedic talent to overcome common stereotypes and prejudices of the time. In gratitude for his life in America, Curtis also personally paid for the lighting of the Statue of Liberty at a time when Congress would not fund it. A story of stardom and great personal struggles, this book shines a torch on one actor's creativity and cultural influence that greatly impacted the East Bay area.
Books available for purchase - FREE event
More info call Afikomen Judaica 510-655-1977

GUIDELINES FOR THE 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.

In addition, in 1942 the mass deportations of Jews from the Warsaw ghetto began on Erev Tisha B'Av.

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-hechiyanu* 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.

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