



Weekday Morning and Evening Services

July 8-12, 2018

Morning: 8:00 am Sun • 6:30 am Mo - Th

Evening: 8:15 pm Su-Th

Friday, July 6

Northside minyan at Sudikoff home 7:00 pm
1209 Shattuck Ave (east side of street, past Live Oak Park, near Eunice)
Mincha & Kabbalat Shabbat 7:00 pm
Candle Lighting..... 8:16 pm

Saturday, July 7

Morning Service 9:15 am
Childcare 9:15 am
Torah & Haftarah Reader: **Uriel Sudikoff**
Shabbat Groups Park Day! 10:45 am
CBI Shabbat Groups will be leaving Gan at 10:45am to have groups and play at Presentation Park (corner California & Allston). Please make sure your child is ready for the sun!

Group leaders: **Natan Kuchar, Hannah Lyon, Jacob Schwartz**
Parent Supervisors: **Aron and Ariel Wolgel**

Sermon by Zvi Rosen: *The Almond Branch and Boiling Pot*

Mincha 7:55 pm
Seudah Shlishit..... 8:15 pm
Ma'ariv, Havdalah & Shabbat ends..... 9:20 pm

KIDDUSH SPONSORS

Jeff and Jodie Morgan in honor of their daughter, Zoë's, upcoming wedding in Israel.

HACHNASSAT ORCHIM

Sara and Benjamin Darmoni

Kiddush Wine:

Covenant Winery, with special thanks to the Morgan Family

ROSH CHODESH AV

Thursday night & Friday, July 12-13

Shacharit 6:30 am

Beth Israel Classes

MONDAY

Key Books in Tanakh: Sefer Shoftim/Judges The cycle of the period of the Judges spans several hundred years from the days of Joshua to the prophet Samuel. In the absence of strong, central leadership, individuals rose up to meet the challenges facing the nation. Some of these leaders are larger than life, such as Samson and Deborah, while others' stories are less known yet compelling and thought provoking. Through learning the book of Shoftim, we will compare and contrast these diverse leaders and gain an understanding of this liminal period in Jewish history.

M. Victoria Sutton — Mondays @ 12:00 pm.

TUESDAY

Laws of Shabbat: In this class we will re-use R. Eliezer Melamed's well-organized, clear and concise *halakhic* (Jewish legal) writings as a

springboard to deepen our understanding and our observance of the laws of Shabbat. Each class will focus on a specific area of religious practice and move from general principle to practical details. **This class is on hiatus.**

R. Yonatan Cohen — Tuesdays @ 12:00 pm.

WEDNESDAY

New Talmudic Readings: This volume contains three of Emmanuel Levinas's last major lectures on the Talmud. Originally compiled and published in French in 1996, it includes the lectures, *The Will of Heaven and the Power of Humanity, Beyond the State in the Self, and Who is One-self?* Levinas's Talmudic commentaries have generated interest in both theological and philosophical circles. These exegetical writings bear on his ever-present concern with ethics, the central focus of his philosophy. One of the most remarkable consequences of this focus, furthermore, is a renewal of philosophy's capacity to both respect and uncover the deepest meanings central to sacred as well as secular texts.

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

FRIDAY

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

R. Yonatan Cohen — Fridays, 9:00 am

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

Poems of the Ibn Ezra with R. David Rue—Shabbat Day: We will be starting a section on Poem's of the Ibn Ezra. Each class will meet in the Sanctuary.

R. David Rue — Saturdays, 12:10 pm, during Kiddush

EVENTS/ANNOUNCEMENTS

In Beth Israel

Mazal Tov! to Yael Krieger and R. Joshua Ladon big sister Elisheva and big brother Zohar on the birth Monday night of a baby girl. Mother and baby are in good health, b"n.

Simchat Bat will take place this **Sunday, July 8th at 9:30 am @CBI** May her life be filled with the insights of Torah, the warm and supportive love of family and community, and the blessing of good deeds. Mazal Tov!

Shifra Puah - Elias Family: Mazal Tov! To Aliza and Nimrod Elias, and to big sisters Nava and Maya, on the birth of a baby boy **Adiv Chaim.**

A great way to support the family is to bring them a meal. Please sign up for a meal here: <http://mealmein.com/helpout/1h635>

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.

May this child's life be filled with the insights of Torah, the warm and supportive love of family and community, and the blessing of good deeds. Mazal Tov!

Mazal tov to Maharat Victoria Sutton on recently joining the Board of Directors of Jewish Family & Community Services East Bay. You can learn more about this organization here: <https://jfcs-eastbay.org/>



Thank you Leslie Valas: Last week, Leslie Valas completed her second term as president of our beloved CBI Family. At this time I would like to take a moment to offer my profound gratitude to Leslie and acknowledge her leadership and dedication to our community.

Two years ago, Leslie agreed to return as president (she served as my first president twelve years ago) in order to allow my family to go on sabbatical. In this way, her service over these last two years was not only to the entire community, but it was very much a personal gift to me.

Over these passed two years, Leslie played a critical role in supporting the vitality of our Shul on a daily basis and in ensuring the tenure of our religious leadership at Gan and CBI.

On countless occasions, Leslie has mentioned to me how CBI has become the organizing principle of her life. In truth, our community can only play such a significant role in people's life due to the incredible dedication of our lay leaders and volunteers. Leslie's time as our president is exemplary of this very fact.

Todah Rabbah Leslie!

R. Yonatan Cohen

Refugee Supply Drive at CBI: During the Three Weeks, July 1-22, we will be collecting items for welcome kits to be given to refugees through JFCS (Jewish Family and Community Services).

On Tisha B'Av, July 22, 2:30-4 pm at CBI, we will assemble welcome kits and write welcome notes. Families welcome, babysitting available.

Ways you can help:

- Drop off the above items (full-size toiletries, new bedding) at CBI
- Purchase or donate towards Target or Safeway gift cards (suggested amounts \$20-50). If donating online, please pick the General Fund and indicate "Refugee Drive" in the memo section.
- Volunteer to assemble welcome kits on Tisha b'Av - sign up here: <https://tinyurl.com/y75drvfh>
- Donate here: <https://www.cbiberkeley.org/connect/giving/>

See our flyer on the back page.

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.

LAWS & CUSTOMS OF 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-hechivenu* 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 on the 9th of Av (individuals who are ill or pregnant or nursing should in no way harm themselves. For further guidance please contact Rabbi Cohen.)
- We do not Bathe even parts of our body on the 9th of Av. If part of the body becomes soiled one may wash that area. After using the restroom and after waking up one washes his/her hands up to the knuckles.
- We do not anoint our bodies with Oils on the 9th of Av, this include creams, cosmetics, cologne and perfume.
- We do not wear Leather Shoes on the 9th of Av.
- Marital Relations are prohibited on the 9th of Av.

Other traditions include:

Greeting: We do not greet each other by saying "hello" or "how are you doing" on the 9th of Av, 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.

REFUGEE SUPPLY DRIVE

Jewish Family and Community Services East Bay is a local agency that has been supporting refugees for decades. **We can help!**

WHO YOU'RE HELPING

The majority of refugees JFCS East Bay has resettled in recent years are from Afghanistan. Many are former translators who worked with the U.S. military. Under threat of violence and death from the Taliban and other extremist groups, these young men and their families have been forced to flee their country. Donating supplies is a great way to support these young families who have sacrificed so much for our country.

WHAT THEY NEED

“Welcome Kits” in a bag:

- Shampoo
- Conditioner
- Soap
- Toothpaste
- Toothbrush
- Dental Floss
- Shaving Items (razors and shaving cream/gel)
- Deodorant
- Toilet Paper
- Sanitary Napkins (not tampons)

*Newly purchased, full size items only.

Also needed:

- Newly purchased twin/queen sheet sets, blankets, and towels
- Target or Safeway gift cards in denominations of \$25 to \$50
- Write a card or note to a newcomer refugee. Notes of support and acceptance go a long way in welcoming refugees to our community.



**JEWISH FAMILY &
COMMUNITY SERVICES
EAST BAY**

COMPASSION IN ACTION. COMMITMENT TO ALL.

jfcs-eastbay.org



COLLECTING DONATIONS
JULY 1–JULY 22

VOLUNTEER ON
TISHA B'AV
TO ASSEMBLE THE
WELCOME KITS

SUNDAY, JULY 22
2:30-4PM