



CONGREGATION BETH ISRAEL

DAF HASHAVUAH

SHABBAT PARSHAT BALAK
BAR MITZVAH OF DAVID KENIN

JULY 19-20, 2019 — 17 TAMMUZ, 5779

Weekday Morning and Evening Services

July 21-25, 2019

Morning: 8:00 am Su • 6:30 am M-Th

Evening: 8:05 pm Su-Thurs

Friday Night, July 19

Northside Minyan @ Sudikoff home on Oxford St 7:00 pm
1209 Shattuck Ave (east side of street, past Live Oak Park, near Eunice)
CBI Mincha & Kabbalat Shabbat 7:00 pm
Candle Lighting 8:10 pm

Saturday, July 20

Morning Service9:15 am
Tot Childcare (upstairs at CBI*) w/Shyenne Burrell9:15 am
*Children 18 mos-3 yrs can be dropped off at tot childcare.
Childcare at Gan Shalom (ages 3-10)9:15 am
Greeters: **Sara Bamberger, Rona Teitelman, Meena Viswanath, Carol Cunradi**
Torah Readers: **David Kenin & Daniel Hoffman**
Haftorah Reader: **David Kenin**
Formal Group Time10:30 am
Kedma (Pre-K): **M. Victoria Sutton & Adam Brelow**
Tzafona: **Natan Kuchar**
Gan Assistant: **Luana Lima**
Parent supervisors: **Sutton/Brelow**
Drasha by David Kenin
Shabbat Mincha 7:50 pm
Seudah Shlishit 8:10 pm
Ma'ariv 9:10 pm
Havdalah, & Shabbat ends after 9:13 pm

KIDDUSH LUNCH SPONSORS

The Kenin Family in honor of the bar mitzvah of David Kenin

FAST OF 17TH OF TAMMUZ

Sunday, July 21

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. Please see the Laws for the Three Weeks and Nine Days on our back page.

Fast Begins4:26 am
Shacharit w/selichot..... 8:00 am



R. Jeffrey Fox lecture 9:30 am
The Three Weeks: A Holiday of Distance: Comparing the three weeks between 17 Tammuz and 9 Av and the three weeks between Rosh Hashana and Shmini Atzeret

Rabbi Jeffrey S. Fox, Rosh HaYeshiva of Yeshivat Maharat, was the first graduate of Yeshivat Chovevei Torah. Upon graduation he served as the Rabbi of Kehilat Keshet: The Community Synagogue

of Tenafly and Englewood for seven years. In Rabbi Fox's tenure at Keshet, the community grew three-fold from thirty families to nearly one hundred. During that time Rabbi Fox also taught at Yeshivat Chovevei Torah as well as the Florence Melton Adult Education School in Bergen County. He also served on the board of the Synagogue Leadership Initiative of the UJA of NNJ. Rabbi Fox is a Senior Rabbinic Fellow of the Shalom Hartman Institute

and has also been a member of the faculty of the Drisha Institute, the Florence Melton Adult Education School in Westchester County, and Yeshivat Hadar.

Co-sponsored by Yeshivat Maharat and JOFA

Mincha w/Torah reading & Haftorah..... 7:50 pm
Ma'ariv..... 8:50 pm
Fast ends8:59 pm

Beth Israel Classes

SUNDAY

Jewish Meditation Group: A Hasidic Approach to Jewish Meditation based on the Teachings of the Maggid of Mezeritch and other Hasidic Masters, in theory (*haskafah*) and practice.

This is not a class! It is a group to create and support a chevre of meditators in our community. Beginners can come to learn the basics. Those more experienced can practice a quiet meditation you already do and discover more of the wealth of our contemplative tradition.

Please note: class will not meet on July 21.

R. Ken Lipman, Ph.D. — Sundays, 9:30 am-10:45 am @ CBI

MONDAY

Key Books in Tanakh: Book of Samuel: Following the chaotic period of the Judges, the Book of Samuel narrates the centralization of leadership in Israel. The book opens with the birth of the prophet Samuel, who unifies the nation, and crowns the first kings of Israel. The Book of Samuel presents a gripping exploration of political personalities, palace intrigue and the role of God in the lives of kings and nations.

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

TUESDAY

Tea & Torah: Join us monthly in an intimate home setting, for a daytime weekday opportunity to connect with friends and learn together. Each gathering will explore a few core texts tackling a contemporary topic of interest through a Jewish lens. Kindly hosted by Sam and Bathea James and facilitated by R. Yonatan Cohen. [RSVP requested to bathea@msn.com](mailto:bathea@msn.com)

Topic: Gun Control in Jewish Law and Thought

Tuesday, July 23, 1:00 - 3:00 pm

WEDNESDAY

Emmanuel Levinas: Nine readings of the Talmud by the French Jewish philosopher Emmanuel Levinas translate Jewish thought into the language of modern times. Here Levinas applies a hermeneutic that simultaneously allows the classic Jewish texts to shed light on contemporary problems and lets modern problems illuminate the texts. Besides being quintessential illustrations of the art of reading, the essays express the deeply ethical vision of the human condition that makes Levinas one of the most important thinkers of our time.

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

FRIDAY

Talmudic Wisdom: Join us for a weekly class on Tractate Chagigah that explores major Jewish questions of practice and thought. In this week's class we will begin the second chapter of the tractate.

R. Yonatan Cohen — Fridays, 9:00 am

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

Mazal Tov! to first-time grandparents **Rita Kohl & Steve Silberblatt**, and new parents **Rafael & Jeanine Silberblatt**, on the birth of a baby boy. Mother and baby are in good health, *b"n*. May his 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!

CBI Cooks at Berkeley Men's Shelter, Wednesday, July 24, 5-7:30 PM:

Thank you to all those who came out to help out at our last shelter dinner on June 26! We made a hearty shepherd's pie, green salad, and fresh melon platters.

Special thank you to **Semifreddis** for donating breads and pastries - and to **Rona Rothenberg** for coordinating with Semifreddis and picking up the baked goods!

Volunteers: **Lisa Gessow, Shulamis Green, Sam and Bathea James, Linda Levine, Rafi and Caleb Rosen, Rona Rothenberg, Susan Seeley, Neil Taxy, Hanna Yaffe.**

With your help, CBI prepares and serves dinner to more than 75 guests, both men and women, usually on the 4th Wednesday of each month. You can join us on Wednesday, July 24 to cook, serve or clean up. To sign up for one of the following shifts, please click here: <https://tinyurl.com/y5ogocua> Please note shelter location is 2140 Dwight Way.

5-6:30 - Cook and Prep Shift

6:40-7:30 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. Please click here to make a donation online.

Tizku l'Mitzvot, Maharat Victoria Sutton

The Burrell family warmly invites the community to a Kiddush lunch in honor of the 70th birthday of Avraham Burrell on August 10.

CBI GAME GROUPS

Mah Jongg w/Marti Zedeck: Anyone interested is welcome to meet on **Tuesdays** from noon to 3:00 pm at the shul. Check with Marti to confirm dates: martizedeck@yahoo.com (510) 527 0719.

CBI Sunday Soccer: A group of CBI members meet on Sunday mornings at 9 am at San Pablo park for a friendly game of soccer. All ages and levels of play skills (and no-skills) are welcomed to join. Email Noah Nathan at noahnathan@hotmail.co.uk for exact dates each week.

Please note that there will be no soccer this week due to Asara B'Tevet.

Refugee Drive 2019: During the Three Weeks, **July 21-August 11**, we will be collecting items for welcome kits to be given to refugees through JFCS (Jewish Family and Community Services). **On Tisha b'Av, August 11, 2:30-4 pm** at CBI, we will assemble the welcome kits and write welcome notes. Families are welcome to volunteer. Please be in touch with Maharat Victoria Sutton with any questions (maharatvictoria@gmail.com)

Ways you can help:

- Drop off items listed below (full-size toiletries, new bedding) at CBI or Gan Shalom
- Volunteer to assemble welcome kits on Tisha b'Av - sign up [here](#) to volunteer
- Purchase gift cards for Target or Safeway in increments of \$25 and drop off at CBI office

- Donate funds to purchase much-needed gift cards for refugees being resettled. **CBI will pool funds collected and purchase gift cards through SCRIP, magnifying the impact of each donation.**

How to donate:

- **Cash or check** (with refugee drive in memo): \$25 increments helpful (\$25, \$50, \$75, \$100..), donations of any amount welcome
- **Online:** Please donate to the General Fund and indicate "Refugee Drive" in the memo section. If donating online, please add 3% to cover the processing fee so that we can use funds most effectively for purchasing gift cards. For example:
 - \$25 --> \$25.75
 - \$50 --> \$51.50
 - \$75 --> \$77.25
 - \$100-->\$103.00

CONGREGATION BETH ISRAEL ACCEPTS VEHICLE DONATIONS

IT'S A WIN/WIN FOR YOU AND FOR CBI. Car donations are an easy way to support Congregation Beth Israel, providing you with a tax write-off and with additional funds for our community. We take care of the DMV paperwork, pick up your car, sell it at auction and then send you a receipt for the full amount that the car sold for. It's that easy! We can also accept trucks, boats, motorcycles and RVs.

For more information and to begin the process, please contact **Jerry Robbins, robbins42@hotmail.com (650) 766-7233.**

In The Community

Unveiling for Gloria Sieradzki z"l: David Sieradzki and Michael Sarid invite family and friends for a headstone unveiling ceremony at the gravesite of their late mother, Gloria Sieradzki z"l (11/6/1929 - 6/28/2018). The commemoration ceremony will begin at 11:00 am on Friday, August 23, 2019, in the Tel Shalom section of Rolling Hills Memorial Park, 4100 Hilltop Drive, Richmond, CA.

Maccabi Berkeley: After last season's average performance, Maccabi Berkeley is resurrecting itself as a new force to be reckoned with. We're joining the same league we played in last time but now we have a little more experience behind us and we have team jerseys!!

You don't have to be as good as Rapinoe or as fast as Mbappé; if you're up for joining a friendly group of poor/average players then join us ☑ Sign up here: <https://tinyurl.com/MaccabiBerkeley2019>

Notes about the league:

- The games are at Gilman Fields - Monday evenings 7-10pm from July 29, 2019 - Sept. 23, 2019
- 8v8 Co-ed, 6 men and 2 women on the field at all times, min. 6 players to start.
- 2x25 min halves
- Total cost is \$835 for the whole team and will be divided equally among players. However, cost will never be an inhibition to playing - contact us in that case.

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 blessing *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.

May we merit to see the rebuilding of Yerushalayim filled with peace and unity speedily in our days,

R. Yonatan Cohen

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 21-AUGUST 11

VOUNTEER ON
TISHA B'AV
TO ASSEMBLE THE
WELCOME KITS

SUNDAY AUGUST 11
2:30-4 PM