



Weekday Morning and Evening Services

August 11-15, 2019

Morning: 8:00 am Su • 6:30 am M-Th

Evening: 7:45 pm Su-Thurs

EREV TISHA B'AV

Friday Night, August 9

Northside Minyan @ 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 7:51 pm

Saturday, August 10

Morning Service9:15 am
Childcare at Gan Shalom (ages 3-10).....9:15 am
Greeters: **Tamara Beliak, Michael Kaye, Asaf Shor, Miriam Barrere**
Torah Reader: **Jamie Conway**
Haftorah Reader: **Noah Nathan**
Formal Group Time10:30 am
Kedma (Pre-K): **Natan Kuchar**
Tzafona: **Hannah Lesser**
Gan Assistant: **Veronica Gonzales**
Parent supervisors: **Aaron Wolgel**

Drasha by M. Victoria Sutton

Shabbat Mincha 4:30 pm
followed by Seudah Shlishit at home*

FAST OF TISHA B'AV

Saturday night & Sunday, August 10-11

Fast of Av begins 8:08 pm
Shabbat ends after 8:51 pm
Ma'ariv & Eicha 9:10 pm
Ch. 1 Meena Viswanath
Ch. 2 Renna Khuner-Haber
Ch. 3 Preston Grant
Ch. 4 Andrea Brott
Ch. 5 Maayane Soumagnac

**Given that Tisha B'Av occurs after Shabbat we eat a regular Third Meal, i.e. we may have meat and wine and say Birkat haMazon with a zimmun. We conclude the meal before the sun sets at 8:08 pm.*

Sunday, August 11

Shacharit for Tisha B'Av8:00 am
Kinnot9:00 am
Tisha B'Av community-wide learning 10:00 am-2:00 pm
Classes taught by educators from the East Bay Jewish Community on themes of Tisha B'Av. Torah study, as it brings joy, is limited on Tisha B'Av to topics appropriate for the day of communal mourning.

	Sanctuary	Library
10 AM	R. Yoel Kahn	R. Shani Gross
11 AM	R. Daniel Lehmann	Dr. Ethan Katz
12 PM	R. Chai Levy	M. Victoria Sutton
1 PM	Tania Schweig	R. Yehuda Ferris

Chatzot (midday)..... 1:13 pm
Refugee Welcome Kit Assembly..... 2:30-4:00 pm
Toiletries can be dropped off through Sunday afternoon for assembling the welcome bags at 2:30 pm.
Adults and children are invited to come write welcome cards for refugees on Tisha b'Av afternoon from 2:30-4 pm Families are invited to story hour with PJ Library East Bay during this time.
Movie screening..... 4:30-7:30 pm

PAPER CLIPS (family friendly for children 8+)
<https://www.commonsemmedia.org/movie-reviews/paper-clips>

As a part of their study of the Holocaust, the children of the Whitwell, TN Middle School try to collect 6 million paper clips representing the 6 million Jews killed by the Nazis. The film teaches about tolerance and diversity and offers many valuable perspectives on how important it is to learn about other cultures, history, and past crimes against humanity.

Hiding and Seeking
Faith and Tolerance After the Holocaust. This award-winning documentary tells the dramatic and emotional story of a Jewish father who journeys with his two ultra-orthodox adult sons back to Poland to try to find the Christian farmers who hid their family from the Nazis. To his sons, like many offspring of Polish Holocaust survivors, this is a country whose people are incurably anti-Semitic and beyond redemption. His hope is to instill in his insulated and narrow-minded sons the power of interfaith tolerance and trust.

Mincha with Tallit & Tefilin 7:30 pm
Ma'ariv 8:30 pm
Fast ends 8:37 pm

KIDDUSH LUNCH SPONSORS

The Burrell Family in honor of Avraham's 70th birthday
Yehuda Ben-Israel & Rona Rothenberg, Adam Berman & Deena Aranoff, Adam Brelow & Victoria Sutton, Gilad Buchman & Racheli Perl, Yonatan Cohen & Frayda Gonshor Cohen, Jim & Carol Cunradi, Benjamin & Sara Darmoni, Alisa Einwohner, Malcolm Feeley & Rivka Amado, Heshy & Chaya Miriam Fried, Jory & Lisa Gessow, Sam & Rose Ginsburg, Stephanie Green, Ori Kanefsky & Rena Greenfield, Ethan Katz & Hagit Caspi, Issy & Patricia Kipnis, Joshua & Jennifer Kirsch, Alan & Elissa Kittner, Daniel & Lisa Lehmann, Philip & Gladys Leider, Daniel Lewis, Janice Mac Millan & Ron Reissberg, Daniel & Robinn Magid, Gary & Lois Marcus, Glenn & Judith Massarano, Family Mille, Noah & Melissa Nathan, Paul & Anna Belle Panish, Jonathan Purcell, Philip Rosenthal & Sherrin Packer-Rosenthal, Robert & June Safran, Luna Schector, Barbara Schick, The Schubert Family, The Schweig Family, Steven Silberblatt & Rita Kohl, Joshua & Amelia Spivak, the Stein Family, David & Rikki Sudikoff, Rona Teitelman, Stanley Wulf & Linda Press-Wulf, Joelle Yzquierdo, Sheldon & Marti Zedeck, Chanan Zupnick & Eden Gerson

TU B'AV
Thur. night & Fri., August 15-16

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.

Beth Israel Classes

SUNDAY

Contemplation Practice from Jewish Tradition: On-going group for both beginner and experienced meditators with CBI Member R. Ken Lipman, Ph.D. Theory and practice based on the teachings of the Maggid of Mezeritch and other Hasidic masters

Includes: Brief teaching / Text study • Practice • Questions / Discussion time. Drop-ins welcome

Please note: the group will not meet during the Three Weeks and rest of Month of Av (July 21-Aug.31). We will resume on the 1st of Elul, Sept. 1.

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.

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. **On hiatus. Class will resume August 23.**

R. Yonatan Cohen — Fridays, 9:00 am

EVENTS/ANNOUNCEMENTS

In Beth Israel

Nesiah Tovah! R. Cohen and family will be away until August 19.

Mazal Tov! to new members Noga Ravid and Andrew Bestwick, and big brother Jake on the birth of a baby girl Mia Denise. A great way to support the family is to bring them a meal. Please sign up on the calendar here: <https://mealmeyn.com/helpout/zz3mb>

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!

Unveiling for Seymour Kessler z"l (Sholom ben Meir Ze'ev and Golda Malka), beloved husband of Hilda Kessler z"l, father of Chanan and Zev Kessler and beloved grandfather. The Kessler family will be unveiling Seymour Kessler's gravestone on **Wednesday, August 14 at 11 am** at Rolling Hills Memorial Park (Tel Shalom section), 4100 Hilltop Drive, Richmond, CA.



R Naftali Citron

Scholar-in-Residence at CBI

August 17

Shabbat morning Drash: Origins of Prayer

Pre-Mincha Learning: Nechama- consolation in halacha and Kabbalah, In Memory of Jane Falk z"l (Shayna Liba bat Nachum)

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.

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

Come build with us! Youth Spirit Artworks Tiny House Village

YSA initiated a community organizing campaign to build a Youth Tiny House Village in Bay for youth experiencing housing instability. We're working in partnership with non-profit developer Housing Consortium of the East Bay and the local interfaith community to complete a multi-face, community-led Village that is designed by the young people it will benefit. The Village will feature:

- 14 secure 8' x 10' Tiny Houses
- On-site, clean communal bathrooms and showers
- A kitchen yurt for residents to cook weekly communal meals and securely store their own food
- Community gathering space for meetings
- Associated jobs training program through YSA
- Associated social services through YSA
- Restorative justice covenant and community process
- On-site Resident Assistant who lives in the community

YSA will be building two houses in March and April of 2019 and 12 houses in August and September. We are actively recruiting members of our community to support us with advocacy, fundraising, and building at our Habitat for Humanity-style builds. To sign up to build on Sunday August 18, August 25 or September 8, fill out this form: <https://docs.google.com/forms/d/e/1FAIpQLScApi447dFg6jDLkU1iSMvk9snGsAnCSIYVvKz55TwbckUR4SQ/viewform>

Urban Adamah, August 21 at 7 pm: Join Urban Adamah and Moishe House Without Walls (MHWOW) for a night of Torah-learning and song around the campfire. Several teachers will share stories and words of Torah from traditional, Chassidic, and kabbalistic sources. Our community circle will introduce each teaching with an ancient melody (a niggun) to inspire our minds and hearts to deeper learning. Help us spark the Fire of

Torah by adding your voice, your instrument, and your ears. No need for any experience – come just as you are.

Unveiling for Gloria Sieradzki z"l: David and Michael Sarid would be honored if you could join us for a headstone unveiling ceremony at the gravesite of our late mother, Gloria Sieradzki z"l (11/6/1929 - 6/28/2018). We plan to hold the commemoration ceremony at 11:00 am on Friday, August 23, 2019, in the Tel Shalom section of Rolling Hills Memorial Park, 4100 Hilltop Drive, Richmond, CA. Please contact David (davidsieradzki@yahoo.com) or Michael (michaelsarid@gmail.com) directly if you're planning to come and for any additional information. May her memory be for a blessing.

There is a wonderful opportunity for both men & women to study at Orayta Yishiva in Jerusalem, with an all-star list of Jewish educators for a week: March 15-23, 2020. The suggested theme for learning will be Bereishit; either as an exclusive topic or with other topics inserted in. The cost of the program is \$2160 per person (of which \$1800 is a tax deductible donation to the yeshiva scholarship fund), and covers the learning, all of the food, and field trip day costs and transportation. Participants get their own plane tickets and housing. Please contact Kirsten Barrere if you are interested in participating. barrere0424@sbcglobal.net

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