

# THE BETH JACOB BEAT

ט' בְּנָבֹב תַשַׁע"ט

PARSHAT DEVARIM

SHABBAT CHAZON

FRIDAY,  
AUGUST 9  
-  
SATURDAY,  
AUGUST 10

LATE CANDLE LIGHTING	7:51 PM
FRIDAY MINCHA/ KABBALAT SHABBAT/MAARIV	6:45 PM
SHABBAT MORNING SERVICES	9:00 AM
FINAL TIME TO SAY SHEMA	9:46 AM
EARLY MINCHA	1:30 PM
FAST BEGINS	8:08 PM
SHABBAT ENDS/HAVDALAH	8:51 PM
MAARIV WITH EICHA	9:05 PM

## MINYAN TIMES

Shacharit: Sunday: 8:00 AM  
Mon - Fri: 6:45 AM  
Mincha/Maariv: Mon - Thurs: 6:45 PM

## TISHA B'AV

The Tisha B' Av schedule and info is attached to the Beat.

## MAZAL TOV

Mazal Tov to Jack and Cheli Ruth on the birth of a baby boy. A special Tisha B'Av Brit will take place at Beth Jacob after Kinnot at 12:00 PM on Sunday, August 11.

## KIDDUSH

This week's Kiddush is a light Kiddush sponsored by BJC. Kiddush will be in the Downstairs Social Hall.

## BIRTHDAYS

Sophia Berghend, Carmel Atias (3), Yitzchak Applbaum, Jason Roberts, Daphna Ross, Robert Goldberg, Moriah Rosenthal (18)

## ANNIVERSARIES

Justin & Shacharit Rosenthal, Ephraim & Donna Greenwall, Jack & Susan Zimmerman, David & Robin Gluck, Bryce & Dena Mendelsohn

## EVENTS & CLASSES

**Shabbat U:** Shabbat U at 12:30 PM with Rabbi Albert on the topic: *When the Ninth of Av Isn't Tisha B'av: What Happens to a Pushed-Off Fast?*

**Sunday Morning Breakfast & Tefillah Talks in Memory of Henry Ramek:** Breakfast & Tefillah Talks is canceled August 11 - August 18. Class will resume August 25.

**Summer Reading Group** is on for this year with "Jewish Tales of Mystic Joy" by Yitzhak Buxbaum. We'll meet at Beth Jacob on the five Thursday evenings in August at 7:15 PM.

Please direct any questions to Steve Astrachan at [steve.astrachan@gmail.com](mailto:steve.astrachan@gmail.com) or (510) 610-4292.

**Tisha B' Av Movie:** Join us for a screening of Paper Clips on Sunday, August 11 at 6:00 PM followed by a brief discussion. Paper Clips is a classic documentary about a project by Tennessee middle-schoolers to grasp the scope of the Holocaust by collecting enough paper clips to correspond with the 6 million Jewish victims.

**Baking with Leah Koenig:** Please join us for a hands-on baking experience in a private home with Leah Koenig on Thursday, August 22 at 7:30 PM. Leah is the author of six cookbooks, including *Modern Jewish Cooking* and *Little Book of Jewish Feasts*.

Each person that attends will get dairy and pareve goodies to take home, and an author-signed copy of Leah's newest cookbook: *Little Book of Jewish Sweets*. Space is limited, so [RSVP](#) promptly! This is an exclusive event to benefit BJC's Kadima Campaign.

**BJC Concert:** Sandcatchers at Beth Jacob Tuesday, August 27 at 7:30 PM. \$18 for non-members, free for members. All proceeds to benefit BJC's Kadima Campaign. No RSVP is required.

**Chessed Day September 8:** Join members of multiple East Bay Jewish communities for two great mitzvah projects on Sunday, September 8th! Build tiny homes with YouthSpirit Artworks for housing insecure youth in the morning and/or afternoon (near Oakland Airport--lunch provided): <https://tinyurl.com/tiny-homes-Sept8> and/or prepare lunches for unsheltered individuals in the morning (near Temple Sinai): [sandwich.sept8](https://sandwich.sept8). Deadline for sign-ups is September 1.

For more information, contact Shelley Zak at [thszakpack@gmail.com](mailto:thszakpack@gmail.com) or Alex Hart at [Alexandra.hart@gmail.com](mailto:Alexandra.hart@gmail.com).

BETH JACOB  
CONGREGATION

## BJC YOUTH EVENTS

(Tots – 5th grade)

**B'nei J:** Groups will take place in the second Gan classroom on the right while the upstairs social hall is being renovated. B'nai J Tots will stay in the first room on the left. We are looking for some parent volunteers to help out in the summer during groups. Please contact [chani.naiman@gmail.com](mailto:chani.naiman@gmail.com) if interested.

## BJC MESSAGE BOARD

**A's Annual Jewish Heritage Night:** On Wednesday, August 21 the A's will take on the New York Yankees for the first time in Jewish Heritage Night history! For tickets and info please visit [www.athletics.com/jewish](http://www.athletics.com/jewish). We don't have a Beth Jacob block of tickets this year, so please plan to coordinate with friends if you'd like to sit together.

**Tu B'Av Senior Singles Gathering:**

All 55 and up single seniors are invited to mingle with other singles Thursday, August 15 from 7:00 - 10:00PM at Congregation B'nai Israel, Vallejo. Cost is \$18. For more info, please email Shalomit at [shuvishuv@yahoo.com](mailto:shuvishuv@yahoo.com) or call Lynn at 415.763.9380.

**Monthly Shabbat Open Table:** Anyone and everyone (including children) are invited to a Shabbat dinner hosted by Kirsten Barrere on September 6, 2019. There is a maximum of eleven seats. Please RSVP to Kirsten at [barrere0424@sbcglobal.net](mailto:barrere0424@sbcglobal.net) by September 4.

**Adult Study Program at Yeshivat Orayta with Rabbi Dardik:** Men and women are invited to participate in a week-long Yeshiva program with Rabbi Dardik and other prominent rabbis and speakers from March 15-23, 2020. Costs include breakfasts, lunches, and day-trips. The Yeshiva is located in the incredible Jewish Quarter in the Old City of Jerusalem, overlooking the Kotel. For more information about costs and logistics, please contact Kirsten Barrere at [barrere0424@sbcglobal.net](mailto:barrere0424@sbcglobal.net).

## TISHA B'AV SCHEDULE

SATURDAY,  
AUGUST 10

FAST BEGINS AT SUNSET (NO MEAL OF MOURNING "SEUDAT MAFSEKAT" ON SHABBAT.) 8:08 PM

NO LABOR CAN BE DONE UNTIL SHABBAT IS DONE. SEE BELOW FOR INFO ON SPECIAL RULES CONCERNING HAVDALLAH. 8:51 PM

MAARIV SERVICES WITH READING OF EICHA (LAMENTATIONS) 9:05 PM

SUNDAY,  
AUGUST 11

MORNING SERVICES WITH EXPLANATORY KINNOT 8 AM - 12 PM

MOVIE: PAPER CLIPS FOLLOWED BY BRIEF DISCUSSION 6:00 PM

MINCHA WITH TORAH READING FOLLOWED BY MAARIV 7:40 PM

FAST IS OVER. SEE BELOW FOR INFO ON SPECIAL RULES CONCERNING HAVDALLAH. 8:50 PM

## ABOUT TISHA B'AV - HISTORY & LAWS

**Tisha B'Av** - The "ninth day" in the Jewish month of Av, which starts at sundown on the eighth day and conclude at sundown on the ninth day of Av. This is the day when the intensity of the entire three week mourning period reaches its peak (keep reading below for details and use our entire Tisha B'Av Resource Center to learn more).

### Prohibitions:

The prohibitions on Tisha B'Av itself are similar to those of Yom Kippur. In addition to not eating or drinking, we are not allowed to wash, anoint oneself or wear leather shoes. In a prohibition more stringent than on Yom Kippur, we are only allowed to study certain portions of the Torah and Talmud on Tisha B'Av.

### Observances:

The observance of the Tisha B'Av usually begins with Seudah Hamafseket, the last meal before the fast commences. This year, when Tisha B'Av begins on Saturday night we do not have a Seudah Hamafseket, and one may eat a normal "Seudah Shlishit" on Shabbat afternoon, as long as they finish their food and drink by the beginning of the fast.

### Havdallah:

Since this year, Tisha B'Av falls out on Shabbat and is pushed off to Sunday, the bracha of Boreh Meorei HaEsh upon a fire is made on Saturday night before the reading of

Eicha, however, the bracha of Havdallah on a cup of wine is delayed until after Tisha B'Av is over on Sunday night, and the blessing over spices is omitted entirely. On Saturday night, once Shabbat is over and before performing Melacha (labor), one should also say "Baruch HaMavdil Bein Kodesh LeChol" (blessed is He who separates between holy and mundane.)

- Until Mincha on Tisha B'Av one should try to avoid sitting on a chair or bench. Instead, the custom is to stand or sit on the floor, just like a mourner during the Shiva (traditional seven days of mourning a loved one).
- Beginning at Mincha sitting on chairs is permitted, and we reduce the intensity of the grief that has pervaded us so far. Also, men put on Tefillin and recite those Tefillot that were omitted at Shacharit.
- It is forbidden to greet friends or acquaintances on Tisha B'Av. However, if greeted first, one should answer, but in a low tone in order not to arouse resentment.
- At the evening Ma'ariv service, the entire congregation sits on the floor and recites the Book of Eicha (Lamentations) where the prophet Jeremiah weeps the destruction, and we weep with him. The morning of the Tisha B'Av is the saddest part of the day. We recite Kinot, and the men do not don Tefillin at Shacharit, because Tefillin are called "Pe-ar," "Glory," and this is definitely not a day of glory for the Jewish people.