



If you would like to join Shabbat Tefillah in person please visit [thebayit.org/form/shabbat725](http://thebayit.org/form/shabbat725) to complete the health screening and reserve a space!

### This Shabbat: Parashat Devarim Shabbat Hazon

- Earliest Candle Lighting: 6:48pm
- Candle Lighting: 8:01pm
- Mincha/Kabb. Shabbat: 7:30pm\*
- Shacharit: 7:00am, 8:30am, 10:00am
- Sof Zman Kriat Shema: 9:23am
- Zman Tefillah: 10:34am
- Mincha: 6:15pm
- Shabbat Ends: 9:03pm

\*New this week: We will have in person tefillah for Mincha, Kabbalat Shabbat and Maariv. This tefillah will be simulcast on zoom at [zoom.us/j/6136133700](http://zoom.us/j/6136133700) until after Lecha Dodi.

#### WEEKDAY TIMES:

To join us in person for tefillah visit [www.thebayit.org/form/tefillah726](http://www.thebayit.org/form/tefillah726) to complete the health screening and sign up.

#### Shacharit:

- Sun: 8:30am
- Mon: 6:40am, 7:50am\*
- Tue/Wed/Fri: 6:45am, 7:50am\*
- Thu: 6:45am, 7:50am (in person + Zoom for both)

#### Mincha/Maariv:

Sun - Tue: 8:00pm  
Wed: 7:55 (followed by Eichah)  
Thu: Mincha 1:45pm, Mincha/Maariv: 7:45pm

\*Zoom only

#### TISHA B'AV NIGGUN CIRCLE SLOW SHIRA

Please join the Bayit clergy team in slow Shira (song) as Tisha B'av is ebbing. 6:45pm on Zoom.

#### Next Shabbat:

### Parashat Va'etchanan Shabbat Nachamu

- Candle Lighting: 7:54pm
- Mincha: 7:25pm
- Shacharit: 7:00am, 8:30am, 10:00am
- Mincha: 6:15pm
- Shabbat Ends: 8:56pm

**Mazal tov to:** Amanda & Jonathan Klatt on the birth of a boy, Elan Schachar.

Malka & Evan Spier on the birth of a granddaughter. Mazal Tov to parents Atara & Jeff Douglas, siblings Nate and Hallie and grandparents Nikki & Bob Douglas.

**Condolences to:** Rochelle & Leo Golderg on the passing of their son, Elliot Goldberg. Wishes of condolence for Leo and Rochelle can be sent to [egold36@verizon.net](mailto:egold36@verizon.net) or by phone at 917-747-4247.

Rachel Quint, Tzippy (& Gilad) Bendheim, Yossi (& Penina Krieger) Quint and Yisroel Quint on the passing of their husband and father, David Quint. Shiva details to follow.

### THIS SHABBAT @ THE VIRTUAL BAYIT

**6:45pm - Kabbalat Shabbat w/Rav Steven** [zoom.us/j/6136133703](http://zoom.us/j/6136133703)

**Motzaei Shabbat Melave Malka: 9:30PM.** [zoom.us/j/6136133703](http://zoom.us/j/6136133703).

Torah reading in the Stone Chumash begins on page 938. The Haftorah begins on page 1195.

- To listen before Shabbat visit [www.thebayit.org/devarim](http://www.thebayit.org/devarim)
- A page guide for tefillah and Torah reading for most commonly used siddurim and chumashim is available by [clicking here](#).

**DAILY TEFILLAH B'TZIBBUR:** To maintain proper social distancing space is limited.

To sign up for a seat at tefillah visit [www.thebayit.org/form/tefillah726](http://www.thebayit.org/form/tefillah726).

Advance registration is required. All weekday tefillot at the Bayit will be available via Zoom at [zoom.us/j/6136133700](http://zoom.us/j/6136133700) and the Mon - Fri Shacharit at 7:50am will be via Zoom only.

**Daf Yomi** Sun: 7:30am, Mon - Fri 8:30am, Motzaei Shabbat: 9:30pm.

Email [office@thebayit.org](mailto:office@thebayit.org) for Zoom information.

- **Summer Classes** [zoom.us/j/470341910](http://zoom.us/j/470341910) except where noted
- Monday: 11:00am - Halacha Chaburah: "Halacha During Coronavirus" - Burt Nusbacher
- Tuesday: 10:00am - "Judges: The Samson Story" - R' Ezra
- Wednesday: 11:30am - "Insights and Discussion on Megillat Kohelet" - Rabbanit Bracha

### TISHA B'AV @ THE BAYIT

**Wednesday, July 29th:** In person and via Zoom

7:55pm: Mincha | 8:14pm: Fast Begins | 8:15pm: Maariv | 8:30pm: Eichah  
Post-Eichah Midrash Learning w/Rav Steven (approx. 9:30pm; Zoom only)

**Thursday, July 30th:**

- 6:45am, 7:50am: Shacharit (in person & via Zoom for both)
- 8:45am: Explanatory & Participatory Kinot (Zoom only)
- 11:00am - 1:00pm: Shiurim (Zoom only)
- 1:45pm: Mincha (in person and via Zoom)
- 2:15pm: Service @ Isaiah's Wall (Zoom only) *Mincha Prayer Service for Israel and Jews in Danger Worldwide. Join us virtually for Mincha followed by reflections from those fighting for the Jewish people around the globe - Israel, Ethiopian Jewry, Ukrainian Jewry, and here in America.*
- 6:45pm: Niggun Circle/Slow Shira (Zoom only)
- 7:45pm: Mincha/Maariv (in person & via Zoom)
- 8:58 pm: Fast ends

Register for in-person tefillah at [thebayit.org/form/tefillah9av](http://thebayit.org/form/tefillah9av). Tisha B'av programming on Zoom will be at [zoom.us/j/6136133700](http://zoom.us/j/6136133700)

Our Ba'al Kriah, Bernie Horowitz has recorded Megillat Eichah. Visit [www.thebayit.org/eichah](http://www.thebayit.org/eichah) to listen. This is a great resource for those who wish to learn the Eichah trop!

Please read the revised Laws and Customs of the Nine Days and Tishah B'Av which include important updates in light of the current pandemic. Pages 7 - 9.

**YOU'RE INVITED TO THE BAYIT'S FIRST (and hopefully NOT annual)  
VIRTUAL DINNER | AUGUST 3RD | 7:30PM (details inside)**

Most of our staff is now working remotely. Please use the numbers listed below to contact them. If you call the main line, and leave a message it will automatically be sent to the intended recipient. **IMPORTANT:** We can only respond to your call if you leave a message with your name, phone number and the reason for your call! Your patience is greatly appreciated.

<p><b>Contact Us:</b></p> <p>Steven Exler, Senior Rabbi:  <a href="mailto:ravsteven@thebayit.org">ravsteven@thebayit.org</a> 917-494-3380</p> <p>Ezra Seligsohn, Associate Rabbi:  <a href="mailto:ravezra@thebayit.org">ravezra@thebayit.org</a> 610-405-5725</p> <p>Bracha Jaffe, Associate Rabba:  <a href="mailto:rabbanitbracha@thebayit.org">rabbanitbracha@thebayit.org</a> 443-983-5083</p> <p>Sara Hurwitz, Rabba:  <a href="mailto:rabbasara@thebayit.org">rabbasara@thebayit.org</a> 646-337-4047</p> <p>Avi Weiss, Rabbi in Residence:  <a href="mailto:ravavi@thebayit.org">ravavi@thebayit.org</a> 929-269-2892</p>	<p><b>Phone: 718-796-4730</b></p> <p>Richard Langer, Executive Director:  <a href="mailto:richard@thebayit.org">richard@thebayit.org</a> 732-626-5902</p> <p>Bryan Cordova, Facilities Manager:  <a href="mailto:bryan@thebayit.org">bryan@thebayit.org</a> 914-809-0203</p>	<p><b>Email: <a href="mailto:office@thebayit.org">office@thebayit.org</a></b></p> <p>Phyllis Newsome, Bookkeeper:  <a href="mailto:phyllis@thebayit.org">phyllis@thebayit.org</a> 201-503-4923</p> <p>Yael Oshinsky, Program Associate:  <a href="mailto:yael@thebayit.org">yael@thebayit.org</a> 201-503-5562</p> <p>Shuli Boxer Rieser, Assistant to R' Weiss:  <a href="mailto:shuli@thebayit.org">shuli@thebayit.org</a> 929-269-2892</p>
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**YOUTH DEPARTMENT PROGRAMMING & RESOURCES**

<p align="center"><b>CHILDREN'S HAYDALAH ON ZOOM SUNDAY MORNINGS 9:30AM</b></p> <p>This Bayit Youth Program is geared towards children who go to bed before Shabbat ends. Join us for music and story read aloud, featuring Bayit staff members &amp; youth leaders.  <a href="https://jcca.zoom.us/j/98799032367">https://jcca.zoom.us/j/98799032367</a></p>	<p align="center"><b>YOUTH PARASHA PAGE</b></p> <p align="center"><a href="https://images.shulcloud.com/111/uploads/Youth_Images/Devarim.pdf">https://images.shulcloud.com/111/uploads/Youth_Images/Devarim.pdf</a></p>
<p align="center"><b>TOT SHABBAT ON YOUTUBE</b></p> <p>The Official Tot Shabbat with Morah Devorah (viewable anytime) at: <a href="https://youtu.be/sW_MG-lzVD0">https://youtu.be/sW_MG-lzVD0</a></p>	

**Breath, Body Mind Workshop w/Shira Gordon: Mon. - Fri. 1:00 - 1:45pm** [zoom.us/j/6136133700](https://zoom.us/j/6136133700)  
 Breath-Body-Mind (BBM) classes consist of gentle movement and breathing practices to relieve anxiety and depression and calm the nervous system. Classes will meet via Zoom Monday-Thursday (including Tisha B'av) 1:00-1:45pm with Shira Gordon, RN, MS MPH. On Friday, the BBM class will be facilitated by Carole Oshinsky, a long time class member in Shira's absence. Come join us!

**This week's online Zoom support space for those wishing to connect and process this experience together.**  
 8:45-9:30pm: <https://zoom.us/j/6136133702> or dial-in audio at +1 646 558 8656; Meeting ID: 613 613 3702

- Monday, July 27th: Open Support Group facilitated by Dr. Barbara Gochberg

**ONLINE WEEKLY PARASHA RECORDINGS**  
 Visit our website for audio recordings of the entire Torah, arranged by Parasha and Aliyah featuring our exceptional Ba'al Keriah, Bernie Horowitz. The site also includes a guide to each trop (cantillation note) and to the Hebrew pronunciation.  
[www.thebayit.org/parasha](http://www.thebayit.org/parasha)

To review the laws and customs of the Three Weeks and Tisha B'av visit [www.thebayit.org/3weeks](http://www.thebayit.org/3weeks)

**ABRAHAM & SARAH'S TENT: DEDICATED IN MEMORY OF HENRY & GOLDIE GUTTMAN z"l & SPONSORED BY JOE GUTTMAN z"l**

The tent continues to operate by delivering meals instead of gathering together in the Bayit. Thank you to all of the volunteers who are making weekly deliveries.

The cost of individually packaged meals is substantially higher than our usual weekly expense. Please consider co-sponsoring a week at [www.thebayit.org/tent](http://www.thebayit.org/tent) to help keep this program running.

**LEARNING SERVICE WITH LIVYA TINESTIT**  
 Sundays 7:30pm - 8:45pm [zoom.us/j/6136133702](https://zoom.us/j/6136133702)  
 The Learning Service is exploring how different aspects of Shabbat are highlighted in each Amidah on Shabbat from Maariv Friday night through Mincha on Shabbat afternoon.

**RIVERDALE MIKVAH**

Please visit our website to make a Reservation and to read the protocols due to covid - 19  
[www.riverdalemikvah.com](http://www.riverdalemikvah.com) | 718-549-8336

**VIDEO CONTEST | FAMILY FEUD | VIRTUAL DINNER | MONDAY, AUGUST 3RD | 7:30PM**

Expect fun, games and entertainment as we join together for an evening of music, comedy and celebration. We encourage you to order dinner from one of our partners to support local businesses and raise additional funds for the Bayit.

*In advance of the Dinner we are inviting submissions to our Video Contest. The prompt is "What do you miss most about the Bayit?" Videos will be judged based on Creativity, Story, Resourcefulness and Meaningfulness. For complete rules and entry instructions click [here](#).*

**Register now at [www.thebayit.org/dinner](http://www.thebayit.org/dinner)**

When you register please include a picture, story or poem that helped you feel connected and/or hopeful in recent months.

*Dinner available from Silver Leaf Caterers (Chicken Dinner Box feeding 4-5 people), Catering by Riverdale Kosher (Meat Dinner Box feeding 4-5 people), Corner Café (Salmon Dinner, order per person) and Sova (Meat and Vegan options to order per person).*

**What do you miss most about the Bayit? Tell us with a video! Deadline for entries to the Bayit Video Contest is fast approaching!**

Is it the daily and weekly tefillot and classes? The special events like the Selichot Concert? Maybe there is one special event that comes to mind!

Some of our favorites:

- Singing Shevet Achim Va'achayot at the Journal Dinner?
- Celebrating Simchat Beit HaShoeva with Kulanu Chaverim and Midlife Band?
- Listening to Yossi Klein Halevi give a deep and insightful lecture about Zionist history?
- Seeing Elliot Zimet's dove disappear into thin air at the Simchat Torah Extravaganza?
- Sharing a Shabbat meal with our Holocaust Survivors and getting to know them and hear their story!
- The Clothing Drive and other chesed activities?
- Attending Bnei Mitzvah celebrations - sometimes two in one day!
- Tasting a dozen cholents and schmoozing with the cooks?

**The challenge:** Create a video about your Bayit experiences that makes us laugh, reflect and remember what makes being together at the Bayit special.

**Winning videos will be featured at our Virtual Dinner on August 3rd!** Video submissions will be judged based on Creativity, Story, Resourcefulness and Meaningfulness. For complete rules and entry instructions [click here](#).

Please consider adding a special prayer to the Silent Amidah for Coronavirus. [Click here](#) for complete text.

Yeshivat Chovevei Torah Presents a New Adult Education Series

# CHANGEMAKERS

THE STORIES AND TORAH OF MAKING A DIFFERENCE



**TUESDAY, JULY 28**

The Struggle for Soviet Jewry and Beyond: **Rabbi Avi Weiss** on his Torah of Activism and Love for the Jewish People

**REGISTER ONLINE: [tiny.cc/changemakers](https://tiny.cc/changemakers)**

**BLACK LIVES MATTER - FIGHTING RACISM FROM HOME** Wednesday Aug. 5 • 8PM • Watch Party & Conversation [zoom.us/j/6136133703](https://zoom.us/j/6136133703)

Join us to directly address head on the intersection and questions of Black Lives Matter and the Jewish Community. Listen, Learn, Discuss. We will together watch an abridged program from the ADL - on Fighting Hate & Racism as a Multiracial Jewish Community, followed by smaller, group conversations.

**BUSINESS ADVERTISING IN THE BAYIT BULLETIN -** Promote your business to Bayit bulletin readers in the first bulletin of every month. Contact the office at 718-796-4730 or [office@thebayit.org](mailto:office@thebayit.org) for more information. HIR's posting of any advertisement is not an endorsement of the advertiser, or of the product or service offered.

**PARTNERING WITH POTS (PART OF THE SOLUTION)**

From Christina Hanson, Executive Director POTS, North Bronx: *"POTS serves our Bronx neighbors in the 15th Congressional District, the poorest district in America—including Appalachia.* You can help make a difference:

- **Volunteer:** Serve in their food pantry, to prepare meals for the hungry.
- **Offer Professional Services:** legal, medical, educational, financial pro bono support.
- **Volunteer from Home:** Work from home to collect and package resources for the needy.



Christina Hanson

Please get in touch with their Volunteer Coordinator, Stephanie Caban at [scaban@potsbronx.org](mailto:scaban@potsbronx.org) to find out how you can help.

**Become a POTS Ambassador:** POTS is only as strong as its community. Boost POTS awareness by letting someone who needs help or who would like to give help know about POTS, and by sharing POTS' social media posts with family, friends, and the groups you belong to. To become a POTS Ambassador email [acollard@potsbronx.org](mailto:acollard@potsbronx.org).

**Day in the Life at POTS on Thursday, August 6th at 5pm** We invite you to join us for a free virtual gathering that will provide an inside look into A Day in the Life at POTS. Meet POTS staff members working to ensure that New Yorkers in poverty continue to have access to food, housing, supplies, benefits and other services during the COVID-19 pandemic. You can click [here](#) to register.

**THE BAYIT**

The Hebrew Institute of Riverdale – The Bayit – is an open Orthodox synagogue serving the entire Jewish community by warmly embracing all Jews, regardless of affiliation, commitment, orientation or background. It is affectionately known as the "Bayit," which is a home – a place of love and welcome. We are known nationally for bringing spirituality into the synagogue; activism on behalf of the oppressed; youth and teen engagement; learning programs; and work on behalf of the elderly, the homebound, and those with developmental and physical challenges.

*If these words resonate with you, if our Bayit has touched your life, then please join our growing membership.*

# BEYOND THE BAYIT - COMMUNITY ANNOUNCEMENTS

## ADOPT A FRONTLINER

Adopt-a-Frontliner is an incredible opportunity for EVERYONE (kids! adults!) to say THANK YOU to frontline workers at Montefiore Medical Center in the Bronx. It takes a community to run a hospital – doctors, nurses, secretaries, therapists, social workers, food services, transportation, security, and more! It also takes a community to thank them all!

Our community of thankers is committed to sending personalized notes/poems/videos/drawing/songs of thanks to as many frontliners as possible!!

Sign up today at [www.adoptafrontliner.com](http://www.adoptafrontliner.com)

## KCI COMMUNITY FOOD PANTRY VOLUNTEERS NEEDED

The KCI Community Food Pantry needs additional volunteers to assist with the increased need for their services. Please visit <https://tinyurl.com/yawqpt9t> to sign up.

## Shopping Volunteers Needed

As we continue to adhere to social distancing, we become aware of more members of our community who need assistance with groceries and essential supplies. We want to discourage “extra” errand running, and are looking to match up shopping buddies with others in their building or neighborhood. When you plan a shopping excursion or an online order, you would check in with your shopping buddy, and see what they need. If you can help, please email [shiragordon25@gmail.com](mailto:shiragordon25@gmail.com)



Donate blood: The shortage is extreme, the need is desperate for blood and plasma donations. The New York Blood Center has numerous locations in the area, but call ahead to get current hours.

<https://www.nybc.org/donate-blood/donor-center-locations-march-2020/>

**UNORTHODOX TRUE STORIES:** If you watched "Unorthodox" don't miss hearing these true stories! Join us on **Monday, July 27th, at 8pm** for a discussion moderated by **Lani Santo**, Executive Director, *Footsteps* who talks with **Pesach Eisen** and **Malky Goldman** about real-life stories about finding one's voice. They will discuss **true stories of journeys from the ultra-orthodox to the modern world**. For more information contact Laura Freeman [lauraf@jfnj.org](mailto:lauraf@jfnj.org) or **201-820-3923**. To register visit <https://www.jfnj.org/virtualevents/>

**NEW YORK STATE COVID RENT RELIEF PROGRAM** If your income has been reduced due to the shutdown you may qualify for rent assistance. Visit <https://hcr.ny.gov/RRP> to learn more!

## From the Riverdale-Y:

### End of Summer Dance Camp

Our Dance Camp will offer a little of everything for your budding dancer or for those kids who need to get out and move after a long spring indoors. Classes will be held outdoors under a huge tent and when weather permits in other outdoor areas as well. We will also be offering each session virtually. For a complete list of options and details, please visit [www.RiverdaleY.org/dance](http://www.RiverdaleY.org/dance).

### Teen Leadership Institute

The Manhigut Institute is designed for students, ages 14-17, looking to further enhance their leadership skills. A virtual internship for 50 hours between Monday, July 27, and Friday, August 28. Applications due Wednesday, July 22. To apply, please click [here](#). Please direct questions to Rabbi Ari Perten at [aperten@ywashhts.org](mailto:aperten@ywashhts.org).

### Summer in the Cloud

Summer in the Cloud is the finest virtual summer adventure serving the JCC communities of the 5 Boroughs, Westchester, and Long Island. Open to all children in grades kindergarten-6th grade. Please visit [RiverdaleY.org/summer-in-the-cloud](http://RiverdaleY.org/summer-in-the-cloud) for more information on registration and pricing.

### ECC

Our Early Childhood Center is a fun, safe and nurturing environment where children build their self esteem while developing their school-readiness, social skills, independence, language and creative arts, early literacy, math and science exploration. Featuring a full day nursery school program for children ages 2 through 5, including Pre-K for All, with early drop off and extended day options. We currently have a limited amount of slots for the 2020-2021 school year. For more information, please visit [www.RiverdaleY.org/ecc](http://www.RiverdaleY.org/ecc).

### Kid's Space

Kid's Space provides a seamless end to your child's day throughout the school year. We offer a healthy, kosher snack; homework assistance with NY State Certified teachers; and a range of enrichment activities, all in a supportive and community-oriented setting led by professionally-trained staff. Registration is now open for the 2020-2021 school year. Please visit [www.RiverdaleY.org/afterschool](http://www.RiverdaleY.org/afterschool).

YESHIVAT | ישיבת  
CHOVEVEI | חובבי  
TORAH | תורה

# YCT'S INAUGURAL CLIMATE CONFERENCE

**SUNDAY, JULY 26, 2020**  
**9 AM - 11:15 AM**

## *Conference Schedule*

**9:00-9:05** Introductory Remarks with Rabbis Haggai Resnikoff and David Schwartz

**9:05-9:25** Mr. Hody Nemes Interview with Ms. Jessica Haller, "The State of the Climate"

**9:30-9:50** Mr. Nigel Savage, Rabbi Aryeh Klapper & Rabbi David Schwartz, "The Sky is Falling! What Does the Torah Say? The Place of Religion and Halakha in the Climate Conversation"

**9:55-10:15** Rabbis Aryeh Klapper and Haggai Resnikoff, "Danger, Damages, and Waste: Old and New Halakhic Approaches to the Climate Crisis"

**10:20-10:40** Dr. Mirele Goldsmith & Rabbi Jennie Rosenn, "Empowering You! How Can an Individual Make a Difference?"

**10:45-11:05** Reactions and Reflections with Dr. Michelle Friedman

**11:10-11:15** Parting Call to Action with Rabbis Dov Linzer and Haggai Resnikoff

## **ONLINE REGISTRATION REQUIRED**

If any accommodations based on disability are needed, please email [hresnikoff@yctorah.org](mailto:hresnikoff@yctorah.org).

Requests should be made at least one week before the event.

Sponsored by  PORAT

# BEYOND THE BAYIT - COMMUNITY ANNOUNCEMENTS

**Mind the Gap: A Mini Sabbatical:** Yeshivat Maharat and Yeshivat Chovevei Torah will be offering this new program designed for Jewish professionals who are headed to or are in-between jobs in the Jewish communal sector, with the goals of deepening their knowledge of Jewish values and literacy and strengthening their leadership skills.

Visit [www.yeshivatmaharat.org/mind-the-gap](http://www.yeshivatmaharat.org/mind-the-gap) or email [mindthegapsabbatical@gmail.com](mailto:mindthegapsabbatical@gmail.com) to learn more.

**Maharat and YCT** are exploring the possibility of launching a post-high school yeshiva year program for the academic year of 2020-2021. The program would be housed in Riverdale or conducted virtually, dependent on the realities of the pandemic. If you would like to learn more take our survey at

<https://tinyurl.com/y8al3xmw>

**LEKET ISRAEL PRESENTS A SUMMER WEBINAR SERIES:** *Don't let the Summer go to WASTE!* Featuring leaders of the global food banking community. The sessions will focus on the social welfare issues that emerged and have been compounded by COVID-19 and how they are being addressed in different regions.

Session 1: New Reality

Sunday, July 26th at 10:00am

Moderator: Cheri Fox - Leket Israel board member

Panelists: Paco Vélez – President and CEO Feeding South Florida, Joseph Gitler – Founder and Chairman of Leket Israel

Session 2: Lessons from London

Sunday, August 2nd at 10:00am

Moderator: Rabbi Jonathan Wittenberg – Rabbi of New North London Synagogue

Panelists: Laura Winningham – CEO City Harvest UK, Joseph Gitler – Founder and Chairman of Leket Israel

Session 3: Food Banking Globally

Sunday, August 9th at 10:00am

Moderator: Lisa Moon – President and CEO of the Global FoodBanking Network

Panelists: Sarah Pennell – General Manager & Company Secretary – Foodbank Australia, Joseph Gitler – Founder and Chairman of Leket Israel.

Visit [https://www.leket.org/en/dont-let-summer-go-to-waste/?utm\\_medium=email&utm\\_source=blast1](https://www.leket.org/en/dont-let-summer-go-to-waste/?utm_medium=email&utm_source=blast1) to register or learn more.

# Laws of The Nine Days and Tishah B'Av 5780 - 2020

## *The Nine Days*

### Overview

The Nine Days is a period beginning with *Rosh Hodesh Av* (Wednesday, July 22<sup>nd</sup>), and continuing until 9 Av. These days are discussed in the Mishnah, which says that when Av enters, we diminish our joy. This diminishing is as we enter the intensified period leading up to the commemoration of the destruction of the Temple(s), commemorated on 9 B'Av. Much of the practice recorded here is strongly-accepted custom and not law, and some is formal law, mostly mimicking the laws of mourning. Beyond the three main observances of this first period of sadness, the Three Weeks, which were discussed separately (1- Limits on joyous occasions, 2- No haircuts, 3- recital of *Shehecheyanu*), the Nine Days have many more limitations on joy or rituals meant to evoke the Destruction of the Temple. Broadly, this is a time period of "holding our breath": we try to minimize major activities like construction, moving, traveling, medical procedures, and the like.

### Meat and Wine

The custom is not to eat meat and wine during these days, including poultry and grape juice. The exceptions to this are after a *siyyum* (completion of a major section of Torah learning) or other mitzvah-related meal, those who cannot eat other food, or who are ill. On *Shabbat Hazon* (Shabbat, July 25<sup>th</sup>), one may eat meat and drink wine.

### Laundering and Wearing Laundered Clothes

During the Nine Days, the custom is not to wash clothes (even to be worn after Tishah B'Av) nor to wear freshly laundered clothes (this includes bed sheets and handkerchiefs). One may do laundry in the case of running out of clothes and for children's clothes. One may wear fresh underclothes when the ones being worn accumulate dirt or sweat or smell bad, and one may wear fresh clothes for *Shabbat Hazon*. One who only has fresh clothes should dirty the clothes – for example, by putting them on the floor for a little while. Clothes should also not be repaired during this period.

**Please note: Medical professionals or anyone who is concerned about the spread of infection on their clothing or from their clothing may launder any article of clothing as needed.**

### Washing and Bathing

The custom is not to wash one's entire body during the Nine Days. One may wash one's hands and face in cold water during this time. Showering is permissible if one becomes dirty on too many parts of the body to spot-clean, or if one becomes very sweaty. The widespread practice to shower during the Nine Days is because of sweatiness during this period, or because of the additional principle that someone who suffers when not showering for some period (an *istenis*) should shower during the Nine Days. Any showering should be done in lukewarm water and to get clean, not to luxuriate.

**Please note: It is permissible to shower the whole body for purposes of hygiene, which is particularly recommended in light of coronavirus this year. It is best to use lukewarm water which should be comfortable to stand under. If one is sick or pregnant, that person may shower regularly.**

### Swimming

Swimming for purposes of sport or physical therapy is allowed, but not for simple luxury, fun and physical comfort. Small children are permitted to go swimming. Slip 'n' slides, sprinklers, water balloon activities, or putting your feet in water are not considered swimming because they lack capability for full-body immersion and are permissible.

**Please note: Given the limitations on our recreational activities, many poskim have ruled that if you and/or your family have been swimming, you may continue to do so up until the afternoon before 9 B'Av. The same true if swimming is needed for your health: physical or mental. This caveat is for house pools only as public pools lend themselves to a more jovial or festive feel. Children under bar/bat mitzvah who cannot attend camp and have swimming as a primary form of recreation during this time may especially utilize this.**

## Music

We refrain from all live music and many refrain from recorded music with instrumentals.

**Please note: It is permissible to listen to recorded music for emotional support and certainly if one is in quarantine. We can be particularly lenient on Erev Shabbat in order to enter Shabbat in a more positive frame of mind. You may want to be more selective in choosing music that feels more appropriate (slower, classical, etc.). However, if you feel that other kinds of music will help you relax or keep up your spirits, it is permissible to do so. This can be helpful when driving or when working in close quarters and using a headset to create privacy.**

## Trips/Hikes

There is a custom to refrain from taking trips or hikes as the Nine Days are considered a time of danger. It is appropriate to refrain from special or unique outings (such as to a theme park). However, trips and hikes (even walking in water) can be a good, healthy outlet. It is important to be careful of time spent in the sun, be sure to bring sunscreen and lots of water.

## Shabbat Hazon

We acknowledge the coming of Tishah B'Av on this Shabbat (*Shabbat, July 25th*) with the singing of *Lekha Dodi* to the sad melody of the *kinah* Eli Tziyon. The Haftarah is also recited in the *Eikhah* trop. At the same time, as Shabbat is a time to refrain from public mourning, the Shabbat before Tishah B'Av has aforementioned relaxations of the customs of the Nine Days: one may eat meat and drink wine, wear freshly laundered clothes (although our custom is not to launder Shabbat clothes during the Nine Days), use a new tablecloth, and cut fingernails (for those who do not do so during the Nine Days). *Havdalah* should be made on grape juice/wine, but it should be given to a child old enough to understand blessings but not at the age of mourning the Temple. In the absence of a child, the one who recites *Havdalah* may drink the liquid. *Kiddush Levanah* is deferred until after Tishah B'Av.

## *Tishah B'Av*

### Overview

Tishah B'Av (*Thursday, July 30th*) is a day of national mourning for the tragedies which befell the Jewish people from Biblical times until the modern era. Many tragedies happened on Tishah B'Av, and others are simply remembered on this day. Like a day of *shivah*, Tishah B'Av is designed to be a day of uninterrupted focus on our national losses. Activities which distract from that remembering and mourning should be minimized. One should search for maximally meaningful ways to connect to the sorrows of our people.

### Erev Tishah B'Av

No *Tahanun* is recited at *Minhah*. The final meal eaten before the fast should not contain more than one cooked dish. A common practice to satisfy this is to eat a substantial meal first (even preferably without bread), recite the concluding blessings for that meal, and then have the final meal (*seudah hamafseket*) consisting of only bread (and customarily an egg dipped in ashes). The final meal should be eaten sitting on the floor or a low chair if possible, and no *zimun* should be recited, so a group which would otherwise recite *zimun* together should be careful to eat separately. The fast begins at sundown, Wednesday, July 29th, **8:14pm** this year.

### Tishah B'Av Night

*Maariv* is recited, followed by *Megillat Eikhah* and a short *Kinot* (elegies) service. The synagogue lights are dimmed, and the ark cover is removed. One customarily limits one's comfort in sleeping at night, usually by removing a pillow.

*Note: Please follow Bayit updates for notice about services and programs on Tishah B'Av.*

### Prohibited Pleasures

From sundown until the fast ends at nightfall, five categories of pleasures are prohibited: eating/drinking, anointing, washing, wearing leather shoes, sexual relations. Torah study is also severely restricted.

- **The prohibition on eating/drinking** applies to all adults, but one who is sick and in any medical danger should eat as much as is necessary. Customarily, mothers who have recently given birth are exempt from fasting for the first seven days, but not afterwards. Nursing does not automatically constitute an exemption from fasting, nor does pregnancy. However, there are cases where fasting is not warranted; please consult the rabbinic staff with any questions.

**Please note: Anyone who is immuno-compromised or in any other high-risk category should check with their doctor about fasting and follow doctor's instructions. This is true for women who are pregnant or nursing. If the doctor feels that there is a risk in fasting, please do not fast. Feel free consult with the rabbinic team about best steps to take.**

**The prohibition on anointing** does not include deodorant, but does include makeup.

- **The prohibition on washing** includes any kind of wetting the hands, so even dishwashing should be avoided. Exceptions include washing before prayer, to remove dirt (including after the bathroom), or sweat. Any washing which can should be limited to the fingers (to the knuckles). **Please note: We are continuing to keep ourselves and others safe by following protocol for high hygiene. This year we will all practice full hand washing on 9 B'Av.**
- **The prohibition on wearing leather shoes** includes leather in any part of the shoe. Although there are exceptions in case of traveling long distances on foot or travel in the rain, we try to be strict in an age where comfortable shoes of many non-leather materials are available.
- **The prohibition on Torah study** excludes sad passages and laws of the day, such as *Eikhah*, *Midrash Eikhah*, Book of Job, the prophecies of destruction in Jeremiah, the last chapter in *Talmud Moed Katan*, and the section in *Talmud Gittin* dealing with the destruction.
- On Tishah B'Av, in keeping with the strictest customs of mourning, we refrain from greetings, but may answer someone who greets us without realizing the prohibition. This prohibition, contrary to popular belief, extends throughout the day. Like a mourner in *shivah*, we sit on the ground or on a low chair on Tishah B'Av, until *hatzot* (halakhic midday – **1:02pm** this year).

### **Tishah B'Av Day**

*Shaharit* is recited without *tefillin* or *tallit gadol*. *Tahanun* is omitted, as well as *El Erekh Apayim* and *Lamnatzeah*. The Torah reading is Deuteronomy 4:25-40, and the *haftarah* is Jeremiah 8:13-9:23.

At *Minhah*, *tefillin* and *tallit gadol* are donned with their traditional blessings. The Torah reading is Exodus 32:11-14 and 34:1-10, and the *haftarah* is Isaiah 55:6-56:8. *Anenu* and *Naheim* (special for Tishah B'Av) are added in the *Amidah*. If *Nahem* is forgotten, it can be recited in the *Retzeh* blessing without its concluding blessing line. If that point has passed, one need not repeat the *Amidah*.

The fast concludes at nightfall, **8:58pm** this year. *Because the fast falls out on Thursday, the usual practice to refrain from laundering, bathing, and haircuts until midday the next day is suspended. Any of these things, if done for the sake of the upcoming Shabbat, may be done beginning immediately after the fast on Thursday night. We still refrain from eating meat and drinking wine until midday on Friday.*

***Feel free to contact any member of the rabbinic team with questions about specific situations.***

## Feeling Connection and Combating Loneliness on Shabbat and Yom Tov: A Bayit Guide

“Social Distancing”, the commitment we have all made to save lives in this coronavirus pandemic, has had a profound effect on our lives. We miss the human interaction of one-on-one connection and physical touch and of sharing space with our Bayit community and other communities. During the week we combat these feelings by connecting with others via social media and technology.

☒There is a new phenomenon called “Zoom Fatigue”. Think about Shabbat as a real break from the non-stop chatter of technology and a time to unwind and recharge your screen-time batteries.

Shabbat brings with it an opportunity for quiet and reflection. While in many ways that can be welcome, it can also be a particularly lonely time, especially for those of us living alone. We understand the challenge of getting through this 25 hour period with no digital communication. We lovingly offer some ideas to help mitigate those feelings, and we invite you to share your ideas with us as we learn and grow together.

### Pre-Shabbat Preparations:

**Planning:** In general, setting some type of structure or schedule for your Shabbat will help the time pass smoothly and comfortably. Break the night and the day up into sections. Consider even writing that schedule out and leaving it on the fridge or the table.

**Reading:** Shabbat is a perfect time to read books or articles, ones you’ve been wanting to read and catch up on or returning to old favorites. Perhaps choose a book to read together with a friend before Shabbat - you can discuss it after Shabbat and plan for that conversation on Shabbat.

**Games/Puzzles:** Jigsaw puzzles are great to work on, take breaks and come back to.

Here are some suggestions for games that you can play alone:

**Friday:** this card game was created to play solo!

**The Game:** This game is for the logically-oriented or mathematically inclined

**Music:** It is halakhically acceptable in this unique moment to leave music playing (radio or Internet) in one of your rooms. This can feel soothing and connect you to the outside world. We recommend finding a station with music that is calming such as soft jazz or soft classical music. It is about **music not radio**. It is not about listening to the news.

**Eating:** Prepare or order yummy food for your Shabbat meals!

### **Socializing:**

If you can go outside, find a “walking buddy” and set times to walk together with social distancing.

Set a time to meet at a park with a friend and find a roomy place to sit or walk.

Get to know your neighbors. In apartment buildings you could leave your doors open and chat with each other from afar. Plan specific times you might meet up.

## **On Shabbat:**

**Ritual:** When lighting Shabbat candles, take the time to think about setting aside your week and moving into a feeling of Shabbat. What are you grateful for? What are you praying for?.

Maintain the structuring rituals of Shabbat: Setting the table, Kiddush, HaMotzi...

**Tefillah:** Daven “together” at the times set for the whole community. If you attend shul on Shabbat, close your eyes and visualize being in shul. Look around at the people you usually see. In your mind’s eye, you can wish them Shabbat Shalom and wish them well.

### **Se’udat Shabbat:**

Set the table and create a Shabbat atmosphere.

Eat with intentionality. Savor the food, think about where it came from. There are eating meditations that can bring calm and make extra meaning of our eating experience.

Sing aloud - having sound in the home can help us feel less alone.

**Emotional Health:** Practice breathing exercises to relax. Think of the people in your life who bring you strength. Send them, in your heart, messages of love and appreciation. You can share those messages directly after Shabbat.

**Menuchat Shabbat:** Enjoy the luxury of the opportunity to sleep a little later. Go to bed early and sleep a full night. If you feel tired during the day, take an afternoon nap.

**Connect with nature:** Make sure to sit by the window for natural light. Open your window if weather permits and wave to people you know who are walking by. Go for a walk - or more than one; bonus points for seeing greenery! The trees are starting to bud!

Sometimes when we are alone, we think that we are the only ones who are alone.

**You are not alone in being alone.**