

Service Times

* Meeting at the Shul for prayer will be limited. Details at Dortikvah.org/services.html. When unable to attend, please still partake in prayer services at home.

Erev Shabbat

Friday, July 17 (Tammuz 25)

5:45pm - Pre-Shabbat Ruach via [Zoom](#)

Meeting ID: 374-672-2612, Password: 085081

6:40pm - Mincha/ Kabbalat Shabbat/ Maariv *

[Register to attend.](#)

7:01pm - Earliest Candle Lighting

8:10pm - Late Candle Lighting

Shabbat

Saturday, July 18 (Tammuz 26)

9:00am - Shacharit *

9:55am - Latest Preferable Time to Say Shema

6:50pm - Weekly Parsha Shiur [Click here for notes.](#)

7:35pm - Mincha *

9:09pm - Maariv/Havdallah *

9:30pm - Virtual Havdallah & Schmooze via [Zoom](#)

Meeting ID: 374-672-2612, Password: 085081

Weekday Services

Mincha/Maariv - Monday & Wednesday 6:35pm

[Register to attend.](#)

Classes

- **Daf Yomi with Rabbi Paul & Yoni Alon**

Sunday-Thursday 8:30pm, [Phone Conference.](#)

Contact Rabbi Elisha Paul elisha.paul@addlestone.org for details.

- **Torah Study: "The Avraham Stories" with Rabbi Davies**

Sunday 7:30pm, [Off for Summer](#)

- **"Ketuvim with Kenny"**

Join discussion and study of the final sections of the Jewish Bible.

Monday 7:45pm, [Facebook Live & Zoom](#)

- **"Lunchtime Talmud" with Rabbi Davies**

Uncover the depths of Jewish law.

Thursday 12pm, [Facebook Live & Zoom](#)

- **"Cholent and Learn" with Kenny Abitbol**

Thursday 8pm, [WhatsApp group and Facebook for updates.](#)

Announcements

> We have resumed in-person weekday Minyan on Mondays, Wednesdays, and Fridays. [Pre-screening & registration](#) are required to attend. Sign up to attend a service at Dortikvah.org/event/Join-Minyan. Go to Dortikvah.org/services.html for more information.

Dor Tikvah Virtual Events

Together Apart: Games We Play – July 22nd, 8pm

Hosted by Marcie Rosenberg. It's game night and we can all play in the comfort of our own homes. Tune in to Zoom and to horsepaste.com to play Codenames. Get details and RSVP at Dortikvah.org/event/together-apart.

Round 2 coming soon! *Details to come.*

Public Virtual Events

A Three Weeks Israel Journey – Ongoing

From Mizrahi World Movement, get inspiring online content throughout the Three Weeks (Bein HaMitzarim) at mizrachi.org/threeweeks. [Click here](#) for more information.

Jewish Film Fest Summer Series – Ongoing

Join Yaschik/Arnold Jewish Studies Program at CoC for 3 virtual screenings. Each movie will be available for 48 hours within a two-week period. Free Q & A zoom sessions will complement the films. Check out their [Facebook page](#) for details and updates.

Refuah Shelema

To add or remove a name, contact charlessteinert@gmail.com.

Yisrael Haynu ben Shimon Avraham
Yisroel Mordechai ben Fradel
Bloom bat Chaya Sara (Bertha Hoffman)
Yesuskah Levy ben Shosha Hannah
Rafael Aharon ben Devorah
Gershon Ben Sarah (Jerry Polinski)
Arlene Polinski
Michal bat Cayla Mynda (Michele Perrick)
Elijah Myer ben Malkah
Kalev ben Naftali

Simcha ben Etlle
Hodel bat Raazel
Miriam bat Mazal
Talia bat Shoshana
Yehudit bat Sarah
Isabella Beaudoin
Esther bat Alitza
Yisrael ben Chaya
Chaiah Leah bat Shier
Uri Chaim ben Hodel

Life Cycle

Birthday

- > Debbie Rothschild (7/18)
- > Danya Manaker (7/19)
- > Ariel Warren (7/21)

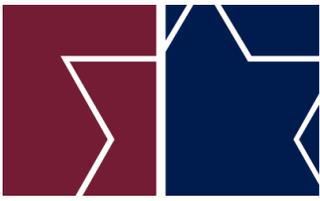
Yahrzeit

- > Emmanuel Everard Cohen Henriques, father of Jennifer Phillips (7/23)
- > Leon Wolper, Uncle of Nathan Kirshstein (7/24)

Contributions

- > Dr. Wade and Diana Manaker in memory of Harriet Manaker
- > Zahava and Yaakov Fried in honor of the Davies family and the whole Dor Tikvah community

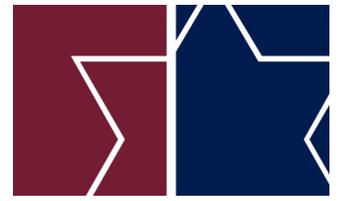
Consider honoring a special occasion or important person in your life by making a donation to Congregation Dor Tikvah. Contributions can be made at DorTikvah.org. *Contributions of \$10 or more are acknowledged here.*



The 9 Days & Tisha B'Av

Aspects of Mourning During the Nine Days

From Rabbi Michael Davies



The period commencing with *Rosh Chodesh Av* (Wednesday, July 22nd) until the 9th of Av (Thursday, July 30th) is called the 'Nine Days.' During this time, a stricter level of mourning is observed than that of the Three Week period of *Bein HaMetzarim*, in accordance with the Talmudic dictum: "When the month of Av begins, we reduce our joy." (BT Taanit 26)

1. It is customary to refrain from eating meat (including poultry) or wine. These foods are symbolic of the Temple service, and eating them is generally considered an expression of celebration and joy.
 - On Shabbat, meat and wine are permitted.
 - This exception also applies to any other *seudat mitzvah*
 - for example, at a Brit Milah, Simchat Bat, or completion of a tractate of Talmud.
2. It is customary to limit bathing to the purpose of daily hygiene. Therefore, one could continue to bathe but in a manner that is somewhat less enjoyable.
 - Those taking swim lessons or who swim for medical reasons may continue to do so.
3. It is customary to wait on purchasing any items that bring great joy.
 - However, 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, but if possible should wait to use/wear them until after this period.
 - Purchases necessary for one's livelihood are permitted.
4. It is customary to postpone beginning home improvements, or the planting of trees and flowers, until after the 9th of Av, as it would seem inconsistent to focus upon our home decor as we mourn the destruction of G-d's house.
5. 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 wearing it for even a few moments), it may be worn.
 - Some suggest, before the Nine Days start, to put on for a few moments any exterior garments you wish to wear in the coming days.
 - EXCEPTION: The clothing of small children, which gets soiled frequently, may be laundered & worn during the Nine Days.

Tisha B'Av is on Wednesday, July 29 - Thursday, July 30. Fast is from 8:20pm - 9:00pm. Details on programming will be coming soon.

On Tisha B'Av there are five basic restrictions — as on Yom Kippur:

- a) No eating and drinking
- b) No bathing or washing. After using the restroom one should wash one's hands until the knuckles (if one's hands are soiled, they should of course be washed). Upon rising in the morning, one should wash *neggel vasser* (Netilas Yadayim) only until the knuckles.
- c) No anointing of lotions, colognes and perfumes. This includes cosmetics and make-up, but does not include deodorant.
- d) No leather footwear should be worn.
- e) No marital relations.

On Tisha B'Av traditional Torah study is suspended as it brings "gladness to the heart." Certain Torah topics which reflect the spirit of the day are studied instead. On Tisha B'Av we do not greet each other – even with the customary "Good Morning." If someone initiates a greeting the response should be soft and somber. It is suggested to explain the reason for the reticence as not to provoke ill-will.

The aspects of mourning of the Three Weeks remain in effect as well.

REVIEW OF THE ASPECTS OF MOURNING DURING THE THREE WEEKS

1. It is customary to refrain from getting married.
 - One may get engaged, but not hold an engagement party.
2. It is customary to avoid public celebrations, especially involving singing, dancing and musical accompaniment.
3. It is customary to abstain from listening to live music.
 - If you make your living as a musician or teacher, or if you are a student practicing, but not performing, this does not apply.
 - If music is used to assist in dealing with depression, this does not apply.
4. It is customary to refrain from actions that would require the recital of the blessing *Shehechyanu*, i.e. on new food or clothes, except on Shabbat.
5. It is customary to hold off on getting haircuts or shaving.
 - A person who usually shaves daily and would suffer business or financial loss by not shaving, may continue to do so.

May this be the final year in which we must observe these practices of mourning.