

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 24 (Av 3)

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

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

6:35pm - Mincha/ Kabbalat Shabbat/ Maariv * [Register here.](#)

6:57pm - Earliest Candle Lighting

8:05pm - Late Candle Lighting

Shabbat

Saturday, July 24 (Av 4)

9:00am - Shacharit *

9:57am - Latest Preferable Time to Say Shema

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

7:30pm - Mincha *

9:05pm - Maariv/Havdallah *

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

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

Refuah Shlema

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
Refael 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 Etle
Hodel bat Raozel
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

- > Kenneth Fox (7/29)
- > Harris Cohen (7/30)
- > Nathan Feldman (7/31)

Anniversary

- > Wade & Diana Manaker (7/29)

Yahrzeit

- > Leon Wolper, Uncle of Nathan Kirshstein (7/24)
- > Sydney S. Richman, friend of Leah Chase (7/25)
- > Chana Alon, Mother of Yoni Alon (7/27)
- > Jeremy Alan Kramer, Son of Edward & Judy Kramer (7/30)

Contributions

- > Leah Chase in memory of Sydney S. Richman at Yahrzeit time

Donations to Congregation Dor Tikvah can be made at DorTikvah.org.

The Week Ahead

Monday, July 27 (Av 6)

6:35pm - Mincha/Maariv [Register to attend.](#)

Erev Tisha B'Av

Wednesday, July 29 (Av 8)

6:35pm - Mincha/Maariv [Register to attend.](#)

For those reciting Maariv early, a verbal declaration should be made that you are not starting the fast with Maariv.

8:20pm - Fast begins

9pm - Tisha B'Av Reading of Megillat Eichah and Kinot via [Zoom](#)

Meeting ID: 849 0801 3433

Tisha B'Av

Thursday, July 30 (Av 9)

Joint programming with Dor Tikvah, BSBI, and Yeshiva University

9:30am - Kinnot Explanations by Rabbi Mordechai Willig and Rabbi Yaakov Glasser (YU)

12pm - "The Comfort of Tisha B'Av Afternoon"

Rabbi Scott Hoberman (incoming rabbi at BSBI)

1:15pm-2:15pm - "The Tragedy We Commemorate on Tisha

B'Av is Not Really the Destruction of the Beit Hamikdash"

Rabbi JJ Schacter (YU)

2:15pm-3pm - "Jeremiah's Dilemma" Rabbi David Fohrman (YU)

3:15pm - "Who is responsible for the Destruction of the Temple?"

Rabbi Michael Davies (CDT)

6pm - Kumzits with Rabbi Mordechai Willig and sons (YU)

Rabbi Moshe Davis will be sharing recorded messages throughout the day on his *WhatsApp* group. You can sign up for the group [HERE](#).

1:27pm - Chatzot (Midday)

9:20pm - Fast ends

Classes

- Daf Yomi with Rabbi Paul & Yoni Alon

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

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

- "Ketuvim with Kenny"

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

- "Lunchtime Talmud" with Rabbi Davies

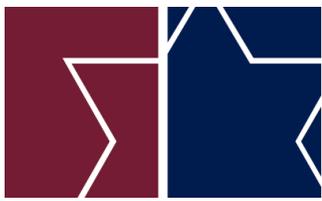
Thursday 12pm, *Off for Tisha B'Av programming.*

- "Cholent and Learn" with Kenny Abitbol

Thursday 8pm, *Off this week.*

Announcements

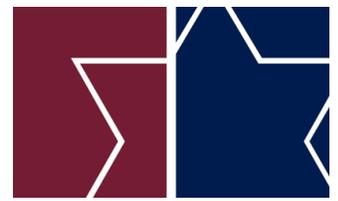
- > **COVID 19 UPDATE:** See [this letter](#) from the Dor Tikvah Committee for Safe Congregational Services for the latest update.



The 9 Days & Tisha B'Av

Aspects of Mourning During the Nine Days & Restrictions of Tisha B'Av

From Rabbi Michael Davies



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 period commencing with *Rosh Chodesh Av until the 9th of Av* 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.

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.