



Candle Lighting
7:43p

Mincha
7:00p

Torah Reading
Pg. 958

Haftorah
Pg. 1196

Candle Lighting 8/23
7:34p



SHABBOS SCHEDULE

Shabbos Night

7:00p Mincha followed by

Kabbolas Shabbos

7:43p Candle Lighting

Shabbos Day

9:00a Shacharis (9:46a KS)

10:45a Drasha (Rabbi Silber)

11:30a Kehillah Kiddush

5:35p Early Mincha

6:00p Daf Yomi (R' Kalman Akiva

Kovacs)

6:00p Women's Living Emunah Group

7:35p Mincha followed by Shalosh

Seudos

8:42p Maariv/Havadallah

No Chassidus on the Parsha or afternoon shiurim



WEEKLY SCHEDULE

Sun 8/11 - 10 Av

7:15, 9:00a Shacharis

6:20p Plag Mincha

7:45p Mincha/Maariv

Mon - Fri am

6:45, 9:00a Shacharis

6:20p Plag Mincha

7:45p Mincha/Maariv



WEEKLY SHIURIM

Sun 8:00a Daf Yomi

Mon - Fri

5:55a Daf Yomi

Following 9am minyan 15 Minutes of Mishnayos (Rabbi Richter)

Night Seder on break through

Rosh Chodesh Elul



HIGH HOLIDAYS 5780

Please note the following deadlines:

Members can begin to make seat requests. Seats from previous years remain on hold.

9/1 Unconfirmed seats released to members

9/1 Book of Remembrance ad deadline

9/16 Youth Group registration deadline (\$25 late registration/walk-in fee per family per Yom Tov)

9/19 All open seats open to the public

9/28 Lulav/Esrog order deadline

suburbanorthodox.org/highholidays



THE PAIN OF CONSOLATION

RABBI SHMUEL SILBER

"Nachamu Nachamu Ami - Be consoled, be consoled my people (Isaiah 40:1)."

We read these beautiful words of the prophet, Yeshayahu (Isaiah) on the Shabbos immediately following *Tisha B'Av*. When the fast ends we feel euphoric, excited and optimistic. But why? What is different? The Temple has not yet been rebuilt, anti-Semitism still exists and there is still infighting within our people. Why is this Shabbos a *Shabbos of Consolation* when nothing has seemingly changed?

Rav Ephraim Oshry (1914-2003) provides an amazing insight. Rav Oshry was the Rav of the Kovno Ghetto and answered many questions of *halacha* (Jewish law) throughout the war. He compiled these heartbreaking, yet inspiring responsa in a work titled, *Responsa from the Depths*. In his introduction to the third volume he raises an interesting question and provides an incredible insight and explanation. The Torah states:

"You shall remember what Amalek did to you on the way, when you went out of Egypt, how he happened upon you on the way and cut off all the stragglers at your rear, when you were faint and weary...Therefore, it will be, when the Lord, your God, grants you respite from all your enemies around [you] in the land which the Lord, your God, gives to you as an inheritance to possess, that you shall obliterate the remembrance of Amalek from beneath the heavens. You shall not forget! (Devorim 25:17-19)."

"Why must the Torah tell us to "remember" and "not forget"? Is this not redundant? God knew we would remember what Amalek (Rav Oshry relates historical Amalek to the Nazis) did to us. How can we not remember? The fire still burns, the pain is still acute. How can we not remember Auschwitz, the Ninth Fort, and Bergen Belsen? But the Torah explains, 'when the Lord, your God, grants you respite from all your enemies...In the land which the Lord, your God, gives you as an inheritance to possess; God knows that we will rebuild. We will rebuild our families, we will rebuild our wealth, we will rebuild our people, and we will rebuild ourselves. And we will begin to think, why should we hold on to the pain of the past? Let the past be the past. What good does it do to hold on to the pain when all it does is hold me back and anchor us in our heartbreak?"

God knew that when life would once again become good and filled with happiness and accomplishment; we would try to forget our pain. Therefore, God commands, "You shall not forget." Even when life is beautiful – never forget your pain."

But why not? After all, doesn't there come a point in time when I must let go of the past in order to build a future? Doesn't there come a point when I should unshackle myself from the heartbreak in order to feel joy? The Torah is teaching us an important lesson. The Jew never forgets or buries his pain – the Jew owns his pain. I look at my pain and I ask myself what can I learn about myself, my life and my world from this difficult situation. I own my pain and use it as a catalyst for growth. I own my pain and use its lessons as fuel for my engine of life productivity and meaning. *"You Shall Remember,"* is the natural reaction to pain when the wound is open, and the pain is clearly felt. But lest we think that at some point we need to forget to move on – God reminds us *"You shall not forget."* Don't try to bury, conceal or hide your pain – own it, learn and grow from it.

Perhaps, this is the consolation, the *nechama* (consolation) of *Shabbos Nachamu*. On *Tisha B'Av* we allow ourselves to experience the crushing burden of 2,000 years of national and individual pain. At times throughout the day we feel as if our collective heart will burst from the sadness and despair. But then something amazing happens. We begin the process of owning our pain. We begin to learn from the tragedies. From our tears and sadness, we learn the need for compassion, empathy and unconditional love. From our heartbreak, we learn tolerance and respect. From our adversity, we learn that we are resilient, and can adapt and rebound from the most difficult of circumstances. From our loss, we learn that there is no greater force in nature than the Jewish soul. We take these powerful lessons and make them part of who we are. We own our pain and we recognize that nothing and no one can stop us from accomplishing our

Continued on back>



MEMBER NEWS

THANK YOU

Kiddush set up: Tania Shichtman, Marlene Kiewe, Abby Applebaum

Cookie baker: Janice Schwarzbaum

Yisrael Doniel Jacobson for his assistance over the summer in maintaining the orderliness of the shul.

MAZAL TOV

Adam & Phran Edelman and Michael and Vicki Rechtes on the engagement of their children, Tamar Edelman to Moshe Rechtes

Rena Rotenberg on the birth of a great granddaughter. Mazal tov to great uncle and aunt, Seth and Rachel Rotenberg.

Elly & Shayndee Lasson on the birth of a grandson to Yaelle & Ariel Fromowitz

Ari & Elisha Ross on baby Gavriel's graduation from the NICU. Please continue to daven for Gavriel Shmuel Lev ben Elisha Miriam

BIRTHDAYS

Larry Bank, Rena Bier, Ivan Cohen, Rachayl Fine, Heather Goldstein, Jill Gross, Stuart Hoffman, Ralph Jaffe, Paul Kalish, Rachel Kelman, David Lefkowitz, Barbara Marder, Yehuda Neuberger, Rabbi Aryeh Richter, Avie Rock, Eliezer Saposnik, Howard "Heshy" Schoenfeld, Tamir Strum, Debra Varon, Kori Venick

Yahrzeits

Tzvi Sherizan, Herman Louis Buck, Clara Oxman, Anna Creeger, Harriet Fellner, Terry Friedman, Joseph Diener, Julius Hamburger, Jean Brodian, Nathan Roth, Chana Rochel, Bessie Rapoport, Chaim Ben Zion Rosenbloom, Samuel J. Siegel, Albert Kramer



SHUL HAPPENINGS

Escape Room Experience

Mon 8/19-Thurs 8/22 | SOTC

Build a team and compete for the grand prize! Multiple times slots available.

Register as an individual or with a team! suburbanorthodox.org/escape

SOTC Book Club

Tues 9/10 | 2:00p, SOTC

The Inheritance by Dani Shapiro

Security Training

Thurs 9/12 | 8:00p, SOTC

Learn Best Practices and Emergency Preparedness

suburbanorthodox.org/event/security



DVAR TORAH CONT.

spiritual goals and aspirations. The moment we learn from our pain and realize that pain is the ultimate catalyst for growth, is the moment we begin to feel a wave of comfort. Those who own their pain are comforted by their pain.

I wish each of you a Shabbos of introspective consolation. May we merit the ultimate consolation with the arrival of the Moshiach, speedily in our days.

New Shiurim online and on podcast at rabbisilber.com



SPONSORSHIPS

TALMUD TORAH

All learning in the month of Av is sponsored by **Yona & Shushie Ehrenfeld** in memory of Yona's grandfather, Joseph Ehrenfeld, Yosef ben Shmuel z'l

KEHILLAH KIDDUSH

Drs. Paul and Linda Weinberg in honor of their 52nd wedding anniversary and the establishment of the Dr. Paul Weinberg annual teaching award by the Children's Hospital of Philadelphia Division of Cardiology

SHABBOS MORNING DRASHA

Natan & Leah Berry in memory of Tzvi Sherizen, Eliezer Avraham Tzvi Ben Pesachya Leib z'l

Ari & Elisha Ross in the merit of a refuah sheleima for their son, Gavriel Shmuel Lev ben Elisha Miriam

SHALOSH SEUDOS

Friends of the Raskas Family in their honor

DAF YOMI

Rabbi Aaron & Janice Schwarzbaum in honor of the yahrzeits of their fathers, Meir ben Shaul z'l and Yisrael Yaakov ben Yosef z'l

David Wiesenberg in honor of the yahrzeit of his mother, Leah bas Chaim z'l

DONATIONS

Bernard Fellner in memory of his mother, Harriet, Chasha bas Shmuel z'l



MEMBER SPOTLIGHT

Meet Menachem Sheen

Menachem, born and raised in Baltimore, attended Torah Institute (TI). He graduated with a Certificate in CAD Architecture from CCBC and currently works for the USCP in drafting. Menachem is a long-time volunteer of Suburban. As part of the Operations Committee, he helps with everything from memorial plaque updates to kitchen prep.

Menachem enjoys history research and learning from the past. He is a big fan of strategy games and collects swords and bows. "I really enjoy the atmosphere at Suburban - where everyone knows everyone and you really feel at home. The Rav truly cares about each individual, no matter who they are or what their background is."



**THURS 9/12
8:00pm**

SUBURBAN BASIC SECURITY TRAINING

Learn About

- Historical Events
- Lessons Learned
- Best Practices in Response

Be Prepared For

- An Emergency Situation
- Active Assailant Incidents

SUBURBANORTHODOX.ORG/EVENT/SECURITY