

WEEKS OF JULY 14, 2023

Parshat Devarim 5783 – Shabbat Chazon

Friday, July 21 (Av 3)

6:40pm Plag Mincha Maariv
8:04pm Candle Lighting
 8:15pm Zman Mincha Maariv
9:00pm Friday Night Live (Sold-Out)

Shabbat, July 22 (Av 4)

Shabbat Hazon, Devarim
 7:30am Hashkama
 8:45am Haftarah Class
 9:15am Shacharit
 9:30am Youth Groups
 4:45pm Youth Play Date
6:00pm Summer Schmooze
7:00pm Afternoon Avot
 7:45pm Mincha
 8:05pm Men's Daf Yomi
 8:05pm Shalosh Seudos
 9:05pm Maariv
9:11pm Havdalah

Sunday, July 23 (Av 5)

Shacharit: 7:00am, 8:00am, 9:00am
 8:10pm Zman Mincha Maariv

Monday, July 24 (Av 6)

Shacharit: 6:00am, 6:50am, 7:50am
5:30pm Family Siyum
 6:30pm Plag Mincha Maariv
7:15pm Monday Night Mishmar
7:30pm He'Brew Reading Course
 8:10pm Zman Mincha Maariv

Tuesday, July 25 (Av 7)

Shacharit: 6:10am, 7:00am, 8:00am
 6:30pm Plag Mincha Maariv
7:15pm TNLP Siyum
 8:10pm Zman Mincha Maariv

Wednesday, July 26 (Av 8)

Erev Tisha B'Av
 Shacharit: 6:10am, 7:00am, 8:00am
 8:10pm Mincha
8:18pm Fast Starts
 8:30pm Maariv & Kinot
9:30pm Kumsitz w/R' Adami Friedman
 9:45pm Late Eichah

Thursday, July 27 (Av 9)

Tisha B'Av
 Shacharit: 5:45am, 6:30am, 8:00am
11:00am Tisha B'Av Kids Program
11:15am Shiur: The Texts of Tisha B'Av
 1:02pm Chatzot
 1:45pm Early Mincha
 3:00pm Video Presentations
7:00pm Great Jewish Dynasties
 7:45pm Mincha + Dvar Torah
 8:50pm Maariv
9:07pm Fast Ends

Friday, July 28 (Av 10)

Shacharit: 6:10am, 7:00am, 8:00am
 6:30pm Plag Mincha Maariv
 7:58pm Candle Lighting
 8:10pm Zman Mincha Maariv

Men's Daf Yomi Group

Sun: 8:45am; Mon-Fri: 7:00am

WARM WELCOME!

Upper West Side Yoetzet Halacha Ellin Cooper will be visiting OZ on Shabbat Morning for Shacharit & Kiddush – please feel free to introduce yourself and say Hi!

MAZEL TOV!

Judith Holtzman & Gadi Grossman and their recent engagement

THANK YOU TO OUR KIDDUSH SPONSORS

Bradley Hames, commemorating the 7th Yartzheit of his father Shlomo ben Beryl z'l (8th of Av)
 Caroline Eiseman, commemorating the Yartzheit of her brother Yosef Aharon ben Kolonumus z'l
 Mendy & Marilyn Maierovitz, commemorating the Yartzheit of Mendy's father Shmuel Elimelech z'l
 Jay & Zohara Taragin, in honor of Barak, Zahava, and Azriel Meir Taragin's shlichut to Orlando

ANNOUNCING CAMP ZEDEK!

Due to overwhelming requests, OZ is excited to have Morah Sofia Khaski of Yeshiva Ketana host a 'mini-camp' to bridge the extended gap between the end of camp and the start of school, from August 14 to August 31. RSVP at www.OZNY.org/Camp.

SUMMER SPACE

The OZ Mirpeset is a great outdoor urban patio space for your next private event! Ask us about hosting Sheva Brachot, Family Reunions, Backyard BBQs, Pizza Parties, and so much more!

KEEPIN' KOSHER

The **OZ Kosher List** is regularly updated at www.OZNY.org/Kosher and is a trusted resource for many in and out of our community - if you are a proud 'foodie' and know of establishments we may have missed, please contact office@ozny.org

UPCOMING EVENTS: WWW.OZNY.ORG/EVENTS

Shabbat	July 22	6:00p	Summer Schmooze: A Different Look at the Haftarah (Library)
Shabbat	July 22	7:00p	Afternoon Avot – this week will meet in the Main Shul
Monday	July 24	5:30p	Youth Dept. 9 Days Family BBQ & Siyum
Tuesday	July 25	7:15p	TNLP: Tuesday Night Learning Program Annual Siyum & Chinese Buffet
Wednes.	July 26	9:30p	Yearning for Yerushalayim: Tisha B'Av Kumsitz with R' Adam Friedman
Thursday	July 27	11:00a	Youth Dept. Tisha B'Av Program
Shabbat	July 29	11:15a	Shabbat Nachamu Ice Cream Kiddush



**FASTING 101: WWW.OU.ORG
ALAN FREISHAT**

PREPARING FOR THE FAST

- Begin drinking on a consistent basis 36 hours beforehand. Increase your fluids by 25% or 30%.
- Eat more fruit – particularly fruit that is dense in fluid; melon and watermelon are particularly good. Fruits help retain the liquid you are consuming.
- If you are a coffee or caffeinated tea drinker, or a chocoholic, it's imperative that you begin weaning yourself from these and other caffeinated foods or drinks 72 hours before the fast begins. Failure to do so may bring on headaches during the fast.
- At the meal before the fast, stick with complex carbohydrates with a normal amount of lean protein—DO NOT go high protein at this meal. Whole Grains, vegetables, fruits, and baked potatoes or, preferably, sweet potatoes are great.
- Keep drinking non-caffeinated beverages and remember that water and some fruit juices are best.

BREAKING THE FAST

- Begin with four or five glasses of water.
- Have a light meal, a bowl of soup, a small amount of whole grains (a slice of bread or a portion of brown rice, for example), and fresh cut salad is perfect. Keep proteins light and lean.
- Finish with a fruit or two. Stop there!
- Leave the table and go for a short walk; do your stretching.
- If you are really still hungry after that, have a small snack and some more water or tea.
- Don't eat late at night, and the next day, you should wake up feeling hungry and healthy.
- Don't eat an entire day's worth of calories in one Meal.
- **Overeating after the fast can cause great gastric discomfort!**

Preparing for a fast and breaking it properly is just another way to "add hours to your days, days to your years, and years to your lives."



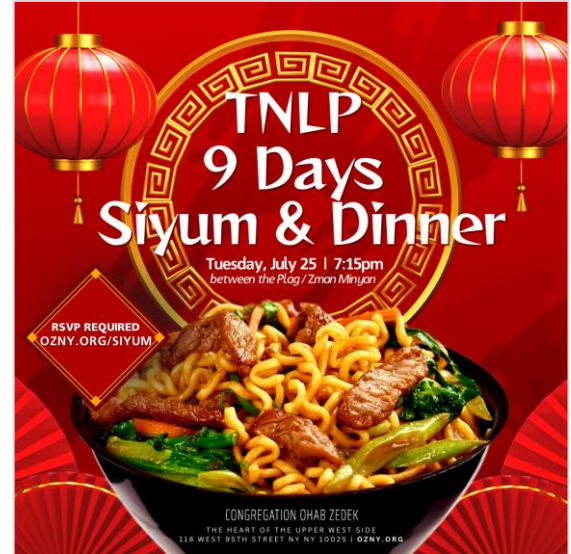
OZ YOUTH PRESENTS
9 Days Family Siyum & BBQ



MON. JULY 24 @ 5:30PM

RSVP @ WWW.OZNY.ORG/YOUTH
\$12 PER PERSON, \$45 PER FAMILY, SPONSORS WELCOME!


CONGREGATION OHAB ZEDEK
THE HEART OF THE UPPER WEST SIDE
118 WEST 95TH STREET NY NY 10025 | OZNY.ORG



TNLP
9 Days
Siyum & Dinner

Tuesday, July 25 | 7:15pm
between the Plog / Zman Minyan

RSVP REQUIRED
OZNY.ORG/SIYUM



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OZ YOUTH COMMEMORATES

תשעה באב
5783



Educational Program – Movie – Pizza Lunch

Thursday, July 27th, 2023
11:00 AM until 2:15 PM (after 1:40 PM Early Mincha)
Ages 3 years and up – Drop-off Available
Price Per Child: \$15 member, \$20 not yet member
Parents/Caretakers Are Welcome To Join

TO REGISTER: WWW.OZNY.ORG/YOUTH



TISHA B'AV 5783 @ OZ

WEDNESDAY JULY 28

- 8:18pm Fast Starts
- 8:30pm Maariv & Eichah
- 9:30pm Kumsitz w/Rabbi Adam Friedman (BM)
- 9:45pm Late Eichah

THURSDAY JULY 29

- Shacharit - 5:30am, 630am (BM), 8:00am (+ detailed kinot)
- 11:00am Youth Program (BM) *RSVP ONLY ozny.org/Youth
- 11:15am Texts of Tisha B'Av w/Rabbi Allen Schwartz (Shul)
- 1:02pm Chatzot (Midday)
- 1:45pm Early Mincha
- 3:00pm Chafetz Chaim Heritage Foundation (Movie)
- 4:00pm Upheaval (Movie)
- 5:30pm No Place On Earth (Movie)
- 7:00pm Dynasties of Jerusalem w/Micah D. Halpern (Shul)
- 7:50pm Mincha + Dvar Torah
- 8:50pm Maariv
- 9:07pm Fast Ends

ALL MINYANIM IN THE MAIN SHUL, ALL PROGRAMMING IN THE BET MIDRASH - UNLESS OTHERWISE NOTED

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OZ SHABBAT NACHAMU

Ice Cream Kiddush

SHABBAT, JULY 29
@ 11:15AM

Celebrate your Milestones & Mazel Tovs
with us by a sponsorship

OZNY.ORG/NACHAMU




JOIN OHAB ZEDEK'S
SUMMER CINEMA

GOLDA

INCLUDING INTERVIEW WITH HELEN MIRREN
BROADCASTED TO AMC LINCOLN CENTER

TUESDAY NIGHT
AUGUST 23, 2023

\$25 TICKET
4PM SHOW
7PM SHOW

RESERVE YOUR TICKET:
WWW.OZNY.ORG/GOLDA

