

THIS SHABBAT

- **Candle Lighting:** 7:45 PM
- **Mincha:** 6:30 PM | Beit Midrash
- **Kabbalat Shabbat:** Joey Lipner
- **D'var Torah:** Rabba Ramie Smith
- **YP Minyan:** 9:30 AM | Beit Midrash
- **Main Minyan:** 9:00 AM | Main Sanctuary
- **Sof Zman Kriat Shema:** 9:27 AM
- **Shacharit:** Rabbi David Stein
- **Anim Zmirot & Concluding Services:** Zachary Schechter
- **Kriyat HaTorah:** Mayer Bick
- **Torah:** Hertz: 736; Stone: 938
- **Haftarah:** Hertz: 750; Stone: 1195
- **Haftarah:** Ariel Stein
- **Drasha:** Rabbanit Alissa
- **Musaf:** Mike Mendelson
- **BDJ BW Mincha:** Will not meet this week.
- **Mincha:** 6:05 PM
- **Fast Begins:** 8:02 PM
- **Havdalah:** 8:44 PM
- **Ma'ariv followed by Eicha:** 9:05 PM

HAPPENING THIS SHABBAT

- ◆ Shabbat Hazon.
- ◆ Kiddush in the Lobby is sponsored by BDJ.
- ◆ Young Professionals Kiddush in the Beit Midrash.
- ◆ No Seudah Shlishit or Nothing But the Pshat due to Tisha B'Av.



BDJ BROADCASTS

- ◆ Mazal Tov to **Elisheva & Zev Klagsbrun** on the birth of a baby boy!
- ◆ Mazal Tov to **Johanna, Grant & Maya Cohen** on the birth of a baby boy!
- ◆ Mazal Tov to **Daniella Plutchok & Aaron Gordon** and big siblings **Noga & Amit** on the birth of **Matan Lior!**
- ◆ Mazal Tov to Nava & Amitai Raziel
- ◆ Social Hall renovations are ongoing through mid-August. Please do not enter the Social Hall during this time.
- ◆ **Membership forms are due August 8!** Please consider joining our newly inaugurated **Trustee Circle**. More information can be found at www.bnaidavid.com or you may contact Adynna Swarz at 310-276-9269.

TISHA B'AV

JULY 21 SHABBAT & TISHA B'AV EVENING

6:05 PM - Mincha at B'nai David
No shul Seudah Shlishit following Mincha. Your Seudah Shlishit at home must end by 8:02 PM.

8:02 PM - Fast of Tisha B'Av Begins
even though Shabbat is not yet over.

8:44 PM - Shabbat Concludes
Recite the simple formula of havdalah בורא למחול & recite בורא למחול over the havdalah candle. Wear non-leather shoes & proceed to shul (you may drive).

9:05 PM - Ma'ariv at B'nai David
Followed by the reading of Eicha.

JULY 22 DAY COMMUNAL PROGRAM

8:30 AM - Shacharit
Joint BDJ-YICC-Beth Jacob Shacharit at Beth Jacob
(No tallit and tefillin)

9:20 AM to Noon - Kinnot
at Beth Jacob
Followed by a screening of the film *One Day in Auschwitz*

JULY 22 AFTERNOON AT B'NAI DAVID-JUDEA

7:30 PM Mincha
(with tallit & tefillin)

8:00 PM - D'var Torah
with Jordan Lurie

8:15 PM - Ma'ariv

8:32 PM - Fast Ends

JULY 22 AFTERNOON COMMUNAL PROGRAM

5:45 PM - Special B'nai David-Judea Mincha Minyan at Temple Beth Am
(tallit & tefillin for Mincha)

6:30 PM - המקום ינחם
"Finding Comfort as Individuals and as a Nation"

Keynote Speaker: Gabrielle Birkner
of Modern Loss & My Jewish Learning
With breakout sessions:

Rabbi Matt Shapiro: The Spirituality of Giving & Receiving Comfort

Rabbi Adam Kligfeld: The Deep Meaning of the Root "Nachem"

Rabbi Sarah Bassin: Seven Weeks of Comfort: When Prophets Stop Chastising

SEUDAH HAMAFSEKET

The experience of Tisha B'Av actually begins before Tisha B'Av. Unique in all of Jewish life is the special meal we eat before the fast begins, the Seudah Hamafseket. There is no meal, not even a meal eaten in a shiva house that is designed to be more miserable than the Seudah Hamafseket. Neither meat nor wine, nor more than even one cooked food, may be consumed. Traditionally, we eat bread & a hard-boiled egg. The meal is not only to be eaten while sitting on the floor, it is to be eaten in isolation. The benching afterward is specifically not to be preceded by a zimmun. It is the meal through which we imagine the meal of someone who is sitting at the lowest point of the circle of history. There is even a custom to dip the food in ashes.

The Seudah Hamafseket is also the subject of a whole historical back-&-forth that plays out on the pages of the Shulchan Aruch. This is because the Shulchan Aruch insists that this meal is intended to be a real meal, not merely a symbolic or ritual PS to the dinner we will have eaten before the fast. Which is to say, there should be a meaningful lapse of time between our last meal, & the Seudah Hamafseket so that we are actually hungry again when we sit to eat the Seudah Hamafseket just like we would be when we would

sit down to eat any regular meal. But it's clear that historically this was a struggle, as people wanted to eat their "real" meal as close to the beginning of the fast as possible, for obvious reasons.

Rama writes that the minhag in his land was to eat a regular meal, go & daven Mincha, & then eat the Seudah Hamafseket. Others object that this is too short an interval between the two meals. Eliyahu Raba attempts to justify the popular practice by pointing out that people are in any case acting for the sake of heaven, i.e. are eating their "regular meal" late in the day because they want to insure that their fast can be about reflection & prayer, rather than hunger. But Eliyahu Raba cautions that, at very least, a person should not be full when sitting down to eat the Seudah Hamafseket. Eating when full is not recognized as "eating" at all in the eyes of Halacha.

Bottom line: The Seudah Hamafseket is a vital part of the overall experience of Tisha B'Av. We should plan to stagger Seudat Shlishit & the subsequent Seudah Hamafseket to the greatest degree that is feasible.

FEED THE HUNGRY

*We encourage you to follow the Prophet Isaiah's advice to donate the dollars saved from abstaining from food to **Fast for Feast** for hunger relief. www.fastforfeast.org/bdj*

HALACHOT OF TISHA B'AV

Tisha B'Av is similar in many ways to Yom Kippur. The fast is a full 24+ hours and the restrictions of the day include not washing one's body (except for hand-washing in the morning), not wearing leather shoes, refraining from marital relations, & not eating or drinking. On Tisha B'Av, all those who are physically able to do so sit on the floor or on low stools rather than chairs. [This last custom extends only until midday] All of this is included to help generate a shiva-like feeling of loss & grief. This feeling can then serve as the framework for the prayers & kinnot of the day. Tisha B'Av does not have the status of Shabbat. Nonetheless, the less time we can spend at work, the better. If going to work can be delayed until midday, that option should be pursued. Perhaps the most awkward custom of Tisha B'Av is that of not exchanging greetings throughout the fast. This is borrowed from the laws of shiva. Though it feels odd to not say "hello" to the people we see in Shul, the pointed avoidance of exchanging pleasantries helps to create the atmosphere of sad reflection.

Neither tallit nor tefillin are worn on the morning of Tisha B'Av. Both are symbols of Israel's glory & neither is appropriate as we sit on the floor in the depths of dismay. Tallit & tefillin are worn at Mincha, as the gloom of the day slowly begins to lift.

As was mentioned above, the custom of sitting on the floor ends at midday. Solar midday this year will be at 12:59 PM.

SOME NOTES ABOUT THE BOOK OF EICHA

As we do each year, we'll be reading the book of Eicha during the first hour of Tisha B'Av, this Saturday night. The book's name is taken from its first (& recurring) word, which means, "How could it be?" The book is comprised of five chapters, each of which is its own self-standing dirge ("kinah") concerning the destruction of Judea & Jerusalem in 586 BCE, & the exile to Babylonia that followed. The Talmud actually refers to the book not as "Eicha," rather as "Kinot" (dirges). According to rabbinic tradition, these five dirges were composed by Yirmiyahu (Jeremiah) himself, the prophet who warned about, & then ultimately experienced the destruction & exile.

The first chapter vividly describes Jerusalem (Zion's) utter desolation, abandonment, & shame. Jerusalem personifies the people of Judea as well in this "kinah." Especially striking is Jerusalem's plaint over the lack of any comforters. She & we are alone in our time of shock & suffering.

The second & fourth chapters each focus on God's wrath,

which is the only plausible explanation we have for the destruction of God's city & the exiling of His people. We acknowledge that God's wrath was not unjustified, & that we did not heed the warnings that were offered to us by our prophets. Our acknowledgement that this was God's decision leads directly to the call that we now address Him, cry before Him, & call out to Him, as our post-destruction future is similarly in His hands. At B'nai David it is our custom that following the reading of Chapter Two, we sing one line from the chapter together, "Pour out your hearts like water, before the face of God."

The third chapter is strikingly composed in the first person. Many interpret the chapter as one person giving voice of to the dismay & bewilderment that each & every individual in the city must have been experiencing. Others suggest that Yirmiyahu is reflecting on his unique personal experience of being the prophet who was charged with delivering the highly unpopular message of doom, a charge that brought him great personal difficulty & grief.

UPCOMING

DAILY MINYAN SCHEDULE: JULY 22-28

SHACHARIT	
Sunday—Tisha B'Av	8:30 AM at Beth Jacob
Monday, Thursday	6:45 AM
Tuesday, Wednesday	7:00 AM
Friday—Tu B'Av	7:00 AM
MINCHA/MA'ARIV	
Sunday	See Tisha B'Av Schedule
Monday -Thursday	7:40 PM
Friday	6:30 PM
SHABBAT— July 28	
Shacharit & Rechov	9:00 AM
Yeladim	7:20 PM

COMMUNITY

19TH ANNUAL JEWISH COMMUNITY DAY

Sun., Aug. 5 | 1:10 PM
LA Dodgers v. Houston Astros
\$34/ticket | Seat + T-shirt



SIGN UP BY JULY 28:
www.bnaidavid.com/event/Dodgers2018

Contact JJ Wernick: jjw613@gmail.com

LEYL SHIRA

Join us for an evening of music, singing, learning, community & dessert!

Aug. 19 | 6:30-8:00 PM
Melmed Residence | 9510 Bolton
REGISTER TODAY

www.bnaidavid.com/event/leylshira2018

MELAVE MALKA

Join us for a Tu B'Av-themed Melave Malka, with Dov Rosenblatt & musicians!

Sat., July 28 | 9:30-10:30 PM
Lowe Residence | 9303 Bolton Rd.

WOMEN & MITZVOT

This series will explore various mitzvot, uncovering practical & spiritual meaning for women.

See back table flyer for details

BIKKUR CHOLIM COMMITTEE

The act of Bikur Cholim is a mitzvah, a moral and spiritual obligation required of all Jews to perform. The mission of our committee is to reach out to members of the BDJ family who might benefit from a call, a visit, or a sympathetic ear. Our level of activity varies depending on need.

The responsibilities of our committee members typically include:

- ⇒ Visiting a patient who is at home, in a hospital, in a rehabilitation center or a nursing home.
- ⇒ Calling a homebound senior before Shabbat or Yom Tov.
- ⇒ Preparing and/or bringing food to a family with an ill member or to a home with a new baby.

The BDJ Bikur Cholim Committee welcomes new volunteers as well as the recommitment of its present membership.

If you want to help, please contact Nancy Klein Dolensky at nancy@nkgross.com or 310 230-5634.

NOSH N' DROSH

THE MEANING OF THE MUSIC: HOW TORAH READING WORKS

July 28 | 5:00 PM

Ciment Residence, 1450 Edris Dr.

Come learn with master lainer **Alex Fax** about how the system of laining works & how you can use it to enhance your Torah study.

SERVICE OF THE HEART OR SERVICE OF THE RABBIS?

August 18 | 5:00 PM

Program at Abrams-Kanefsky Residence, 1537 Durango Ave.

Childcare at Merkin Residence, 1541 S. Durango Ave.

Our tradition values spontaneous prayer yet legislates fixed prayer. **Rav Yosef** will learn the sources debating this tension with us & explore how we can try to create a multi-pronged path to a meaningful prayer life..

#METOO: THE TORAH'S PERSPECTIVE ON THE COED WORKPLACE

August 25 | 5:00 PM

Merritt Residence, 1905 Hillsboro Ave.

Join us in this coed conversation as we learn some of the Torah's tools in addressing the issues raised by the #metoo movement. **Rav Yosef & Rabbanit Alissa** will share personal reflections on their own professional dynamic.

~ Childcare provided at all Nosh N' Drosh events ~

EDUCATION

SHAVUOT IN JULY?

It's not as crazy as it sounds...

See back table flyer for details!

ENGAGE: ISRAEL'S MILESTONES & THEIR MEANINGS

This fall course for members explores the pivotal events of 1917, 1947, & 1967 as key moments when Zionism unleashed new thinking about the meaning of Jewishness for generations to come.

Mondays | 7:45-9:15 PM
October 8 – November 12, 2018
BDJ Beit Midrash

Cost (for materials): \$25

RSVP to (310) 276-9269 or bnaidavid.com/event/engage-course.html

See back table flyer for more info.

COMMUNITY ANNOUNCEMENTS

- ◆ **TORAH & MENTAL HEALTH:** a 2-night series on mental illness. **Tues., 7/24 at 7:45 PM**—Mental Illness Through the Lens of Torah and **Wed., 7/25 at 7:45 PM**—Mental Health Roundtable: Recovery & Resources. **RSVP at stsonline.org.** Events at Shomrei Torah Synagogue in West Hills.
- ◆ **NEW GROUND PROFESSIONAL CHANGE-MAKER PROGRAM:** This fellowship is for Change-Makers between 25-55 years of age, interested in Muslim-Jewish relations. Apply here: <https://tinyurl.com/ujqeeq> by 8/1.
- ◆ **YONINA CONCERT: 8/4.** <https://goo.gl/f9PuLj>
- ◆ **YESHIVA UNIVERSITY ALUMNI, PARENTS AND STUDENTS** are invited to a **Summer Soirée** at a private Beverlywood home on **Mon., 8/6.** This is an opportunity to offer a warm send-off to the YU students from Southern California & mingle with other YU community members. RSVP to westcoast@yu.edu for location & details.
- ◆ *****NCSY GIVE GIRLS SUMMER PROGRAM** is coming to Pico on **8/10-11.** They urgently need hosts for the girls! Email beckerd@ncsy.org if you can house girls!***
- ◆ **YESH TIKVA: Infertili-TEA** featuring Dvora Entin, LCSW on **Wed., 8/16 at 7 PM.** RSVP: events@yeshtikva.org
- ◆ **TOMCHEILA: Online job board** now open—connecting local employers with qualified candidates. Visit www.tomcheila.org or email joblink@tomcheila.org.
- ◆ **BRCA FOUNDER OUTREACH STUDY: FREE BRCA** tests to those 25+ years of age who have one grandparent of Ashkenazi Jewish origin, & reside in LA. www.BFORstudy.com.
- ◆ **ETTA YOUTH TEAM:** For high school teens who want to work with teens with special needs. More info at etta.org or email eyt@etta.org.
- ◆ **ACHILLES LA:** Able-bodied volunteers & runners with disabilities come together to train in an environment of support & community. <https://www.achillesla.org>
- ◆ **#ESHELPLEDGE CAMPAIGN:** Shalhevet drafted a pledge to let LGBTQ students know they have nothing to fear. Eshel is taking the Pledge national with the #EshelPledge campaign. **Join the pledge today!** www.eshelonline.org/pledge
- ◆ **ALEPH INSTITUTE:** Special arrangements with the Federal Bureau of Prisons now allow Aleph volunteers to visit Jewish inmates one on one in the visiting room during visiting hours. Apply here: <https://tinyurl.com/alephinmates>
- ◆ **LA MIKVAH** now has online scheduling - no waiting required. Visit <https://lamikvah.org/home> for more info.
- ◆ **JEWISH FEDERATION'S TOUR DE SUMMER CAMPS:** community fundraising event with four amazing routes for cyclists of all skill levels. Proceeds fund children across LA to attend Jewish summer camp. Info & registration at www.tourdesummercamps.org
- ◆ **#DOYOU10Q:** Reflect. React. Renew. For free! **September 9-19.** Answer questions sent to your inbox daily for 10 days, and receive your answer next High Holidays. www.doyou10q.com

BDJ'S UPCOMING EVENTS

July 1-26	• Rav Yosef in Israel
July 28	• Nosh N' Drosh: Alex Fax
July 28	• Melave Malka: Tu B'Av
August 5	• 19th Annual Jewish Community Day at Dodger's Stadium
August 8	• Membership Forms Due
August 18	• Nosh N' Drosh
August 19	• Leyl Shira: Rav Yosef
August 25	• Nosh N' Drosh: Rabbanit Alissa & Rav Yosef

מי שברך אבותינו אברהם יצחק ויעקב ואמותינו שרה רבקה רחל ולאה הוא יברך וירפא את החולים בעבור שאנחנו מתפללים בעבורם בשכר זה הקדוש ברוך הוא מלא רחמים עליהם להחלימם ולרפואתם ולהחיותם וישלח להם מהרה רפואה שלמה מן השמים לכל אבריהם ולכל גדיהם בתוך שאר חולי ישראל רפואת הנפש ורפואת הגוף שבת היא מלועוק ורפואה קרובה לבוא השתא בעגלא ובזמן קריב ונאמר אמן.

MISHEBERACH LIST

Please be in touch with Susan Fink at stfink@gmail.com

Chaya bat Tova Bleima (Sorel Lainer's mother) * Pessie bat Chana (Martine Porter-Zasada's sister) * Esther bat Devorah Bella (Mayer Schames' mother) * Emanuel ben Hinda (Mr. Sassover) * Bella Rivka bat Rosa (Aharon Shimon's sister) * Shulamit bat Ruchel Sheina (Selma Framson) * Michael ben Malka (Max Wozniak) * Chaya bat Bela (Mayer Bick's mother) * Tziporah bat Tova (Mrs. Sassover) * Alicia Webster * Chayim Menashe ben Fruma (Manny Klein) * Liran ben Aliza * Zoya bat Mazal * Mordechai ben Dina * Yitzchak ben Raizel (Ira Grose) * Sarah Hindi bat Lily (Cary Glass's mother) * Tila bat Miriam * Pinchus Shalom Tzvi ben Ze'eva (Daniella Platt's friend's son) * Hadassah Bat Lea * Eitan Zev ben Nachama Sara Beilah * Shmuel ben Miriam (Rica Bercovici's nephew) * Aharon ben Rosa * Helen Avivah bat Marietta Ruth * Adele bat Yehudit * Anna Louise bat Barbara Feige * Tova Chaya bat Leah Malka * Leah bat Liba * Yosef Hiskiya ben Chaya * Matisyahu Yoel Baruch ben Gittel (Marcus Freed) * Tamar Pnina Gittel bat Aliza Rachel * Yaacov Moshe bet Sarah * Yakot bat Esther (Colette Volvovic) * Yaffit Bat Monira * Leah Rachel Bat Miriam Bat-tzion * Ohad Chanan ben Malka * Shirli Malka bat Aliza * Achiya Binaymin ben Shirli Malka * Elkana Asher ben Shirli Malka * Yosefa Ariel bat Sarah (Kelila's mom) * Rina Ariane bat Ayeletb* Yarachmiel Nessem Ben Reuben (Nan Gold's brother) * Menachim ben Rachel * Chaya Liel bat Tali * Adinah Yehudit Bat Rishe Chanah (Aidaire Klein) * Yaakov Moshe Ben Ettel * Baila Malka bat Aida Ette (Ze'ev Korn's mother) * Tzivia Freidel bat Zlata Sima * Yaakov ben Masha (Jack Plax) * Avram Simcha Ben Miriam (Kelila Green's cousin) * David ben Gilah * Gilah bat Zoya * Baruch ben Tamara * Nachum ben Freda (Lou Gordon's Father) * Tzachi ben Penina * Rena bat Sarah (Sarah Abraham's aunt) * Dvora bat Sara Raizel (Dora Schwarzstein) * Keren bat Gitl (Rose Wolfe's granddaughter) * David HaCohen ben Menucha (Mike Mendelson's father) * Chava bat Helen (Eva Magid) * Yitzchak Dovid Ben Leah * Shmuel Tzadok haLevy Ben Shaina Raisa * Ruth bat Sarah