

**THIS SHABBAT**

- **Candle Lighting:** 7:48 PM
- **Mincha:** 6:30 PM | Beit Midrash
- **Kabbalat Shabbat:** Robby Helperin
- **D'var Torah:** Rabbanit Alissa
- **8:25 Minyan:** Beit Midrash | Post-Davening Learning with Jordan Lurie
- **Main Minyan:** 9:00 AM | Main Sanctuary
- **Sof Zman Kriat Shema:** 9:26 AM
- **Shacharit:** Josh Singer
- **Anim Zmirot & Concluding Services:** Ari Elad
- **Kriat HaTorah:** Shlomo Abraham
- **Torah:** Hertz: 702; Stone: 900
- **Haftarah:** Hertz: 725; Stone: 1193
- **Drasha:** Rabbanit Alissa
- **Musaf:** Mayer Shames
- **Mincha:** 7:30 PM
- **BDJ BW Mincha:** Cancelled
- **Havdalah:** 8:49 PM



**HAPPENING THIS SHABBAT**

- ◆ **Kiddush in the Beit Midrash** is sponsored by BDJ.
- ◆ Nosh N' Drosh & Seudah Shlishit in the Beit Midrash with guest Dr. Jon Greenberg.
- ◆ Nothing But the Pshat with Rabbi David Stein.

**BDJ BROADCASTS**

- ◆ Social Hall renovations are ongoing through mid-August. Please do not enter the Social Hall during this time.

**NOSH N' DROSH**

**A TASTE OF TORAH: A LITERAL NOSH N' DROSH**

**SOLD OUT** This Shabbat! July 14 | 6:00 PM | BDJ Beit Midrash

It's so rare when we can use the word 'literally' when speaking. This is one of those rare occasions! Biblical and Talmudic botanist **Dr. Jon Greenberg of Torah Flora** will give us a tasting of biblical and rabbinic foods accompanied by fascinating historical and spiritual insights.

In Dr. Greenberg's words, "Come learn how civilization may have begun as a search for beer, why the Midrash makes apple trees a symbol of trust in God, and how the etrog became a Rorschach test for our attitudes toward science and Torah. An understanding of nature and the history of food and agriculture will enrich our appreciation of Torah while we enjoy the delightful foods and beverages that explain it all."

**THIS WEEK**

**THE NINE DAYS & TISHA B'AV**

- The Nine Days began on Thursday, July 12 upon sunset, and will end motzei Shabbat, July 21.
- The Fast of Tisha B'Av begins motzei Shabbat, July 21 and ends Sunday, July 22 after sunset.
- Please join us in following the advice of the Prophet Isaiah & great rabbis throughout the ages by donating the few dollars saved from abstaining from food on Tisha B'Av to "Fast for Feast" for hunger relief: [www.fastforfeast.org/bdj](http://www.fastforfeast.org/bdj)

**SEE INSIDE FOR DETAILS**

**MEMBERSHIP FORMS (2018-2019) AVAILABLE**

Membership forms are available online (& by mail if requested). Please consider joining our newly inaugurated **Trustee Circle**. Your one-time pledge will cover membership dues & annual & high holiday fees, holiday appeals, annual banquet, mishloach manot & our summer fundraiser. More information can be found at the link below, or you may contact Adynna Swarz at 310-276-9269: <https://www.bnaidavid.com/trusteecircle>

**HALACHA HOW TO: THE NINE DAYS**

According to tradition, we spend the days from Rosh Chodesh Av through midday 10th of Av in a state of national mourning. This practice has its roots in the Talmud & has taken more specific form as the centuries have passed. The premise upon which these Halachot is based is that it would be difficult to meaningfully experience Tisha B'Av without preparation. We therefore create a personal & communal atmosphere of mourning beginning with Rosh Chodesh Av.

**Because Tisha B'Av falls on Shabbat, we observe the fast day & its mourning on Sunday (technically the 10th of Av). Thus, our standard practice of observing the restrictions of the Nine Days until midday on the day following Tisha B'av does NOT apply this year.**

**There is one exception to this rule:** Just for Sunday night, to honor the mourning of the day, we still refrain from eating meat & drinking wine. Regarding the recitation of Havdalah after Tisha B'Av, it is preferable to give the cup of wine or grape juice to a minor, or to use a "significant beverage" such as beer or brewed coffee. Meat & wine may be consumed at any point on Monday.

**The Nine Days started at sundown on Thursday, July 12 & will end motzei Shabbat, July 21.**

Below are the basic laws & customs of the Nine Days.

1. We do not eat meat or drink wine, other than on Shabbat. As has been true since the 17<sup>th</sup> of Tammuz, we do not attend parties or celebrations during the Nine Days.
2. We shower with cool (not warm) water & only for the time necessary to satisfy the needs of basic hygiene. Friday afternoon is an exception to this rule.
3. We do not swim during the nine days. (Instructional swimming is exempted until the beginning of the week in which Tisha B'Av actually falls).
4. We do not have our hair cut, and unless it is impossible to not do so, do not shave during this period.
5. We withhold from ourselves the luxury of wearing new garments. Except for on Shabbat, we refrain from wearing freshly cleaned or freshly laundered outer garments. [Please note, that the Halacha gives us a little bit of a break; it "freshly laundered" in a very literal way. Clothing worn for even a few minutes before the nine days began is no longer defined as "freshly laundered."]
6. We do not wash clothing during the nine days, even though we are not intending to wear that clothing until after Tisha B'Av. (Children's clothing that must be washed is exempted.)

**THE HALACHOT OF TISHA B'AV**

1) 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, and refraining from marital relations, in addition to not eating and drinking. Additionally, 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 & kinot of the day. Tisha B'Av does not have the status of Shabbat. Nonetheless, the less time we can spend at "work" work, the better. Also, 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 too is borrowed from the laws of shiva. Though it feels odd to not say "hello" to the people we see in Shul, the point-

**TISHA B'AV SCHEDULE**

**SHABBAT, JULY 21**

- 6:05 PM Mincha  
→ No shul Seudah Shlishit following Mincha. Your Seudah Shlishit at home must end by 8:02 PM.
- The Fast of Tisha B'Av begins at 8:02 PM, even though Shabbat is not yet over.
- 8:44 PM Shabbat concludes  
→ Recite the simple formula of havdalah ברוך בורא המבדיל בן קודש לחול & recite בורא over the havdalah candle. Don non-leather shoes & please proceed to shul as quickly as possible (you may drive).
- 9:05 PM Ma'ariv followed by the reading of Eicha.

**SUNDAY, JULY 22**

- 8:30 AM at Beth Jacob  
→ Joint BDJ-YICC-Beth Jacob Shacharit & Kinot, followed by a screening of the film *One Day in Auschwitz*
- 5:45 PM Special BDJ Mincha Minyan at Temple Beth Am (tallit & tefillin for Mincha)
- 6:30 PM - המקום ינחם - Finding Comfort as Individuals & as a Nation  
→ Keynote Speaker: Gabrielle Birkner of Modern Loss & My Jewish Learning  
→ This year for the first time 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
- 7:30 PM Mincha (with tallit & tefillin) at BDJ
- 8:00 PM Dvar Torah with Jordan Lurie
- 8:15 PM Ma'ariv
- 8:32 PM Fast Ends

ed avoidance of exchanging pleasantries helps to create the atmosphere of sad reflection.  
 2) 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.  
 3) Chatzot (Midday) - As was mentioned above, the custom of sitting on the floor ends at midday. Solar midday this year will be at 12:59 PM.

# THE NINE DAYS & TISHA B'AV (CONTINUED)

## HALACHA HOW TO: 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 zimmin. 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.

## COMMUNITY ANNOUNCEMENTS

- ◆ **LECTURE ON SHALOM BAYIS:** Women's class on **Mon., 7/16** at 8:00 PM & Men's class on **Tues., 7/17** at 8:00 PM at Adas Torah (9040 W Pico Blvd.). Complimentary class & free valet parking. [info@myshalombayis.com](mailto:info@myshalombayis.com)
- ◆ **YESHIVAT MAHARAT JOFA SUMMER TOUR: "Finding Meaning in Suffering"** with Rabbanit Alissa. **7/17 at 7:00 PM** at the home of Keren Wolf (4345 S&burg Way, Irvine, CA). More info: [kworl@tarbut.com](mailto:kworl@tarbut.com).
- ◆ **HERZOG COLLEGE AND YESHIVAT HAR ETZION:** Screening of two shiurim in English (simultaneously, so you can choose one) on **7/19 at 7:45 PM** at YULA Girls School.
- ◆ **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/ujqeqee> by **8/1**.
- ◆ **YONINA CONCERT:** At Pico Union Project on **8/4**. <https://goo.gl/f9PuLj>
- ◆ **\*\*\*NCSY GIVE GIRLS SUMMER PROGRAM** is coming to Pico on **8/10-11**. They urgently need hosts for the girls! Email [beckerd@ncsy.org](mailto: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](mailto:events@yeshtikva.org)
- ◆ **TOMCHEILA: Online job board** now open—connecting local employers with qualified c&idates. Visit [www.tomcheila.org](http://www.tomcheila.org) or email [joblink@tomcheila.org](mailto:joblink@tomcheila.org).
- ◆ **BRCA FOUNDER OUTREACH STUDY:** FREE BRCA tests to those 25+ years of age who have one gr&parent of Ashkenazi Jewish origin, & reside in LA. [www.BFORstudy.com](http://www.BFORstudy.com).
- ◆ **ETTA YOUTH TEAM:** For high school teens who want to work with teens with special needs. More info at [etta.org](http://etta.org) or email [eyt@etta.org](mailto: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>
- ◆ **#ESHLEPLEDGE 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](http://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.
- ◆ **LOOKING FOR a short term (7-9 month) lease in the Beverlywood/Pico Robertson area starting on or before August 1st.** Ideally we would want a 3 bedroom house or duplex with outdoor space for our kids & dog. Please contact Lisa Kolieb at [lisakolieb@gmail.com](mailto:lisakolieb@gmail.com) or (310) 980-4233.
- ◆ **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](http://www.tourdesummercamps.org)

## BDJ'S UPCOMING EVENTS

- |           |  |
|-----------|--|
| July 1-26 | • Rav Yosef in Israel                        |
| July 14   | • Nosh N' Drosh: Dr. Jon Greenberg           |
| July 28   | • Nosh N' Drosh: Alex Fax                    |
| July 28   | • Melave Malka: Tu B'Av                      |
| August 5  | • 19th Annual Jewish Community Day           |
| August 8  | • Membership Forms Due                       |
| August 18 | • Nosh N' Drosh                              |
| August 19 | • Leyl Shira: Rav Yosef                      |
| August 25 | • Nosh N' Drosh: Rav Yosef & Rabbanit Alissa |

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 מלזעוק ורפואה קרובה לבוא השתא בעגלא ובזמן קריב ונאמר אמן.

## MISHEBERACH LIST

Please be in touch with Susan Fink at [stlfink@gmail.com](mailto:stlfink@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 Shimoni'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 Shwarzstein) \* Keren bat Gitl (Rose Wolfe's granddaughter) \* David HaCohen ben Menucha (Mike Mendelson's father) \* Chava bat Helen (Eva Magid)

## UPCOMING

### EDUCATION

#### SHAVUOT IN JULY?

It's not as crazy as it sounds...  
See back table flyer for details!

### COMMUNITY

#### 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.

#### 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 18

<https://www.bnaidavid.com/event/Dodgers2018>

Questions?  
Contact JJ Wernick  
[jjw613@gmail.com](mailto:jjw613@gmail.com)



### NOSH N' DROSH

#### THE MEANING OF THE MUSIC: HOW TORAH READING WORKS

**July 28 | 5:00 PM | The 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 the Abrams-Kanefsky Residence, 1537 Durango Ave.  
Childcare at the 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**

#### LEYL SHIRA

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

**Aug. 19 | 6:30-8:00 PM**

Melmed Residence | 9510 Bolton Rd.

REGISTER TODAY!

[www.bnaidavid.com/event/leylshira2018](http://www.bnaidavid.com/event/leylshira2018)

#### WOMEN & MITZVOT

This series will explore various mitzvot with the goal of uncovering practical & spiritual meaning for women.

**See back table flyer for details!**