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Established 1959

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Mr. Adil Darwish Hon. Gubbay



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	Jewish, then it behood why we as a people results. what have we lost? to us? What should regain that which we very minimum, we show we don't feel the paint and captured the Old City way to the Wall. Man soldiers were overcome.

31st, Monday **July** evening through Tuesday night, is Tisha B'Av, the 9th day of the Jewish month of Av. It is the saddest day in the Jewish year. What should a person do if he has no

1967, Israeli paratroopers captured the Old City and made their way to the Wall. Many of the religious soldiers were overcome with emotion and leaned against the Wall praying and crying. Far back from the Wall stood a non-religious soldier who was also crying. His friends asked him, "Why are you crying? What does the Wall mean to you?" The soldier responded,

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"I am crying because I don't know why I should be crying."

Tisha B'Av is observed to mourn the loss of the Temples in Jerusalem. What was the great loss from the destruction of the Temples? It is the loss of feeling God's presence. The Temple was a place of prayer, spirituality, holiness, open miracles. It was the center for the Jewish people, the focal point of our Jewish identity. Three times a year (Passover, Shavuot, Sukkot) every Jew would ascend to the Temple. Its presence pervaded every aspect of Jewish life -- planning the year, where one faced while praying, where one would go for justice or to learn Torah, where one would bring certain tithes.

On the 9th of Av throughout history many tragedies befell the Jewish people, including:

- 1. The incident of the spies slandering the land of Israel with the subsequent decree to wander the desert for 40 years.
- 2. The destruction of the first Temple in Jerusalem by Nevuchadnetzar, King of Babylon in 423 BCE.
- 3. The destruction of the Second Temple in Jerusalem by the Romans in 70 CE.
- 4. The fall of Betar and the end of the Bar Kochba revolt against the Romans 65 years later, 135 CE.
- 5. Pope Urban II declared the First Crusade. Tens of thousands of Jews were killed, and many Jewish communities obliterated.

- 6. The Jews of England were expelled in 1290.
- 7. The Jews of Spain were expelled in 1492.
- 8. World War One broke out on *Tisha B'Av* in 1914 when Russia declared war on Germany. German resentment of the Treaty of Versailles set the stage for World War II and the Holocaust.
- 9. On *Tisha B'Av*, deportation began of Jews from the Warsaw Ghetto.

Tisha B'Av is a fast day (like Yom Kippur, from sunset one evening until the stars come out the next evening) which culminates a three week mourning period by the Jewish people. One is forbidden to eat or drink, bathe, use moisturizing creams or oils, wear leather shoes or have marital relations. The idea is to minimize pleasure and to let the body feel the distress the soul should feel over these tragedies. Like all fast days, the object is introspection, making a spiritual accounting and correcting our ways -- what in Hebrew is called Teshuva -- returning to the path of good and righteousness, to the ways of the Torah.

Teshuva is a four part process: 1) We must recognize what we have done wrong and regret it 2) We must stop doing the transgression and correct whatever damage that we can, asking forgiveness including from those whom we have hurt -- and making restitution, if due 3) We must accept upon ourselves not to do it again 4) We must verbally ask the Almighty to forgive us.

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On the night of *Tisha B'Av*, we sit on low stools (as a sign of our mourning) in the synagogue. With the lights dimmed -- and often by candlelight -- we read *Eicha*, the book of <u>Lamentations</u>, written by the prophet *Yirmiyahu* (Jeremiah). We also recite *Kinot*, a special liturgy recounting the tragedies that have befallen the Jewish people.

Learning Torah is the heart, soul and lifeblood of the Jewish people. It is the secret of our survival. Learning understanding leads to understanding leads to doing. One cannot love what he does not know. Learning Torah gives a great joy of understanding life. On Tisha B'Av we are forbidden to learn Torah except those parts dealing with the calamities which the Jewish people have suffered. We must stop, reflect and make changes. Only then will we be able to improve ourselves and make a better world.

Tisha B'Av by Rabbi Avrohom Chaim Feuer is helpful to understand the day and the service. If you wish to delve deeper, I recommend going to Aish.com. There are articles to help understand *Tisha*- http://www.aish.com/holidays and check out AishAudio.com. May we all merit that the Temple be speedily rebuilt in our days!



TORAH PORTION OF THE WEEK

Devarim, Deuteronomy 1:1 - 3:22

This week we begin the last of the Five **Books** Moses, Devarim ("Words"). In English, it is called Deuteronomy (from the Greek meaning "Second Law" -from deuteros "second" + nomos "law" -- perhaps because Moshe repeats many of the laws of the Torah to prepare the Jewish people for entering and living in the Land of Israel). The Book is the oration of Moses (Moshe) before he died. Moshe reviews the history of the 40 years of wandering the desert, reviews the laws of the Torah and gives rebuke so that the Jewish people will learn from their mistakes. Giving reproof right before one dies is often the most effective time to offer advice and correction; people are more inclined to pay attention and to take it to heart.

* * *

Dvar Torah

based on <u>Growth Through Torah</u> by Rabbi Zelig Pliskin

The Torah states:

"And I commanded your judges at that time saying, 'Listen among your brothers.' "

What does this mean and what lesson for life can we learn from it?

Rabbi Zalman Sorotzkin writes that some judges may see themselves as elevated people and the litigants who come to them as wicked. Therefore, the Torah writes, "Listen among your brothers." That is, consider anyone who comes to you as a brother and treat him accordingly.

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This concept applies to anyone in a position of authority. It is very easy to treat people as objects. However, our attitude towards others should be, "How would I feel, act and talk if this person were my brother?" This is especially important for anyone who is in a position where people in financial need or emotional pain come to him or her for assistance. The person you are talking with is suffering and often

might feel embarrassed that he needs to come to someone for help. Be extremely sensitive to his feelings. If you are able to make him feel that you feel towards him as a close relative, it is a great kindness.



Shabbat Shalom, Kalmur Rabbi <u>Kalman</u> Packouz

Fast of 9 Ab Timing: Fast starts Monday 31/07/17 at 20:49 - Mincha 18:00 - Arbit at 21:40. Shaharit on Tuesday 01/08/17 at 8:00. Mincha and Arbit at 19:30. Fast concludes 21:39. We don't wear leather shoes on this day.

Mazel Tov to: Amanda & Mayer Attar and Natalie Tanne on the new baby boy, the son of Donna and Jonathan Tanne.

<u>Mazal Tov to:</u> Olivia & Sabah Rashty and Mr and Mrs Kellar on the new baby girl Serena Lia Juliette, the daughter of Bianca & Robert Kellar.

Kolel: Sunday 9th of July, the Halacha shiur started at Ohel David under the responsibility of Rabbi Mordehai Cohen, it was very successful. This shiur dedicated to people with a background in Limud Torah. Our objective is to provide students between the age of 17 to 97 with a strong and structured methodology to understand the way the Halacha is defined. How the Guemara, the rishonim, Maran Yossef Karo, the Aharonim and our contemporary Rabanim understood and built the rules that define the halacha. The course will take place every Sunday between (09:30 to 12:30) at Ohel David Synagogue hall ground floor, For more detail and registration, please contact Rabbi Mordehai Cohen, (07713 695864).

Sefer Torah: We will be presented with a new sefer torah and Haftorah sefer at the end of November (Heshvan).

<u>Security Alert:</u> Please be very vigilant when you leave the Synagouge. Do not stand in groups and chat, go home without gathering on the main road. Be safe and alert.

THE KEHILLA WISHES חיים ארוכים "LONG LIFE" TO THE FOLLOWING WHO HAVE YAHRZEIT

06 Av Mr Joseph Lagnado 16 Av Mrs Edna Duke

06 Av Mr Maurice Lagnado 17 Av Mr Kelly Saltoun

10 Av Mr William Abner 20 Av Mr Dr. Maurice Gubbay

10 Av Mrs Vera Wegscheider 28 Av Mrs Victoria Shuker

11 Av Mr Dr. Maurice Gubbay 30 Av Mr Meir Lanyado

14 Av Mr Sabah Shamash



When looking for faults, - use a mirror -- not a telescope