CONGREGATION AGUDATH JACOB

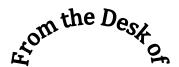
August Tammuz/Av 5779
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Rabbi Ben-Zion Lanxner

As I mentioned in my July 2019 Newsletter, I am now going to explain all the various Aliyot, all the various parts of the Rosh Hashanah and Yom Kippur services and Ark opening Honors.

First and foremost, please, keep in mind that receiving an honor in the Synagogue is a special experience. It draws a blessing for the individual, family and our entire community. How much more so when this honor occurs during the High Holidays. During Rosh Hashana and Yom Kippur, the Divine light and sustenance is drawn down for the entire year.

Below is a description of the various **segulot** associated with each honor. A **segulah** is a Divine, supernatural "cause" (a Divine "treasure-house") for a manifestly good "effect." In addition to the spiritual effects it has for the honoree or to whomever you designate, this is also **tzedakah** that helps Congregation Agudath Jacob, your Home.

Explanation of the Honors

PETICHAH (Opening the Ark)

As explained earlier, the Aron Kodesh (Holy Ark) is a reflection of the Ark in the Holy Temple. It is the holiest space in synagogue,

and thus it is the holiest location of the entire community.

Because of its unique holy nature, we place a Parochet (curtain or doors) in front of the Ark. At special moments during the service we open the Ark, which thus opens the Gateway to Heaven, and lets the holiness shine forth.

ALIYAH (Being called to the Torah)

The Torah is a tangible gift from G-d. The Kabbalah calls it the "Divine Wisdom". The scroll was completed at the end of our journey in the desert and placed in the Holy Ark, next to the Tablets. We each have a portion in the Torah. The Aliyah is a powerful way to retrieve that portion.

How It's Done

It is a custom in many shuls around the world to associate a donation/pledge with the privilege of being honored in front of the Torah on the High Holidays more than any other time.

It is also considered to be very meritorious to connect these honors with an act of Tzedakah. Many of our members have asked to quietly sponsor an honor in advance of the holidays. A complete list of Aliyot and Ark opening Honors is available to be filled out in our office. Please, take the time either to come by or call our office to sponsor any Aliyot or other Honors you wish to pledge for yourself or for someone else you wish to honor. This is not meant to be a competition, but rather an opportunity to make donations to your Synagogue that directly relate to one of the special High Holiday honors. It can also be "paid" throughout the year.

Regardless, G-d ALWAYS LISTENS TO THE PRAYERS OF A SINCERE HEART!

Contact us or email us with the honor that you wish to acquire.

The special honor of **Hagba'ah** (Raising/lifting the Torah Scroll) can only be performed by an adult, male or female. The special honor of **Gelilah** (Wrapping/dressing the Torah Scroll) can be performed by younger individuals or children, preferably close to Bar/Bat Mitzvah ages. REMEMBER, YOU CAN SPONSOR THE HONOR AND MERIT AND THEN OFFER TO SOMEONE ELSE. Both, the sponsor and the one honored share in the blessing, in addition to the mitzvah of "loving your fellow Jew", which is the vessel for the greatest blessings from Above.

Distinctions for the Days of Rosh Hashanah

Rosh Hashanah BOTH DAYS - the Prayer Service

Repetition of the Amidah, Ark Opening – separate honors for Shacharit & Musaf

The one who opens the ark is becoming an emissary - together with the Cantor - for the congregation in their prayers and supplications to G-d. The Talmud teaches: "If someone prays on behalf of another...he is answered first". In a sense he is opening the gates which will allow the flow of our prayers to ascend heavenward, and the blessings of the Almighty to descend upon us.

"Aveinu Malkeinu - Our Father, our King"

This prayer was, at its core, composed by R' Akiva which brought the end to a drought. This formula became a central feature of our prayers during fasts and other times of need. Rosh Hashanah is such a time. This honor associates one with the fulfillment of all his requests and prayers.

"Unetane Tokef - Let us Proclaim His Might" in the Mussaf service.

This prayer is one of the most stirring compositions in the **entire** liturgy of the High Holy Days, written by R' Amnon of Mainz, about 1000 years ago after he publicly sanctified G-d's name with extraordinary martyrdom, not bowing to the Bishop's pressures to convert. This prayer is one of the high points during the High Holy Days.

Rosh Hashanah BOTH DAYS - THE TORAH SERVICE

Ark Opening

Kabala reveals that the opening of the Ark and removal of the *Sifrei Torah* opens a treasure trove of blessings from Above.

Hagba'ah Raising the Torah Scrolls (two honors)

By raising the Torah one elevates all previous *Aliyot* and receives their reward.

Gelilah Wrapping the Torah Scrolls (two honors — can also be performed by children close to Bar/Bat Mitzvah age)

HaKol holeich achar ha'chitum - "Everything goes according to the end." With this merit you "mop up" all the benefits.

READING OF THE TORAH

Rosh Hashanah's Torah Reading focuses on the theme of the day -acknowledgment of G-d's kingship, power and mercy. Thus, on the first day, we read that Abraham and Sara were "remembered" with a son on Rosh Hashanah, it shows the theme of G-d's mercy which we seek. On the second day we read of the *Akeida*, the binding of Isaac, an act whose merit is recalled in the *Shofar* blowing. It, too, re-awakens G-d's compassion and benevolence to cascade upon us.

Each *Aliyah* sponsored brings a personal connection and blessing to the benefactor. One is elevated by the *Aliyah* ("elevation") he has sponsored.

FIRST DAY - ALIYOT

First Aliyah - Kohen

" And G-d had remembered Sara..." This news about the conception and birth of Isaac brought "laughter" and "joy" to the world ("Yitzchak"), in gratitude to G-d. This honor associates one with the blessing of healthy and fine children who will bring joy and contentment.

Second Aliyah - Levi

"For your progeny will be called after Isaac." We finish this portion with the ultimate promise of nationhood, descendent from Abraham and Isaac. This *Aliyah* associates you with *nachas* and pride in your children.

Third Aliyah

"There where he is." Ishmael repented and prayed for mercy (not to die from thirst). The angels argued that he should not be spared because his descendants would murder countless Jews. G-d responded, however, that a person is judged only in his present state, and would, therefore, be saved. If Ishmael could be spared, surely the repentance of the Jew will be accepted on this day. This Aliyah (according to Shulchan Aruch) is considered most pre-eminent, it associates with acceptance of your repentance, securing you, and yours, a sweet and successful new year.

Fourth Aliyah

"Abraham took sheep and cattle and gave them to Avimelech." This exchange of gifts signified mutual trust and ratification of their treaty. This honor associates you with blessings of peace and security.

Fifth Aliyah

" And he (Abraham) planted a tree [,, eishel "]." The ultimate intention was to provide

hospitality for wayfarers. This associates one with the merit to fulfill the Mitzvah of hospitality, similar to Abraham who had great wealth to do so.

Maftir

The *Haftorah* tells of the stirring story of Chana self-sacrifice, heart-felt prayer and the answer and blessing she received from G-d. As a barren woman (like Sara), she was blessed with a child, who later became the prophet Samuel. The merit for this *Maftir* is great, the blessings many. One should recite this Haftarah with intense passion.

SECOND DAY - ALIYOT

First Aliyah - Kohen

This portion deals with the sacrifice of Isaac which took place on Rosh Hashanah. This section constitutes the very reason for Israel's existence in G-d's eyes. It has, therefore, become part of our daily prayers.

Second Aliyah - Levi

" And they went together." Although, Isaac finally became aware that he was going to be slain, father and son still walked forward with a common purpose and joy in expectant fulfillment of G-d's directive (Rashi). This aliya associates bringing parents and children together towards a common purpose in service to G-d.

Third Aliyah

" The L-rd will see ("yir'eh")." Originally, the site of the Akeida was named Shalem ("peace" and "wholesome") by Shem, son of Noah; subsequently, after the Akeida Abraham called it Yir'eh ("the L-rd will see"). In deference to Shem and Abraham, G-d synthesized both names and combined it into "Yeru" - "Shalem" - Jerusalem. With this Aliyah one associates with complete peace and security.

Fourth Aliyah

"As numerous as the stars in the heaven and the sand on the seashore." This is the greatest blessing Israel receives from G-d. In this merit you and your family will be associated with an abundant increase.

Fifth Aliyah

The birth of Rebecca is announced to

Abraham and Isaac. She is the one who is credited for the existence of the Jewish nation, and we were given the Torah. In this merit you will be associated with blessing to rear children and grandchildren in Torah, *chupa* and good deeds.

Maftir

In this *Haftarah* we read the moving passage where Rachel weeps for her children (the Jewish people), which will ultimately lead them to the advent of the final redemption and freedom. This Haftarah associates you with witnessing the coming of the Messiah.

Rosh Hashanah BOTH DAYS - BLOWING of the SHOFAR

Holding of a Sefer Torah

This is the most ancient and highest honor that is purchased on Rosh Hashanah. One is considered an "emissary" of the congregation and partner with the *Ba'al Tokai'ah* — Shofar Blower bringing down mystical elevations from Above.

Distinctions for the Day of Yom Kippur

Kol Nidrei

Opening of the Ark

It is very meritorious for one to open the ark and take out the Torah Scrolls that are carried around the congregation. While taking them out one should kiss them while confessing their sins. Prayers that indicate a direct request for mercy from G-d are said with the ark open. This also arouses the congregation to teshuvah/repentance. Thus, opening the Ark for the first time on Yom Kippur funnels G-d's blessings upon this person and symbolically opens the Gates of the Heavens allowing our prayers to be heard.

Holding the First and Second Torah Scrolls

The Arizal (or the Ari Hakadosh, was a famous Kabbalist in the 16th century) teaches how according to Kabbalah it is very meritorious to parade the Scrolls around the shul for everyone to kiss them. This display of love for the Torah influences people to repent

and is considered a virtue for them. Especially the first one is referred to as the *Kol Nidrei Torah*. By receiving this honor, you are part of the *Bait Din*, the Jewish court, together with the Rabbi/Chazzan and other Torah holder, dispensing forgiveness to the Jewish People. The Midrash states that just as Moses was flanked by Aaron and Chur when he prayed for Israel during the Amalekite attack, so too three people should represent the congregation on a public fast day.

<u>Shacharit</u> – morning servcie

Repetition of the Amidah, Ark Opening

The one who opens the ark is becoming an emissary - together with the Prayer Leader/Cantor/Rabbi - for the congregation in their prayers and supplications to G-d. In a sense he is opening the gates which will allow the flow of our prayers to ascend heavenward, and the blessings of the Almighty to descend upon us.

Opening of the Ark and Removal of Both Sifrei Torah

Kabbalah reveals that the opening of the ark and removal of the *Sifrei Torah* opens the treasure of blessing from Above to the one who opens the ark.

READING OF THE TORAH

On most festivals the Torah Reading is a selection of either the historical narrative of the day or the commandment to observe that Festival. The reading of Yom Kippur, quite appropriately describes the service of the High Priest in the Temple on Yom Kippur. Each *Aliyah*, which means ascension, has a personal connection and benefit to the person who purchases the honor. By expending one's own funds to acquire this Mitzvah, he/she and his/her resources are ascending through the blessings of the *Aliyah*.

Kohen

This Aliya deals with the souls of Aaron's two sons, Nadav and Avihu, leaving their bodies. Mystically this is not understood as a punishment, but an overdose of spirituality, causing their soul to leave their physical body. This also brought atonement to them. This

account is relevant to Yom Kippur, because we too seek atonement through heighten spirituality. This honor, it is taught, takes the place of the Yom Kippur Sacrifice.

Levi

The High Priest also prays "...for his household." Aaron's confession refers to his immediate family and extended family, i.e. the tribe of Levi from which the Kohanim descend. Thus, the Levi aliya gains a part of that atonement.

Shlishi

" ... Who dwells with them amid their contamination." Our service causes G-d to dwell among us. This is the ultimate mission of a Jew. This honor brings you in proximity with G-d's Divine Presence.

Revi'i

"Aaron is to ... confess upon it all the iniquities of the Children of Israel." Unlike the offerings mentioned previously, which atoned only for sins involving contamination, this atoned for all sins (Talmud, Shavous 2b). This honor adds energy to our *teshuva* /repentance to wipe away all our sins.

Chamishi

"For through this day he will atone for you." The High Priest effects atonement by means of the Yom Kippur service. "The essence of the day itself atones" (Talmud, Yoma). This honor keys you into the essence of the day, atonement (i.e.:at-one-moment).

Shishi

"This shall be to you an eternal decree to bring atonement upon the Children of Israel...once a year." This Aliya emphasizes the "oneness" nature of Yom Kippur in terms of person (High Priest), place (Holy of Holies) and time (Yom Kippur). This *aliya* connects you with the "oneness" of the day.

Haftarah

This selection from Isaiah was chosen because of its focus on the proper manner of repentance. The Prophet harshly criticizes those who think that they can affect repentance and appease G-d by fasting and physical affliction that is devoid of inner conviction. Instead, he urges, true repentance

involving extreme kindness and charity, and changing one's ways. Through your giving you are epitomizing what the Prophet wanted, thereby, finding favor in G-d's eyes. (Someone who doesn't know how to chant it, can honor someone else.)

Hagba'ah - Raising of Torah Scrolls (first and second)

When raising the Torah, one reaps the benefits and energies of all the previous *Aliyot* and receives their reward all "rolled in one". (Shulchan Aruch)

Gelilah - Dressing of the Torah Scrolls (first and second)

Hakol holech achar hachitum, "everything goes according to the end". Similar to above, you receive benefice from the *Aliyot*. Children may be given this Honor.

Mincha - Honors for the Reading of the Torah

Opening of the Ark and Removal of the Torah

Opening the Ark funnels the blessings of G-d upon this person.

READING OF THE TORAH

Kohen

"...my laws...by which he will live." One who buys this honor will merit chayut, zest and alacrity, in performance of Mitzvot and so they will not be habitual and lackluster.

Levi

One who hears (and especially, one who buys) this Aliyah will be aroused to *teshuvah* in matters of lust and immorality.

Maftir Yonah

This is the most important Aliyah of the whole day. The story of Jonah teaches that sincere repentance can reverse even the harshest heavenly decrees. It is also a *segulah* for wealth (A *segulah* is a Divine, supernatural "cause" [a Divine"treasure-house"] for a manifestly good 'effect").

In many Synagogues people contribute the most for this **Maftir Aliyah**, since according to your investment, so does G-d rewards.

Opening the Ark- NEILAH

This is the fifth and last service of the day corresponding to the fifth and deepest dimension of the soul. This is truly the *chatimah*, the seal.

This is the final chance, before the gates close to get your prayers in one final time. This is also the time that we are locked into G-d's inner chamber with only Him. You are the gate keeper. Our Sages tell us this is a *segulah* for *arichut yamim*, LONG LIFE!

L' SHANAH HABAHAH B'YERUSHALAYIM NEXT YEAR IN JERUSALEM

Wishing you all a great summer!

Rabbi Ben-Zion Lanxner

Please, look out for our upcoming announcements regarding the selections and donations/pledges for all the Ark Openings and Aliyot honors process for Rosh Hashanah and Yom Kippur 5780.

August Service Schedule

<u>Friday, August 2</u>		<u>Saturday, August 17</u>		
6:00 p.m.	Shacharit	9:30 a.m.		
8:06 p.m.	Shabbat Ends	8:48 p.m.		
	Friday, August 23			
9:30 a.m.	Kabbalat Shabbat	6:00 p.m.		
9:03 p.m.	Candle Lighting	7:45 p.m.		
Friday, August 9		Saturday, August 24		
6:00 p.m.	Shacharit	9:30 a.m.		
8:00 p.m.	Shabbat Ends	8:40 p.m.		
Saturday, August 10		Friday, August 30		
9:30 a.m.	Kabbalat Shabbat	6:00 p.m.		
8:56 p.m.	Candle Lighting	7:37 p.m.		
8:15 p.m.	Saturday, August 21			
	Shacharit	9:30 a.m.		
6:00 p.m.	Shabbat Ends	8:31 p.m.		
7:53 p.m.				
	8:06 p.m. 9:30 a.m. 9:03 p.m. 6:00 p.m. 8:00 p.m. 9:30 a.m. 8:56 p.m. 8:15 p.m.	6:00 p.m. 8:06 p.m. Shabbat Ends Friday, August 9:30 a.m. 9:03 p.m. Candle Lighting Saturday, August 6:00 p.m. Shabbat Ends Friday, August Shabbat Ends Friday, August Candle Lighting Saturday, August Candle Lighting Friday, August Candle Lighting Saturday, August Shabbat Ends Shabbat Ends Shabbat Ends Shabbat Ends Shabbat Ends		



August 1
Victoria Howle
August 7
Linda Kowal

August 11
Shayna Via

August 13
Colleen Wolf
August 17
Kathleen Keller
August 19
Aislinn Brooks
Judy Hersh

August 23
Larry McNabb
August 25
Brent deMoville
August 31
George Keller
Rabbi Ben-Zion Lanxner



August 11
Ray & Shanna Via
August 19

Miguel & Lourdes Perez

August 27
Brent A. Dianne de Moville



congratulations to Benjamin Howle on his graduation from Air Force BMT and on his flight receiving the Commander's Excellence Award for his graduating class. He is currently in Technical School at Lackland/Randolph AFB and is excelling in his classes. Thank you CAJ for all of your support during his military iourney!



Food from the Faithful

Please consider donating food to our on-going effort to help those in need. Each month we will try to focus on one or two items to help fill our baskets. For August you can bring any non-perishable OR the foods of the month – nut butters and boxed milk (almond, soy, rice).

You can drop-off your donations in the baskets located in the social hall or pick-up a brown paper bag to fill and return to the social hall at your convenience. Our Jewish tradition teaches much in regards to feeding the poor. Proverbs 19:17 says "He who is kind to the poor lends to the LORD, and he will reward him for what he has done."

Thank you in advance for your generous contribution!



July 6

Keller

Stuckey

Javis Howeth

Joseph Settle

Jim & Morasha

George & Kathleen

July Shabbat Food Sponsors:

Jim & Morasha Stuckey
Larry & Joie McNabb
Javis Howeth
Bernie Jortner
Joseph Settle
Rabbi Lanxner

Special Donations:

Rick & Melanie Bauer

THANK YOU for Nefesh

Mountain - Michael & Sarah

Fisher

IN HONOR of Their Wedding

Anniversary - Morasha Stuckey

Shabbat Donations

<u>July 13</u>

Judy Hersh Joseph Settle Jím & Morasha Stuckey

July 20/21

Judy Hersh
Miguel & Lourdes
Perez
Joseph Settle
Abbye & Susan Silver
Jim & Morasha
Stuckey

<u>July 27</u>

Jim & Gabrielle Howle George & Kathleen Keller Abbye & Susan Silver Joseph Settle Jim & Morasha Stuckey

TISHA B'AV



Please plan to attend the Havdallah service on Saturday, August 10th at 8:15 p.m. followed by the Fast of Tisha B'Av and the recitation of the book of Lamentations (Eicha). Participation is appreciated so that we will have a Minyan.



A.J. Farmer
Paul & Paula Farmer
Milton Harelik
Dorothy Harelik & family
Morris Novy
Mary Novy
David Novy
Robert Settle
Joseph Settle

Florence Hersh

Morris Zoblotsky

Morris & Beverly Zoblotsky

Hilda Ruttenberg

Phyllis & Mahmoud Akmal

Rina Ruttenberg & Danny Holland

Jack Chodorow

Chodorow Family

Ida Budin

HOW TO OBSERVE THE YAHRZEIT

It is traditional to kindle a Yahrzeit Candle in the home on the evening Yahrzeit begins. It should remain lighted until sunset the next day. Possible prayer before lighting a Yahrzeit candle: Eternal God, I/we light this candle in memory of (name) _____, my/our beloved (relationship) _____. The light of the flame rekindles all the warm memories of the moment we shared together and reassures me /us that a piece of his/her soul dwells in my/our heart(s) forever. May his/her soul be bound up with the bonds of eternal life. Amen. Candles are available at the Gift Shop. Every effort should be made to say Kaddish at congregational services. It is meritorious to perform some Mitzvah or to contribute to the synagogue in commemoration of the deceased.

Av 1	rill be read on August 2 Rudolph Genecov	Av 16	Isidor Ellis
, -	Samuel Levy		Mammie Comer
Av 2	Hyman Frindell	Av 17	Minnie Wood
	Jacob Beerman	Av 18	Joe Ellis
	Ilona E. Belove	Av 19	Rachel Goldberg
	David Segal		Jake Gandler
Av 3	Kalman Solovey		Alberta E. Griffith Howeth
Av 4	Bessie Gilbert	Av 20	Sarah Levy
11, 1	Mrs. Sam Koenigheit		Esther Samet
	Bessie Toblotsky		Lee David Miller
	Evelyn Hoffman		Charles I. Silver
Av 5	Josephine Ringold		Ben Tobolowsky
	Barry Phillips	Av 21	Marilyn Ellis
	Abe Ellis		Emma Lynn
Av 6	Charles Brodkey	Kaddish w	ill be read on August 23
, •	Gussie Rosenbaum	Av 22	Daniel Kamenetsky
	Emanuel Rubel		Irwin (Buddy) Levy
Av 7	Aleck Genecov		Robert Wolin
	Rachel Goodman	Av 23	Abe Berlowitz
	Pat Henry Howeth	Av 24	Violet H. Lyons
Kaddish w	vill be read on August 9		Rachel Aronson
Av 8	Gussie Beerman	Av 25	Rae Levin
	M. Cohen	Av 26	Mrs. Toby Freeman
	Betty Levy	Av 28	I. Chodorow
	Simon Shalti		Eunice Rosen
Av 9	Mark E. Wolf		Adolph Schein
Av 10	B.M. Goodman	Kaddish w	ill be read on August 30
	Jackie Harris	Av 29	Sam Aronson
Av 11	Samuel Lynn		Gertrude Brickman
	Elliot Wolpo	Av 30	Helen Marie Hoffman
	Benjamin Vince Schiller, Jr.		Mitchell Stein
Av 12	Sol Kempler		Sam Taub
	Hannah Rosenblatt	Elul 1	A. S. Kaplan
	Norman Smith		Mark Blodgett
Av 13	Meyer C. Levy	Elul 2	Bessie Chodorow
Av 14	Isaac Feldt		Nathan Hoffman
	vill be read on August 16		Sidney Solomon
Av 15	Charles Goldstein		Lillye (Goltz) Silver
	Haskell Harelik	Elul 4	Morris Marcus
			Reichel Heyman
		Elul 5	Jacob Marcuis
			Minnie Rae Fink

Complete your order form now for the special Yizkor book that will be used in Yizkor services throughout the coming year, starting with Yom Kippur. Please note that the deadline for submission is **August 21, 2019**. Examples and details of listings are available by contacting the office.

Yizkor Book 2019 Order Form

This year we will be producing a Yizkor book that will be used in Yizkor services throughout the year. This is an opportunity for you to recognize loved ones who have departed. The book will include the Yizkor service and will have a variety of recognition sizes that you can choose. Any listings or memorials purchased will include the reading of the name in the Yom Kippur Yizkor service.

Donor Name:		
Address:	City, State:	Zip:
Name of Person(s) to be Remembered:		
☐ Standard Type listing \$18/person	☐ Large Type Listing \$3	6/person
☐ Quarter Page \$90	☐ Half Page \$180	☐ Full Page \$360
Quarter page through half page can income the full page can have up to four name Text for Memorial listing (for quarter, h. [Please email text to cajassistant@grane]	es. alf, and full page only):	ts) at no additional charge.
Picture for memorial [Full Page only]: [If yes, please provide clean head and she		
Deadline for submissions is August submissions can be accepted after the book. Please include your ch	er this date to allow time	e to prepare and print

Important Info for the New School Year!!

RELIGIOUS SCHOOL RETURNING REGISTRATION FORM 2019-2020

Cost per student: To be determined

Family Name:	Phone:		
Address:	email:		
City:	Zip:		
PLEASE FILL IN	THE NAME AND SCHOOL GRADE		
FOR EACH C	HILD YOU WISH TO ENROLL:		
Child's English Name:			
2019-20 School Grade			
Child's English Name:			
2019-20 School Grade:			
Child's English Name:			
2019-20 School Grade			
My child/children named above have	my permission to go on field trips with the CAJ		
School.			
CAJ has my permission to use photos	s of my child/children taken at school to be used on the		
web-site or other areas as is appropri	iate.		
Signed:			
Date:			
PLEASE RETURN THIS FORM O	OR EMAIL THE INFORMATION TO THE OFFICE		

PLEASE RETURN THIS FORM OR EMAIL THE INFORMATION TO THE OFFICE

NO LATER THAN <u>FRIDAY</u>, <u>AUGUST 23rd</u>.

August 2019 29 Tammuz 5779 - 30 Av 5779

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Canady	monday	lassaaj	weameeaay	1 5:19AM/7:45PM	2 5:20AM/7:44PM ii7:26PM Rosh Hodesh Kabbalat Shabbat 6:00 p.m.	3 5:21AM/7:43PM §8:28PM Shacharit 9:30 a.m.
				29 Tammuz	1 AV	2 Av
4 5:22AM/7:41PM	5:23AM/7:40PM	6 5:24AM/7:39PM	7 5:25AM/7:38PM	Temurah 13 5:26AM/7:37PM	Temurah 14 9 5:27AM/7:36PM	Temurah 15 10 5:28AM/7:34PM
Minyan & Classes 9:30 a.m1:00 p.m.	3			o .	ii7:18PM Kabbalat Shabbat 6:00 p.m.	S8:19PM Shacharit 9:30 a.m. Havdallah 8:15 p.m. followed by Fast
3 Av	4 Av	5 Av	6 Av	7 Av	8 Av	9 Av
Temurah 16	Temurah 17	Temurah 18	Temurah 19	Temurah 20	Temurah 21	Temurah 22
11 5:29AM/7:33PM §8:18PM Fast of Tisha B'Av	12 5:30AM/7:32PM	13 5:31AM/7:30PM	14 5:32AM/7:29PM	15 5:33AM/7:28PM	5:34AM/7:26PM §8:11PM/ij7:08PM Tu B'AV Kabbalat Shabbat 6:00 p.m.	17 5:35AM/7:25PM §8:10PM Shacharit 9:30 a.m.
10 Av Temurah 23	11 Av Temurah 24	12 Av Temurah 25	13 Av Temurah 26	14 Av Temurah 27	15 Av Temurah 28	16 Av Temurah 29
18 ^{5:36AM/7:23PM}	19 ^{5:37AM/7:22PM}	20 5:38AM/7:21PM	21 5:39AM/7:19PM	22 5:40AM/7:18PM	23 5:41AM/7:16PM ij6:58PM	24 5:42AM/7:15PM §8:00PM
Minyan & Classes 9:30 a.m1:00 p.m.					Kabbalat Shabbat 6:00 p.m.	Shacharit 9:30 a.m. #showupforshabbatMev archim
17 Av	18 Av	19 Av	20 Av Temurah 33	21 Av Temurah 34	22 Av	23 Av
Temurah 30 25 5:43AM/7:13PM	Temurah 31 26 5:44AM/7:12PM	Temurah 32 27 5:45AM/7:10PM	28 5:46AM/7:08PM	29 5:47AM/7:07PM	Kerisos 2 30 5:48AM/7:05PM	Kerisos 3 31 5:49AM/7:04PM
Minyan & Classes 9:30 a.m1:00 p.m.	20	21	20	29	ij6:47PM Kabbalat Shabbat 6:00 p.m.	Rosh Hodesh I Shacharit 9:30 a.m.
24 Av Kerisos 4	25 Av Kerisos 5	26 Av Kerisos 6	27 Av Kerisos 7	28 Av Kerisos 8	29 Av Kerisos 9	30 Av Kerisos 10