

CONGREGATION TORAS CHAIM

Toras Chaim means a Torah of life and a living Torah, a Torah which permeates every part of our existence, and is relevant to all that we do. It is vibrant, exciting and meaningful. The goal of Congregation Toras Chaim is to create a center for Jewish living that is built on these principles.

AUGUST 1-2, 2008 · 1 MENACHEM AV, 5768 · SHABBOS PARSHAS MASSEI, ROSH CHODESH
CANDLELIGHTING 8:06 PM · SHABBOS ENDS 9:08 PM

Kiddush this Shabbos is sponsored by the shul. Shalosh Seudos is sponsored by the shul.
Please contact Shalom Abrams at 903-918-9650 if you are interested in sponsoring kiddush or shalosh seudos in the future.

■ SHABBOS SCHEDULE:

August 1st

- » Candlelighting–8:06 PM (Preferably with the shul by 7:25)
- » Mincha/Kabbalos Shabbos–7:00 PM

August 2nd

- » Shacharis (followed by Kiddush)–8:30 AM
- » Chumash Shiur (for men & women)–6:40 PM
- » Mincha/Shalosh Seudos–7:40 PM
- » Shabbos Ends–9:08 PM

■ WEEKDAY SCHEDULE:

- » Sunday Shacharis–8:00 AM
- » Weekday Shacharis–6:40 AM
- » Mincha/Maariv–8:10 PM

■ WHAT’S NU AT CTC

- » **Private Torah Teacher for Two Weeks:** Last Tuesday, July 29, 2008, Congregation Toras Chaim welcomed five students (around 19-21 years old) from Yeshivas Beis Moshe (the same yeshiva where our boys are in attendance) to learn and daven with us through Tisha B’Av and Shabbos Nachamu. This year’s SEED program will function similar to last year’s. Each night we will have a Beis Medrash for learning, from 7 PM until mincha/maariv (around 8:10 PM). You decide what you want to learn with the boys: Chumash, Mishna, Gemara, Halacha, etc. They would love to have chavrusos (study partners) every night. They are available as much or as little as you like. PLEASE NOTE: The boys are available to learn at other times of the day, as well, (e.g. after Shacharis in the morning, lunch time, etc.) and these sessions may be established to best fit your schedule. I can facilitate making a chavrusa (study partner) for you. The boys will be davening with us every day, Shacharis (6:40 AM) and Mincha/Maariv (15 minutes before sunset-around 8:10 PM).
- » **From the President:** Dear Board Members: I’d like to take this opportunity to update you on a number of changes to our Board of Directors. (1) Tricia Sutkin has submitted her resignation in order to give more focus to the Sisterhood. I’d like to personally like to thank Tricia for all her input over the past year and especially for her strong commitment to our shul. We are certainly looking forward to her continued participation. (2) In accordance with our bylaws, please join me in welcoming Wes Sutkin and Larry Elewitz to our Executive Board. Both Wes and Larry bring additional skills to our board that will strengthen it immensely. We look forward to working closely with both of them. (3) Lastly, our Annual Congregational Meeting for 2008 will be held at the shul on Sunday, August 24th, at 9:00 AM. Ken Jarmel has been asked to serve as the head of the Nominating Committee for the board positions that will be coming vacant. Please assist him in his efforts to make the best possible recommendations. Thanks to all of you for your continued support of Congregation Toras Chaim. Kol tuv, Shalom.
- » **Laws for Nine Days (Beginning Saturday Night):** One should not purchase an object of joy that will be available after Tisha B’Av for the same price. Building for beauty or pleasure not required for dwelling should be suspended. Building for a mitzvah like a synagogue, place of Torah study, or a mikva is permitted. Painting, wallpapering and general home decoration should not be done. Similarly, one should not plant for pleasure.

- » **Eating Meat and Drinking Wine:** The custom is to refrain from eating meat and poultry or drinking wine and grape juice during the nine days. This also pertains to children. The prohibition of meat includes foods cooked with meat or meat fat. However, foods cooked in a clean vessel used for meat may be eaten. Eating meat and drinking wine is permitted for Shabbos. Even one who has ushered in the Shabbos on Friday afternoon before sunset, or extends the third meal of Shabbos into Saturday night may also eat meat and drink wine at those times. Similarly, one may drink the wine of Havdallah. Some have the custom to give the wine to a child of 6-9 years old, or to use beer for Havdallah. Meat and wine are also permitted at a meal in honor of a mitzvah like bris milah, redemption of the first born, and completing a tractate or other books. A person who requires meat because of weakness or illness, including small children and pregnant or nursing women who have difficulty eating dairy, may eat meat. However, whenever possible poultry is preferable to meat.
- » **Laundering:** Laundering is prohibited even for use after Tisha B’Av. One may not even give clothing to a non-Jewish cleaner. (Although one may give it to him before the 1st of Av, even though he’ll wash during the nine days.) The prohibition of laundering includes linens, tablecloths, and towels. A person who has no clean clothes may wash what he needs until the Shabbos before Tisha B’Av. Children’s diapers and clothing that constantly get dirty may be washed by need even during the week of Tisha B’Av, in private. Laundering for the purpose of a mitzvah is permitted. One may polish shoes with liquid or wax polish, but should avoid shining shoes.
- » **Wearing Freshly Laundered Clothing:** It is forbidden to wear freshly laundered clothing during the nine days. This includes all clothing except that which is worn to absorb perspiration. Therefore, one must prepare before the nine days by wearing freshly laundered suits, pants, shirts, dresses, blouses and the like for a short time so that they may be worn during the nine days. Socks, undershirts and underwear need not be prepared. Here too, the prohibition of using freshly laundered items applies to linens, tablecloths, and towels. One may wear freshly laundered Shabbos clothing, as well as use clean tablecloths and towels. Changing bed linen though is prohibited. Since one may wear freshly laundered garments on Shabbos, if one forgot or was unable to prepare enough garments before the nine days, he may change for Friday night and then change again on Shabbos morning. These garments may then be worn during the week. This will apply only to clothing that is suitable to wear on Shabbos, since wearing a garment on Shabbos for the sole purpose of wearing it during the week is forbidden. Fresh garments and Shabbos clothing may be worn in honor of a mitzvah for example at a bris milah for the parents, mohel, and sandek.
- » **Wearing, Buying and Making New Clothes, Repairing Garments:** While wearing new clothing that doesn’t require the blessing “sh’hecheyanu” is permitted until the 1st of Av, during the nine days it is prohibited even on Shabbos. One may not buy new clothes or shoes even for use after Tisha B’Av, except in a case of great necessity, for example for one’s wedding. If one forgot or was unable to buy special shoes needed for Tisha B’Av, he may do so during the nine days. Making new garments or shoes for a Jew

is permitted until the Sunday before Tisha B'Av. Afterwards it is permitted only for a non-Jew. Repairing torn garments or shoes is permitted.

- » **Bathing and Swimming:** The custom is not to bathe for pleasure even in cold water. Bathing in cold water for medical reasons or to remove dirt or perspiration is permitted. (Where cold water is required, hot water may be added to cold water as long as the mixture is not comfortably warm.) Soaping or shampooing and washing with hot or warm water are prohibited - unless it is required for medical reasons or to remove the dirt and perspiration. Swimming is prohibited except for medical reasons. Similarly, one may take a quick dip in a pool to remove dirt or sweat. Bathing for a mitzvah is permitted, for example, a woman who needs to bathe for her immersion. A man who immerses in a mikva every Friday may do so in cold water during The Nine Days. But one who omits immersing occasionally because he is too busy or because of the cold may not. One who bathes every Friday in honor of Shabbos with hot water, soap and shampoo may do so on the Friday before
- » **Tisha B'Av: When the fast falls on Sunday (like this year):** On Shabbat, Saturday afternoon one must finish eating before sunset, we do not eat the egg and bread dipped in ashes as on Shabbat we may not observe mourning customs. Recite the evening prayers (Maariv), and include the usual Shabbat night insertion of “Ata Chonantanu”. Those who do not recite the evening prayers should recite the following verse: “Baruch haMavdil ben Kodesh leChol” “Blessed is He Who distinguishes between the holy and the mundane”. Havdalah is not recited, but one lights a candle and recites the blessing on the creation of fire (Bore Me'orei Haesh). On Sunday night - The full Havdalah is recited at the conclusion of the fast, however the blessings on the creation of fire and on the spices are omitted.
- » **Eating and Drinking:** All eating and drinking is forbidden. This includes rinsing the mouth and brushing teeth, except in a case of great distress. Swallowing capsules or bitter tablets or liquid medicine without water is permitted. The ill or elderly as well as pregnant and nursing women are required to fast even if it is difficult, unless a doctor says that fasting may injure health, in which case a competent rabbi should be consulted. A woman within seven days of childbirth may not fast, and within thirty days should not fast. Boys under thirteen years old and girls under twelve years old are not allowed to fast even part of the day. Those not required to fast should eat only what is needed to preserve their health.
- » **Bathing and Washing:** All bathing for pleasure is prohibited even in cold water including the hands, face and feet. Ritual washing upon waking, after using the bathroom, touching covered parts of the body or before praying is permitted, but only up to the knuckles. One may wash dirty or sullied portions of the body (including cleaning the eyes of glutinous material), and if necessary may use soap or warm water to remove the dirt or odor. Washing for cooking or for medical reasons is permitted. A woman may not immerse on Tisha B'Av since relations are prohibited. Washing to

commence the clean days is permitted.

- » **Anointing:** Anointing for pleasure is prohibited including oil, soap, alcohol, cream, ointment, perfume, etc. Anointing for medical reasons is permitted, as well as using deodorant to remove bad odor.
- » **Marital Relations:** Since cohabitation is prohibited, a husband and wife should not come in contact during the night of Tisha B'Av.
- » **Wearing Leather Shoes:** Even shoes made partially of leather are prohibited. Shoes made of cloth, rubber or plastic are permitted.
- » Wearing leather shoes is permitted for medical reasons.
- » **Learning Torah:** Since the heart rejoices in the study of Torah, it is prohibited to learn topics other than those relevant to Tisha B'Av or mourning. One may learn: Lamentations with its midrash and commentaries, portions of the Prophets that deal with tragedy or destruction, the third chapter of Moed Katan (which deals with mourning), the story of the destruction (in Gittin 56b-58a, Sanhedrin 104, and in Josephus), and the halachot of Tisha B'Av and mourning.
- » **Additional Restrictions:** One should deprive himself of some comfort in sleep. Some reduce the number of pillows, some sleep on the floor. Pregnant women, the elderly and the ill are exempt. Sitting on a normal chair is forbidden until midday. One may sit on a low bench or chair, or on a cushion on the floor. Greeting someone with “good morning” and the like is prohibited. One who is greeted should answer softly and, if possible, inform the person of the prohibition. One should not give a gift except to the needy. Things that divert one from mourning such as idle talk, reading the newspaper, taking a walk for pleasure, etc. are prohibited. Smoking is prohibited until afternoon, and then only for one who is compelled to and in private. The custom is to refrain until midday from any time-consuming work that diverts one from mourning. In a case of financial loss, consult the rabbi.
- » **Prayer:** We do not wear tefillin at Shacharit, nor is a blessing made on tzitzit. At Mincha, tefillin is worn and those who wear a tallit gadol make the blessing then. At Mincha, the prayers Nacheim and Aneinu are added to the Shmonah Esrei during the blessing “Veliyerushalayim” and “Shma Koleinu” respectively. “Sim Shalom” is said in place of “Shalom Rav.” If one forgot them and completed that bracha, he need not repeat the prayer.
- » **The Day After Tisha B'Av:** The limitations of the “Three Weeks” and the “Nine Days” continue until midday of the 10th of Av. This includes the prohibition of music, haircuts, meat and wine, laundering and bathing. The custom is to sanctify the new moon the night after Tisha B'Av, preferably after having eaten something.

Good Shabbos

SHABBOS TEFILLAH TIMES

- » Friday, August 1st
- » Candlelighting–8:06 PM (Preferably light with shul before 7:25 PM)
- » Mincha / Kabbalos Shabbos–7:00 PM
- » Shabbos, August 2nd
- » Shacharis–8:30 AM
- » Chumash Class (men & women)–6:40 PM
- » Mincha / Shalosh Seudos–7:40 PM / Sunset–8:23 PM
- » Maariv / Shabbos Ends–9:08 PM

WEEKLY TEFILLAH TIMES (for the week beginning August 3, 2008)

- » Sunday Shacharis–8:00 AM
- » Weekday Shacharis–6:40 AM

- » Mincha/Maariv–8:10 PM

WEEKLY CLASSES

- » **Amud Yomi: Gemara** for men with Rabbi Yaakov Rich (M-Fr, 6-6:35 AM)
- » **Chumash** for women with Rabbi Yaakov Rich (Sunday 8:45-9:30 PM)
- » **Path of the Just** for men and women with Rabbi Yaakov Rich (Wednesday 8:45-9:30 PM)
- » **Chumash** for men and women (Shabbos one hour before Mincha)

Unless otherwise noted, all classes are in the shul.