





remember to call your chefs to make arrangements to pick up your items, and please drop off your payment for your purchase to Dr. Abrams at 1660 Yates Street. And a special thank you to all the talented chefs who so generously offered so many lovely choices.

### Meoros Hagedolim

Each week, stories and anecdotes will be shared about a different Gadol, giving us all the opportunity to come to learn about and appreciate our Gedolim of yesterday and today. Each participant will receive a photo of the Gadol that week to bring home. **This week, Harav Shmuel Kamenetzky shlit"א**, will be presented by his talmid **Yossi Issacson** at 5:40 pm, followed by Mincha at 6:15 pm.

### Mussar Learning! For Men and for Boys

**For Men:** Each week, 20 minutes before מעריב of מוצאי שבת, learn from the treasured words of הרב הגאון רבי אליהו דסלר זצ"ל, starting from the beginning of חלק ג', and continuing through the ספר. The shiur will continue next week.

**For Bochorim:** Each week, 20 minutes before מעריב of מוצאי שבת, using the picture based text, "We Want Life", come and learn through the entertaining presentation of Rabbi Menachem Zussman about the important and inspiring halachos of Shmiras Halashon. Each week after Maariv there is a raffle for prizes, and for each week you attend over 5 weeks, you will receive a raffle ticket toward the grand prize: A family pass to Boondocks, or a new bicycle.

### Tisha B'Av Camp

Adina Muller will be running a Tisha B'Av camp for 3-5 year olds, from 1-4:30 pm, at her home 1678 Vrain St. For more information please call or text her at 872-588-2774.

### Tisha B'Av Video for Children

There will be two showings of the on Tisha B'Av Video for Children on Tisha b'Av at the home of the Baxman family, 1645 Xavier Street - at 3:15 pm for boys and at 4:30 pm for girls.

### Tisha B'Av CCHF Video

The annual Tisha B'Av video presentation sponsored by the Chofetz Chaim Heritage Foundation will take place at Beth Jacob High School at 3:00 and 5:00 pm.

### Tisha B'Av Project Inspire Video

A special Project Inspire Tisha b'Av Video program will be shown at the Shul, entitled, **The Man at the Wall: The Story of Rav Meir Shuster and the People He Brought Back**. This uniquely inspirational program will be shown at 1:10 pm and 6:30 pm. For details or sponsorships, please contact R' Chaim Shmuel Stitzer at 203-644-7617.



### Schedule for Tisha B'Av Day

Shacharis .....	8:15 a.m.
Chatzos .....	1:07 p.m.
Project Inspire Video: Man at the Wall at Shul (fee \$) .....	1:10 p.m.
First Mincha .....	2:20 p.m.
CCHF Video Program A at BJHS (fee \$) .....	3:00 p.m.
CCHF Video for boys ages 7-13 at Baxmans .....	3:15 p.m.
CCHF Video for girls ages 7-13 at Baxmans .....	4:30 p.m.
CCHF Video Program B at BJHS (fee \$) .....	5:30 p.m.
Project Inspire Video: Man at the Wall at Shul (fee \$) .....	6:30 p.m.
Second Mincha .....	7:50 p.m.
Maariv .....	9:00 p.m.
Fast ends (50 min.) .....	9:13 p.m.

### Seudas Preida / Goodbye Party for Yechiel Maravilla

All men of the community are invited to a goodbye BBQ for Yechiel Maravilla Monday night July 23rd immediately following Ma'ariv - in the Mullers backyard, 1678 Vrain Street, the yard gate will be open.

### Parsha Delight and ספר מטעמי זרע אברהם

See the question below on the Parsha. Offer an acceptable answer to the Rov at the kiddush and receive a chocolate! Each week the answers for the previous week's Parsha Delight question will be printed in the newsletter. At the end of the year we will publish a compilation of the questions and answers. This program is for ages 5-105. Sponsored by East Side Kosher Deli.

### Kashrus Alert

**7-ELEVEN SLURPEES:** The COR of Greater Detroit (Vaad Harabbonim) recommends that slurpees be bought only at stores that have store-level Kashrus supervision of their slurpees, to be assured that the syrup box that feeds the machine is actually Kosher and pareve. The flavor cards on the machine cannot be relied upon, even if they bear a Kosher symbol, because stores sometimes use syrups that do not correspond with the brand or variety posted on the machine. [Just recently, due to a syrup shortage, some 7-Elevens brought in non-certified generic brands of syrups, but still had the brand name flavor cards posted on the machines.] In addition, when changing flavors, stores generally do not clean the machine in-between, and during the transition there can be a significant mixture of flavors, one of which may be non-Kosher or dairy.

Some **Sprouts Market Corner breads** bear an unauthorized Scroll K certification and are NOT certified. Packages with the information and the Scroll K symbol printed directly on the packaging ARE kosher certified. Packages that have a label affixed to the packaging with information and the Scroll K symbol on the affixed label are mislabeled and are NOT kosher certified. Corrective measures have

**July 17 + July 30**

**Come Join Project Seed's Incredible Programming**

**Congregation Zera Abraham**

**Yeshiva of Philadelphia &**

<p><b>July 17-19</b> <b>July 22-26</b> 7:30 pm Chavrusa Learning Men and Bochorim Mincha 7:15 Maariv 8:40</p>	<p><b>July 19</b> 9:00 pm To'ameha and Hisorerus</p>	<p><b>July 23-27</b> 10:30 am-12:00 pm Lunch &amp; Learn For Bochorim</p>	<p><b>July 25</b> Camping trip in the mountains! Sign up with R' Shlomo Kurtz or Mendel Hershkwitz</p>
<p><b>July 26</b> 9:00 pm To'ameha and Hisorerus</p>	<p><b>July 27</b> 9:30 pm Oneg Shabbos at the Yanez Home</p>	<p><b>July 29</b> Community Outing for Men and Boys - Cycling down Vail Pass \$15 followed by a BBQ and Volleyball at Kitteredge Park. Bring your grill and share. Questions? R' Shlomo Kurtz or Mendel Hershkwitz</p>	

R' Shlomo Kurtz 720.452.0921  
solomon.z.kurtz@gmail.com  
Mendel Hershkwitz 303-261-6641  
mendelswork@gmail.com

been taken.

### Newsletter E-mail List and Contact Information

Please e-mail all contributions, mazal tovs, sponsorships, etc. to [zera.abraham@gmail.com](mailto:zera.abraham@gmail.com) no later than Wednesday evening. E-mail ensures that nothing will be left out or misspelled. All entries will run for one week unless otherwise specified. The Shul reserves the right to omit or amend any submissions. To be added to the e-mail distribution list, please send an e-mail requesting to be included.

**Program for Bochorim**

**מאורות הגדולים**

**Develop an Appreciation of our Gedolim of Yesterday and Today!**

Each Shabbos, 35 minutes before Mincha.  
Each week one specific Gadol will be described with stories and anecdotes.

Each bochur that attends will receive a picture of the Gadol discussed that week.  
For grades 3 and up.

Shabbos Parshas Devarim  
**Harav Shmuel Kamenetzky שליט"א**  
ראש הישיבה פילאדעפיה  
Presented by his Talmid  
Yossi Issacson  
**5:40 pm**  
In the Ezras Nashim followed by Mincha at 6:15 pm

**When Tisha B'av falls out on a Shabbos and is postponed until Sunday, there are many unique halachos. The following is a description of these halachos:**

**On Shabbos:**

- One should refrain from taking pleasure walks during the entire Shabbos.

- If one can occupy himself on Shabbos afternoon after chatzos studying topics which pertain to Tisha B'Av or to mourning, he should do so. If he cannot, he may study what he does ordinarily. It is customary that Pirkei Avos is not studied in depth on this Shabbos.

- The usual seudah ha-mafsekes restrictions do not apply on Shabbos. At the last meal before the fast - which is seudah shelishis - one may eat meat and drink wine and consume whatever food he desires. One should not, however, state explicitly that he is eating in order to have strength for the fast. It is forbidden to swallow a time release pill that makes it easier to fast since that constitutes preparing on Shabbos for a weekday.

- Eating seudah shelishis with family members is permissible. Company, however, should be avoided - unless one usually has company for seudah shelishis. Birkas ha-Mazon may be said with a zimun. Zemiro may be sung, even by one who does not always sing them.

- Eating, drinking, or washing any part of the body, including Mayim Acharonim, is permitted until sunset only. If one recited Birkas ha-Mazon before sunset, he may eat or drink until sunset.

- One may sit on a chair until nightfall (tzeis ha-kochavim).

- Since it is not proper to wear Shabbos clothes on Tisha B'Av, it is recommended that one change clothes after nightfall, but before Ma'ariv. Baruch ha-mavdil should be recited before changing into weekday clothes.

- No preparations for Tisha B'Av may be made until Shabbos is over. Tisha B'Av shoes or kinos (unless studied on Shabbos) may not be brought to shul until nightfall, even in an area with an eiruv.

**Motza'ei Shabbos:**

- Shabbos shoes may not be removed until nightfall. The custom in many places is to remove them after saying Borchu at Ma'ariv. Others remove their shoes after reciting Baruch ha-mavdil but before Barechu, provided that it is already nightfall. This option is advisable for large groups of people in order to avoid a long break between Barechu and Ma'ariv.

- Atah Chonantanu is said in Shemoneh Esrei. Women who do not recite Ma'ariv must remember to recite Baruch ha-mavdil at the conclusion of Shabbos. It is advisable for women to recite Maariv on this night, even if they generally don't, in order to be able to say Atah Chonantanu.

- After Ma'ariv but before the reading of Eichah, a candle is lit and Borei me'orei ha-eish is recited. If one forgot or failed to do so, Borei me'orei ha-eish may be recited anytime throughout the night.

- Customarily, Borei me'orei ha-eish is recited by one person for the entire Kehilla. It is proper, though, that all the listeners sit down while the blessing is recited.

- Preferably, women should listen to Borei me'orei ha-eish recited by a man. If they cannot do so, it is recommended that they recite their own blessing over a candle, but they are not obligated to do so.

- Some permit folding the tallis as on every motza'ei Shabbos, while others are stringent.

- Dirty dishes from Shabbos should not be washed until Sunday after chatzos, unless they will attract insects, etc.

**On Sunday:**

- The rules of fasting for pregnant or nursing women or elderly or weak people are more lenient when Tisha B'Av falls on Shabbos and the fast is deferred until Sunday. One should consult a rav concerning his/her specific situation.

- If a bris milah falls on Sunday the tenth of Av, most poskim allow the father, mohel, and sandek to eat a seudas mitzvah after Minchah Gedolah. A minority opinion rules that they should finish their fast.

- Before breaking a fast because of illness or to celebrate a bris milah, Havdalah should be recited. Many poskim hold that wine or grape juice may not be drunk and Havdalah should be recited on a Shehakol beverage such as beer, coffee, or tea (with or without milk). Another option is to use wine or grape juice, but have a minor (preferably between the ages of 6-9) drink the wine. Other poskim allow even an adult to drink the minimum amount of wine or grape juice.

- There are various views among the poskim concerning the recitation of Havdalah for women who are not fasting (due to illness, pregnancy, or nursing). The preferred option is that the woman's husband (or another man) recites Havdalah and that she or a minor drink the beverage. If that cannot be arranged, most poskim allow her to recite her own Havdalah. If she cannot or will not, there are poskim who permit her to eat without reciting Havdalah.

- Many poskim hold that minors do not need to hear or recite Havdalah before eating. A minority opinion requires them to do so, and

## QUESTIONS AND ANSWERS FROM HARAV AVIGDOR MILLER ZATZA"l

**Q: How can I mourn for the Beis Ha'mikdash properly?**

A: How can you mourn for the churban beis ha'mikdash? First of all you have to think about the Beis Ha'mikdash. Most people don't even think about what the Beis Ha'mikdash meant for Klal Yisroel.

So when you say the last few words in Shemonah Esrei – *“Yehi ratzon milfanecha she'yibaneh beis ha'mikdash bi'miheirah vi'yomeinu”* – say it with kavanah. At least these words say with feeling. *“Vi'sein chelkeinu bi'sorasecha, vi'sham na'avadcha bi'yirah.”* So even if you were sleeping through the davening – at least these last few words say with feeling. Show that you understand that it's a loss. If you don't even recognize the loss then there's no use even talking. So every day, when you finish Shemonah Esrei, say these words and think about them.

Also, spend some time thinking about how great of an opportunity we had when the Beis Ha'mikdash existed. You would come to the Beis Ha'mikdash and you would learn yiras Hashem just from being there. *“Li'ma'an til'mad li'yirah es Hashem Elokeichem kol ha'yamim”*. Merely by coming there and seeing the kohanim ba'avodosam u'le'viyim bi'shiram u'vizimram, you'd become so inspired. You know that Yonah Ha'Navi became a Navi because he was present at the simchas beis ha'sho'eivah in the Beis Ha'mikdash. He was so inspired that the ru'ach ha'kodesh came upon him and he became a navi.

And therefore you must speak to the Ribono Shel Olam. *“Ribono Shel Olam, please restore the Beis Ha'mikdash.”* I'm not even talking about Moshiach. The Beis Ha'mikdash even without Moshiach is such an opportunity. You can gain so much yiras Hashem from seeing the Beis Ha'mikdash. Of course, it won't come without Moshiach as well. But we want Hashem to build the Beis Ha'mikdash once again so that we can all come together in the Beis Ha'mikdash and be zoicheh to ru'ach ha'kodesh and to see Hashem. That's why we are looking forward to the binyan Beis Ha'mikdash.

Little by little, you must work on thinking these thoughts and that's the way to mourn for the Beis Ha'mikdash. You'll never mourn for the Beis Ha'mikdash if you don't feel the loss – if you don't know what you're missing. So first you must train yourself to feel how great of an opportunity it was to have the Beis Ha'mikdash – and then you'll know what it means that we don't have it. And then you'll be able to mourn the loss. TAPE #E-239

**Q: What is the function of going to a kever of a Tzadik?**

A: And the function is what we spoke about today. And that is, in order to advertise to the world that the greatest thing in the world is to be a tzadik. And in the zechus of you going there and demonstrating that you appreciate the greatness of a tzadik, Hashem will reward you and listen to your tefilla. But you're not praying to the tzadik, chas v'shalom.

Hakodosh Boruch Hu says, 'If you understand how much I love this man, and not only him, but I even love his body because his body was kadosh. And now you come there, where his body was placed, for that purpose of showing that you appreciate the greatness, the holiness, of his body, then I'm going to reward you by listening to your tefilla. That's the purpose of kivrei tzaddikim. TAPE # E-8 (May 1995)

therefore it is advised.

**On Sunday night:**

- After the fast is over, drinking water is permitted, however one may not eat until Havdalah is recited. Women should hear Havdalah from their husbands or a neighbor. If it is difficult for a woman to wait for Havdalah, she may drink other liquids before Havdalah. If drinking is not sufficient, some poskim allow her to eat without hearing Havdalah while others hold that she should make Havdalah herself.

- Havdalah may be recited over wine or grape juice, and it need not be given to a minor to drink.

- Only the blessings of Borei peri ha-gafen and ha-Mavdil are recited. Borei me'orei ha-eish is not recited, even if one forgot to recite that blessing the previous night.

- It is permitted to take a haircut, shave, do laundry, sew, bathe and recite Shehecheyanu immediately after the fast. Meat and wine (other than the wine from Havdalah) should not be consumed until the next morning. Listening to music should be avoided until the next morning.



**Shabbos Davening and Learning**

Candlelighting (Earliest, Latest, 18 min).....	6:53, 7:35, 8:06
Mincha .....	7:00
Mishna Berura/Hilchos Yomtov .....	Rav Steinberg.....8:00 am
Shacharis.....	8:30
Sof Zman Krias Shema.....	8:49,9:25
Sefer HaChinuch (B'inyanei D'Yoma).....	Rabbi Erlanger .....3:45
Daf Yomi .....	R' Yoil Unger.....4:15-5:15
Pirkei Avos for Women.....	Mrs. Chernitzky .....5:00-6:00
<b>Special Shiur: The Land In Which The</b>	
<b>Eyes Of Hashem Are In It Constantly</b> .....	Rav Steinberg.....5:15-6:15
Meoros HaGedolim .....	Yossi Isaacson.....5:40
Mincha .....	6:15
Finish Eating .....	8:13
Shkiah .....	8:23
Shabbos Ends (50 minutes).....	9:13
Maariv/Aicha/Kinos .....	9:37

**Weekday Davening**


Shacharis Sunday.....	6:30, <b>8:00</b>
..... Monday and Thursday .....	6:10, <b>8:00</b>
..... Tues. Wed. and Friday .....	6:20, <b>8:00</b>
<b>Mincha .....</b>	<b>Sunday-Thursday .....</b>
<b>Maariv .....</b>	<b>Sunday-Thursday .....</b>

Daf Yomi .....R' Yoil Unger ...M-F at 5:20 am, Sun at 7:20 am  
 Kinyan Masechta Kesubos..... Rav Steinberg ..... M-Th..... 7:10 pm  
 Kinyan Masechta Review..... Rav Steinberg ..... Sun..... 9:00 am  
 Chabura Shmiras Halashon .... Rabbi M. Zussman ... M-Th..... after Maariv  
 Night Seder..... Sun-Thurs ..... 7:30 pm  
 Partners in Torah..... Tues ..... 7:30 pm

## NEW SHIUR ON THE SEFER

# WE WANT LIFE



WRITTEN BY  
RABBI YISROEL GREENWALD



Each week, 20 minutes before מוצאי שבת מעריב, using the picture based text, "We Want Life", come and learn through the entertaining presentation of Rabbi Menachem Zussman about the important and inspiring halachos of Shmiras Halashon. This Week at 8:48.

Each week after Maariv there will be a raffle for prizes, and for each week you attend over 5 weeks, you will receive a raffle ticket toward the Grand prize: Either a family pass to Boondocks, or a new bicycle.

ספרים will be provided.

## NEW SHIUR ON THE SEFER

# מכתב מאליהו

NEXT SHIUR  
PARSHAS VA'ESCHANAN:  
**כח היצר ומפלתו**

DELIVERED BY  
TBA  
8:47 PM



Each week, 20 minutes before מעריב of מוצאי שבת, learn from the treasured words of הרב הגאון רבי אליהו דסלר זצ"ל, starting from the beginning of the חלק ג', and continuing through the ספר.

ספרים will be provided.




**Adopt-a-Kollel: A Dvar Torah from our Satellite Makom Torah: Kollel Aish Tamid**

Throughout the ages, and especially on Tisha B'Av, Jews have always gathered at the *Kosel HaMaaravi*, (the Western Wall ), to pour out their hearts to Hashem and to ask Him to draw us close once again. We know that to *daven* at the *Kosel* is to *daven* at the holiest site in the world, but do we truly grasp what the *Kosel* represents? Do we truly understand the significance of having had the *Kosel* endure all this time from the *churban* (destruction of the Temple) until today?

The *sefer Emuna V'Hashgacha* explains, based on the teachings of the Vilna Gaon, that the *Kosel HaMaaravi* is the "luz bone" of the Jewish nation.

What is the *luz* bone? The *sefer Taamei HaMinhagim* cites the *Eliyahu Rabah* that explains that each person has a tiny bone within called the *luz* bone. When a person dies the entire body decays, but the *luz* bone endures forever without any sign of atrophy. This bone remains connected to a person's soul even after it has left this world. When the time for *Techiyas HaMasim* (resurrection of the dead) arrives, it is from this bone that has always maintained its connection with the soul that a new body sprouts forth for the soul to rejoice.

In the same way that this is true for individuals, it is true for the Jewish people. The *Beis HaMikdash* was always the place where the holiness of Hashem's Presence was most strongly felt. And from there, it emanated through the Jewish people to the rest of the world. When the *Beis HaMikdash* was destroyed, our connection was severed. The holy body of the collective Jewish people began to atrophy- **but not entirely**. We still have the *Kosel HaMaaravi*, our *luz* bone. Hashem has not abandoned us. He has left us this connection to Him that endures forever. The time will come when, from here, the holiness of Hashem's Presence will once again spread forth to be felt throughout the world. May it be speedily in our days.

*If you are planning on visiting Eretz Yisrael, make the most of your visit in the Eretz HaKodesh, and spend a night or several nights learning with a kollel member in one of Kollel Aish Tamid's six branches. Please contact Rabbi Calev Unger for details: calevunger@gmail.com*