

THE WESTMOUNT WEEKLY**Shul Schedule:
Leil Shabbos July 9th:**

6:15 PM	TISH & TORAH
6:45 PM	Mincha / Kabolos Shabbos / Maariv
7:25 PM	Earliest Candle Lighting
8:42 PM	Latest Candle Lighting
9:50 PM	Repeat Shema

Shabbos July 10th:

8:40 AM	Main Sanctuary Service
8:45 AM	Sefardi Minyan
9:00 AM	Men's Class in Moriah Room with Rabbi Farkas
9:30 AM	Moriah Room Minyan - followed by Shiur with the Rav
11:15 AM	Shiur with the Rabbi Farkas in Shul; Shiur with the Rebbetzin in Sfardi Room; Youth Program
6:00 PM	<i>Nach Yomi Chazara Marathon on Sefer Shmuel I with the Rav</i>
7:15 PM	Semichas Chaver Chazara - Laws of Opening Containers / borer with Avigdor Atlas
8:15 PM	Mincha
8:40 PM	Shalosh Seudos
9:50 PM	Maariv / Havdalah

Davening & Learning Times July 11th - 16th

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Shacharis in Shul	8:00	6:30	6:45	6:45	6:30	6:45
2ND SHACHARIS		8:00	8:00	8:00	8:00	8:00
MINCHA		2:00	2:00	2:00	2:00	
Mincha / Maariv	8:45					6:45
MAARIV		9:15	9:15	9:15	9:15	
7:25-7:55 AM		TALMUD	TALMUD	TALMUD	TALMUD	HISBODEDUS - SOLITUDE
1:25 - 1:55 PM		HISBODEDUS - SOLITUDE	HISBODEDUS - SOLITUDE	HISBODEDUS - SOLITUDE	HISBODEDUS - SOLITUDE	
8:00-9:15 PM		MEGILAS EICHA	MEGILAS EICHA	MEGILAS EICHA	SEMICHAS CHAVER	
9:30-10:00 PM	RAMBAM	RAMBAM	RAMBAM	RAMBAM		

**All classes are live in the Shul & can be accessed via ZOOM ID 905-881-7485; password 728960
KIDDUSH IS SPONSORED BY SHELLY'S MOTHER, SARAH GLOWINSKY, TO THANK THE RABBI FOR THINKING
OF HER & SENDING HER KIDDUSH (ESPECIALLY THE HERRING) EACH SHABBOS**

DAD'S KIDDUSH IS SPONSORED BY RUSSEL ORELOWITZ

**LADIES SHALOSH SEUDOS IS SPONSORED BY SANDY CLISH IN HONOR OF HER FAMILY & THE SHUL
SHALOSH SEUDOS IS SPONSORED BY THE TALKAR & MOSES FAMIES ON RAVIV'S TORAH READING
THE RABBI'S TALMUD CLASS ON THUR. JULY 8th WAS SPONSORED BY THE LASAROW FAMILY ON THE
YAHRZEIT OF GIDEON SHALOM BEN PINCUS MICHEL a"h**

**THE REBBETZIN'S CLASS ON SUNDAY JULY 11th IS SPONSORED BY LANA FEINSTEIN
ON THE YAHRZEIT OF HER MOTHER MARLENE KRAUT a"h**

**ALL CLASSES ON 3RD OF AV ARE SPONSORED BY ANN WEINSTEIN
ON THE YAHRZEIT OF HER SON SIMCHA MICHOEL BEN MEYER MENDEL a"h**

**LAST WEEK'S SHALOSH SEUDOS WAS SPONSORED BY MARTIN LEVIN
ON THE YAHRZEIT OF HIS GRANDFATHER MORDECHAI BEN HARAV YAAKOV a"h**

**CONDOLENCES TO MENUCHA SHARON ON THE PASSING OF HER MOTHER
LEAH BAS MIRIAM ASHTAMKAR a"h IN ISRAEL, WHERE SHE IS SITTING SHIVA**

MESSAGE FROM THE RABBI FOR THOSE RETURNING TO SHUL - JUNE 18, 2021:

Dear Chevra,

We are thrilled to continue to safely and slowly bring the Shul back to normal. After getting feedback from the membership, I can say, with a great degree of certainty, that our Kehila has reached a stage of “herd immunity,” where many of the concerns that people still have when entering public places, no longer apply to our Shul premises. On reflecting back over the last 15 months, our Shul was blessed to have zero transmissions of the COVID virus, while conducting services safely and robustly. I attribute it to both our spiritual and physical safety measures that we vigilantly adhered to. Although very soon, the physical safety measures will not longer be necessary, the **spiritual safety measures must never be relaxed**. Those that have attended the shul over the last year, understand this, and have comported themselves appropriately. With many more people now entering the Shul for the first time, we run the risk of people being unaware of the vital requirement of respecting the spiritual safety of the Shul. To that end, When you enter the Shul, you will see the following message (below) visibly posted on all doors. Please read this very carefully, and only come if you plan on complying 100 % with these spiritual safety measures.

I can not stress enough how vigilant we must be in adhering to **every nuance of these spiritual safety measures**. I know that people may feel that we are being extra careful, and probably overly careful, but this is what halacha demands from us.

No matter how much I love each and every one of you, I cannot make exceptions for leniencies in this area. The entire world, the rest of the people of our shul, **and most importantly, the Almighty Himself**, are watching our every move to know how we respectfully return to our Shul.

You should view yourselves as the Chashmonaim who were blessed to re-dedicate the Beis Hamikdash during the story of Chanuka. You will set the tone for how Shul members comport themselves in the future.

In addition, all members will receive the following business card sized “Ma Tov” card that we urge everyone to read while entering the Shul. This is no less of a safety measure than the physical measures we have been practising in the past.

מה טובו אהליך יעקב משכנתיהו ישראל

How goodly are your tents, O Jacob,
your habitations, O Israel!

ונאני ברב חסדך אבא ביתך

By Your abundant grace, I enter Your house.

אשתמנה אל היכל קדשך ביראתך

I worship before Your holy shrine with reverence.

ה' אהבתי מעון ביתך ומקום משכון כבודך

O Lord, I love Your abode, the place where
Your glory dwells.

ונאני אשתמנה ואכרעה אברכה לפני ה' עשי

I will worship and bow down; I will bend the
knee before the Lord my Maker.

ונאני תפילתי לך ה' עת רצון

I offer prayer to You, O Lord, at a time of grace.

אלהים ברב חסדך ענני בצמית ששך

O God, in Your abundant kindness, answer me
with Your saving truth.

LAWS OF SHUL ETIQUETTE:

- Do not enter with your coat/outerwear.
- Do not enter with your cell phone or any secular reading materials.
- Do not eat or sleep.
- Enter with awe of God's presence.
- Say “Ma Tov” when entering the Shul, and go directly to your seat.
- One may not be lighthearted in Shul and avoid speaking idle talk or joking around.
- The Shul premises should always be clean. Garbage should not be left around.
- Do not walk in with snow or mud on your footwear.
- Please talk in Shul, but only to Hashem.

The Laws of the Nine Days - 5781:

1. The Talmud teaches us "When the Jewish month of Av enters, we decrease our happiness.
2. The Jewish month of Av begins **Friday night, July 9th at sunset**. This begins a more intense period of national mourning, which concludes the day after Tisha B'av, which is the day after **Sunday, July 18th**.
3. All the restrictions that began at the beginning of the Three Weeks are still in force, but they are now intensified.
4. The Talmud explains that one decreases happiness by:
 - Decreasing one's business activities
 - Refraining from construction and planting intended for joyous reasons.
 - Not conducting weddings or making a festive meal to celebrate an engagement.
5. Any construction not necessary for one's dwelling but performed for expansion is prohibited. Similarly, any improvement to the appearance of a house such as painting, hanging new drapes, wall papering and all house decorating can not be done during the Nine Days.
6. Certain types of expansion building would be permitted if it were for necessary living space to accommodate more people living in the home. Consult your local Rabbi in this issue.
7. If you hired a non-Jewish contractor to build an addition, and the contractor wants to work during the Nine Days, the Jew is not required to prevent him from doing so. Preferably, one should offer the contractor some financial compensation to refrain from working during the Nine days, but one is not required to offer a significant amount of money to get him to wait until after Tisha B'av.
8. It is permitted to weed, water, or mow the lawn during the Nine Days, since these activities are not for enhancement. It is also permitted to plant and maintain a vegetable garden during the Nine Days. Plants for pleasure may not be planted.
9. One may not wear new clothes during the Nine Days, nor may one tailor or purchase new clothes or shoes.
10. One who does not have appropriate shoes to wear on Tisha B'av may buy them during the Nine Days.
11. Similarly, it is prohibited to dry-clean clothes or iron them.
12. We refrain from changing tablecloths, towels, and bed linens during the Nine Days, unless it is absolutely necessary.
13. It is permitted to repair shoes and clothes during the Nine Days.
14. We refrain from doing laundry and wearing freshly laundered clothing during the Nine Days.
15. Therefore, one should prepare before **Friday night, July 9th at sunset** sufficient clothing already worn since it was last laundered. This is ideally accomplished by putting on and wearing a garment for at least a short while [1/2 hr.] Towels should also be used at least once before the Nine Days begin in order to be able to use them.
16. If one's clothing becomes sweaty or soiled during the Nine Days, one is permitted to change into clean clothes.
17. It is permitted to launder children's clothes and linens during the Nine Days.
18. It is permitted to spot-clean a garment if one is concerned that the stain will set. Furthermore, it is permitted to soak a garment that is dirty without completing its laundering in order to make it easier to clean after Tisha B'av.
19. We do not bathe or go swimming for pleasure during the Nine Days, but bathing for hygienic and health purposes is permitted. One may go to the Mikveh. Washing only one's face, hands, or feet with cold water is permissible at all times.
20. We do not eat meat or drink wine or grape juice during the Nine days. A sick person may eat meat, under doctor's orders. It is permitted to eat meat or drink wine for all Shabbos meals or at a Mitzva meal [such as a Bris or Siyum, etc.].
21. One may not eat fleishig [meat] leftovers from Shabbat meals or of a Mitzva meal during the remaining Nine Days. One may not eat meat for Melava Malka.
22. It is permitted to use wine vinegar for cooking. It is also permitted to drink beer, whiskey, and other alcoholic beverages.
23. One is permitted to bathe and to put on freshly laundered clothing in honor of the Shabbat.
24. One can make Havdalah on wine or grape juice. If a young child present is old enough to make a blessing but not old enough to understand that we do not eat meat during the Nine Days, that child should drink the Havdalah cup. If there is no such child available, the person reciting Havdalah should drink the wine or grape juice himself. Others have a custom to use beer for Havdallah.
25. A Jew should avoid scheduling litigation / adjudication during the Nine Days, since this is a month in which the Mazel for Jews is bad.
26. Polishing shoes is permitted. Shining shoes in honor of the Shabbos is also permitted.
27. The Midrash teaches that Hashem will bring forth ten new creations in the era of Moshiach [e.g. death will perish forever, everyone will be joyful, and there will be an end to all sighing and worry]. The Kaf HaChayim states that everyone who meticulously observes the laws of the first ten days of Av, thereby demonstrating his personal mourning over the destruction of Yerushalayim, will merit witnessing these ten miracles. May we all merit seeing these miracles speedily and in our days.