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| <ul style="list-style-type: none"> ❑ "Mekadshei Shevi'i learning for boys with Rabbi Rosenberg: 6:40 ❑ Mincha on Friday: 7:00 ❑ Earliest Candle Lighting: 7:08 ❑ Latest candle lighting: 8:18 ❑ Early Shacharis: 8:30 ❑ Shacharis: 9:00 ❑ Learners' Service and youth center open: 10:30 ❑ Kiddush: 11:35 | <ul style="list-style-type: none"> ❑ Women's shiur at the Poupko home on the topic of Tisha B'Av: 6:00 ❑ Sefer Hachinuch / Learning with the kollel: 7:05 ❑ Mincha on Shabbos afternoon: 8:05 ❑ Shabbos ends: 9:21 |
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| | <ul style="list-style-type: none"> ❑ Shacharis: S - 8:00 M, T, W, F - 6:40 & 8:00 ❑ Mincha / Maariv this week - 8:20 |
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Reminder: This week is the period of the "Nine Days", the more intense period of mourning leading up to Tisha B'av. During this period, we don't swim, eat meat, drink wine, take pleasurable showers, or do other high-risk activities. As always be in touch with Rabbi Poupko with any specific questions.



We're excited to welcome the group of SEED boys this coming week, once again joining us from Sha'ar Hatorah in Queens. If you'd like to learn with one of them, or to host for a dinner, please speak to Rabbi Zakon.

Welcome as well to the Camp Oraysa counselors, who are also joining us in Plano for Shabbos.

This week's newsletter sponsor:

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Tisha B'Av 5786

Wednesday, July 22

"Seudah Hamafsekes" is eaten at home prior to sunset. Traditionally it consists of a piece of bread dipped in ashes and an egg. It should be eaten alone while sitting on the floor.

Mincha: 8:15

Sunset/ Fast begins / Maariv: 8:32

Eicha and Kinnos: 8:50

Followed by a video presentation in the social hall.

Thursday, July 23

Shacharis: 9:00

*Tallis and tefilin are **not** worn at Shacharis.*

Chatzos (midday): 1:34

Kids video at shul: 2:30

Mincha **with tallis and tefilin** 2:30

Adult's video at shul: 3:30

Mincha **with tallis and tefilin** 8:00

Maariv (following mincha): 8:30

Fast ends: 9:13

The following restrictions on Tisha B'av are in place to express our mourning:

- Eating and drinking
- Washing, showering and using body creams or oil
- Marital relations
- Wearing leather shoes
- Studying Torah (except for topics related to the destruction of the Temple)
- Before chatzos (midday), we do not sit on chairs of regular height
- Traditionally, we do not greet each other in the normal manner
- The afflictions of the "Nine Days" continue through midday of the day after the fast. These includes shaving and haircuts, music, eating meat and drinking wine, and swimming. Since it's Friday this year, laundry may be done on Thursday night.
- As always please contact Rabbi Poupko with any questions.

NEXT YEAR IN JERUSALEM

