

Congregation Etz Chaim



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Chaim Stramer - President
Treasurer: George Monat
Secretary: Janis Monat
Member at Large: Robert Dell
Member at Large: Michael Ferber
Member at Large: Rabbi Chuni Rappoport

Synagogue
Member



Parasha Va'etchanan

July 25, 2026 / 11th Av

"Shabbos Nachamu"

Shabbos lik ner 7:53 PM

Shabbos Day

Shacharis 9:00 AM

Latest Shema 9:11 AM

Latest Tefilla 10:24 AM

Mincha 7:50 PM

Shabbos ends 8:59/9:22 PM

****Wed, erev Tisha B'Av** fast begins 8:14 p.m.**

****Fast concludes Thursday: 8:53 p.m.**

Shabbos Day at Young Israel

Mincha 7:54 PM

Ma'ariv 8:55 PM

Havdalah 9:00 PM

Weekday at YI

Mincha/Ma'ariv 7:47 PM

Shabbos Day at Chabad

Mincha 7:45 PM

Maariv 9:00 PM

Weekdays at Chabad

Mincha/Maariv 7:50 PM

TORAH LEARNING

Rabbi Hartman's class is this Sunday, 9:30 a.m.

Zoom ID: 903 917 1656

Password: 170 smain

SHMIRAS HALASHON class is on hold until 8-31-26.

Please contact Janis Monat: jbmonat@aol.com for the link.

DAF YOMI WEEKDAY ZOOM SCHEDULE

Via Zoom: Mon - Th 7:00 pm and Tu & Th 7:30 a.m.

Meeting ID: 822 979 966

Password: 727190

DAF YOMI LIVE SCHEDULE:

Shabbos mornings at shul, 8:00 a.m., one hour before shacharis;

Sunday mornings at shul, 7:00 a.m., one hour before shacharis.

Contact Melvyn Huff

(781) 784-6608) or

melvynhuff@comcast.net for more informati

A SIP OF TORAH THANKS

Thank you to Reb Yoni Monat for giving the community “**A Sip of Torah**” on “Perspectives for Tisha B’Av. He shared outlooks and perspectives in how to look at and feel Tisha B’Av. For a video or an audio recording please contact yonimonat@gmail.com.

RABBI MENDY ROSENFELD

Rabbi Rosenfeld will be giving his Sunday evening parasha talk at **6:30 p.m.** Chaim Stramer, Stramer@aol.com will send out the link.

ETZ CHAIM BOOK CLUB

We were fortunate to have the author, Malka Daskal, share the history of her research on the detention camps on the island of Cypress from her book **The Teacher of Lost Orphans**. This was to honor **the memory of Michelle Cable, Michal Freidal a”h bas Eliezer**, whose yartzeit was the day of the book talk, **the 6th of Av**.

Please join our group for our next read, **A Bend in the Stars** by Rachel Barenbaum, on Monday, August 24 at 7:00 p.m. via Zoom. The Sharon Public is now holding copies at its circulation desk for us. Just ask the librarian for the Etz Chaim Book Club Selection. Any questions or thoughts contact Merilee at melmaeir@gmail.com.

ETZ CHAIM BOARD MEETING

Our next monthly **board meeting** is **Sunday, August 9 at 5:00 p.m.** via Zoom. Please RSVP to Janis at jbmonat@aol.com if the link is needed.

REFUAH SHELAIMA

Our prayers are for the healing of the wounded soldiers of the IDF, those who have been hurt in terrorist attacks, the Israeli survivors from 10/7/23 **and this Iran/Lebanon/Gaza War**. We pray for the healing of our congregation members: Heidi Goldblatt, Rachel Chana bas Menucha; Robert Dell, Chana Reuven ben Leah; Tzila Pass, Tzila Chava bas Rachel; Marve Rudenstein, Menachem Yitzchak ben Raitza; Burton Cusner, and Janis’ sister, Chana Davida bas Rivka Petal, Ann Denise. May they all heal soon and completely!

HIGH HOLIDAY SEATING

With the Yamin Noraim beginning Friday evening, Sept. 11, **please RSVP by August 21** to George Monat at etztreasurer@aol.com to attend Etz Chaim’s cost-free Rosh Hashana and Yom Kippur services. Registration is a must for security reasons. **Todah and an early, “Lishana tova tikateyvu!”**

THOUGHTS on Ve'eschanan 3:23-7:11

By Janis Monat

This shabbos of Nachamu, comfort, is welcomed two days after Tisha B'Av. On the 9th of Av, we contemplated how we could make ourselves better through our words and actions. The Spies/Scouts thought of themselves as 'grasshoppers' and felt they were seen that way by the "giants". A more positive outlook could have been that a walled city meant the inhabitants had fears of being invaded and were not so strong inside; and that the giant fruit was in fact a sign that the land was fertile.

I learned from Yoni Monat's "Perspectives on Tisha B'Av" talk that an area of self-improvement is in being sincere when asking how another person is, taking the time to really listen to hear their answer. Sometimes I attempt to say hello to someone but they're busy doing lawn work and they don't hear me. Sometimes I am time bound and I have to decide if I'll have the time to chat and ask sincerely how they are. Neither the person who's too busy to notice a greeting or a person who's in a time pinch to meaningfully ask how another person is, is exhibiting senseless hatred, "sinat chinam", the disrespectful behavior that contributed to the Second Temple's downfall and our own.

Ironically, on the 9th of Av as we are in a state of mourning, we are **not to ask how the other is**. We are not to even say hello. An outsider unfamiliar with this custom might think we were engaging in sinat chinam, senseless hatred, by not having the cordiality to greet someone. But we understand the ritual's significance.

Regarding the sense of **listening**, it ties in with one of Judaism's fundamental beliefs reviewed in this parasha, the intrinsic announcement that the Jewish people make twice a day, "**Shema** Yisrael, Adomye, Elokaynu, Adomye Echad, **Hear/ Listen** O Israel, the Lord our God, the Lord is One." It is our commitment in the Covenant to do and then listen/understand as best as we can what Hashem's mitzvot are in our lives as we continuously pronounce "na'aseh v'nishma". It's our brit every generation makes in keeping to be a part of the Jewish people.

Another retelling of a sensory request was made by Moshe of Hashem in ch. **3:25**, "*Let me cross over and **see** the good land on the other side of the Jordan, this good mountain and the Lebanon*". In ch. 3:26-we have Hashem's response, "*Enough! Do not speak to Me anymore about this matter*". HOWEVER, in verse 27 Hashem grants Moshe one half of his request, "*Ascend to the top of the cliff and raise your **eyes** westward, northward, southward, and eastward and **see** with your eyes...*" since (you) will not cross the Jordan River.

In our time we can fly to Eretz Yisrael, see the land, its people, **hear** their Hebrew, **feel** the salt in the Dead Sea, **touch** the Wall, **smell** the shwama, and **taste** the chumos. It's been exactly 40 years that I was at the Kotel experiencing Tisha B'Av for my first time. I was overwhelmed by the hundreds of women weeping at the Wall holding little books, most likely Eicha. My heart was touched by their sadness. I did not know why.

There is One Divine Creator through our history and the world's, and that is Hashem, the very One who gave us the Ten Commandments. In ch. 5:1-18 Moshe reviews these laws and so powerful are they in values that in addition to our faithful implementation, two religions, Christianity and Islam, incorporated them albeit with their own interpretations.

Now in shabbos Nachamu we are rebuilding ourselves, the Land of Israel, and with each other to bring a time of Moshiach in our day!

A shabbos of comfort and renewal!