

This Week at
Temple Israel of Long Beach
Experiencing the Warmth of Tradition



July 11, 2026
26 Tammuz 5786
Shabbat Matot-Masie
Birchat Hachodesh



ROSH CHODESH AV
Wednesday July 15th

Rosh Chodesh (start of the month) is a time of joy and heightened spiritual focus, but this month, Rosh Chodesh starts the month of Av and the Talmud states;

"When Av begins, we diminish [our] rejoicing".

The Nine Days (from the first of Av through the ninth), culminates on Tisha B'Av commemorating the destruction of the Temple (Beit HaMikdash). The Nine Days are customarily observed by decreasing joy, such as not listening to music, avoiding meat and wine, or only shopping for necessities. Given that the start of the Nine Days begins on Rosh Chodesh, this could be viewed as a contradiction.

While Rosh Chodesh Av ushers in a period of mourning and reflection, it is important to recognize that Rosh Chodesh Av is a time of joy and hope, symbolizing the commemoration of the Beit HaMikdash, not solely its destruction. It is essential to keep in mind that after the tenth day of the month, the tone shifts towards consolation and the promise of a brighter future in advance of Rosh Hashanah and Yom Kippur. Av was not *designated* to be a time of sorrow; it became that way from a series of disasters. Days like Rosh Chodesh and Shabbat still keep their intrinsic joyous qualities.

For that reason, Rosh Chodesh Av encapsulates a mix of conflicting emotions. This juxtaposition is not contradictory but rather a reflection of the complexity of Jewish life and history. It is a testament to the ability of the Jewish people to find the bright side even in the midst of sad times and to never forget the somber notes during moments of happiness. This ability to hold both joy and sorrow in our hearts is a testament to the resilience and depth of the Jewish spirit.

QUOTE OF THE WEEK

"We are celebrating 250 years of our country's history and Temple Israel has been around for 102 of them."

David Kapsack – Member of Temple Israel

Candle Lighting

Shabbat - 8:10 pm

Kabbalat Shabbat – 8:20 pm
For week of 07/11/26 - 07/17/26



We thank the following donors for their generous contributions to Temple Israel this past week.

Eleanor T. Sobel
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REMINDER

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