

**HAPPY BIRTHDAY**  
**Marvin Geller 7/3**  
**Rosalyn Podbielak 8/1**



The Shabbatot surrounding Tisha b'Av carry a clear message relating to that significant day.

The Haftarot of Admonition for the three weeks preceding Tisha b'Av - the first two from Jeremiah and the third from Isaiah - were full of exhortations in preparation for that mournful time. We finished reading the final one (Hazon) last Shabbat.

The prophets, at different times and in differing places, spoke of the sad consequences of the behavior of the Israelites as they turned their backs on the teachings handed down through Moses.

But now, following Tisha b'Av, come the seven Haftarot of Consolation! They are all from Isaiah, providing comfort after this solemn occasion and preparing us emotionally and spiritually for the upcoming High Holy Days.

The Haftarah of this week (Nahamu) begins with the words "*Nachamu, nachamu ami...*" in which Isaiah conveys this message: "Comfort and keep comforting my people," says your God. "Tell Yerushalayim to take heart; proclaim to her that she has completed her time of service, that her guilt has been paid off, that she has received at the hand of God double for all her sins".

These seven weeks lead up to Rosh Hashanah when, if we elect to conduct ourselves in a worthy fashion we will be able to start the coming new year re-invigorated and determined to be "menschen" in the sight of our Maker and our fellow human beings.

**WELCOME ברוכים הבאים**



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**Rabbi Tracee Rosen**

**Candle lighting 7:14 p.m.**

**SHABBAT VAETCHANAN/NACHAMU**

**July 27, 2018**

**Friday Night Services**

**Services 6:30 p.m.**

**July 28, 2018**

**Saturday Morning Services**

**Services 9:00 a.m.**

**Deuteronomy 5:1 - 6:25      pp. 765 - 774**

**Haftarah: Isaiah 40:1 - 27      pp. 776 - 779**

**Kiddush sponsored by the congregation**

## Prayer for healing

*We wish "Refuah Shelemah" - a speedy  
Recovery - to congregants, family and friends who are ill.  
We encourage you to call or visit with them and wish them well.*

Ailene Barkhoff, Geri Cooper, Label Ben Ruchel, Larry Dirksen, Peter Enneking, Brandy Forster, Maya Goldberg, Thomas Hannagian, Dovid Ben Itchok, Katie Iverson, Don Lehrer, Nelson Magedman, Peggy Markowitz, Lorraine Shively, Michele Moschel, Harry Newman, Cyrene Schochet, Elaine Schwartz, A. David Silverman, Robert Summer, Charlie Tarnor, Randy Thomas, Marcia Turkiewicz, Richard Wasserman, Ellie Weintraub

*Mi Shebeirach, by Debbie Friedman*

*Mi she-bei-rach a-vo-tei-nu  
M'kor ha'bra-cha l'i-mo-tei-nu  
May the source of strength  
Who blessed the ones before us,  
Help us find the courage  
To make our lives a blessing,  
And let us say, Amen*

*Mi she-bei-rach i-mo-tei-nu  
M'kor ha-brach-cha l'a-votei-nu  
Bless those in need of healing  
With R'fu-a sh'lei-ma  
The renewal of body,  
The renewal of spirit*

### When the Congregation is Talking

The disciples of Rabbi Levi Yitzchak of Berdichev were chatting during services and he called out to God, "Oh Heavenly Father. What wonderful children are Thy children! Even when they are busy talking they interrupt and take time to pray to Thee".

The following Yahrzeits will be observed during the coming week. Kaddish may also be said on Friday evening & Saturday morning July 27, 2018 & July 28, 2018.

El Malei Rachamim, the memorial prayer, may be said on the Monday or Thursday preceding the Yahrzeit at the 8:00 am Minyan.

<u>Date</u>	<u>Av</u>	<u>Deceased</u>	<u>Relation-ship</u>	<u>Observant</u>
8/3	22	Lillian Himmelfarb	Mother	Gerald Himmelfarb
8/4	23	Barbara Paul	Wife	Ron Paul

**Moses ben Maimon**, also referred to as Maimonides and by the acronym **Rambam**, was a medieval Sephardic Jewish philosopher who became one of the most prolific and influential Torah scholars of the Middle Ages. Born in Córdoba, on Passover Eve, 1135 or 1138, he worked as a rabbi, physician, and philosopher in Morocco and Egypt. He died in Egypt on December 12, 1204, whence his body was taken to the lower Galilee and buried in Tiberias.

He wrote:

"If a person is feeling deeply sad, he should change his mood through listening to nice music, walking in gardens, spending time in beautiful buildings, appreciating beautiful pictures and such things that will expand the soul".

