

Lessons in Halacha *(in accordance with Sefardic custom)*

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Laws of 17th of Tammuz and the Three Weeks

The fast of the 17th of Tammuz was decreed by Chazal (our Sages) to commemorate five calamities that happened on that day in various years:

- 1. Luchot - the Tablets of the Ten Commandments were broken by Moshe after the sin of the Golden Calf
- 2. Tamid - the continual daily offering ceased in the First Temple
- 3. The walls of Yerushalayim were breached during the Second Temple
- 4. A Sefer Torah was burned by Apostomus, a Roman general
- 5. An idol was placed in the First Temple



Some of the rules of this day, Sunday July 21, 2019, include:

- 1. No eating or drinking from dawn (around 4:00 AM) until night (around 8:45 PM).
- 2. Pregnant women, women that gave birth within the last 24 months, and the sick are exempted from this fast.
- 3. When it coincides with Shabbat, the fast is delayed until Sunday, as it is this year.
- 4. Bathing, anointing, and wearing leather shoes are all permissible.
- 5. A Torah reading, and a special prayer in the Amida (Anenu), are added to the morning Shaharit and afternoon Mincha services.

The three weeks between 17th of Tammuz and 9th of Av, July 20 - August 11, (Bein Hametzarim) are days of mourning for the tragedies that befell the Jewish people during these times.

- 1. One should refrain from dangerous activities during this period. These include swimming in the ocean or a river, hiking alone, kayaking, fighting, etc.
- 2. Weddings are not performed, although for Sefardim they are permitted until the beginning of Av.
- 3. We refrain from listening to music, both live and recorded. However, music is permissible for Sefardim at a Seudat Mitzva (celebration of Brit Milah, wedding, Bar Mitzvah, Sheva Berachot).
- 4. It is customary to abstain from reciting the Shehecheyanu blessing on weekdays, and therefore, we do not taste new fruit nor wear new garments, except on Shabbat.
- 5. According to Ashkenazim haircuts are forbidden starting the 17th of Tammuz, but Sefardim begin the prohibition on the 1st of Av.

Spotlight On EMET

Emet Young Professionals Event with Charlie Harary

Emet’s Young Professional’s division recently hosted an inspiring evening with world-renowned speaker Charlie Harary. This event was part of a series of networking and educational events that are geared towards men and women in their ’20s who have graduated college and are pursuing their careers. Attendees enjoyed sushi and a wine tasting. The highlight was the address by Mr. Harary on the topic of “Unlocking Greatness.” He engaged the crowd with his authentic, motivational style. He shared many amusing and touching anecdotes all with the lesson of personal growth. The overall message to the audience was to not get too comfortable and limit themselves in reaching their full potential in life and in Judaism. He said the choice is “comfort or greatness,” and he encouraged everyone to challenge themselves and reach for greatness.

“These events are an amazing touch point between the Emet staff and alumni. It’s always incredible to see students we met as 18-year-old college freshmen, who are now successful professionals, eager to learn and grow spiritually,” said Rabbi Reuven Kigel, Emet Campus Director. “Charlie had the crowd spell-bound as he challenged them to be the best version of themselves.”

The Young Professionals events have been spearheaded by Arthur Ilyayev, an entrepreneur who runs an online diamond business and has recognized a need for programming of this kind. “I realized there is a big void in our community after college for people to connect and learn about Judaism along with others who share their level of religious observance and are building their careers,” he said. “When I met with the Emet team, they shared my vision and together we are planning more exciting lectures, networking opportunities and Shabbatons, so people can continue to grow in Judaism.”

The next Young Professionals event will take place in August.



Spotlight On EMET

Young Couples Shabbaton in Far Rockaway

Shabbat with Emet is always an uplifting spiritual experience, and the community of Far Rockaway welcomed the latest Young Couples Shabbaton. Led by Rabbi and Mrs. Musheyev, Rabbi and Mrs. Muskat and Mr. and Mrs. Kozuch, the couples were comprised of former Emet Fellowship students at various stages of marriage. The newest couple had only been married for a little over a week and there were also families with young children. The participants were personally invited because they all have grown in Judaism through Emet, and some have been part of the Emet family for 10 years.

Upon arrival, guests were presented with a lovely welcome basket that included a customized Havdalah set and matchbox; a transliterated copy of the Sefardi candle lighting and kiddush prayers and articles of interest. The Shabbat program featured many meaningful elements. The group davened together in the Sefardi minyan at the White Shul and separated into smaller groups of 3-4 couples for Shabbat dinner and lunch at different families in the community. They came together on Shabbat afternoon for an Oneg Shabbat where Rabbi YY Rubenstein gave a lecture on “Discovering Who You Really Are.” For the Seuda Shlishit meal, there were separate programs for the women and men. The women heard from Rebbetzin Tehila Jaeger at her home on “Women’s Unique Power of Speech.” Rabbi Nissim Musheyev spoke to the men at his home about “Shabbat: Disconnect in Order to Connect.” The Shabbat experience culminated with a musical Havdalah with Rabbi Moshe Greene on guitar at the home of Mr. & Mrs. Aaron and Ellen Wolfson.

“At Emet, students are students for life. We maintain relationships with our alumni as they marry and build their own Jewish families,” said Mrs. Rivka Muskat, Associate Director. “As our students grow in Judaism, it is essential for them to have opportunities to experience Shabbat beyond their own homes. Every Shabbat they spend with observant families fills in the landscape and their ‘personal picture’ of Shabbat is thereby immensely enriched.”



Our Programs

Weekly Campus Activity

- » St. Johns University Fellowship
- » Stony Brook University Fellowship
- » Baruch College Fellowship
- » Queens College Fellowship
- » Forest Hills Cross-Campus Evening Fellowship
- » EMET Arizona Division
- » Queensborough Lunch & Learn
- » St. John’s University Lunch & Learn
- » 30+ Shabbatons Annually

Advanced Level Programming

- » Step It Up for Higher Level Girls (Weekly)
- » Torat Emet for Higher Level Boys (Weekly)
- » Ateret Emet Seminary

Educational Trips

- » Poland/Prague Experience
- » Israel Trips & Learning Opportunities
- » Women’s Miami Trips
- » Men’s Arizona Trips

Community & More

- » Young Professionals’ Lectures
- » Shabbat at the Delmans
- » Mother-Daughter Events
- » Alumni & Student Retreats
- » Couples Programming & Lectures
- » One-On-One Learning & Counseling