



Jewish Community Center of Paramus
Congregation Beth Tikvah
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A Shabbat Message from Rabbi Arthur Weiner

Tuesday July 4, 2023 ~ Parsha: Pinchas

Dear JCCP/CBT family,

The 17th of Tammuz

This Thursday, July 6, 2023 is the observance of *Shivah Assar B'Tammuz* (17th day of the Hebrew month of Tammuz). It is one of the minor fast days of the Jewish year.

On *Shiva Assar B'Tammuz*, we commemorate an important event in Jewish history. In the year 69 CE, after a lengthy siege, the walls of Jerusalem were breached by the Romans, leading to the destruction of the Second Temple several weeks later. This day also marks the beginning of a three-week period leading to the observance of *Tisha B'Av*, the 9th of Av, the day we remember the destruction of both the First and Second Temples. The 9th of Av is considered to be the saddest day of the Jewish Year.

The Fast on Shivah Assar B'Tammuz is observed from early Thursday morning beginning at 4:19 AM until 9:12 PM.

A fast day is not only a sad day, but a day of opportunity. We refrain from food from early morning until nightfall to better reflect on the events that this day recalls and consider the ways we can improve. By fasting, we set ourselves and our communities on a better path for our collective future. Even if you are not in the habit of fasting other than the observance of Yom Kippur, I urge you to consider it this year.

Shabbat Shalom,

Rabbi Arthur D. Weiner