



## PRINT EDITION ~ SHABBOS MATOS-MASAI

Shabbat, July 26, 2025

1 Av, 5785

Shabbos Candle Lighting for NYC this week is: 8:00 pm

Shabbos Ends at 9:05pm

## Rosh Chodesh Av

Nine Days BEGIN

### TORAH READING

**Matot-Massei:** Numbers 30:2 - 36:13**Shabbat Rosh Chodesh Av:** Jeremiah 2:4-28; Jeremiah 4:1-2; Isaiah 66:1; Isaiah 66:23-24; Isaiah 66:23

### HALACHIC TIMES

**Dawn (Alot Hashachar):** 4:00 AM**Sunrise (Hanetz Hachamah):** 5:47 AM**Latest Shacharit:** 10:35 AM**Earliest Mincha (Mincha Gedolah):** 1:39 PM**Plag Hamincha ("Half of Mincha"):** 6:51 PM**Shabbat Ends:** 9:04 PM**Shaah Zmanit (proportional hour):** 73:18 min.**Earliest Tallit (Misheyakir):** 4:49 AM**Latest Shema:** 9:21 AM**Midday (Chatzot Hayom):** 1:01 PM**Mincha Ketanah ("Small Mincha"):** 5:19 PM**Sunset (Shkiah):** 8:17 PM**Midnight (Chatzot HaLailah):** 1:02 AM

## Passing of Aaron (1274 BCE)

Aaron the first High Priest, brother of Moses and Miriam, passed away at age 123 on the 1st of Av of the year 2487 from creation (1274 BCE). This is the only *yahrzeit* (date of passing) explicitly mentioned in the Torah (Numbers 33:38).

## Ezra Arrives in Israel (348 BCE)

Following their long journey from Babylon (see Jewish history for the 12th of Nissan), Ezra and his entourage arrived in the land of Israel to be near the newly built second Holy Temple in Jerusalem. A relatively small group came together with Ezra, the majority of Jews, including great Torah scholars, choosing to remain in Babylon due to the harsh conditions that were then prevailing in Israel.

## Rosh Chodesh Observances

Today is Rosh Chodesh--"Head of the Month"--for the Hebrew month of "Av" (also called "Menachem Av").

Special portions are added to the daily prayers: Hallel (Psalms 113-118) is recited -- in its "partial" form -- following the Shacharit morning prayer, and the Yaaleh V'yavo prayer is added to the Amidah and to Grace After Meals; the additional Musaf prayer is said (when Rosh Chodesh is Shabbat, special additions are made to the Shabbat Musaf). Tachnun (confession of sins) and similar prayers are omitted.

Many have the custom to mark Rosh Chodesh with a festive meal and reduced work activity. The latter custom is prevalent amongst women, who have a special affinity with Rosh Chodesh -- the month being the feminine aspect of the Jewish Calendar.

## "NINE DAYS" BEGIN

*"When Av begins, we diminish [our] rejoicing" (Talmud, Taanit 26b).*

On the 1st of Av, "The Three Weeks" mourning period over the destruction of the Holy Temple--which began 13 days earlier on Tammuz 17--enters an intensified stage. During "The Nine Days" from Av 1st to the Ninth of Av, a heightened degree of mourning is observed, including abstention from meat and wine, music, bathing for pleasure, and other joyous and enjoyable activities.

Consumption of meat and wine is permitted on Shabbat, or at a Seudat Mitzvah (obligatory festive meal celebrating the fulfillment of a mitzvah) such as a Bris (circumcision), or a "Siyum" celebrating the completion of a course of Torah study (i.e., a complete Talmudic tractate).

The Lubavitcher Rebbe initiated the custom of conducting or participating in a Siyum on each of the Nine Days (even if one does not avail oneself of the dispensation to eat meat).

*Citing the verse (Isaiah 1:27) "Zion shall be redeemed with mishpat [Torah] and its returnees with Tzedakah," the Rebbe urged that we increase in Torah study (particularly the study of the laws of the Holy Temple) and charity during this period.*

# Daily Study

## CHUMASH

Seventh Aliyah: The Jews are commanded to designate six cities of refuge. These cities offer refuge to a person who inadvertently kills another. The murderer must remain in the city of refuge until the death of the serving high priest. The Jews are enjoined not to take "blood money" from a murderer—intentional or unintentional—who wishes to lighten his sentence. In last week's reading, G-d instructed Moses to give the daughters of the deceased Tzelafchad his portion in the land of Israel. The elders of Tzelafchad's tribe now protested that this would cause Tzelafchad's grandsons—who could possibly be of another tribe—to inherit their mother's properties, thus possibly transferring land from the portion of their tribe to another. G-d therefore instructs Tzelafchad's daughters to marry men from their own tribe, so that the land they inherit will remain in their ancestral tribe.

## TEHILLIM

On 1 Av Chabad custom is to recite Tehillim (Psalms) 1-7.

These chapters cover themes of trust in G@d, the contrast between the righteous and the wicked, and seeking G@d's favor and guidance.

### Summary of the Chapters:

**Psalm 1:** Focuses on the contrast between the righteous, who find joy in Torah study and follow G@d's path, and the wicked, who are led astray. It emphasizes the blessings that come from living a life aligned with G@d's will.

**Psalm 2:** Deals with the rebellion of nations against God and His anointed king. It speaks of G@d's ultimate sovereignty and the eventual triumph of His chosen ones.

**Psalm 3:** A prayer of David while fleeing from his enemies, expressing trust in G@d's protection and deliverance.

**Psalm 4:** A plea for divine favor and guidance, with a focus on the joy and peace that comes from trusting in G@d.

**Psalm 5:** A prayer for morning guidance and protection, acknowledging God's power and faithfulness.

**Psalm 6:** A lament over suffering and a prayer for healing and restoration.

**Psalm 7:** A prayer for deliverance from enemies and a declaration of trust in G@d's justice.

## TANYA

### 1 Av, Iggeres HaTeshuvah, End of Chapter 11

Having an awareness of our past averos should not make us depressed, G-d forbid. We view our past mistakes "from afar," in a way that keeps us humble but does not trap us in endless feelings of guilt or shame. Awareness of our past aveiros can even be a cause for joy! When faced with difficulties, a person can lovingly embrace their discomfort by reminding himself that he is undergoing a spiritually cleansing. This approach makes a person immune to becoming angry or "taking offense in any way..."

### **Menachem Av 1, Rosh Chodesh**

The unique quality of Mashiach is that he will be humble. Though he will be the ultimate in greatness, for he will teach Torah to the Patriarchs and to Moshe Rabeinu (alav hashalom), still he will be the ultimate in humility and self-nullification, for he will also teach simple folk.

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### **RAMBAM SEFER HAMITZVOS**

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#### **Negative Mitzvah #79**

We are not allowed to make the Mizbeach (altar) out of stones that were cut with iron. If it was, it is posul (unfit) and we can't bring Korbonos (offerings) there.

#### **Negative Mitzvah #80**

We are not allowed to go up to the Mizbeiach with steps, only with a ramp.

We learn both of these mitzvos from Parshas Yisro.

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### **ETHICS: CHAPTER 2**

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During the summer months, from the Shabbat after Passover until the Shabbat before Rosh Hashahah, we study a weekly chapter of the Talmud's Ethics of the Fathers ("Avot") each Shabbat afternoon; this week we study Chapter Two.

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### **MATTERS OF MOSHIACH**

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#### **MENACHEM AV Geulah through Golus**

**Av A MONTH OF COMFORT:** Five calamities befell our forefathers on the ninth of Av.... [Therefore,] when Av begins, we decrease in joy. (Talmud, Taanis, 26a.) The month of Av is the saddest month of the Jewish year. The tragedies that occurred in Av include the destruction of both the First and Second Temples. Nevertheless, the month is formally known as Menachem Av, which means "our Father will comfort us."

This name is both a prayer and a promise that our Father in Heaven will transform the negativity and suffering of exile into everlasting happiness and joy by bringing the Final Redemption. The lesson is that even when exile seems the darkest, we must feel certain that one day soon, G-d will comfort us. This expectation gives us the strength to do our part to end exile and hasten the time when G-d will transform our sorrow to joy.

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