



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
CONTACT INFO Beit Midrash Morasha @ 31 Arthur's Road Sea Point 0214348680/ 060 764 6017 www.morasha.co.za info@morasha.co.za	Latest Shema 04 July: 10:21 11 July: 10:21 18 July: 10:20 25 July: 10:18	CHILDREN'S SERVICES @ BMM Come and join us for lots of fun & games with JUNIE PUNIE AND THE DREAM TEAM Shabbat Mornings 10:15 - 11:00	1 16 Tammuz 06:40 17:40	2 17 Tammuz Fast of Tammuz FB: 06:33 am FE: 18:09 pm 06:40 The Three Weeks 17:40	3 18 Tammuz The Three Weeks Earliest candle lighting 16:46 06:50 17:31 17:40	4 19 Tammuz Pinchas The Three Weeks 08:45 18:26 17:00
5 20 Tammuz The Three Weeks 08:00 17:40	6 21 Tammuz The Three Weeks 06:40 17:40	7 22 Tammuz The Three Weeks 06:50 17:40	8 23 Tammuz The Three Weeks 06:50 17:40	9 24 Tammuz The Three Weeks 06:40 17:40	10 25 Tammuz The Three Weeks Earliest candle lighting 16:49 06:50 17:35 17:40	11 26 Tammuz Matot-Masei Mevorchim Chodesh Melodic Shabbat with Nachman Solomon The Three Weeks 08:45 18:30 17:00
12 27 Tammuz The 9 Days 08:00 17:40	13 28 Tammuz The 9 Days 06:40 17:40	14 29 Tammuz The 9 Days 06:50 17:40	15 01 Av Rosh Chodesh The 9 Days 06:40 17:40	16 02 Av The 9 Days 06:40 17:40	17 03 Av The 9 Days Earliest candle lighting 16:53 06:50 17:39 17:40	18 04 Av Shabbat Hazon Devarim The 9 Days 08:45 18:34 17:00
19 05 Av The 9 Days 08:00 17:45	20 06 Av The 9 Days 06:40 17:45	21 07 Av The 9 Days 06:50 17:45	22 08 Av Fast of Tisha B'Av FB: 17:57 pm 06:50 The 9 Days 17:45	23 09 Av Eicha Fast of Tisha B'Av FE: 18:27 06:40 17:45	24 10 Av Earliest candle lighting 16:57 06:50 17:43 17:45	25 11 Av Shabbat Nachamu Va'etchanan Haftorah and bracha sponsor: Selwyn Furman Baal Koreh: Eitan Frei 08:45 18:38 17:00
26 12 Av 08:00 17:45	27 13 Av 06:40 17:45	18 14 Av 06:50 17:45	29 15 Av 06:50 17:45	30 16 Av 06:40 17:45	31 17 Av Earliest candle lighting 17:00 06:50 17:48 17:45	