

Meet the Community Shul team:

Rabbi Moshe Cohen *Community Rabbi*
Rabbi Elchonon Cohen *Associate Rabbi*
Miryum Schoen *Director*
Brian Ross *President*
Jonah Light *Vice President*

Yehuda Schoen *Shabbos Gabbai*
Hal Krevoy *Weekday Gabbai*
Shabbos announcements: *David Thomson*

Education Team: Michael Abramson, Avraham Gordon

TCS's Programming: Cassie Funk, Yehuda Schoen & Miryum Schoen, Jonah Light, Rbtzn Yehudit Cohen, Rabbi & Rbtzn Miriam Cohen

YP Programming: Yehuda & Miryum Schoen, Dia Chaimovitz

Chessed Team: Rbtzn Yehudit Cohen | Evey Leibow



SHABBOS SCHEDULE

FRIDAY, JUNE 5

6:00 pm: Shir Hashirim—**Michael Abramson**
6:15 pm: Mincha followed by Maariv (plag 6:34)
Toras Chaim—'Laws of Kaddish'—**R' Moshe Cohen**
7:44 pm: Candle Lighting
8:32 pm Krias Shema (earliest)

SHABBOS, JUNE 6

7:00 am Hashkama Minyan
8:45 am Mishna Berura—'Laws of Third Meal'—**R' Moshe Cohen**
9:00 am Shachris Minyan
9:15 am Teen Minyan—(in the seminar room)
9:17 am Krias Shema (latest time, say before davening)
9:45 am Krias HaTorah—**R' Elchonon Cohen**
10:45 am Dvar Torah—'The only failure in life is the failure to try'—**R' Moshe Cohen**
11:15 am Kiddush
11:30 am 1 Minute Mitzvah/Mesillas Yesharim/Kiruv Q & A—**Michael Abramson**
6:45 pm Pirkei Avos—Howard Witkin
7:30 pm Mincha
8:00 pm Seudah Shlishis
8:30 pm Dvar Torah—**R' Elchonon Cohen**
8:45 pm Maariv

WEEKDAY SCHEDULE

SUNDAY, JUNE 7

4:50 am: Earliest Tallis
8:00 am: Shachris
9:17 am: Latest Shema
10:30 am: Latest Shachris
1:29 pm: Earliest Mincha
7:50 pm: Mincha
MONDAY—THURSDAY:
7:00 am: 92b Sanhedrin—'Chananya Misha'el Azarya..and Daniel' —**R' Moshe Cohen**
7:30 am: Shachris
7:50 pm: Mincha/Maariv—parking behind TCS
Daily Kitzur between mincha/maariv—'Laws of Kaddish'—**R' Cohen**
THURSDAY:
12:00 pm: Pirkei Avos—**Howard Witkin (ZOOM ID: 4288024739)**
FRIDAY:
7:47 pm: Candle Lighting (Shelach)
6:15 pm: Mincha/Maariv (before plag)



The Community Shul
9100 West Pico Boulevard
rabbicohen@thecommunityshul.com—424.666.2326 (LANDLINE)
miryum@thecommunityshul.com—424.354.4130 (LANDLINE)
thecommunityshul.com



The Boxenbaum Family Outreach Center
Making Torah REAL and RELEVANT

Practical Halacha - The Third Meal on Shabbat

Eating Seudah Shlishis is not merely an optional custom. It is an absolute obligation for both men and women.

Although some people find it difficult - especially during the winter months - to eat a second meal on Shabbos afternoon, Shulchan Aruch advises "the wise person" to think ahead and not overeat on Shabbos morning so that he will be able to eat the third Shabbos meal with appetite.

It is a hiddur mitzvah to eat a full meal - including wine and fish - for Seudah Shlishis, the minimum requirement to fulfill the mitzvah lechatchila is to wash over lechem mishneh and eat slightly more than a k'beitzah (approx. 2 fl. oz.) of bread.

If a person is so full that he cannot eat even that small amount, he may discharge his obligation by eating at least a kezayis (approx. 1 fl. oz) of bread.

If eating even a kezayis will cause a person distress or physical discomfort, then he is exempt from Seudah Shlishis altogether, since the purpose of the meal is to honor the Shabbos by giving one pleasure, not to cause distress.

If a person is already satiated to the extent that eating anything else will constitute achilah gasah (gluttony), then he certainly cannot fulfill the mitzvah of Seudah Shlishis at that point.

A person who is unable to eat any bread but can eat other foods is required to do so in order to fulfill the mitzvah of eating Seudah Shlishis. Instead of bread, such a person should eat at least one of the following (in order of preference):

- 1) a baked mezonos item
- 2) a cooked mezonos item
- 3) meat or fish
- 4) fruits of shivas ha-minim
- 5) cooked fruits or vegetables
- 6) raw fruits or vegetables.

Some poskim maintain that you one fulfill the obligation with a revi'is of wine or grape juice. Others disagree.

A person who does not wash for Seudah Shlishis should make sure to finish eating before sunset, since one may not eat after sunset unless one is in the midst of a meal.

Good Shabbos,
Rabbi Cohen

Parshas Behaloscha

Candle-lighting: 7:43 PM | Shabbos ends: 8:47 PM
June 5-6, 2026 | 20-21 Sivan

SPONSORSHIPS

KIDDUSH:

Sponsorship for Kiddush is still available. To sponsor, please contact the office.

SEUDAH SHLISHIS:

Sponsorship for Seudah Shlishis is still available. To sponsor, please contact the office.

LEARNING:

The Kahn family is sponsoring learning this coming week to honor the Yahrzeit of Rick's beloved maternal grandfather - Josef ben Aharon - on Shabbos the 21st day of Sivan. May his Neshama have an Aliyah!

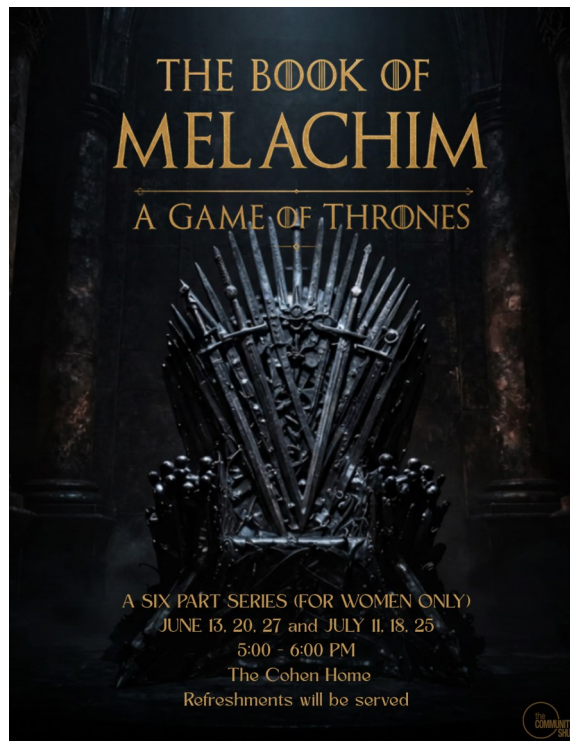
June Abramson is sponsoring Learning in honor of her mother in law's yahrtzeit 21 Sivan. Edward's mother Manya bas Sarah, Grandma Minnie, was the force that kept the family Jewish. She saw her two sons fighting in WW2, Edward in the army in Europe and Bob an engineer in the navy Pacific Division. Sister Anne was a nurse in the US. May her Neshama have an Aliyah and her memory be for a blessing.

SECURITY:

Sponsorship for Security is still available. To sponsor, please contact the office.

TEEN MINYAN:

Richard and Beverly Horowitz are sponsoring this week's Teen Minyan!



THANK YOU

- ◆ To **Rebecca Bernstein** for delivering this week's Tomchei Shabbos route!

MAZEL TOV

- ◆ To **Jonathan and Sarah Roven** on the birth of a baby girl!

An advertisement for "THE SHABBAT EXPERIENCE" featuring "SUSHI SHOTS SONG" as part of the "Monthly Young Professionals Kabbalat Shabbat Service". The background is purple with a silhouette of a city skyline. It includes a QR code, a URL "https://bit.ly/3Qp21ce", and a testimonial from Yehuda Pryce: "The Power of Gratitude: What Korach Couldn't See". A circular portrait of a man with a beard and a hat is in the top right. A yellow speech bubble says "LOCATION CHANGE address provided upon **registration**". The event is on "Friday Night, June 19th" with times: "6:15 pm Mincha - 6:15 pm Sushi/Shots" and "7:00 pm Kabbalat Shabbat - 8:00 pm Done!". Contact info: "Questions? Call or text Jonah Light, 818-406-3882". The logo for "the COMMUNITY SHUL" is in the bottom right.