

Celebrating Agra D'Pirka on the Fourth of July

On the fourth of July, America celebrated its independence. On that same day, Agra D'Pirka celebrated another opportunity to offer its outstanding program to those who are unable to attend on a regular basis. That's why Agra D'Pirka *askanim* worked tirelessly for weeks to schedule thought-provoking and exceptional *shiurim* by world-class *Maggidei Shiur* at its many locations for that day. It's Agra d'Pirka's version of Fourth of July fireworks.

Agra D'Pirka is an organized morning learning program which has, in the 10 years since its inception, gained widespread recognition in many Torah communities throughout the United States. The program runs from 9:30 to 11:30 a.m. with an extraordinary roster of *Maggidei Shiur* at each of its eight locations. The attendees, including retirees, business owners, college students and others, all sing its praises. And once they join, they almost always maintain a permanent commitment. The Fourth of July special program was held in Baltimore, Flatbush, Queens, Lakewood, Monsey and Miami.

Agra D'Pirka's best advocates are its regular attendees, many of whom have



Rabbi Ben Zion Gips delivering a *shiur* at Agra D'Pirka of Flatbush on July 4.

committed themselves to the program years ago and are still going strong. But there are others who would surely join if only they had their mornings available. For these people, Agra D'Pirka remains an elusive dream, inaccessible to them except for on legal holidays and special occasions.

This past Fourth of July's program did not disappoint. It featured captivating *shiurim* in six different locations. In Baltimore, Rabbi Dovid Heber spoke about "Brachos for Breakfast" and Harav Shraga Neuberger discussed the issue of "Machlokes." In Flatbush, Harav Moshe Tuvia Lieff reflected upon the timely topic of "Finding *Kedushah* During the Summer



Rabbi Dovid Heber delivering a *shiur* at Agra D'Pirka of Baltimore on July 4.

Months." He urged his listeners to take the *kedushah* of the *beis medrash* with them wherever they go. "If a person learns properly and expresses gratitude to Hashem," he said, "that *hodaah* accompanies him to the street. By saying *Modeh Ani* with a full heart, you take the *kedushah* with you." Rabbi Ben Zion Gips spoke afterwards on the practical *halachos* pertaining to payment of wages/debts on a timely basis.

In Miami Beach, Rabbi Yaakov Gross discussed the issue of *zilzul mitzvos*, and focused on the *mitzvah* of Shabbos. In this fascinating *shiur*, he discussed common situations such as older children riding scooters on Shabbos, using an alarm clock on Shabbos outside of the bed-

room, families celebrating Erev Shabbos parties, moving a *sefer Torah* to a different location, dressing properly for *davening* and other relevant *halachos*.

In Monsey, the program at FountainView was co-sponsored by the Night Seder Beis Medrash and featured Rabbi Dovid Margareten as guest speaker. In Queens, the program was co-sponsored by CHAZAQ and featured Rabbi Daniel Glatstein and Rabbi Moshe Bambergger, who discussed "America: a Nation of Chessed." And in Lakewood, Rabbi Doniel Neustadt focused on the topic of *hilchos aveilus*.

All told, it was quite a morning for Agra D'Pirka, with a sizable attendance at most of its locations. No matter where a person was on the Fourth of July, chances are good that he could find an Agra D'Pirka program perfectly suited for him.

By now Agra D'Pirka has established itself as a game-changer for thousands of participants and is already recognized as a primary source of Torah inspiration in America. The Fourth of July program represented a golden opportunity for new members to join in. Those who took advantage of it were glad they did.

Annual Shivah Asar B'Tammuz Program

The annual Shivah Asar B'Tammuz program will take place this coming Sunday, July 21, at 2:00 p.m. at Merkaz Hasimcha, 1898 Bay Avenue (corner East 19th Street — near Avenue M), Brooklyn, NY.

The program will present four inspiring and meaningful lectures relating to the theme of "Finding Meaning in the Three Weeks." The distinguished speakers will be Harav Shmuel Dishon, *shlita*; Rabbi Moshe Weinberger; Harav Don Blumberg and Rabbi Moshe Yosef Scheinerman. The Shivah Asar B'Tammuz and Tishah B'Av programs were established almost four decades ago to inspire and educate our community regarding the significance of the fast days and the Three Weeks. The Rabbanim provide perspective and relevance to the magnitude of our tragic losses during this period and its application to and lessons for our times.

The programs in the past have attracted a diverse crowd of hundreds of people from many different backgrounds. We encourage all members of the community to take advantage of this opportunity by personally attending and participating. It will certainly be a worthwhile experience to spend a portion of the fast day engaged in a meaningful learning experience.

Rav Dishon is the *Menahel* of Mosdos Yad Yisroel of Karlin-Stolin. He

has worked tirelessly over the past several decades to bring Jews around the world closer to Torah.

Rabbi Moshe Weinberger is the Rav of the Agudas Yisroel of Flatbush and a *Rebbi* at Mesivta Shalom Schachne.

Harav Don Blumberg is the *Rosh Kollel* at Kollel Yisroel V'Shimshon of the West Side and the *Rosh Yeshiva* of Yeshivas Ohel Yaakov in Monsey.

Rabbi Moshe Yosef Scheinerman is the Rav of Kehillas Kollel Bnei Yeshivos of Flatbush and the author of the acclaimed series of *sefarim* entitled *Ohel Moshe*.

Admission is by donation. Men, women, and children are welcome. Merkaz Hasimcha is wheelchair accessible.

We kindly ask those who are capable to please consider becoming a sponsor for this program and the upcoming Tishah B'Av Program. All donations and sponsorships go directly to pay for the cost of hosting and providing the event for the community. Please contact Dr. Mandel at 718-998-5822 or visit TorahPrograms.com. Recordings of past events are available. Please contact us for copies.

The Tishah B'Av Program will be held on Motzoei Shabbos, August 10, and Sunday, August 11, at the Ocean Parkway Jewish Center/Mevakshai Hashem, 550 Ocean Parkway, between Ditmas and F Avenues.

A Strong Case for Tnuva Edam Cheese

HADASSAHBAY

Cheese lovers need no convincing to eat cheese, but what you may not have known is that Tnuva Edam cheese is an excellent, high-protein nutritional choice that's rich in calcium, hard-to-get vitamin B12, and low in lactose. Sound interesting? Read on...

Calcium. Tnuva Edam cheese is a rich source of naturally occurring calcium, vital for strong bones in growing children as well as for maintaining bone health in adults over 50 who may become susceptible to osteoporosis. Contrary to popular belief, all that calcium does not break down under heat, which means that with every delicious bite of, say, grilled cheese, mac 'n cheese, or baked ziti made with Tnuva Edam, you're getting a hefty calcium boost!

Protein. One slice of Tnuva Edam cheese contains 8 grams of protein —that covers about 1/3 of the daily protein needs for children aged 4-8, and about 20% of those for women aged 20 and over.

Low in Lactose. People with lactose intolerance don't necessarily have to say goodbye to their favorite cheese dishes. Tnuva Edam is low in lactose, containing only up to 0.5 grams per 4 ounces. Compare that to the whopping 10 grams of lactose in one glass of milk!

Nutritious. Tnuva's Edam cheese is a source of magnesium, as well as vitamins B6 and B12. Each single-slice serving provides about half of the daily recommended



amount of B12 for children.

Anti-bacterial. According to a study published in *General Dentistry*, hard cheeses like Tnuva Edam have an antibacterial effect and can help protect teeth against cavities and decay.

Induces sleep. If you're in the mood for a snack before bedtime, eating some Tnuva Edam cheese can help you enjoy a restful night's sleep, thanks to tryptophan, an amino acid found in hard cheese that has been shown to reduce stress and help induce sleep.

Light. Hard cheese suffers from a bad reputation as being high in cholesterol. Well, here's news: A single-slice serving of Tnuva Edam cheese contains only about 8% of the FDA recommended daily allowance of cholesterol, and Tnuva's Edam light contains significantly less!

In addition to Edam and Edam light, Tnuva has a huge selection of delectable semi-hard and hard cheeses, including Swiss, Mozzarella and Muenster, all under the strict supervision of the *Badatz Vaadas Mehadrin*.