



יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֵלֵהֶי אֲבוֹתֵינוּ שֶׁתִּשְׁלַח מְהֵרָה רְפוּאָה שְׁלֵמָה מִן הַשָּׁמַיִם,
רְפוּאָת הַנֶּפֶשׁ וְרְפוּאָת הַגּוּף לְפָצוּעֵי הַמִּלְחָמָה, וּלְנִפְגְּעֵי מַעֲשֵׂי טְרוֹר וְאַנְטִישִׁמְיוֹת
בְּיִשְׂרָאֵל וּבְכָל מְקוֹם שֶׁהֵם - עִם שְׂאֵר חוֹלֵי יִשְׂרָאֵל. אָמֵן.

**May HaShem protect our soldiers; may He send Refu'ah Sh'leima to the many injured;
may He console the bereaved families and all of Israel; may He end these wars with
total success and peace for Medinat Yisrael and Klal Yisrael wherever we are.**

YERUSHALAYIM

in/out times for Parshat
EIKEV

י"ח מנחם אב ה'תשפ"ו

July 31 - Aug 1, '26



7:02PM

Plag (earliest time to light)

6:11PM



8:15PM

Rabbeinu Tam time:

8:48PM

Use the Z'MANIM link
for other locales



Photo by Naveh Schler



Parshat EIKEV

Eikev is always read during the month of Menachem Av, specifically from the 18th to the 23rd of the month.

There are 295 dates of the Jewish Calendar that follow the three-days-of-the-week that they cannot fall and, what follows from that, four days of the week on which they can fall. This span of 295 dates covers Adar (both when there are two), Nisan, Iyar, Sivan, Tamuz, Av, Elul, Tishrei and Marcheshvan (up to and including the 29th of that month).

The 30th of Marcheshvan has its own rules, and the months of Kislev, Tevet, and Sh'vat have their own.

So, when I wrote above that Parshat Eikev is read from the 18th to the 23rd of Menachem Av, that statement should be more detailed. The 19th and the 21st cannot fall on Shabbat.

Shabbat Parshat Eikev is the 18th of the month 28.5% of the time - including this year. It is on the 20th 32% of the time. On the 22nd only 11.5% of years. And on the 23rd, when it is Shabbat M'vorchim Chodesh Elul, 28% of the time.

Just to tweak the statement about

four days of the week are possible for the 295 dates that are part of the LO ADU ROSH system - three of the days of the week range from 28-32%. And one is only at 11.5%.

Shabbat Parshat Eikev being on the 22nd of Av only 11.5% of the time is not a noteworthy fact.

But in the same year in which that happens, we have a Purim Meshulash and a Seder on Motza'ei Shabbat. And those capture our attention.

LO ADU ROSH is the starting point for the days of the week any of the 295 (out of a total of 385) dates of the year can or cannot fall. LO ADU ROSH means that Rosh HaShana (first day thereof) cannot fall on a Sunday (ALEF), Wednesday (DALET), or Friday (VAV). If the first of Tishrei cannot be 1,4,6 (day of the week), then neither can the 8th, 15th, 22nd, and 29th of Tishrei. Nor the 6th, 13th, 20, and 27th of Marcheshvan. And counting back from the first of Tishrei, the 24th, 17th, 10th, and 3rd of Elul cannot be on 1,4,6 either. And so on, all the way back to Adar.

LO ADU has six other variations. If the first day of Tishrei cannot be on 1,4,6, then the second day of Tishrei cannot be 2,5,7 - LO B'HaZ, not on BET (Monday), HEI (Thursday), ZAYIN (Shabbat). And the third of Tishrei (and the 10th - Yom Kippur), 17th, and 24th) are LO AGU - Sunday, Tuesday, Friday. And so on.