



### **Laws of Tzom Asarah B'Tevet: January 3, 2023**

The Tenth of Tevet is a minor fast day. The fast commemorates the siege of Jerusalem by Nebuchadnezzar II of Babylonia. Like other minor fasts, Asarah B'Tevet begins at dawn and ends at nightfall.

This year the fast is on **Tuesday, January 3rd, 2023.**

It begins at **6:08am** (72 minutes before sunrise) and ends at **5:20pm.**

*Asarah B'Tevet* is also known as the General Kaddish Day (*Yom HaKaddish Haklali*). The Chief Rabbinate of Israel designated the Tenth of Tevet as a public day of Kaddish to allow the relatives of Holocaust victims whose *yahrzeits* are unknown, to observe this day as a *yahrzeit* day.

- **As in every minor fast eating and drinking are prohibited.**
- For those who would like to rise early to eat and drink before the fast begins, it is best to have in mind to do that before going to sleep the previous evening.

#### **Tefillah**

##### **1. Shacharit:**

- a. The ש"ץ (Shliach Tzibur) adds *Aneinu* to *Chazarat Hasha"tz* between the *Re'eh* and *Refa'einu* blessings
- b. *Selichot* and *Avinu Malkeinu*
- c. *Keri'at HaTorah* for the fast day (see below)

##### **2. Mincha:**

- a. *Keriat HaTorah* (see below for more information)
- b. *Haftarah* - **Isaiah 55:6-56:8**  
[Koren: pp. 1112-1113, Transliterated p. 594]
- c. Those who are fasting\* recite *Aneinu* in the Shema Koleinu blessing of the *Amidah* and the Sha"tz says *Aneinu* in *Chazarat HaSha"tz* between *Re'eh* and *Refa'einu* blessings
- d. All say *Sim Shalom* instead of *Shalom Rav* in the *Amidah*
- e. *Elokeinu V'Elokei Avoteinu* instead of *Birkat Kohanim* in *Chazarat HaSha"tz*



### 3. Laws for the *Aliyot* in Torah reading:

- a. Torah reading is the portion read on most fast days:  
**Exodus 32:11-14, 34:1-10** (some verses read aloud by the congregation) [Koren: p. 1112, Transliterated: p. 593]
- b. Only a person who has been fasting\* is eligible to be called to the Torah or to read from the Torah.
- c. If a Kohen is present in shul but hasn't been fasting\*, they should step out to make room for a Yisrael who has been fasting to be called to the Torah.

\*A person is **not** considered to have broken their fast if they eat **less** than a *kezayit* (28.8gr=app. the size of a golf ball) of food OR drink less than a cheekful of liquid (45cc=1.52oz). Therefore that person could still be called to the Torah, read from the Torah, and say *Aneinu*. A likely scenario for this would be to drink a bit of water to take medication.

### Exemptions to Fasting

*Asarah B'Tevet* was regulated by the Sages (*D'rabbanan*), therefore sick people are exempt from the fast and may eat and drink as usual. One who has not been fasting may eat and drink whatever is necessary for them but should not eat or drink for pleasure as it is a day of fasting and mourning.

- **Sickness** is defined as the inability to continue one's routine and the need to lie down in bed.
- **Anyone** elderly, weak or recovering from sickness who is worried that fasting would cause them to be ill should refrain from fasting. If you have any doubt please contact your doctor or a member of our Rabbinic team.
- **Women** who are pregnant, nursing, or have just given birth, are **exempt** from fasting.
- If you have any questions please feel free to contact and consult with any member of our rabbinic team at the Bayit.

וְכָל הַמֵּתְאֲבֵלִים עַל יְרוּשָׁלַיִם תִּזְכֶּה לִרְאוֹת בְּבִנְיָנָהּ בְּמַהֲרָה בְּיָמֵינוּ.

*All those who mourn Jerusalem will merit to see its building - may it be soon.*