

INSTRUCTIONS FOR TEFILAH AT HOME ON TISHA B'AV

Mincha Erev Tisha B'Av (Wed)

- Regular weekday Mincha, No Tachanun

Se'uda HaMafseket

The custom of Ashkenazim is to eat a large meal that will sustain a person through the fast and to have in mind that it is not your meal that will serve as your official Se'uda HaMafseket during which there are restrictions as to what may be eaten. After taking a small break, you can then eat your official Se'uda HaMafseket which should be a very simple meal. At this meal, one should not eat more than one cooked item (aside from bread) since that would be a sign of luxury. There is also a custom to sit on the floor for this meal and eat foods that symbolize mourning such as a hard-boiled egg. One may eat and drink after this meal until sunset, unless you expressly decided, verbally or mentally, not to eat any more on that day or said that you are accepting the fast.

The fast begins at 8:20 pm

Maariv

- Regular weekday Maariv
- At CBAJ, registered participants will be davening Ma'ariv early and explicitly conditioning our Tefilah such that we do not accept the fast.
- At 8:30, Join us on Zoom as we read Eicha followed by evening Kinnot
- Recite "V'Ata Kadosh" and Aleinu

Shacharit

- *Ashkenazi* custom is not to wear *Tallit* and *Tefilin* at *Shacharit*; there are varying customs among *Sefaradim*.
- Birkot Hashachar: Some people wait to say the bracha of "Sheasa Li Kol Tzarki" until they put on leather shoes after the fast.
- No Tachanun, No Avinu Malkenu
- The Torah Reading for Tisha B'Av is Devarim 4:25-40 and the Haftarah is Yirmiyahu 8:13-9:23.
- Recite Kinot, then Ashrei (No Lam'natzeach), Uva Letzion (omitting from after "neum Hashem" and picking back up with "v'ata kadosh"). At CBAJ, registered participants will continue straight through Ashrei and Aleinu; We are then joining with Yeshiva University-RIETS for virtual explanatory Kinnot.
- Aleinu

Mincha

- *Talit* and *Tefilin*
- Begin with Shir Shel Yom which was omitted at Shacharit
- Ashrei
- You may recite the Torah reading for the fast day which is Shmot 32:11-14 and 34:1-10 and the Haftarah which is Yishayahu 55:6-56:8.
- In the Amidah we add the paragraph of "Nachem" in the bracha of "Boneh

Yerushalayim.”

- In the Amidah (if you are fasting) we add the paragraph of “Aneinu” in the bracha of “Shma Koleinu”
- “Sim Shalom” instead of “Shalom Rav” for the final bracha
- No Tachanun, No Avinu Malkenu
- Aleinu

Motzaei Tisha B’Av

- Regular weekday Maariv
- The fast ends at 8:52 pm
- Kiddush Levana may be recited if the moon is visible (preferably after you eat and put on leather shoes)
- Because the Beit Hamikdash continued to burn through the Tenth of Av, some of the restrictions of the ‘Nine Days’ usually remain in place until midday of the day following Tisha B’Av which this year is 1:14pm on Friday. However, since this year the Tenth of Av coincides with Shabbat many of these restrictions are lifted early. This year one can begin to launder clothes immediately after the fast is over (especially those needed for Shabbat or those needed in order to create a Shabbat that feels clean in the home). Bathing and haircutting are permitted as of Friday morning (unless one will not have time on Friday in which case they could do so even at night after the fast is over). Listening to music is only permitted after midday on Friday.