



# ~ Observance of The Nine Days ~

Begins Thursday, July 28th, 7:24 p.m.

The Nine Days before Tisha B'Av are days of mourning. We observe them by recalling the destruction of both our Temples and the tragic events that have befallen our people during our 2,000 years of exile.

It is vital to note that had the temples not been destroyed, and had we not been exiled, there would be no anti-semitism in the world, no war, no destruction, but only joy and peace. The restrictions of joy and pleasure during The Nine Days are meant to remind us of what we are missing and to remind us to yearn for and pray for the redemption of the Jewish people. This is what our parents, grandparents and great grandparents, generation after generation, have passionately prayed for.



**With all of the restrictions of The Nine Days, there are specific exceptions that apply in the context of health and urgent need. Please do not hesitate to call Rabbi Becker if you find yourself in this situation.**

1. From the beginning of the month of Av, simcha and rejoicing are decreased. Lawsuits should be postponed.
2. Restrictions apply to building, painting, home decorating, and planting for pleasure and purchasing of objects which bring simcha.
3. Except for Shabbos, eating meat and drinking wine are prohibited. An exception to this is a mitzvah meal (e.g., bris, sium).
4. Restrictions apply to repairing, laundering and dry cleaning, as well as wearing freshly dry-cleaned or laundered garments. Wearing new garments is prohibited.
5. Swimming during The Nine Days and bathing for pleasure are prohibited.

**The Fast of the 9th of Av (Tisha B'Av) takes place this year beginning Saturday night, August 6th at 7:16 p.m.**

*For any questions, please contact Rabbi Becker  
747-7780 or [yzbecker@me.com](mailto:yzbecker@me.com).*