

❧ *Tisha B'Av Schedule* ❧

This year the 9th of Av falls out on Saturday evening, August 6th, and Sunday, August 7th. Fasting begins with sunset on Shabbos, August 6th, at 7:16 p.m.

Saturday Evening, August 6th

7:16 p.m. – Fast Begins

7:59 p.m. – Shabbos Ends

8:30 p.m. – Maariv followed by Eicha (*the Book of Lamentations written by the prophet Jeremiah after the destruction of the 1st Temple*).

The service will include a special lamentation mourning the martyrs of the Holocaust and the destruction of European Jewry.

Sunday, August 7th, Tisha B'Av Day

8:00 a.m. – Shacharis (*followed by special Tisha B'Av Kinnos*)

6:35 p.m. – Mincha & Tefillin

7:51 p.m. – Fast Ends (*followed by Havdalah*)



❧ *Tisha B'Av Laws & Customs* ❧

The Talmud and Prophets describe which aspects of our lifestyles were precursors to the tragic events which occurred on Tisha B'Av and throughout our history. The purpose of a Fast Day is to stir us to examine our hearts and actions and those of our forefathers. We remember the tragedies that befell our people and return to Hashem.

What Occurred on Tisha B'Av

Five tragedies befell the Jewish people on Tisha B'Av

1. It was decreed that our forefathers would travel, live and die in the Sinai Desert for forty years and their children would inherit the land of Israel.
2. The first *Beis Hamikdosh* was destroyed on Tisha B'Av.
3. The second *Beis Hamikdosh* was destroyed on Tisha B'Av.
4. The city of Betar was captured and tens of thousands of Jews were killed.
5. Turnus Rufus the Evil plowed the site of the *Beis Hamikdosh* and its surroundings.

Tisha B'Av is a night and day of tears. Other calamities occurred on Tisha B'Av throughout our history (examples: Spanish Inquisition, Onset of WWI).

Laws & Customs

When Erev Tisha B'Av occurs on Shabbos - One may eat and drink wine even during the third Shabbos meal. But all eating and drinking must stop at sunset 7:16 p.m.

Immediately after Shabbos - In lieu of the complete Havdallah, one should say the words, "*Boruch Hamavdil bein Kodesh L'chol.*" (Blessed is He who distinguishes between sacred and non sacred.)

Prohibitions of Tisha B'Av

Eating*

Drinking*

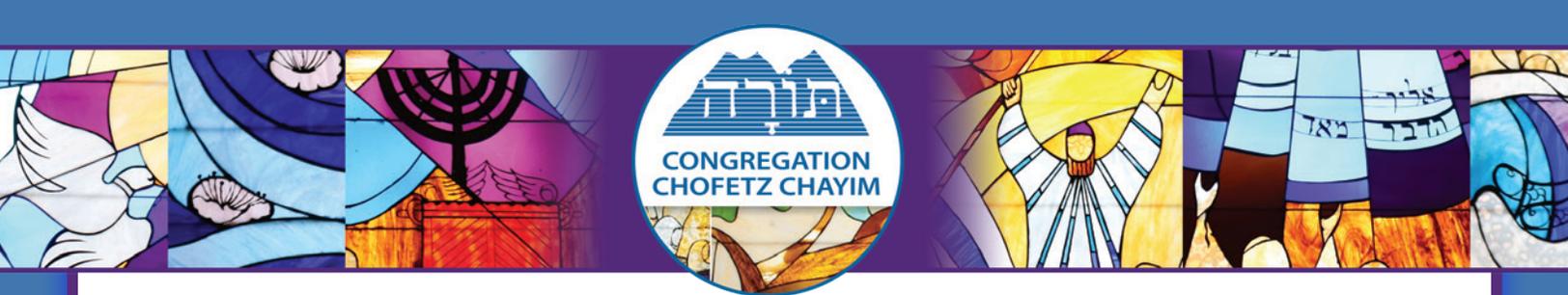
Bathing/Washing**

Use of Body Oils or Creams, etc.

Marital Relations***

Wearing Leather Shoes****

Learning Torah*****



❧ *Tisha B'Av Laws & Customs continued* ❧

Sitting on a bench or chair 12" or higher is prohibited from after Shabbos (7:59pm) until midday on Tisha B'Av (August 7th, 12:30pm). One may sit on a cushion, on the floor, or on a step, bench or chair lower than 12". If the person is not healthy enough to do so, they may sit on a regular chair.

***Eating and Drinking**

This prohibition applies to any Jewish male or female over bar/bat mitzvah age. Any questions regarding health and medical need to eat (or taking medications) should be directed to the Rabbi.

****Washing**

In the morning or upon awakening, when one washes hands in the usual manner (3 times alternately), one should be careful not to wash further than the joints at the end of his fingers. While his hands are still slightly moist, he may pass them over his eyes.

Washing after using the bathroom is permissible, but one should exercise care not to wash further than the joints at the ends of the fingers. However, if one touched a portion of the body that is usually covered, that part of his hands may be washed.

If necessary for food preparation for after Tisha B'Av, it is permissible for hands to get wet.

Although applying oils, creams, perfumes, etc. is prohibited, the use of deodorant is permissible.

If one's hands or other portion of one's body becomes dirty or stained, that particular area alone is permissible to be washed.

Washing hands or face, or spraying hand sanitizer due to COVID 19 prevention (where medically mandated) is permissible.

*****Marital Relations**

Husband and wife should be careful not even to touch each other on the night of Tisha B'Av, August 6th.



~ Tisha B'Av Laws & Customs continued ~

**** Wearing of Shoes

The prohibition of shoes on Tisha B'Av only applies to shoes made of leather. Even if they are only partially leathermade, and even if the purpose of the leather is for decoration, it is prohibited.

***** Learning Torah

On Tisha B'Av it is generally prohibited to learn Torah because the heart rejoices when one studies Torah, as taught in Tehillim 19:9 The orders of Hashem are upright, gladdening the heart. However, references and texts that are thematic for Tisha B'Av, and remind us of the tragedy of exile and destruction are permitted. It is also permitted to study the book of Job.

Greeting one another on Tisha B'Av

On Tisha B'Av we are all considered mourners for the destruction of the *Beis Hamikdosh*. Greetings such as “hello,” “good morning,” etc. are prohibited. However, if one does extend a greeting to us, it is permissible to respond in a limited, quiet manner.

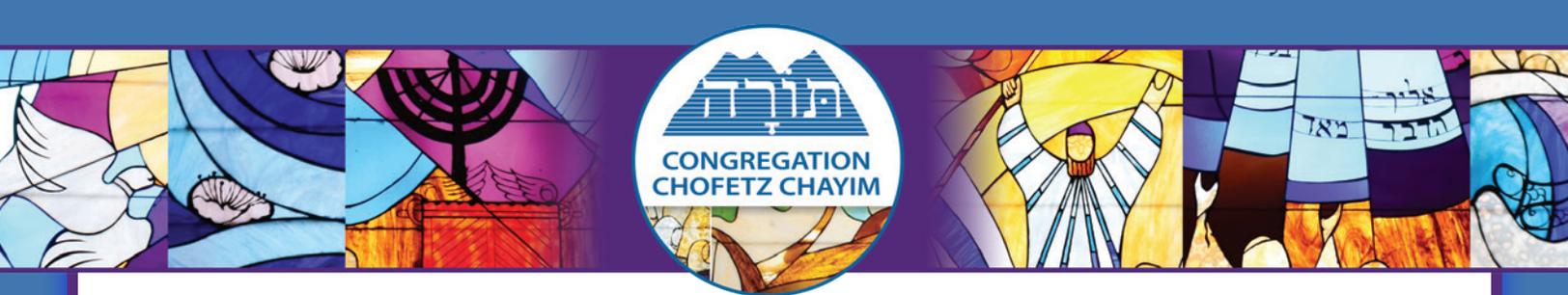
Depriving comfort in sleep

Since on Tisha B'Av, one must curtail comforts and pleasures to the best of one's ability, it is traditional to deprive oneself of some sort of usual comfort when going to sleep on the night of Tisha B'Av, if possible. (e.g. If one normally sleeps on two pillows, on Tisha B'Av, they should use only one).

Giving gifts should not be done on Tisha B'Av, except to someone in need.

Focus

Tisha B'Av is a day of mourning. Our minds and hearts should be focused on the meaning of the day. Our words and activities should reflect that which is in our heart. Levity and pleasure trips are prohibited.



~ *Tisha B'Av Laws & Customs continued* ~

After Tisha B'Av

On the 7th of Av, the enemy entered our Holy Temple. They defiled it on that day and on the 8th of Av. On the 9th of Av, they set it afire and it continued to burn until sunset on the 10th of Av. Because the destruction continued until the 10th of Av, the restrictions of The Nine Days, which include refraining from eating meat, music, swimming, bathing, haircuts, washing clothes usually continues until midday (12:30pm) on the day after Tisha B'Av. But when the actual date of 9 Av falls on Shabbos and the fast is postponed until Sunday as is the case this year, bathing, washing clothing and haircuts are permissible Sunday evening. However, eating meat, drinking wine and listening to music are not permitted until Monday morning. Since the day was spent in mourning, it is not proper to assume joyous conduct immediately after it is over.

In the merit of our mourning and tears, may we see redemption for our people speedily and soon, as foretold to us by the prophet Zechariah "Hashem will be King over all the world—on that day, Hashem will be One and His name will be One."