



General Outline of the *Halachos* of the Three Weeks and the Nine Days

During the "Three Weeks" (from *Shiva Asar BeTamuz* until *Tisha Be'Av*) we begin to observe some practices of communal mourning. Below is a general outline of these observances, if you have specific questions please contact Rabbi Halpert directly at rabbihalpert@verizon.net.

1. **Shiva Asar BeTamuz.** Individuals who are sick, pregnant, nursing or elderly are not required to fast. However, eating should be limited to food that merely sustains as opposed to snacks and other delicacies.
2. **Listening to Music, Dancing** and the playing of musical instruments are generally prohibited during the Three Weeks.
3. **Shehecheyanu** should not be said during the Three Weeks. Therefore, we try to avoid entering into situations where the *bracha* of *shehecheyanu* is required. New fruits should not be eaten and new clothing should not be purchased. This refers only to significant clothing that would require this *bracha*. For example, a simple shirt may be purchased.
4. **Haircuts and shaving:** Haircuts are prohibited during the three weeks. Many *poskim* extend this to shaving as well. People who normally shave daily and have a need to shave may shave during the three weeks. All should refrain during the Nine Days, or at least during the week of *Tisha Be'Av*.

The Nine Days - In addition to the above, there are additional restrictions that apply during the "Nine Days" (From *Rosh Chodesh Av* until *Tisha Be'Av*).

1. **Lawsuits and Business Ventures** – It is best to minimize business ventures and lawsuits during this time.
2. **Purchases** – Any object of *simcha* (joy) should not be bought during the Nine Days.
3. **Construction and Home Decorating** – All construction of *simcha* (joy) should be suspended during this time. If the construction is needed for living, then it is permissible.
4. **Eating Meat and Drinking Wine** is prohibited (except for *Shabbos*).
5. **Laundry** may not be done at home, or at the cleaners. In addition, one should not enter a laundromat, even if the clothing was washed before the Nine Days. Children's clothing that easily becomes soiled may be washed. Freshly laundered clothing should not be worn. This restriction applies to linens and tablecloths as well.
6. **Swimming** is generally prohibited during the Nine Days.
7. **Showering and Bathing** for pleasure are prohibited even with cold water. It is permitted, however, before *Shabbos*, or if you are dirty or perspired.



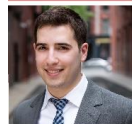
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