

## LAW OF TISHA B'AV

### Eating and Drinking

All eating and drinking is forbidden. This includes rinsing the mouth and brushing teeth. Swallowing pills is permitted if needed.

There are many cases of ill or elderly people as well as pregnant and nursing women who may not be required to fast on *Tisha B'Av* (especially this year when *Tisha B'Av* is pushed off from Shabbat to Sunday and there are added leniencies). Please consult Rabbi Weinberg for guidance about whether or not you should fast.

Boys up to twelve years old and girls up to eleven are not required to fast the entire day. There are various opinions as to whether they should fast part of the day.

Those not required to fast should eat only what is needed to preserve their health.

### Bathing and Washing

Generally, all bathing of any part of the body in hot or cold water is prohibited.

Ritual washing upon waking, after using the bathroom, touching covered parts of the body, or before davening is permitted but only up to the knuckles.

One may wash dirty or sullied portions of the body (including cleaning the eyes of glutinous material), and if necessary one may use soap or warm water to remove this dirt.

Washing for cooking or for medical reasons is permitted.

### Anointing

Generally, anointing one's body is prohibited including oil, soap, alcohol, cream, ointment, perfume, etc.

Anointing for medical reasons is permitted, as well as using deodorant to remove bad odor.

### Wearing Leather Shoes

Even shoes made partially of leather are prohibited. Shoes made of cloth, rubber or plastic are permitted.

Wearing leather shoes is permitted for medical reasons.

### Learning Torah

Since the heart rejoices in the study of Torah, it is prohibited to learn topics other than those relevant to *Tisha B'Av* or mourning.

One may learn: *Eicha* with its midrash and commentaries, portions of the Neviim that deal with

tragedy or destruction, the third chapter of Moed Katan (which deals with mourning), the story of the destruction (in Gittin 56b-58a, Sanhedrin 104, and in Josephus or other history books), and the *halachot* of *Tisha B'Av* and of mourning.

### Additional Restrictions

One should deprive him/herself of some comfort in sleep. Some reduce the number of pillows, some sleep on the floor. Pregnant women, the elderly and the ill are exempt.

Married couples should refrain from having relations and separate their beds.

Sitting on a normal chair is forbidden until midday (1:14 pm). Instead, one may sit on a low bench or chair, or on a cushion on the floor.

We refrain from greeting someone with "good morning" and the like. One who is greeted should answer softly and, if possible without making the other person feel uncomfortable, inform the person of the practice.

One should not give a gift except to *tzedaka*

Things that divert us from mourning are prohibited. The custom is to refrain until midday from any time-consuming work that diverts you from mourning.

### Tefila

Ashkenazic men do not wear *tefillin* at *Shacharit*, nor is a *bracha* made on *tzitzit*. At *Mincha*, *tefillin* are worn and those who wear a *tallit gadol* make the *bracha* upon it at that point. (Some Sefaradim wear the *tallit* and *tefillin* at *Shacharit* as usual.)

At *Mincha*, the prayers of *Nacheim* and *Aneinu* are added to the *Shmonah Esrei* during the blessing "*Veliyerushalayim*" and "*Shma Koleinu*" respectively. "*Sim Shalom*" is said in place of "*Shalom Rav*." If one forgot them and completed that *bracha*, he/she need not repeat the prayer. The custom is to recite Kiddush Levana the night after *Tisha B'Av*, preferably after having eaten something.

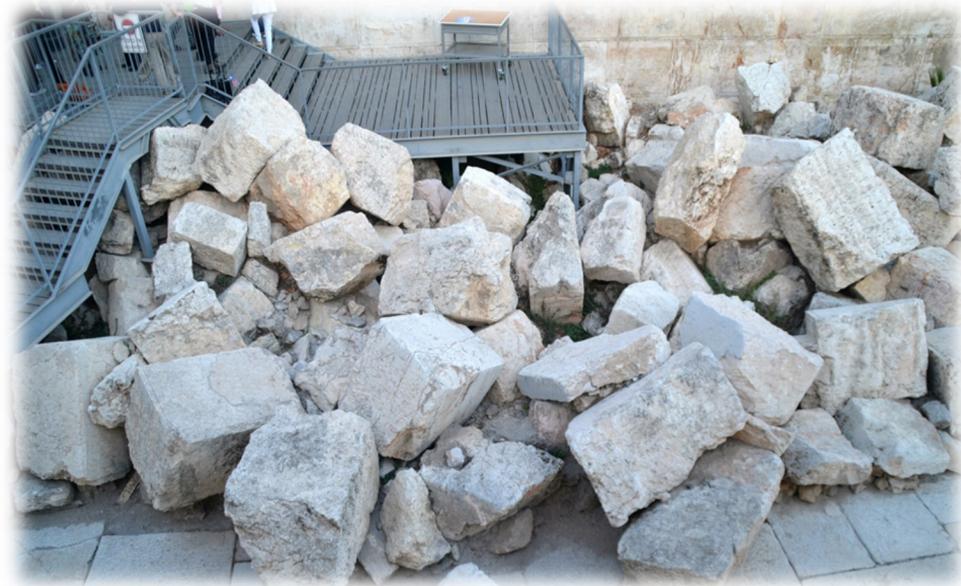
### The Day After Tisha B'Av

Normally the restrictions of the 'Nine Days' remain in place until midday of the day following *Tisha B'Av*. However, because *Tisha B'Av* actually falls out on Shabbat this year, and is observed on Sunday (the 10th of Av), all restrictions are lifted immediately at the conclusion of the fast on Sunday evening (9:07pm) except eating meat, drinking wine (aside from *havdallah* wine), and listening to music which shouldn't be done until Monday morning.



TISHA B'AV 5778 - תשעה באב תשע"ח

AT THE KEMP MILL SYNAGOGUE  
JULY 21-22, 2018



”כל המתאבל על ירושלים זוכה ורואה בשמחתה“ (תענית לב:ב)

# SHABBAT CHAZON, EREV TISHA B'AV

## FRIDAY NIGHT

Mincha/Kabalat Shabbat: 6:45, 7:15 (Ruach), 8:15pm  
Plag HaMincha: 6:58pm, Candle Lighting: 8:12pm

## SHABBAT DAY

Shacharit: 7:00, 8:00, 8:45, 9:15 am (Youth)  
Mincha: 6:00pm

**Eat Seudah Shlishit at home**

Fast Begins at Shkia: 8:29 pm

Tzeit / Shabbat Ends: 9:16 pm

### Halachot:

One should eat a normal meal at home for Seudah Shlishit and finish the meal before 8:29pm when the fast begins. This meal can include meat and any other delicacies and benching may be recited with a zimmun. One should probably not invite guests unless that is their normal practice every Shabbat. Although the fast begins at 8:29pm, Shabbat is not over until 9:16pm and so no other public displays of Tisha B'Av mourning may begin until 9:16pm (i.e. shoes, low chairs etc...). As soon as Shabbat is over you should say "baruch hamavdil beyn kodesh lechol" in order to officially end Shabbat and then you may prepare for Tisha B'Av by changing your shoes and driving to shul for Maariv and Eicha. Since we are davening Maariv after Shabbat is over there is no need to bring shoes to shul before Shabbat and change in to them after Barchu as is done in some places.

## SATURDAY NIGHT

Maariv with Eicha and Kinot (BM and Social Hall) 9:45 pm

WTG Eicha (Beit Midrash) 10:45 pm

### Halachot:

Maariv will be followed by an abridged Havdallah (only "borey meorei h'aeish" is said) and the reading of Eicha. If you are not coming to shul for Eicha you may recite this bracha at home. ("borey pri ha-gafen" and "hamavdil"- are recited after the fast is over on Sunday night at 9:07pm)

# TISHA B'AV MORNING

## SUNDAY

Early Shacharit with Kinot (BM) 7:30 am

Late Shacharit with Explanatory Kinot (Social Hall) 9:00 am

The first part of the program will be explanatory kinot by Rabbi Weinberg concluding with "Eli Tziyon" and end of davening at approximately 11:00am. We will then offer a second part of the explanatory kinot program from 11:00am-12:30pm which will include the recitation of more kinot introduced by a number of KMS members.

For those who wish to stay beyond 12:30pm until chatzot (1:14pm) we will be screening some shiurim and lectures on the kinot in the Social Hall.

### BABYSITTING (FOR CHILDREN PRE-SCHOOL THROUGH 5TH GRADE) PROVIDED 9:00-12:30

Free of charge. A light snack will be provided. If families send own snack, please be sensitive to peanut and nut allergies. Please register for that we have a sense of how many kids will attend.

Registration will be closed by the end of business on Wednesday July 18th

To Sign Up Visit: <https://www.kmsynagogue.org/form/Tishab'avchildcare>

# TISHA B'AV AFTERNOON

## TISHA B'AV WEBCASTS THROUGHOUT THE DAY AT HOME

If you are unable to join us at KMS for these enriching programs please tune in to the **OU Webcast** of Rabbi Dr. Tzvi Hersch Weinreb at <https://www.ou.org/tishabav/> Or to the **YU Webcast** of Rabbi Dr. Jacob J. Schachter at - <http://www.yutorah.org/Tishabav>



Yeshiva University  
CENTER FOR THE JEWISH FUTURE



ORTHODOX  
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תורה ומצוות

Midday 1:14 pm

Early Mincha 2:00 pm

## AFTERNOON YOUTH PROGRAMS (4:00-5:00PM)

### YOUTH OF ALL AGES: TZEDAKA COIN COUNTING

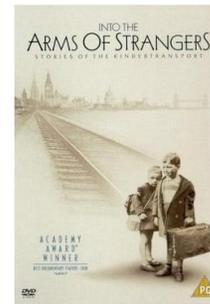
Youth of all ages are asked to bring in any coins for tzedakah that they have at home. There will be a coin counting and all money collected will be donated to **Afikim: The Israel Family Enrichment Association** to help children in Israel facing extreme poverty, challenges of hunger, want, insecurity and despair

### LOWER & MIDDLE SCHOOLERS: PUT THE BEIT HAMIKDASH ON THE MAP

### HIGH SCHOOLERS: DISCUSSION OF WHAT MAKES A CORRUPT SOCIETY

## VIDEO PROGRAM

4:30PM—6:45PM



### Into the Arms of Strangers: Stories of the Kindertransport

2000 Academy Award-winning Warner Bros. documentary feature film about the remarkable British rescue operation, known as the Kindertransport, which saved the lives of over 10,000 Jewish children from Nazi Germany, Austria, and Czechoslovakia by transporting them via train, boat, and plane to England. These children, or *Kinder* in German, were taken into foster homes and hostels in Britain, expecting eventually to be reunited with their parents. The majority of them never saw their families again. Written and directed by Mark Jonathan Harris, produced by Deborah Oppenheimer, narrated by Judi Dench, and made with the cooperation of the United States Holocaust Memorial Museum, it utilized rare and extensive footage, photographs, and artifacts, and is told in the words of the child survivors, rescuers, parents, and foster parents.

## PANEL DISCUSSION: OUR JOURNEY TO POLAND AND THE POWER OF MEMORY

6:45PM - 7:45PM



All members of the community are invited to join us as we hear from Rabbi Weinberg and some of the participants who just returned from the recent KMS Poland Trip. They will share some of their experiences and their thoughts about the trip, Jewish history, the Holocaust, and the power of Memory.

Mincha/Dvar Torah/Maariv (Shkia 8:28 pm) 8:00 pm

Fast Ends (Tzeit 7.12 degrees) 9:07 pm