

The Three Weeks

AND

TISHA B'AV

5780/2020



YOUNG ISRAEL OF WEST HARTFORD
2240 ALBANY AVE. • WEST
HARTFORD, CT 06117
WWW.YOUNGISRAELWH.ORG

THREE WEEKS SCHEDULE

Fast of 17th of Tammuz – Thursday, July 9

Fast Begins	3:35 am
<i>Shacharit & Selichot</i>	7:00 am
<i>Mincha & Maariv</i>	8:05 pm
Fast Ends	9:00 pm

Erev Tisha B'Av – Wednesday, July 29

<i>Shacharit</i>	7:00 am
<i>Mincha</i>	6:00 pm
Followed by <i>Seudah Mafseket</i> at home	
Fast Begins	8:11 pm
<i>Maariv & Eichah**</i>	8:30 pm
<i>Please remember to wear non-leather shoes</i>	

Tisha B'Av – Thursday, July 30

<i>Shacharit and Kinot**</i>	6:45 am
<i>Following our local recitation of Kinot, we will be connecting to the YU live stream of Kinot and their discussion presented by Rabbi Dr. Jacob J. Schacter</i>	
<i>Chatzot (Midday)</i>	12:55 pm
<i>Mincha (with Tallit and Tefilin)**</i>	7:40 pm
<i>Maariv</i>	8:10 pm
Fast Ends	8:42 pm

***As we continue to adjust to our COVID-19 reality, we will be releasing our full Tisha B'Av schedule and details of our minyanim and programming closer to July 30.*

**CHECK OUT THE NEXT PAGES FOR SOME OF THE INTERNATIONAL PROGRAMS
WE ARE EXCITED TO BE COSPONSORING**



A THREE-WEEKS ISRAEL JOURNEY

SHIVA ASAR B'TAMMUZ

INSPIRING ONLINE CONTENT FOR SHIVA ASAR B'TAMMUZ, THE THREE WEEKS AND TISHA B'AV



THURSDAY, JULY 9, 2020

JM in the AM
Special Shiva Asar B'Tammuz Program
Nachum Segal



INTRODUCTION

Why Do We Fast on the 17th of Tammuz (Aish.com)
The Fall of Yerushalayim (Megalim Institute)

Why was the First Temple Destroyed?
Yirmiyahu vs. Mesechet Yoma
Rabbi Menachem Leibtag

In partnership with Herzog College's week-long Yemei Iyun b'Tanakh; www.herzog.ac.il



VIRTUAL TOUR OF ISRAEL

Glory and Destruction
in Second Temple Jerusalem
Shulie Mishkin



Sticks, Stones, and Sour Figs...
What Do YOU See?
Rabbanit Shani Taragin



VIRTUAL TOUR OF ISRAEL

Wall to Wall:
Exploring Jerusalem's History Through its Walls
Rabbi Ken Spiro



ANIMATED VIDEO

The Contemporary Relevance of Shiva Asar B'Tammuz

In partnership with AlephBeta; www.alephbeta.org

VIEW ON DEMAND AND REGISTER FOR UPDATES
AND MATERIAL TO YOUR EMAIL OR WHATSAPP AT
WWW.MIZRACHI.ORG/THREEWEEKS

ואהבת לרעך כמוך - זה כלל גדול בתורה



Yeshivat Hakotel Presents

A 3rd Worldwide Achdus Torah Learning Program
Bring the Geulah by Bolstering Ahavas Yisrael
Rebuild the Beis HaMikdash by Reconnecting Klal Yisrael
Join Leading Rabbonim, Educators, and Speakers

ה' אב, תש"ף - JULY 26, 2020

US WEST - 7:00 am - 12:00 pm US CENTRAL - 9:00 am - 2:00 pm US EAST - 10:00 am - 3:00 pm
 UK: 3:00 pm - 8:00 pm South Africa: 4:00 pm - 9:00 pm Israel: 5:00 pm - 10:00 pm

Chief Rabbis

- Chief Rabbi Shlomo Amar, *Israel*
- Chief Rabbi David Lau, *Israel*
- Chief Rabbi Yisrael Meir Lau, *Israel*
- Chief Rabbi Yitzchak Yosef, *Israel*
- Chief Rabbi Ephraim Mirvis, *England*
- Rabbi Lord Jonathan Sacks, *England*
- Chief Rabbi Berel Lazar, *Russia*
- Chief Rabbi Warren Goldstein, *South Africa*
- Chief Rabbi Saul J. Kassin, *Syrian/Sephardic US*

Senior Roshei Yeshiva, Poskim & Rabbonim

- Rabbi Shimon Aloof, *Ahava VeAhva*
- Rav Yitzchak Berkovits, *Aish HaTorah*
- Rav Melech Biderman, *Beer Emunah*
- Rav Shmuel Brazil, *Zeev Hatorah*
- Rav Yosef Chevroni, *Chevron Yeshiva*
- Rav Simcha Bunim Cohen, *Ateres Yeshaya*
- Rav Yissocher Frand, *Ner Yisroel*
- Rav Shmuel Fuerst, *Agudas Yisroel*
- Rav Moshe Heineman, *Star K*
- Rav Ahron Lopiansky, *YCW*
- Rav Moshe Meiselman, *Toras Moshe*
- Rav Avigdor Nevenzahl, *Hakotel*
- Rav Noach I. Oelbaum, *Nachalas Yitzchak*
- Rav Berel Pavorsky, *Ponovezh*
- Rav Betzael Rudinsky, *Ohr Reuven*
- Rav Yonasan Sacks, *Beis Medrash U'Talmud*
- Rav Hershel Schachter, *RIETS*
- Rav Asher Weiss, *Minchas Asher*

Rav Baruch Wieder, Hakotel - Host

Distinguished Roshei Yeshiva, Educators and Speakers (Men)

- | | | | |
|-------------------------|----------------------|-----------------------------|----------------------|
| Rav Mendel Blachman | Rav Lawrence Kelemen | Rav Gershon Ribner | Rav Moshe Taragin |
| Rav Yitzchak Breitowitz | Rav Aryeh Lebowitz | Rav Yosef Zvi Rimon | Rav Reuven Taragin |
| Rav Eytan Feiner | Rav Zev Leff | Rav Joey Rosenfeld | Rav Dr. Akiva Tatz |
| Rav Meir Goldwicht | Rav Menachem Leibtag | Rav Michael Rosensweig | Rav Hanoch Teller |
| Mr. Charlie Harary | Rav Moshe Tuvia Lief | Rav Shalom Rosner | Rav Mayer Twersky |
| Rav Moshe Hauer | Rav Eli Mansour | Rav Jacob J. Schacter | Rav Steven Weil |
| Rav Jesse Horn | Rav Judah Mischel | Rav Shay Shachater | Rav Moshe Weinberger |
| Rav YY Jacobson | Rav Noach Orlowek | Rav Ben Zion Shafier | Rav Shmuel Weiner |
| Rav Shraga Kallus | Rav Menachem Penner | Rav Ephraim Shapiro | Rav Mordechai Willig |
| Rav Nissan Kaplan | Rav Doron Perez | Rav Prof. Avraham Steinberg | Rav Michael Yammer |

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The program is in memory of the recent niftarim and for refuah shelema for cholim.

ואהבת לרעך כמוך - זה כלל גדול בתורה



Yeshivat Hakotel Presents

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 UK: 3:00 pm - 8:00 pm South Africa: 4:00 pm - 9:00 pm Israel: 5:00 pm - 10:00 pm

Distinguished Educators & Speakers (Women)

Rebbetzin Aviva Feiner	Dr. Yael Leibowitz	Mrs. Smadar Rosensweig	Rebbetzin Feige Twerski
Rebbetzin Tziporah Gottlieb (Heller)	Rabbanit Yemima Mizrahi	Rebbetzin Dina Schoonmaker	Mrs. Esther Wein
Mrs. Michal Horowitz	Mrs. Sivan Rahav-Meir	Mrs. Shira Smiles	Mrs. Faigie Zelcer
Mrs. Chani Juravel	Rebbetzin Lori Palatnik	Rabbanit Shani Taragin	Dr. Yael Ziegler
Mrs. Miriam Kosman			

Mental Health Experts Advise on How to Achieve Ahavas Yisrael

Rav Daniel Z. Feldman	Dr. Rona Novick	Rav Dr. Ari Sytner
Rav Dr. Dovid Fox	Dr. David Pelcovitz	Rav Dr. Abraham J. Twerski
Rav Yakov Horowitz	Dr. David Rosmarin	Rav Tzvi Hersh Weinreb
	Dr. Eli Shapiro	

Eretz Yisrael Tours: Beis Hamikdash and Churban Remnants

Beis Hamikdash - Rav Chaim Friedman	Har Habayis Views - Rav Barnea Levi Selavan	Shilo - Eve Harow
Chevron - Noam Amon	Ir Dovid - Rav Ken Spero	Southern Excavations - Shulie Mishkin
Gamla - Rav Doron Kombluth	Kotel Tunnels - Tzvi Sperber	Yerushalayim Gates - Rav Simcha Hochbaum
	Return to Yerushalayim - Yehuda Geberer	

Parent - Child Interviews והשיב לב אבות על בנים ולב בנים על אבותם

With Dovid Lichtenstein

Rav Emanuel Feldman with his son Rav Ilan	Rav Avshalom Katz with his sons Rav Shlomo and Rav Eitan	Rebbetzin Shirly Pelcovitz with her daughter Mrs. Ora Lee Kanner
Rav Meir Goldwicht with his son Rav Etel	Rebbetzin Peshia Neuburger with her daughter Mrs. Bruriah Siegel	Rav Michel and Rebbetzin Feige Twerski with their sons the Rebbes

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The program is in memory of the recent niftanim and for refuah shelema for cholim.

LAWS AND BASIC INFORMATION REGARDING THE THREE WEEKS AND TISHA B'AV

I. FAST OF 17TH OF TAMMUZ – THURSDAY, JULY 9

A. HISTORICAL SIGNIFICANCE OF THE FAST OF TAMMUZ

The Fast of the Seventeenth Day of Tammuz commemorates....

- ▶ The breaching of the wall around Jerusalem
- ▶ The cessation of the daily offerings during the siege of the first Temple
- ▶ The burning of a Sefer Torah by *Apostomos*
- ▶ The placing of an idol in the Temple
- ▶ The breaking of the tablets by Moshe

II. THE THREE WEEKS: AN OVERVIEW

From the 17th day of Tammuz until the Ninth of Av, Thursday, July 30th, we commemorate the destruction of Jerusalem, the Temple and the fall of the Jewish Commonwealth in Israel. These experiences are not just events of the past, rather they created the Diaspora existence that we currently experience. For this reason, it is appropriate that we continue to commemorate these events and understand their roots to the many tragedies that have befallen our people.

The Three Weeks begin with the Fast of the Seventeenth of Tammuz and end on Tisha B'Av. It is a period of gradually intensified mourning. This period can be subdivided into two smaller groupings: (1) From the 17th of Tammuz until Rosh Chodesh Av (July 9th – July 21st); and (2) from Rosh Chodesh Av until Tisha B'Av (July 22nd – July 30th). This latter period is commonly referred to as “The Nine Days.”

Rabbi Joseph Soloveitchik famously explained that these two periods of mourning are constructed to mimic the different stages of mourning following the loss of a parent. Thus, the initial Three Weeks period mirrors the 12 months of mourning for a parent.

A. LAWS APPLYING TO THE ENTIRE THREE WEEKS

1. One may not get a haircut or shave.
 - a. Like the 12 months of mourning, shaving would be permitted for necessity and professionalism.
 - b. One may certainly shave for Shabbat.
2. One should not wear new clothing or new shoes.
 - a. A sale item which will not be available after the three weeks may be purchased, but cannot be used until after Tisha B'Av.
3. Weddings or any other social parties are forbidden.
 - o A simple gathering of 2 or 3 families in a restaurant would not be considered a celebration.

- A larger gathering, however, would be prohibited during this time period.
 - While the general example of a larger gathering is weddings, any party would be prohibited during the 3 weeks.
- 4. One should not attend any musical events.
 - R. Aharon Lichtenstein permits functional use of recorded music, e.g. to keep you awake while driving or to motivate you during exercise.

B. LAWS APPLYING TO THE NINE DAYS (JULY 22 – JULY 30)

Similarly, according to Rabbi Soloveitchik, the Nine Days, beginning on Rosh Chodesh Av (August 2 at nightfall), mirrors the period of *Shloshim*, the 30 days that follow the burial of a loved one. As such:

1. One should not wash clothing, as it is not in consonance with the spirit of mourning.
 - a. It is prohibited to give adult clothing to a non-Jewish launderer, even if the clothing will be returned after Tisha B'Av.
 - b. It is permissible to give clothing to a non-Jewish launderer before the Nine Days, even if the clothing will be washed during the nine days. However, one should not wear that clothing until after Tisha B'Av.
 - c. Washing of clothes for the sake of a mitzvah is permissible. Therefore, if one must wash clothing for Shabbat, one may do so on the Thursday prior or Friday.
 - d. One may wash children's clothing.
2. One should also not wear freshly laundered clothing.
 - a. One may wear laundered undergarments.
 - b. One may wear laundered clothes on Shabbos
3. During the Nine Days, it is our custom not to bathe for pleasure. However, showering for hygienic reasons is permitted.
 - a. A woman may wash for the sake of her ritual immersion during this time.
4. No shaving is permitted.
 - a. If one's business will be compromised by not shaving, one may shave until the week in which Tisha B'Av occurs.
5. Swimming is prohibited during this period.
6. One may not eat meat or chicken, or drink wine, with the exception of Shabbat.
 - a. If possible, Havdalah should be drunk by a child. However, if no child is available, the one reciting the blessing may drink it.
7. Meat may be eaten and wine drunk at a feast in honor of the performance of a mitzvah, such as at a circumcision, a pidyon haben (redemption of the first-born), or the completion of a Talmudic tractate.
8. The *shahacheyanu* blessing is not recited during the Nine Days, even on Shabbat.

III. EREV TISHA B'AV–WEDNESDAY, JULY 28

1. While one eats a regular large meal to prepare for the fast, the custom is also to eat a *Seudah Hamafseket* (The Meal before the Fast) close to the beginning of the fast (prior to 8:11 pm).
2. While sitting on the floor, one eats only a piece of bread and a hard boiled egg.
3. The custom is to dip the bread and egg into ashes.
4. When one finishes the *seudah hamafseket*, it is advisable to verbally say: “I do not accept the fast upon myself until dusk”, so that one may still eat or drink.

IV. TISHA B'AV – THURSDAY, JULY 30

A. HISTORICAL SIGNIFICANCE OF TISHA B'AV

While Tisha B'Av has become a day of collective Jewish mourning for ages of tragedies that have befallen the Jewish people. The actual day of Tisha B'Av commemorates

- ▶ The day the spies returned poisoning the Jewish people's attitude towards the land of Israel and causing a communal panic and cry. This led to 40 years of wandering in the desert as well as a decree of the Almighty that for generations Tisha B'Av would be a day of crying and misfortune for the Jewish People.
- ▶ The First Temple was destroyed by the Babylonians and Nebuchadnezzar
- ▶ The Second Temple was destroyed by the Romans in 70 CE
- ▶ The Romans crushed the Bar Kokhba revolt and destroyed the city of Betar, killing over 500,000 Jews in 135 CE.
- ▶ The Roman commander Turnus Rufus plowed the Temple mount and surrounding areas.

Other calamities continued to pile on.

- ▶ The Jews were expelled from England on the 9th of Av in 1290.
- ▶ The Jews were expelled from France on the 10th of Av in 1306.
- ▶ The Jews were expelled from Spain on the 7th of Av in 1492.
- ▶ SS commander Heinrich Himmler formally received approval from the Nazi Party for "The Final Solution" on the 9th of Av in 1941.



B. THE FIVE ABSTENTIONS

1. Eating and Drinking
 - i. Eating and drinking are prohibited on Tisha B'Av, same as on any other fast.
 - i. Females above the age of twelve years and one day and males above the age of thirteen years and one day are obligated to fast.
 - ii. Any ill person, or pregnant/nursing woman who feels severe discomfort and may need to eat and/or drink should speak to Rabbi Brander.
2. Washing
 - i. Showering or bathing in either hot or cold water is prohibited.
 - ii. The following is permitted:
 - a. In the morning upon arising one should wash fingers only.
 - b. During the day, if one's hands become soiled, one may wash them in order to clean them.
3. Anointing
 - i. Applying any kind of ointment, lotion, etc. is forbidden.
 - ii. For medicinal purposes, it is permitted.
4. Wearing Leather Shoes
 - i. Wearing shoes made wholly or partially of leather is forbidden.
5. Marital Relations
 - i. Marital relations are forbidden on Tisha B'Av.
 - ii. In addition, at night, a couple should observe the separations of niddah.

C. OTHER PROHIBITIONS

1. Learning Torah
 - a. The learning of Torah is forbidden, as it serves to gladden the Jewish soul.
 - b. One is permitted to study the following, as they are appropriate to the mood of Tisha B'Av:
 - i. The book of Iyov (Job)
 - ii. The prophecies of evil in Jeremiah
 - iii. Eicha and Midrash Eicha (Lamentations)
 - iv. The account of the destruction of the Temple in Sanhedrin (104a-b)
 - v. The third chapter of Moed Katan.
 - c. The same laws apply to teaching children.
 - d. The above laws of learning apply only to Tisha B'Av up to midday (12:57 p.m.).
2. One does not greet a friend on Tisha B'Av, even to say "Good Morning." If one is greeted, return the greeting in a low tone.
3. One should not walk for enjoyment on Tisha B'Av and one should be careful in spending time so as not to come to jest on Tisha B'Av.

4. One should deprive oneself of some comfort when one sleeps on the night of Tisha B'Av, e.g. if one usually sleeps with two pillows, one should use only one.
5. Work which takes time to complete, whether it is skilled work or unskilled work, is forbidden Tisha B'Av night and during the day at least until midday (12:57 pm). The same applies to business dealings.
 - a. It is preferable to refrain from any kind of work or business transaction during the whole day.
6. One should not prepare food for the break fast until after midday.
7. One may not sit on a chair until midday (12:57 p.m.). Instead one must sit on the floor or on a low Shiva stool.

D. TISHA B'AV MAARIV/NIGHT SERVICE

1. Tisha B'Av night, the congregation recites Maariv slowly and in a weeping voice, while sitting on the floor or on low stools.
2. After *Kaddish*, the congregation sits on the floor (or on low stools) and *Eicha* is read slowly, in a wailing voice.
3. The light is reduced to a minimum, sufficient to follow the reading of *Eicha* and the *Kinot* (lamentational prayers).
4. At the end of *Eicha*, the passage of *Hasheveinu* is recited by the congregation and then repeated by the reader.
5. During the recitation of *Kinot*, it is forbidden to converse.

E. TISHA B'AV DAY DAVENING/SERVICE

1. In the morning, neither *tefillin* nor the *talit gadol* (prayer shawl) are put on. The *talit katan* (the smaller four-cornered garment) is donned without reciting any blessing.
2. Three males are called up for the reading of the Torah, which is from Deut. 4: 25-40. The third one chants the *haftora* from Jer. 8:13- 9:23 in the same melody as *Eicha*.
3. *Kinot* are recited in the morning after the Torah reading.
4. The following are omitted from the *Shacharit* prayers:
 - *Korbanot*
 - *Birkat Kohanim* in the Chazan's repetition of the Amidah.
 - *Tachanun*
 - *Kayl Erech A'payim*
 - *La'Mi'Na' Tzay'ach*
 - Parts of *U'vah L'Tziyon* and parts of *Kaddish*
 - Psalm of the day
5. For Mincha, *tefillin* and *talit gadol* are worn.
 - One who doesn't wear a *talit gadol* should now touch the tzitzit of the *talit katan* and recite the blessing.
6. At Mincha, *Korbanot* and the Psalm of the day are said.

7. At Mincha, the Torah and the *haftora* reading is the same as that of any other fast day.
8. At Mincha, *Nachem* is inserted in the paragraph of *Boneh Yerushalayim* (14th Blessing).
9. At Mincha, *Aneinu* is inserted by all those fasting.

V. THE DAY AFTER TISHA B'AV – FRIDAY, JULY 31

1. Since the *Beit HaMikdrash* (Temple) primarily burned on the 10th of Av (the day after Tisha B'Av), all prohibitions of the Nine Days continue into the 10th of Av – Friday July 31. This includes eating meat, drinking wine, listening to music, doing laundry, getting a haircut, shaving and reciting *shehecheyanu*.
2. However, since the 10th of Av this year is *Erev Shabbat*, haircuts and laundry are permissible Thursday night already in honor of Shabbat. Bathing should wait until Friday morning while we still refrain from eating meat, drinking wine/grape juice, listening to music or reciting *shehecheyanu* until Friday midday (12:57 pm).
3. Additionally, many have the custom to wait until Motzei Shabbat to say Kiddush Levana.



כל המתאבל על ירושלים זוכה ורואה בשמחתה
**ALL WHO MOURN OVER JERUSALEM,
 MERIT AND SEE ITS HAPPINESS**

May we merit to partake in the final rebuilding of Jerusalem speedily in our days!