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Minhagim of Congregation Tiferes Yisroel  
as given over by  
Rabbi Menachem Goldberger

The Three Weeks and Tisha B'Av

The period of the three weeks begins with the fast of 17 Tammuz, and includes the first nine days of Av, including Tisha B'Av. The restrictions for the period prior to Rosh Chodesh Av are much more limited than those for the following period of the nine days.

17 Tammuz

The chasidische mesora for fasting on Shva Asar b'Tammuz is to be makil on fasting. The reason for this leniency is not for the sake of leniency, but because we are machmir on concern for physical health. Therefore, if for any reason you don't feel well - such as a little cold - you should not fast. Women who are pregnant or nursing are certainly exempt.

The Three Weeks

For the entire period of the three weeks, the following restrictions apply:

1. You may not listen to live music. Recorded music may be played as background music, but it should not be listened to

intentionally for enjoyment.

2. Weddings are not performed.

3. Public entertainment such as movies, shows, concerts, etc. are not permitted. Baseball games are not considered the same as other forms of entertainment, and it is permitted to attend them, but not during the nine days.

4. Videos of comedies and/ or musicals should be avoided during the three weeks, and are not permitted during the nine days. Videos on serious subjects are all right during the three weeks, but not during the nine days.

5. Any beautification to your home may be performed during this period, but not during the nine days. This does not include necessary repairs, replacing broken appliances, etc., which may be done throughout the entire period. Planning of renovations is permitted.

#### The Nine Days

During the first nine days of Av:

1. Meat and wine are not permitted, except for Shabbos or a seudas mitzvah.

2. Laundering clothing is not done, unless there is something that will be damaged, e.g. if a child urinates in his/her clothing. However, clothing can be taken out of the closet, and you don't have to sit on it..

3. Showering is permitted, but not bathing in a tub. If you shower, it should be less often than normal, and with cooler water than normal. In any case, no form of bathing is permitted from the morning of erev Tisha b'Av, until after chatzos on the 10th of Av.

4. Swimming is not permitted.

5. If you normally go to the mikveh erev Shabbos, you may do so during the nine days, and you may use hot water. If you do not normally go to the mikveh, you should not do so.

6. Baseball games are not permitted.

7. No video entertainment is permitted.

8. No beautification of your home is permitted.

9. No pleasure travel is permitted. If you must travel, boats should be avoided. It is not a good time for doing anything risky.