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Dear Friends,

Since the 9th of Av falls on Shabbat this year, Shabbat Chazon and the observance of the fast on Sunday, the 10th of Av, take on a different character in some respects. **Below, please find guidelines for this time of the year.** For any further questions, please do not hesitate to reach out to me, Rabbi Goldberg, or Rabbi Kuessous.

[Click here for the full programming schedule on Sunday.](#)

Have a meaningful and manageable fast,
Rabbi Poupko

Shabbat Afternoon Before the Fast of Tisha b'Av

Mincha on Shabbat afternoon will take place at 5:45pm in order to eat a more significant Seudah Shlishit prior to the fast. to allow more time for Seudah Shlishit at home prior to the fast. There will be no Seudah Shlishit served in shul.

Shabbat Afternoon/Motzai Shabbat Schedule

Even though it is still Shabbat, **the fast begins with sunset at 8:01pm** (Saturday, August 9th). The other affliction observed on Tisha b'Av that begins at this time is bathing and anointing.

The **other afflictions begin Motzai Shabbat at nightfall which is at 8:46pm**. At this point, one must say "ברוך המבדיל בין קודש לחול" (Baruch haMavdil bein Kodesh l'Chol - Blessed is the One Who separates between holy and mundane) in order to conclude Shabbat formally and begin doing any work. Then we begin observing the other afflictions by removing leather shoes, not sitting in a regular chair, and not greeting one another. Though Havdalah over a cup of wine is not recited until Sunday evening (see below), the beracha over the candle is still recited and will be done so in shul at the conclusion of Maariv.

The Fast of Tisha b'Av

Maariv followed by the recitation of Eicha is at 9:15pm to give everyone time to get to shul after Shabbat. Please note that if, for some reason, someone expects to be in shul before the conclusion of Shabbat then they need to bring anything that they need for after Shabbat on Friday afternoon before Shabbat begins. It is prohibited to carry anything to shul on Shabbat (such as non-leather shoes or a Kinnot book) for use after Shabbat.

The traditional Seudah haMafseket, the final meal before the fast which is normally eaten sitting on the floor and with eggs and ashes, is not observed. The pre-fast meal, which in this case will be Seudah Shlishit, can consist of anything, including meat and wine.

The **prohibitions of Tisha b'Av** include eating, drinking, washing, applying ointment, lotions or cosmetics, wearing shoes made completely or partially of leather, and marital relations.

Eating and Drinking: Adults are required to fast unless they have a status of a 'choleh' (sick person). Pregnant and nursing mothers are obligated to fast as well. Since the fast is delayed to the 10th of Av this year, the obligation is more lenient. Please consult the Rabbis for guidance on these matters.

Washing: All bathing and washing for pleasure is prohibited both in hot and cold water. If some part of the body became dirty or something adheres to the skin, that particular part may be washed cleaned. If a part of the body became excessively sweaty, that particular part may be washed clean. Included in this prohibition is rinsing out one's mouth and brushing one's teeth. When washing netilat yadayim, one should only wash the fingers up to the top knuckle. If one wants to wash their fingers after using the restroom, one should "dirty" their fingers by touching a place on their body that is typically covered in public.

Applying ointment and the like to the body: It is prohibited to apply any appointments, lotions, or cosmetics. Any ointment or lotion used for medical purposes may be used. This includes sunscreen and bug spray. One may use deodorant as well.

The **study of Torah** is forbidden during Tisha b'Av as it "gladdens the heart". Specific portions, however, that are appropriate to the mood of Tisha B'Av may be studied (e.g. the Book of Iyov, Megilat Eicha, Talmud Bavli Masechet Gittin 55b to 58a which contain a number of Midrashim concerning the destruction of the Beit ha-Mikdash, the laws of Aveilut and of Tisha b'Av).

We cannot greet each other on Tisha b'Av because of the state of mourning that we find ourselves in. This includes even such greetings as 'hello', 'good morning', 'good afternoon', 'good evening', and 'good night'.

The custom on Tisha b'Av is to **sit on the floor** until midday (1:01pm). Some have the custom to either sleep on the floor at night or on their bed without a pillow.

On Tisha B'Av, our attention should be focused solely on the character of the day. Therefore, **one should refrain from any kind of work or business** dealings during the entire day of Tisha b'Av. If that is impossible, one should at least avoid such work until midday (1:01pm). One should also do their best not to enjoy any entertainment such as watching movies or television, aside from, of course, any media that concerns a Tisha b'Av theme or the like.