

# The Three Weeks

## INFORMATION AND SCHEDULE

July 2-25

**The Three Weeks:** From the evening of Monday, July 2 until 12:51 PM Wednesday, July 25, weddings, parties, and other festive events are not scheduled or participated in. Haircuts are also prohibited during this period.

July 3  
Tuesday

**The Seventeenth of Tammuz:** Health permitting, it is required to fast on this anniversary of the breach of the walls of Jerusalem. The fast begins Tuesday morning, July 3 at 3:18 AM, and lasts until 8:59 PM. Pregnant and nursing women are not required to fast on this day.

July 15-25

**The Nine Days** extend from the first day of Av (July 15 after 8:15 PM) until 12:51 PM Wed. July 28. During this period, the following restrictions apply:

1. No meat may be eaten nor wine consumed, except on Shabbos.
2. Recreational (as opposed to instructional swimming) and bathing for pleasure (as opposed to hygiene) should not take place.
3. No laundry should be washed except children's clothing.

July 23 & 24

**Tisha B'Av: See other notes with From the Rabbi, on the back**  
**Monday, July 23**

Mincha	8:00 p.m.
Eating and Drinking completed by	8:00 p.m.
Maariv, Eicha & Kinot	8:15 p.m.

**Tuesday, July 24**

First Morning Service (abbreviated kinot)	6:30 a.m.
	8:30 a.m.
Second Morning Service (full kinot)	7:30 p.m.
Mincha	8:45 p.m.
Fast Ends	