



# The Three Weeks

## Information and Schedule

JUNE 28-JULY 21

**The Three Weeks:** From the evening of Monday, June 28 until 1 PM Wednesday, July 21. Weddings, parties, and other festive events are not scheduled or participated in. Haircuts are also prohibited during this period.

JUNE 29  
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, June 29 at 3:15 AM, and lasts until 9:00PM. Pregnant and nursing women are not required to fast on this day.

JULY 11-JULY 21

**The Nine Days** extend from the first day of Av (July 11 after sunset) until 1:00 PM Wednesday, July 21. 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 19-JULY 20

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

**Monday, July 19**

Mincha	8:05 p.m.
Eating and Drinking completed by	8:05 p.m.
Maariv, Eicha & Kinot	8:15 p.m.

**Tuesday, July 20**

First Morning Service (abbreviated kinot)	6:30 a.m.
Second Morning Service (full kinot)	8:30 a.m.
Mincha	7:45 p.m.
Fast Ends	8:49 p.m.

## From The Rabbi Tisha B'Av

**The History of Tisha B'Av:** On the 17th of Tammuz, the Roman army, after months of siege around Jerusalem, breached the walls of the holy city, massacring and murdering men, women and children, and defiling our holy sites.

On the 9th day of Av, three weeks later, the Romans succeeded in destroying the Bais Hamiklash, the holy Temple, burning it to the ground. These cataclysmic events resulted in the long exile of suffering and torture which has lasted for close to 2000 years. Consequently it has been customary that during this three week period we observe certain fast days and mourning rites which become progressively more intense as we approach the ninth day of Av.

**Tisha B'Av Restrictions:** The Fast of Tisha B'Av begins Monday evening, July 19 at 8:05 PM, and ends Thursday evening at 8:49 PM. Health permitting, all males above the age of 13, and females over 12, are required to fast.

1. Washing oneself is restricted. When traditional Jewish practice requires washing hands, only the fingers are washed, and not the entire hand. However, soiled hands may be washed.
2. Torah may not be studied except portions dealing with the destruction of the Temple or similar sad events.
3. Leather shoes should not be worn.
4. Greetings should not be exchanged on Tisha B'Av. However, if a party unaware of this restriction greets you, you may acknowledge.
5. Until the midday of Tisha B'Av (1:00 PM), health permitting, one should not sit on a regular chair, but rather on the floor or a stool.
6. Marital relations are forbidden on Tisha B'Av.
7. Tallit and Tefillin are not worn on Tisha B'Av morning, but are put on at the Mincha service instead.

"Whoever mourns for Jerusalem....will ultimately share in the rebuilding of Jerusalem and in the joys of the Jewish people."