

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 Hamikdash, 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 Wednesday evening, July 26th at 8:05 PM, and ends Thursday evening, July 27th at 8:42 PM. Health permitting, all males above the age of 13, and females over 12, are required to fast. Other halachot and customs pertaining to this day are as follows:

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 (12:51 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.
8. Please note that the Nine Days restrictions remain in effect (see above) until midday of the day following Tisha B'Av, which is until Friday, July 28th at 12:51 pm.

Wednesday, July 26

Mincha **8:05 PM**

Eating/Drinking ends no later than **8:05 PM**

The typical Seudah Mafseket before commencing the fast consists of eating hard boiled eggs while sitting on the ground.

Maariv, Eicha and Kinot **8:20 PM**

Thursday, July 27

First Morning Service **6:30 AM**

With abbreviated kinot

Second Morning Service **8:00 AM**

With more comprehensive kinot introduced by the Rabbi and various members of the community

Video Presentation: *Ever Again* **6:30 PM**

Ever Again examines the resurgence of violent anti-Semitism in Europe and its connection to international terrorism currently threatening the entire world. It exposes the dangerous Islamic extremism and culture of death being preached from mosques of Europe's major cities and the new neo-Nazism spreading from Germany across the continent. It documents the anti-Semitic roots of recent terrorist attacks in Madrid and London which left hundreds dead and thousands wounded. It raises disturbing questions about our future. Narrated by Kevin Costner.

Mincha, Maariv **7:40 PM**

Fast Ends **8:42 PM**

"Whoever mourns for Jerusalem....will ultimately share in the rebuilding of Jerusalem and in the joys of the Jewish people." *Babylonian Talmud, Tractate Taanit 30b*