

Dear Friends:

When Erev Tisha B'Av falls on Shabbat, as it does this year, certain changes from the normal 'Erev Tisha B'Av' routine are required. The following is a brief guideline of the changes specific to such a year.

### **1. Seudah Mafseket**

Normally, the final meal before Tisha B'Av ("Seudah Mafseket") is eaten in "mourning", sitting on the floor, eating a piece of bread and a hard-boiled egg with some ashes. When Erev Tisha B'Av is Shabbat, however, these practices do not apply since no mourning is allowed on Shabbat. A proper "Shabbat" meal should be eaten at Seudah Shlishit, and this meal may even include meat and wine.

This meal should take place after mincha, and care must be taken to complete this meal, including birkat hamzon, before sunset. To accommodate this, mincha Shabbat afternoon this week will be scheduled earlier than usual, giving people the opportunity to prepare sufficiently.

### **2. Havdala**

Since one cannot drink the wine of Havdala on Saturday night (because of the fast), Havdala is NOT made immediately after Shabbat. Instead, only the blessing on the candle (ברא מאורי האש – Borei me'roei ha'esh) is made, which we will do in shul after ma'ariv. After the fast ends Sunday evening, Havdala is recited over a cup of wine. At that time, the opening paragraph of Havdalah, as well as the blessing over spices, are omitted. Note: If one needs to break his or her fast and eat on Tisha B'Av itself, one should say the Havdala, as described above, just prior to breaking his or her fast.

### **3. Shabbat Schedule**

Please note the changes in the schedule as follows:

Gemara Shiur (Tisha B'Av Selections) 6:20 pm

Mincha 7:20 pm

Seudah Shlishit must be finished by 8:20 pm; Fast begins 8:20 pm

Introduction to Eicha by Rabbi Polakoff 8:30 pm

Shabbat ends 9:10 pm

Maariv, Eicha and Kinot 9:25 pm

Maariv, Eicha and Kinnot begin at 9:25 pm to allow people time after Shabbat to change into Tisha B'Av shoes and return to shul in 'Tisha B'Av mode'. Reminder to those who will be in shul on Shabbat afternoon to bring their Tisha B'Av shoes with them to shul before Shabbat on Friday afternoon as it is improper to bring your shoes with you to shul on Shabbat as it is considered preparing for after Shabbat. Please remember that after Shabbat ends, one should say the words: "ברוך המבדיל בין קדש לחול" before doing any Melacha, or preparing for Tisha B'Av (including changing into Tisha B'Av shoes).

#### **4. Motzei Tisha B'Av (Sunday)**

In addition to Havdalah, another distinction exists regarding the end of the fast (Sunday evening) this year. Generally, the restrictions of the 9 days continue in force until mid-day the next day, reflecting the historical fact that the Temple burned through the 10th of Av. However, in a year in which Tisha B'Av is a nidcheh (postponed from Shabbat), the date of the fast day is already the 10th of Av. On such a year, all the restrictions of the 9 days end with the fast itself, with the exception of the restriction on meat and wine which remain in force till the next morning. One may, however, drink the wine of Havdalah as mentioned above. Thus, one may do laundry, bathe, swim, take a haircut, shave, listen to music, etc. all beginning Sunday night immediately after the fast.

#### **5. Additional Laws of Tisha Ba'v**

##### Eating and Drinking

All eating and drinking is forbidden. This includes rinsing the mouth and brushing teeth. Pregnant and nursing women should begin the fast, but may break it upon feeling significant discomfort. Please consult one of us if you have a question.

##### Bathing and Washing

All bathing for pleasure is prohibited even in cold water including the hands, face and feet. Ritual washing upon waking and washing after using the bathroom or before praying is permitted, but only up to the knuckles. One may wash dirty or sullied portions of the body (including cleaning the eyes of glutinous material). Washing for cooking or for medical reasons is permitted.

##### Anointing

Anointing for pleasure is prohibited including oil, soap, alcohol, cream, ointment, perfume, etc. Anointing for medical reasons is permitted, as well as using deodorant to remove bad odor.

##### Marital Relations

Since cohabitation is prohibited, a husband and wife should avoid contact during the night of Tisha B'Av.

##### Wearing Leather Shoes

Even shoes made partially of leather are prohibited. Shoes made of cloth, rubber or plastic are permitted. Wearing leather shoes is permitted for medical reasons.

##### Learning Torah

Since the heart rejoices in the study of Torah, it is prohibited to learn topics other than those relevant to Tisha B'Av or mourning. One may learn: Lamentations with its midrash and commentaries, portions of the Prophets that deal with tragedy or destruction, the third chapter of Moed Katan (which deals with mourning), the story of the destruction (in Gittin 56b-58a, Sanhedrin 104, and in Josephus), and the halachot of Tisha B'Av and mourning.

### Additional Restrictions

One should deprive himself of some comfort in sleep (reducing the number of pillows, etc.) Pregnant women, the elderly and the ill need not do this. Sitting on a normal chair is forbidden until midday. One may sit on a low bench or chair, or on a cushion on the floor. Greeting someone with "good morning" and the like is prohibited. One who is greeted should answer softly and not risk embarrassing someone else. If appropriate, inform the person of the prohibition. One should not give a gift except to the needy. The custom is to refrain until midday from any time-consuming work that diverts one from mourning.

In merit of our sincere observance of this time of mourning, may we merit the fulfillment of our hopes and prayers for the rebuilding of Yerushalayim.

Rabbi Dale Polakoff

Rabbi Ian Lichter