

Abridged Halachot of Tisha B'Av which falls on Shabbat and is postponed to Sunday

If any of the details below are unclear or you have any further questions, please feel free to send me a WhatsApp (07593 034381) or email (rabbikurzer@pinnerhul.org)

- Throughout Shabbat, meat and wine may be consumed as usual. Additionally, guests may be hosted for Shabbat dinner and lunch as normal.
- The customary pre-Tisha B'Av meal ("Seudah Hamafseket") of bread and hardboiled egg is not eaten – a regular Seudah Shlishit (Shabbat afternoon meal) is eaten. This meal **must be concluded before sunset when the fast begins**.
- Shoes and Shabbat clothing should not be removed until **after Shabbat has ended** and one should say the phrase "Baruch HaMavdil Bein Kodesh L'Chol" (a mini-havdalah) at this time. Those who wish may drive to shul **after this time** for Maariv and Megillat Eicha, , followed by kinnot.

Our Sages laid out a few main prohibitions on the day of Tisha B'Av itself. These prohibitions (other than fasting) are similar to the practices of Shiva as we mourn the loss of our Temple as though it has just happened:

1. **Eating and drinking are forbidden.** One who is sick, frail, or with a specific at-risk medical condition may be required to eat. One who medically must eat, is Halachically forbidden to fast – one should not push oneself and thereby cause potential harm. As the fast follows Shabbat, one who must eat should make Havdalah before doing so. This Havdalah should only be done just prior to eating (even if that means waiting until Sunday morning or afternoon) and should be made over a cup of natural orange juice (not squash) or something similar.
2. **One should not wash or bathe** other than for hygiene or halachic ritual. Washing 'al netilat yadayim' in the morning is restricted to the fingers up to the knuckles. After using the bathroom one should wash as necessary for hygiene but no more. Washing parts of oneself to clean specific dirt is permitted.
3. The use of **cosmetics is forbidden** on Tisha B'Av. They may be applied before Tisha B'Av, however, even though they may last through the day. Deodorant may be used to prevent unpleasant odour, but not for the purpose of adding a pleasant scent.
4. **Wearing shoes made of leather is forbidden.** Footwear made of fabric, rubber, or synthetics may be worn.
5. **Learning Torah is restricted** to topics of Tisha B'Av, mourning, biblical prophecies regarding the Temple's destruction and other similar topics. This prohibition begins from Shabbat afternoon.
6. **We sit on or close to the floor** on the eve of Tisha B'Av and until midday on Tisha B'Av day. Those with back problems or similar should sit on a regular chair.
7. **We do not exchange greetings** or make social conversation on Tisha B'Av, but rather join together in silent mourning for the destruction of the two Temples along with the tragic consequences, as well as subsequent tragedies. If one is greeted, one may return the greeting in a soft voice so as not to embarrass or offend the other person.
8. **Tallit and Tefillin are not worn on Tisha B'Av morning** (Tzitzit should be worn without a bracha). Tallit and Tefillin are put on at Mincha, with the brachot.

On Sunday night at the end of the fast, **one should make Havdalah** before eating on wine/grape juice, saying just the two brachot of 'borei pri hagafen' (on the wine/grape juice) and 'hamavdil' (as the Havdalah) – no spices or candle are used.

After Tisha B'Av, one may wash, do laundry, etc. immediately but we refrain from consuming meat or wine (aside from havdalah) until Monday morning.

"כל המתאבל על ירושלים זוכה ורואה בשמחתה"

One who mourns for Jerusalem, will merit to see to its rejoicing

May it come speedily, in our days

Wishing you all an easy and meaningful fast,

Rabbi B Kurzer