

Abbreviated laws for Tisha B'Av – 2025/5785

This year (2025/5785), 9th Av begins on **Saturday evening 2nd August** at **8:47pm** and ends on **Sunday 3rd August** at **9:36pm**.

As this year, Shabbat immediately precedes Tisha B'Av, the following is a summary of applicable halachot:

- After Halachic midday (Chatzot, 1:06pm) on Shabbat, it is preferable to learn Torah which only pertains to Tisha B'Av or the weekly Parashah.
- Neither Tzidkatcha nor Pirkei Avot are said at Mincha on Shabbat afternoon.
- There is no formal Seudat Hamafseket (the usual mourner's meal preceding the fast when not Shabbat).
- One should still have Seudah Shlishit but conducted in a relatively sombre mood and not spent with guests. Meat and wine are nevertheless permitted.
- The fast, despite still being Shabbat, begins at sunset (this year, 2025, at 8:47pm).
- Although one must stop eating then, Bircat Hamazon can still be recited after sunset.
- As it is Shabbat, one continues to wear leather shoes and sit on regular chairs until Motzei Shabbat (this year, 2025, at 9:44pm). At that point, one says "Baruch Hamavdil bein Kodesh Lechol", removes their shoes and ideally changes out of Shabbat clothes.
- Havdallah is made over a candle only. The two Brachot, "Borei Pri Hagafen" and "Hamavdil" are recited at the conclusion of the fast on Sunday night instead.

Halachot for Tisha B'Av:

- Although it is best to daven mincha prior to Seudah Shlishit, those attending a Shul which davens mincha just before the fast begins may complete this meal before mincha instead.
- In Shul we read Eicha and say kinnot together following maariv. Both of these can be read at home and there are many online programmes to connect with.

Our Sages laid out a few main prohibitions on the day of Tisha B'Av itself, including:

- **Eating and drinking.** One who is fully healthy should not eat throughout the fast. One who is unwell, frail, or with a specific at-risk medical condition may be required to eat. **As this is a summer fast, it is likely to be a hot day. If you plan to fast, please make sure to**

drink plenty of water in advance and stay cool on the day. If you think you should fast but are concerned about whether it is advisable, make sure to discuss with a medical professional in advance. If you would like halachic guidance on whether to fast, please be in touch with [Rabbi Kleiman](#) directly. If you feel unwell or concerned about dehydration, do not continue fasting.

- **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.
- **Cosmetics** should not be used on Tisha B’Av, however, they can be applied before the fast begins even though they may last through the day. Deodorant may be used but aftershave or perfume should not be.
- **Shoes made of leather** should not be worn.
- **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 the afternoon prior to when the fast begins.
- **We sit on or close to the floor** (e.g. on a shiva chair) from the eve of Tisha B’Av until halachic midday (1:07pm) on Tisha B’Av day. Those with back problems or similar should sit on a regular chair.
- **We do not exchange greetings** or make social conversation on Tisha B’Av, as we join together in silent mourning for the destruction of the two Temples and many subsequent tragedies. If one is greeted, one may respond in a soft voice so as not to embarrass or offend the other person. These restrictions apply to virtual communications as well.
- **Tallit and Tefillin are not worn on Tisha B’Av morning** (Tzitzit should be worn without a blessing). Tallit and Tefillin are put on at Mincha, with the brachot (blessings).
- After the fast the limitations of the Three Weeks and Nine Days, including music, laundry, haircuts, drinking wine and eating of meat, continue until midday the following day.

“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.