

Summary of the Laws of Tisha B'Av and the 9 days

Note: This is just a summary of the major laws. Under certain circumstances there may be exceptions. If you have any questions please feel free to call Rabbi Uri.

The restrictions of the 3 weeks- Begins with the Fast of Tammuz (June 29)

1. No weddings.
2. No haircuts.
3. We avoid purchasing especially nice items that would require a *Shehechyanu* blessing.
4. We avoid joyous events with live music.

The restrictions of the 9 days- Begins on the evening of July 11

1. The custom is to not eat meat or drink wine except on Shabbat.
 - A) Notable exceptions:
 - 1) A person who is unable to eat milk products may eat chicken
 - 2) If a nursing woman's milk will be affected by not eating meat she may eat meat.
2. Laundry- We do not do laundry during this time.
 - A) Notable exceptions:
 - 1) One may wash clothing for young children.
 - 2) It is permissible to wash undergarments.
2. Washing for pleasure- Showering should be done in cooler water than usual for the sake of cleanliness. Therefore, swimming for pleasure is not done during this time period.
3. Shaving- If not shaving does not affect one's livelihood then it should be avoided.

The restrictions of Tisha B'Av - After sundown July 19

1. Eating and drinking
 - A) One who is sick and needs to eat is allowed to eat and drink.
 - B) Washing of body, face and hands
 - 1) Exceptions:
 - a) One can wash off dirt
 - b) After using the bathroom
 - c) The morning Netilat Yadayim may be done up to the knuckles.
 - d) One who is particular and will not feel comfortable until they wash their face may wash their face.
3. Anointing
 - A) Makeup is not used on Tisha B'Av.
4. Marital Relations
5. Wearing Leather shoes
6. Torah study- because the words of the torah bring us joy.
 - A) Exception: sections of Torah that deal with the destruction and mourning such as Eicha, Midrash Eicha, Book of Job, the prophecies of destruction in Jeremiah, the last chapter in Talmud Moed Katan, and the section in Talmud Gittin dealing With the destruction.

In addition to these restrictions there are other Minhagim customs for Tisha b'Av:

1. Sleep should be a little less comfortable so the custom is to use one less pillow than usual.
2. In shul we sit on the floor or lower than usual until *Chatzot* (1:00pm).
3. We do not greet each other in the normal fashion.
4. Tallit and Tefillin are not worn during Shacharit but rather at Mincha.

After Tisha B'Av- The Beit Hamikdash was still burning till the 10th of Av. The tradition therefore is to still observe the restrictions of the 9 days (bathing for pleasure, laundry, haircuts, eating meat) until midday of the 10th of Av.

The Talmud teaches us **כל המתאבל על ירושלים, זוכה ורואה בשמחתה** "Anyone who mourns over Jerusalem will merit seeing it in its joy." May we merit seeing a rebuilt Jerusalem full of joy and peace.