FIRST NINE DAYS OF AV

Nine Days: Restrictions

Restrictions during the *Nine Days* before *Tish'a b'Av* are the same as for *Three Weeks*, plus:

• You may not eat meat or drink wine.

EXCEPTIONS

- You may drink wine on <u>Shabbat</u> (but not on <u>Rosh Chodesh Av</u> or <u>erev Shabbat</u>
- You may drink wine for <u>havdala</u> (but ideally give the wine or grape juice to a child between ages 6 and 10).
- You may eat meat or drink wine at a brit, siyum, or pidyon ha'ben.
- You may not wear freshly laundered clothes, or wear or buy new clothes.

NOTE You may wear clean socks and underwear. Ideally, throw them on the floor first but, *b'di'avad*, it is OK to wear them even if you did not.

• You may not wash yourself for pleasure.

NOTE Showering or bathing to clean one's soiled body is permitted (except on <u>Tish'a b'Av</u>). So you may bathe or shower during the *Nine Days* if you are dirty, sweaty, or smelly.

- You may not do any activities that involve luxury.
- You may not say she'hecheyanu except on Shabbat.

NOTE Therefore you should not buy new fruits or new items that you will enjoy during the <u>Nine</u>
<u>Days</u>. But if you DO eat a new fruit or buy something new, you must say <u>she'hecheyanu</u>
anyway.

Nine Days: Court Cases

Try not to be involved in a court case opposing a non-Jew during the *Nine Days*.

REASON The <u>Nine Days</u> are considered to be an inauspicious time for Jews. But if you cannot avoid it, it is not forbidden and you may proceed.

Nine Days: Kiddush Levana

If you are not likely to see the moon on any of the days from the 10th to the 14th of <u>Av</u>, you may say <u>kiddush</u> <u>levana</u> during the <u>Nine Days</u>.

Nine Days: New Projects or Investments

You should not start new projects or make investments during the <u>Nine Days</u> if they can be delayed without incurring a loss.

REASON The *Nine Days* are considered to be an inauspicious time for Jews.

Nine Days: Painting Your House

You may not paint your house during the *Nine Days*. Ask a *rabbi* for possible exceptions.

Nine Days: Swimming

For laws on swimming during the Nine Days, see Three Weeks: Swimming.