THREE WEEKS/TISH'A B'AV

THREE WEEKS: THREE STAGES OF MOURNING

Seventeenth of Tamuz to Tish'a B'Av: Three Stages of Mourning

Before *Tish'a b'Av* we are in a type of mourning so the laws are similar to mourning for a parent. There are three stages:

The "*Three Weeks*": The least severe stage starts *three weeks* preceding the *Ninth of Av*

The "*Nine Days*": The next-most severe stage begins on *Rosh Chodesh Av*.

"Week" of Tish'a b'Av: The most severe mourning is during the "week" of *Tish'a b'Av* (beginning after *Shabbat* preceding *Tish'a b'Av*).

THREE WEEKS: RESTRICTIONS

Three Weeks: Restrictions

Forbidden during the *Three Weeks* :

- Saying *she'hecheyanu*;
- Shaving;
- Haircuts;
- Listening to music (even recorded);
- Getting married.

Three Weeks: Moving into New Dwelling

You may move into a new home or apartment, whether owning or renting, during the *Three Weeks* before *Tish'a b'Av*. Ideally, you should not move into a new place during the *Nine Days* but if necessary, it is permitted.

Three Weeks: Swimming

If you are swimming for:

- Pleasure, you may swim during the *Three Weeks* but not during the *Nine Days.*
- Exercise (you don't particularly enjoy swimming or you are not doing it for fun or to cool off), you may be permitted to swim even during the *Nine Days*. Consult a *rabbi*.

Three Weeks: Socializing

Activities for socializing are not prohibited during the *Three Weeks* before *Rosh Chodesh Av* (but the activities might be prohibited for other reasons such as if they are dangerous).

THREE WEEKS: RISKY ACTIVITIES

Three Weeks: Dangerous Activities

We are discouraged from doing dangerous activities during the *Three Weeks* before and including *Tish'a b'Av* . But since it is forbidden to do dangerous activities anyway, there are few relevant activities that are forbidden. Some people do not travel during this time but it is not forbidden to do so. Non-urgent surgery should be scheduled for after this period.

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