

TISH'A B'AV

Tish'a B'Av: Pre-Fast Meal

You may say *birkat ha'mazon* with a *mezuman* or with a *minyán* during the *Nine Days*. But you may not do so at the meal preceding *Tish'a b'Av* (*se'uda ha'mafseket*).

REASON Only bread dipped in ashes and a hard-boiled egg should be eaten and that is not a meal for socializing or togetherness.

Tish'a B'Av: On Saturday Night

When *Tish'a B'Av* begins on Saturday night, the custom is as follows:

- Say *baruch ha'mavdil* when *Shabbat* ends.
- Say the blessing on the candle after *ma'ariv*.
- Do not say the remainder of *havdala* at all. Instead:
 - Wait until Sunday night, after the fast is over, and then
 - Say only the blessing on the wine and the paragraph of *ha'mavdil* blessings.

NOTE You will not say the blessings on the spices for *havdala* for that week.

Tish'a B'Av: Flying

You should not fly on *Tish'a b'Av*, even if you are flying to Israel to make *aliya*.

Tish'a B'Av: Hand Washing

On *Tish'a B'Av*, as on *Yom Kippur*, if you must wash your hands to remove:

- *Tum'a*, you may wash your hands only up to the knuckle that connects your fingers to the rest of your hand (thumb: second knuckle; fingers: third knuckle).
- Dirt from your hand, you may wash wherever the dirt is on your hand.

Tish'a B'Av: Teeth Brushing

On *Tish'a b'Av*, you may not brush your teeth using water. You may use a dry toothbrush. You may floss your teeth.

Tish'a B'Av: Tefilin

Tish'a b'Av is similar to the day of burial of a person and so *tefilin* are not worn in the morning. The afternoon has a lower level of mourning and so *tefilin* (and *talit gadol*) are worn at *mincha*.

Tish'a B'Av: What To Do until 12 Noon

Activities for *Tish'a B'Av* until *halachic midday*:

- **Thinking:** Until *halachic midday*, you should do things and think about things that will keep you in bad spirits or will make you sad.
- **Sitting:** You may not sit on any kind of seat that is higher than 12 inches (30 cm) above the floor or ground until after *halachic midday*.

Tish'a B'Av: What To Do after 12 Noon

After *halachic midday* on *Tish'a B'Av*, you may do any activities except the five activities forbidden on *Tish'a B'Av* (washing, anointing, eating/drinking, marital intercourse, wearing leather shoes) or the *Nine Days*. But you may not greet anyone, or reply to someone else's greeting to you, including saying "hello," "good

morning,” “how are you,” etc., until after dark.