

# Tisha b'Av Guide 5780

## Tisha b'Av Times:

### Wednesday, 8 Av / July 29

1:32 PM – Midday  
 7:30 PM – Mincha  
 8:46 PM – Fast Begins  
 9:20 PM – Maariv & Eicha

### Thursday, 9 Av / July 10

7&10 AM – Shacharis  
 1:32 PM – Midday  
 7:00 PM – Film  
 8:00 PM – Tefillin & Mincha  
 9:17 PM – Maariv & Fast Ends

## Detailed Tisha b'Av Schedule:

### Erev Tisha b'Av

**1:32 PM – From midday refrain from Torah study other than texts related to the events and nature of the fast day until the fast ends.**

- *Eat a plentiful dinner before mincha.*

### **7:30 PM - Mincha - Tachanun is omitted.**

- *Eat the final meal consisting of only a piece of bread and egg dipped in ashes, shortly before the fast begins. This meal is called "seudah hamafseket - the meal of separation". Eat this meal sitting on the floor or on a low stool. Eat this meal alone, away from others so that no zimmun should be made.*
- *Change into non-leather shoes just before the fast.*

### **8:46 PM - The fast begins.**

- All the restrictions of Tisha b'Av go into effect. No food, drink, leather shoes, anointing, washing, intimacy, or sitting on regular seats.

### **9:20 PM - Maariv & Megillas Eicha- Registration Required**

Minyanim and programming will be held in the Social Hall/Patio.

- No furniture will be provided, bring your own chair or cushion.
- It is best to hear Eicha in person. It will also be streamed on Zoom. If it is not possible to hear Eicha live or via zoom, it is best to read it at the same time as the minyan. At the very least read the megilla on this night.

A woman who is nursing or pregnant and is unable to fast should consult a Rav regarding special requirements. A person who has a medical condition or is unable to fast should consult a Rav regarding special requirements. One who needs to take medicines with liquid he should call a Rav before the fast.

May we merit to be in Jerusalem and the coming of Moshiach.

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## Tisha b'Av Morning:

- When ritually washing the hands in the morning, pour water on your fingers only until the knuckles. While the fingers are still moist, it is okay to wipe eyes.
- In the morning brachos we omit the morning blessing, "She'asa Li Kol Tzarki - Who provides me with all my needs," as this is primarily referring to shoes, and we don't wear leather footwear on this day.

## **7:00 AM - Shacharis in the Social Hall and Patio - Registration Required**

## **10:00 AM - Shacharis in the Social Hall and Patio - Registration Required**

- Tallis and Tefillin are NOT worn for Shacharis.
- Tachanun is omitted.
- After Torah reading Eicha and Kinot are read.
- Shacharis concludes with Ashrei, Uva Letziyon and aleinu. Shir shel yom and Ein kelokeinu are omitted.
- Work is permitted but discouraged.

## **1:23 PM - Midday. The mourning is eased:**

- We may sit on regular chairs.
- If one must work it should preferably be after midday.
- One may begin to prepare food for the break fast at this point.

## **7:00 PM - KEEP QUIET - Tisha B'Av Film in the Social Hall - \$5/Person Registration Required**

## **8:00 PM - Tefillin, Tehillim & Mincha**

- Upon arriving at shul put on your Tefillin. Recite the three paragraphs of Shema.
- Immediately recite the prayers and regular study portions that were omitted from the morning service.
- Recite ketoras & mincha while wearing tefillin
- Add aneinu and nachem to the amida
- After Mincha change into Rabeinu Tam's tefillin and recite the regular prayers.

## **9:17 PM - Maariv & Fast Ends**

- Wash proper negel vasser and rinse out your mouth (change your shoes).
- Recite Kiddush Levana
- Drinking alcohol, eat meat and listening to music are restricted until after midday on Friday.
- Unique to this year, haircuts, washing and laundering in honor of Shabbos are permitted right after the fast.