

The Laws of Tisha B'av – 2018 :

Tisha B'av Occurring on Shabbos:

1. Tisha B'av occurs on Shabbos this year. The fast is pushed off and commences at the conclusion of Shabbos - **8:52 PM** -lasting through to Sunday evening.
2. The prayer of "Av Harachamim" is said on Shabbos morning, but "Tzitzkoscha Tzedek is not said on Shabbos afternoon.
3. Marital relations are prohibited on Shabbos unless Friday evening is when the wife is to go to the Mikveh.
4. May may eat meat and drink wine throughout the entire Shabbos.
5. It is permitted to sing Zemiros the entire Shabbos.
6. You may invite guests to your Shabbos meals. However, one should not invite guests for Seudah Shlishis unless he does so regularly.
7. **One should not go for leisurely strolls on this Shabbos.**
8. One should not visit family or friends.
9. There is no "Seuda Mafsekes" prior to the fast. There are no restrictions on what one can eat at Shalosh Seudos. One may even eat meat and drink wine and sing Zemiros during Seudah Shlishis. However, the mood should be somewhat subdued. One must stop eating before sunset, which is at **8:52 PM**. It is permissible to eat Shalosh Seudos together with your family at home or in Shul if that is what you are accustomed to doing throughout the year. You may say Birchah Hamazon after sunset, but should try to wash Mayim Acharonim before sunset, if possible. You may say Birchah Hamazon together with Zimun. **One does not sit on the floor or a low chair or change shoes before 9:43 PM.**
10. Some Poskim permit the learning of any Torah on this Shabbos afternoon; while many Poskim limit the learning to topics of Torah which are permitted on Tisha B'av.
11. It is permitted to take pills on Shabbos to alleviate the pains of fasting only if they are mixed with other food and drink. One may take them without water on Saturday night and throughout Tisha B'av. (Call 905-764-8340 in the evenings if you wish to purchase them.)
12. One who is in Shul when Shabbos ends, must wait until after "Borchu" to remove their Shabbos shoes and put on Tisha B'av compliant shoes. The Chazzan should say "Baruch Hamavdil Bein Kodesh L'chol" , exchange his shoes, and then says "Borchu." This all must happen after Shabbos is over at **9:43 PM**. Alternatively, everyone in Shul, after **9:43 PM**, can say "Baruch Hamavdil Bein Kodesh L'chol" and exchange their shoes before Borchu. **[One who is in Shul when Shabbos ends should, therefore, bring Tisha B'av compliant shoes, an Eichah, and a comfortable low chair or pillow when coming to Shul the day before on Friday for Mincha,]**
13. When removing shoes, care should be taken not to touch them with your hands, because that would require washing of the hands.
14. If you are at home at nightfall, say "Baruch Hamavdil Bein Kodesh L'chol" at **9:43 PM**, change your shoes, and then drive to Shul for Ma'ariv. Sitting on a chair is prohibited for everyone at **9:43 PM**.
15. **The customary Havdallah is not said. After nightfall, the blessing of "Borei Meorei Ha'aish" is said upon seeing candlelight. This should be said after Ma'ariv before the reading of Eichah. The Brocha over spices is not said. "Atah Chonantanu" is said during Ma'ariv. Women should be advised not to do any Melacha until they say "Baruch Hamavdil Bein Kodesh L'chol" - as after any Shabbos. They may also say "Borei Meorei Ha'Aish."**

Tisha B'av Evening (10th of Av):

10. All other prohibitions of Tisha B'av begin at sunset. **Sunset is at 8:52 P.M.** this year [2018].
11. One is permitted to drive to Shul and sit normally in the car. (After Shabbos is over at 9:43 PM)
12. On Tisha B'av it is prohibited to:
 - Eat or drink
 - Bathe or wash for pleasure
 - Anoint oneself
 - Have intimate relations
 - Learn Torah [except for those portions which sadden the heart.]
13. You should deprive yourself somewhat from a comfortable sleep - i.e. to sleep with no pillows or one pillow less than usual.

Eating & Drinking:

14. A person, who is sick, or an old or weak person who may become ill if he does not eat or drink [even if his illness will not endanger his life] is permitted to eat as much food as he usually does. **Anyone who is permitted to eat this year, must make only the full blessing of Havdalah on either beer, a drink of national importance, or grape juice. No Havdalah is required if one is only drinking.**
15. A woman up to thirty days after giving birth [even if the baby was stillborn] is also permitted to eat. She should try to postpone eating for a few hours, unless this causes undue hardship.
16. Pregnant and nursing woman [thirty days after giving birth] should fast the entire day even if they are suffering. However, if they are suffering greatly [even if there is no danger to life], they should discontinue fasting. In all cases of doubt, contact your Rabbi.
17. **Since Tisha B'av has been pushed off this year, there is more room for leniency for unwell people to eat. Please consult with your Rabbi.**
18. A person with only a headache or similar discomfort is required to fast.
19. If a person is not required to fast because it is dangerous, he is prohibited from fasting.
20. Boys under the age of 13 and girls under the age of 12 are not required to fast at all.
21. Swallowing capsules, bitter medicine tablets, or bitter liquid medicine without water is permitted. According to some opinions, it is permitted to swallow a bit of water along with the medication if the medication can not be swallowed otherwise.
22. Even those people, who are not required to fast, should not indulge or eat more than is necessary to preserve their health.
23. One, who is accustomed to rinse his mouth or teeth daily, may do so only in an instance if the bad taste in his mouth causes him **great distress. Since care must be taken not to swallow the water, he should bend over when rinsing.**

Bathing & Washing:

23. All washing for pleasure on any part of the body is prohibited.
24. You may wash your hands or other portions of your body if they are dirtied or stained. You may only wash the dirty or soiled portions, but not beyond the soiled area.
25. Upon awakening in the morning, you may wash your hands in the usual manner [three times alternately on each hand]. **However, you should be careful not to wash further than the joints at the end of your fingers.** While your hands are still moist after drying them, you may pass them over your eyes. If your eyes contain glutinous substances, you may wash them.

26. You are permitted to wash your hands after using the bathroom and/or touching a part of your body that is normally covered. You should not wash further than the joints at the end of your fingers.
27. You are permitted to wash your hands before davening. You should not wash further than the joints at the end of your fingers.
28. If you are cooking or preparing food on Tisha B'av, you may wash a piece of meat and the like – if necessary – even if your hands will get wet.
29. Washing for medical reasons is permitted.
30. A woman may wash the parts of her body which must be washed before beginning her Seven Clean Days. A woman may not go to the Mikveh on **Saturday night** – but may go to the Mikveh the night after.
31. It is prohibited to cool yourself by placing your face or other portions of your body against a pitcher or other utensil containing water. However, you may cool yourself by placing a cool empty utensil, fruit, and the like against your face.

Anointing / Intimacy:

32. You may not rub or apply onto your body any substance – liquid or solid – commonly applied to the body. Therefore, you may not apply onto your body oil, soap, hair tonic, or cream, ointment, perfume and the like.
33. You are permitted to anoint for medical reasons such as skin conditions.
34. The use of deodorant or anti-perspirant to remove a bad odor is permitted.
35. Since intimacy is prohibited, a husband and wife may not even touch each other.

Wearing Leather Shoes:

36. It is prohibited to wear shoes that are made, even partially, out of leather.
37. Shoes made out of cloth, wood, rubber, plastic, and the like are permitted.
38. It is permitted to wear crocs.
39. Wearing leather shoes is permitted in the case of:
 - A person who has to walk a long distance over stones or mud, and no other suitable footwear is available.
 - Medical reasons. (You may insert orthotics into your shoes)
 - Children who are too young to understand about the destruction of the Temple.

Learning Torah:

40. The heart rejoices from the study of Torah. Therefore you are prohibited to learn or teach Torah – except for those topics which are relevant to Tisha B'av and mourning.
41. A Rav may rule only in those questions of Halacha which are required for Tisha B'av.
42. You are permitted to prepare the Torah reading for Tisha B'av.
43. You may say Tehillim for sick people or for the presently dangerous situation in Eretz Yisroel.

Other prohibitions for the entire day:

44. It is extremely important to stay focused on the serious nature of the day by staying in touch with your soul and not being distracted by other physical things. Therefore, there are additional prohibitions.
45. **Tisha B'av is not a time for socializing, idle chatter, schmoozing and the like.**
46. You are prohibited to greet someone. Not only is enquiring after one's well-being prohibited, but even greeting a person with "good morning" and the like is prohibited. One, who is greeted, should respond softly – to show that greeting is prohibited.
47. It is prohibited to give gifts. However, you may give a gift to a poor person.
48. Taking a walk or a trip for pleasure is prohibited.

Prohibitions until Halachik Mid-day – 1:24 P.M.:

49. It is prohibited to sit on a chair or bench that is 12” or higher. One may sit on the floor, a cushion or on a low bench or chair.
50. Any type of work which requires time to do is prohibited. This applies to skilled and unskilled labor. Even housework should be postponed until after Halachik Mid-day. Wherever possible, it should not be done the entire day.
51. If at all possible, one should avoid going to work / business the entire day. If one must go to work, it should be after Halachik mid-day. **The Rabbis say that he who works on Tisha B’av will see no blessing from the money earned.**
52. **Preparation for the meal after Tisha B’av should not take place until after Halachik Mid-day.**

Talis & Tefillin:

53. The Talis and Tefillin are not worn at Shacharis. Your Talis Koton [Tzitzis] should be put on in the morning, and you may make a blessing on it. Many have a custom to leave the Tzitzis under one’s clothes until after Halachik mid-day.
54. The Talis and Tefillin are worn for Mincha.

Other Customs:

55. There is a custom to visit a cemetery after completion of the morning services.
56. There is a custom to wash the floors and clean the house in the afternoon. The custom is based on a tradition that Moshiach will be born on Tisha B’av afternoon and that it is therefore appropriate to commemorate the redemption and strengthen people’s hopes and prayers. **It is appropriate to leave post - Shabbos clean up for this time.**

Restrictions on the 11th of Av:

57. Generally speaking, all the restrictions of the 3 weeks and the Nine Days continue until Halachik Mid-day of the 10th of Av. (although see point #59 below)
58. It is customary to perform “Kiddush Levana” [blessing the new moon] together with the congregation on **Sunday** evening after Ma’ariv. Others say it privately after eating and changing one’s shoes.
59. **When Tisha B’av falls out on Shabbos and is postponed until Sunday (as is the case this year), eating meat and drinking wine is permissible on Monday morning. Bathing, washing clothing and taking haircuts and shaving are permitted on Sunday night.**
60. **Some opinions permit listening to music on Sunday evening, but some permit only on Monday morning.**
61. **This year Havdallah is said on a cup of wine, grape juice, or beer. The Havdallah only consists of the Brocha on the wine, grape juice, or beer and “Baruch Hamavdil.” Spices are not used. No blessing is made again on candlelight.**
62. **With the exception of water, it is forbidden to eat or drink anything before Havdallah. This also applies to women.**
 - **The fast and Tisha B’av restrictions end at 9:43 P.M. on Sunday evening.**
 - **One who finds fasting difficult may eat at 9:34 P.M.**
 - The Talmud teaches that “Whoever mourns over Jerusalem will merit to see her happiness, and whoever does not mourn over Jerusalem will not merit to see her happiness, May we all merit to experience the happiness of Jerusalem soon!