

Tisha B'Av 5786

Wednesday, July 22

"Seudah Hamafsekes" is eaten at home prior to sunset. Traditionally it consists of a piece of bread dipped in ashes and an egg. It should be eaten alone while sitting on the floor.

Mincha: 8:15

Sunset/ Fast begins / Maariv: 8:32

Eicha and Kinnos: 8:50

Followed by a video presentation in the social hall.

Thursday, July 23

Shacharis: 9:00

*Tallis and tefilin are **not** worn at Shacharis.*

Chatzos (midday): 1:34

Kids video at shul: 2:30

Mincha **with tallis and tefilin** 2:30

Adult's video at shul: 3:30

Mincha **with tallis and tefilin** 8:00

Maariv (following mincha): 8:30

Fast ends: 9:13

The following restrictions on Tisha B'av are in place to express our mourning:

- Eating and drinking
- Washing, showering and using body creams or oil
- Marital relations
- Wearing leather shoes
- Studying Torah (except for topics related to the destruction of the Temple)
- Before chatzos (midday), we do not sit on chairs of regular height
- Traditionally, we do not greet each other in the normal manner
- The afflictions of the "Nine Days" continue through midday of the day after the fast. These includes shaving and haircuts, music, eating meat and drinking wine, and swimming. Since it's Friday this year, laundry may be done on Thursday night.
- As always please contact Rabbi Poupko with any questions.

NEXT YEAR IN JERUSALEM

