

**THE LAWS OF TISHA B'AV**  
**Saturday night & Sunday, July 17-18**



Tisha B'Av is most associated with fasting: we do not eat or drink. (If you have a question about fasting, please reach out to Rabbi Weinstock or Rabbi Willig.)

In addition to fasting, we are prohibited from washing our bodies, wearing leather shoes, anointing ourselves, and having marital relations. One is permitted to wash and sanitize hands for health or cleanliness purposes. When ritually washing the hands in the morning, the water should be poured on the fingers only until the knuckle joints.

It is forbidden to study Torah on this day excepting the sections of the prophets and the Talmud that discuss the destruction. We do not wear tefillin until Mincha, and the practice is to sit on low chairs as mourners do until midday on Sunday (1:01 pm). Our observance of mourning also forbids us from greeting friends on Tisha B'Av.

We mourn the Temples that were destroyed over nineteen hundred years ago, and we pray that we will be worthy to see God rebuild the Temple in our lifetime.

Wishing everyone a safe and meaningful Tisha B'Av!