

# TISHAH B'AV

RABBI TZVI YAAKOV STEIN

## EREV TISHAH B'AV

- Even after chatzos (midday) it is better to learn only subjects that are allowed on Tishah B'av.<sup>1</sup>
- It is preferable to learn one's regular subjects than to sit idle.<sup>2</sup>
- Daily learning like Daf Yomi is allowed.<sup>3</sup>
- After chatzos, no leisure activities (e.g., touring, boating) are allowed.<sup>4</sup>
- Exercise /walking for health purposes is allowed.
- All other halachos of the Nine Days apply, (showering if dirty, business is closed).
- All potential leniencies that are sometimes allowed during the Nine days also apply until sunset. Eg. Showering if necessary, business, etc.

## SEUDAH HAMAFSEKES

- Even children<sup>5</sup> and others that aren't fasting should eat the seudah.<sup>6</sup>
- Two cooked foods are not allowed to be eaten at the meal.<sup>7</sup> Therefore:
- Eat an earlier meal in order to be able to eat many different foods.<sup>8</sup> (It is not necessary to eat bread at the first meal.)
- Later, before sunset, eat a meal with bread.
- This meal should be eaten while sitting on the floor.<sup>9</sup>
- The minhag is to eat an egg.<sup>10</sup> If this is not possible, then lentils or any round foods are acceptable.<sup>11</sup>
- The minhag is to dip the bread into ashes.<sup>12</sup>
- Three men shouldn't eat together to prevent the requirement to make a meizuman.<sup>13</sup>
- Even after saying Birchas HaMazon, eating, drinking, sitting on chairs and leather shoes are allowed until sunset.<sup>14</sup>

## TISHAH B'AV

- All restrictions apply until nightfall after Tisha Bav, except for sitting on regular chairs which only applies until midday.

## FASTING

- Medicine in pill form is allowed.<sup>15</sup>
- If liquid is necessary to facilitate swallowing of the medicine,<sup>16</sup> less than an ounce of liquid is allowed.<sup>17</sup>
- If food is necessary for the medicine then an olive's volume of food is allowed.
- Pregnant women and nursing mothers must fast. Those

who are weak should ask a shaila.<sup>18</sup>

- A mother within thirty days of birth doesn't have to fast.<sup>19</sup>
- It's more important for a husband to stay home from shul etc. so that the wife can fast.<sup>20</sup>

## NO WASHING

- In the morning and after using the bathroom,<sup>21</sup> wash only up to the end of the knuckles.<sup>22</sup>
- Washing before davening is allowed.<sup>23</sup>
- Washing to remove dirt is allowed.<sup>24</sup>
- Washing hands until knuckles before davening is required.<sup>25</sup>
- Washing hands for food preparation is allowed,<sup>26</sup> although it is preferable to use gloves.<sup>27</sup>
- Washing dishes is only allowed if they are messy or smelly, etc. If gloves are used, it is allowed in all circumstances.<sup>28</sup>
- Smearing ointments is not allowed unless it is for medicinal purposes.<sup>29</sup> Chapstick and lotions are allowed for dry lips and hands.<sup>30</sup>
- All types of deodorants are allowed.<sup>31</sup> Powder is allowed.<sup>32</sup>
- Bug spray is allowed.<sup>33</sup> Suntan lotion is allowed.
- Mouthwash and brushing teeth are allowed if one is in extreme discomfort.<sup>34</sup> Same for listerine strips.
- It is preferable not to use makeup and perfume.<sup>35</sup>
- Makeup remover wipes are allowed.
- Children age 6 and under may be bathed. It is preferable to use gloves.<sup>36</sup>

## NO LEATHER SHOES

- Shoes which contain a small amount of leather for style are permitted.<sup>37</sup>
- Leather watches, belts, etc., are permitted.
- Crocs, etc., are permitted.
- Leather shoes may be worn if one needs to walk through the mud or the like and has no other option.<sup>38</sup>

## GREETINGS

- One may not inquire "How are you?" and the like.<sup>39</sup>
- It is preferable not to say good morning.<sup>40</sup>
- Inquiring as to how someone's fast is going is allowed.<sup>41</sup>
- If someone asks "How are you?" etc., one should answer in a solemn manner.<sup>42</sup>
- Wishing Mazal Tov is allowed.<sup>43</sup>
- Hanging out in the street is not allowed.

## NO LEARNING TORAH

- ✦ Torah subjects pertaining to mourning may be learned, but not in depth.<sup>44</sup>
- ✦ Churban related subjects may be learned.<sup>45</sup>
- ✦ Tehillim may be said after chatzos.<sup>46</sup>
- ✦ Shnaim mikra is not allowed.<sup>47</sup>
- ✦ Tehillim for someone sick can be said at all times of the day.<sup>48</sup>
- ✦ Shnayim Mikra is not allowed.
- ✦ Stories of history and of gedolim are permitted.<sup>49</sup>
- ✦ Mussar seforim are allowed if it's being learned for teshuvah purposes.<sup>50</sup>

## NO SITTING ON CHAIRS

- ✦ After Chatzos, one may sit on a chair.
- ✦ The elderly, pregnant women, and the ill may sit on a regular chair.<sup>51</sup>
- ✦ Sitting in a car is permitted.<sup>52</sup>
- ✦ Height of a chair to sit on should preferably be less than nine inches but less than twelve inches is acceptable.<sup>53</sup>
- ✦ It is preferable to sleep with less pillows than normal provided that it won't negatively affect sleeping.

## MISCELLANEOUS

- ✦ One does not make a berachah on Tzitzis in the morning.<sup>54</sup> One should have his tallis katan in mind when saying the berachah on the tallis gadol at Minchah. One who does not wear a tallis gadol should listen to that of one who does.
- ✦ All standard nidda halachos apply. Harchakos don't apply during the day.<sup>55</sup>
- ✦ Melachah is not allowed until chatzos (in a manner similar to Chol HaMoed).<sup>56</sup>
- ✦ Even after chatzos, one who does melachah will not see berachah from it<sup>57</sup> (unless one maintains his focus on the Churban while working<sup>58</sup>).
- ✦ Housework and food preparation shouldn't be done until after chatzos.<sup>59</sup>
- ✦ Food for Shabbos can be cooked on Thursday. Preferably after chatzos. If the hands will get wet then gloves should be worn.<sup>60</sup>
- ✦ One may do so earlier to prevent a loss.<sup>61</sup>
- ✦ A non-Jew may do housework, but not laundry.<sup>62</sup>
- ✦ One who must do work after chatzos should not forget about the destruction of the beis hamikdash. This can be accomplished by listening to shiurim or by reading something about the destruction every half hour or so.<sup>63</sup>
- ✦ Standard jewelry can be worn.<sup>64</sup>
- ✦ It's debatable if smoking cigarettes and ecigs etc. are allowed after chatzos. Those that are lenient should do so at their own physical and spiritual risk.<sup>65</sup>
- ✦ If the night of the Mikveh falls out on Tishah B'av, it is

postponed until the night after Tishah B'av.

- ✦ Mikva prep should preferably be done after Tishah B'av. The fast can be broken before preparing. If there's an issue with preparing then ask a shaila.

## AFTER TISHAH B'AV

- ✦ Once the fast is over, eating before Ma'ariv is allowed. If a lot of cake etc. will be eaten, then appoint a shomer as a reminder to daven.<sup>66</sup>
- ✦ The restrictions of the Nine Days apply until midday of the tenth day of Av.<sup>67</sup>
- ✦ It is preferable to refrain from marital relations,<sup>68</sup> barring necessity.<sup>69</sup>
- ✦ A cool/warm shower is allowed.<sup>70</sup>
- ✦ Children's clothing may be washed if necessary.<sup>71</sup>
- ✦ If there are no pre-worn clothes, fresh, clean clothes may be worn.<sup>72</sup>
- ✦ If one is traveling the next day and needs clothing, laundry may be done in the morning. If really necessary then immediately after Tishah b'av is allowed.<sup>73</sup>

## THURSDAY NIGHT

- ✦ When Tishah B'av falls out on Thursday, laundry for Shabbos may be done immediately after the fast is over.<sup>74</sup>
- ✦ If there won't be time to get laundry done before Shabbos (summer camps) it can be done by a goy after chatzos.<sup>75</sup>
- ✦ Other clothing may be added to a load of Shabbos clothing.<sup>76</sup>
- ✦ Haircuts are only allowed Thursday night if one won't have time on Friday.<sup>77</sup>
- ✦ On Friday morning all laundry may be done.<sup>78</sup>
- ✦ Bathing for Shabbos is allowed on Friday morning if one won't bathe again before Shabbos.<sup>79</sup>
- ✦ Music, meat, and swimming are not allowed until chatzos on Friday.<sup>80</sup>
- ✦ Mikva prep is the same as the halachos of the Nine Days.
- ✦ One should sleep with one less pillow.

## DAVENING

- ✦ Aicha should preferably be said with a minyan.
- ✦ Women do not have to go to a minyan, but should read Aicha at home.
- ✦ Those not fasting should say Nacheim by Mincha, but not Aneinu.
- ✦ Kinot can be said without a Minyan.
- ✦ There is no tachanun or Avinu Malkein on Tisha Bav.
- ✦ Have someone with a talis make the bracha on behalf of others.
- ✦ Some have a minhag to go to the cemetery.

|     |                                         |     |                                          |     |                                                         |
|-----|-----------------------------------------|-----|------------------------------------------|-----|---------------------------------------------------------|
| 1.  | רמ"א (סימן תקנ"ג סעיף ב)                | 28. | מחזה אליהו (סימן פז)                     | 55. | משנה ברורה סימן תקנ"ד סעיף קטן לז                       |
| 2.  | משנה ברורה (סימן תקנ"ג סעיף קטן ח)      | 29. | שולחן ערוך (סימן תקנ"ד סעיף טו)          | 56. | רמ"א (סימן תקנ"ד סעיף כב)                               |
| 3.  | כף החיים (סימן תקנ"ג סעיף קטן יח)       | 30. | קובץ הלכות פרק יח אות יב                 | 57. | שולחן ערוך (סימן תקנ"ד סעיף כד)                         |
| 4.  | תורת חיים (סימן תקנ"ג סעיף קטן ג)       | 31. | ביאור הלכה (סימן תקנ"ד סעיף טו ד"ה סיכה) | 58. | משנה ברורה (סימן תקנ"ד סעיף קטן מט)                     |
| 5.  | ילקוט מעם לועז (דברים)                  | 32. | שיעורי הלכה פרק מט אות י                 | 59. | ערוך השולחן (סימן תקנ"ד סעיף כא)                        |
| 6.  | שו"ת שבט הלוי (חלק י סימן פג)           | 33. | שו"ת שבט הקהתי (חלק ב סימן קצ"א אות ד)   | 60. | מקדש ישראל (סימן רסד)                                   |
| 7.  | שולחן ערוך (סימן תקנ"ג סעיף א)          | 34. | שו"ת מנחת יצחק (חלק ד סימן קי)           | 61. | שולחן ערוך (סימן תקנ"ד סעיף כג)                         |
| 8.  | רמ"א (סימן תקנ"ג סעיף ט)                | 35. | נטעי גבריאל (פרק עג אות ה)               | 62. | שולחן ערוך (סימן תקנ"ד סעיף כב)                         |
| 9.  | שולחן ערוך (סימן תקנ"ג סעיף ז)          | 36. | מקדש ישראל פרק ד' מ'                     | 63. | מקדש ישראל סימן רנ                                      |
| 10. | רמ"א (סימן תקנ"ג סעיף ה)                | 37. | שמעתיא דמשה (עמוד תלג)                   | 64. | נטעי גבריאל (פרק עג אות ח)                              |
| 11. | Halachos of the three weeks (Artscroll) | 38. | מגן אברהם (סימן תקנ"ד סעיף קטן יז)       | 65. | פסקי תשובות סימן תקנ"ה סעיף לג ומקדש ישראל פרק ד אות צא |
| 12. | רמ"א (סימן תקנ"ג סעיף ו)                | 39. | שולחן ערוך (סימן תקנ"ד סעיף כ)           | 66. | מקדש ישראל חלק ד פרק קכ"א אות ב                         |
| 13. | שולחן ערוך (סימן תקנ"ג סעיף ח)          | 40. | משנה ברורה (סימן תקנ"ד סעיף קטן מא)      | 67. | שולחן ערוך (סימן תקנ"ג סעיף א)                          |
| 14. | שולחן ערוך (סימן תקנ"ג סעיף א)          | 41. | נטעי גבריאל (פרק עו אות ט)               | 68. | מגן אברהם (סימן תקנ"ג סעיף קטן ג)                       |
| 15. | באר היטב (סימן תקס"ד סעיף קטן ז)        | 42. | שולחן ערוך (סימן תקנ"ד סעיף כ)           | 69. | כף החיים (סימן תקנ"ג סעיף קטן ז)                        |
| 16. | נשמת אברהם סימן תרי"ב (סעיף קטן ב)      | 43. | קובץ מבית לוי (בין המצרים עמוד כח)       | 70. | נחמת ישראל (פרק מ אות ב)                                |
| 17. | נשמת אברהם (חלק ה סימן תקנ"ד)           | 44. | משנה ברורה (סימן תקנ"ד סעיף קטן ד)       | 71. | שושנת ישראל (פרק יג אות ד)                              |
| 18. | שולחן ערוך (סימן תקנ"ד סעיף ה)          | 45. | שולחן ערוך (סימן תקנ"ד סעיף א-ב)         | 72. | שושנת ישראל (פרק יג אות ד)                              |
| 19. | ערוך השולחן (סימן תקנ"ד סעיף ח)         | 46. | משנה ברורה (סימן תקנ"ד סעיף קטן ז)       | 73. | קובץ הלכות (פרק כב אות ג)                               |
| 20. | קובץ הלכות (דף ר"ב)                     | 47. | שעה"צ תקנ"ד ס"ק י"                       | 74. | משנה ברורה (סימן תקנ"ג סעיף קטן ג)                      |
| 21. | רמ"א (סימן תקנ"ד סעיף ט)                | 48. | קובץ מבית לוי (בין המצרים עמוד לב)       | 75. | מקדש ישראל (סימן רסה ב)                                 |
| 22. | שולחן ערוך (סימן תקנ"ד סעיף י)          | 49. | אורחות רבינו (חלק ב עמוד קעה)            | 76. | קובץ מבית לוי (בין המצרים עמוד לט)                      |
| 23. | משנה ברורה (סימן תקנ"ד סעיף קטן כא)     | 50. | שיעורי הלכה (פרק נא אות ד)               | 77. | שמירת שבת כהלכתה (פרק מב אות נב)                        |
| 24. | שולחן ערוך (סימן תקנ"ד סעיף ט)          | 51. | ערוך השולחן (יורה דעה סימן שפ"ז סעיף ג)  | 78. | נטעי גבריאל (פרק פט אות ד)                              |
| 25. | משנה ברורה סימן תקנ"ד סעיף קטן כא       | 52. | קובץ מבית לוי (בין המצרים עמוד ל)        | 79. | קובץ מבית לוי (בין המצרים עמוד לט)                      |
| 26. | משנה ברורה (סימן תקנ"ד סעיף קטן יט)     | 53. | מקדש ישראל (סימן רסז)                    | 80. | שושנת ישראל (פרק טז אות ו-ז)                            |
| 27. | נטעי גבריאל (פרק סט אות ו)              | 54. | שולחן ערוך (סימן תקנ"ה סעיף א)           |     |                                                         |