

Tisha B'Av Guidelines

This year Tisha B'Av will fall on Shabbat and the fast is delayed (nidche) until Sunday. Accordingly, some of the halachot that apply to Shabbat Chazon and the fast day are somewhat different than usual and the Rav has compiled the following guidelines –

Meat and wine may be enjoyed at all of the Shabbat meals, but care must be taken to finish eating seudah shlishit by 9.05 pm.

- Avelut (practices of mourning) are not observed on Shabbat. However, some are strict to only study areas of Torah which may be studied on Tisha B'Av itself, and unless it is a mikvah night, marital intimacy should be avoided.
- Shabbat ends at 9.57 pm. At that time one should make the minimal Havdalah declaration of **ברוך המבדיל בין קודש לחול** (*Baruch hamavdil bein kodesh lecho*) and Shabbat clothes should be exchanged for weekday clothes and leather shoes should be removed.
- Regular Havdalah is not recited this Motzaei Shabbat but the bracha on the candle is recited.
- Since the fast is deferred, the leniencies that are usually applied on the minor fasts to pregnant and nursing women, as well as to people who are unwell, are also applied on Tisha B'av. If possible these people should fast through the night and not eat or drink until they wake up in the morning. Before eating they should make Havdalah (omitting the brachot on the spices and the candle), substituting fresh apple or orange juice for the wine which is usually used.
- After the conclusion of the fast on Sunday evening Havdalah should be recited before breaking the fast. The brachot on the spices and candle are omitted but wine or grape juice can be used as normal.
- Meat and wine should not be eaten on Sunday evening but laundry and haircuts / shaving are permitted after the conclusion of the fast.

Anyone seeking further guidance or clarification should be in touch with Rabbi Roselaar.