



Tisha b'Av 5780/2020

Service Times & Programme

Wednesday 29 July	
Fast Starts	20:53
Mincha (<i>In shul for those booked and on Zoom</i>)	20:45
Followed by ... A Memorial Service... followed by...	
Maariv, Eicha and Kinnot	
Thursday 30 July	
Rabbi Daniel Roselaar LIVE from Alei Tzion for selected Kinnot	9:00
Chatzot (<i>Midday</i>)	13:06
Guest Dvar Torah from David Levenson (<i>Zoom</i>)	16:45
Special Presentation 'Light from the darkness' (<i>Zoom</i>)	17:00
Mincha followed by Maariv (<i>In Shul and on Zoom</i>)	18:45
Mizrachi 'Tears of a Nation' with Rabbi Shaw & Jonny Turgel (<i>Youtube</i>)	20:45
Fast Ends	21:43

Preparation for the Fast

On Wednesday evening just before the fast we eat the Seudah Hamaf-seket – a meal consisting only of bread, water, and a hard-boiled egg. The egg has two symbols: The round shape reminds us of a sign of the cycle of life. Also, the egg is the only food which gets harder the more it is cooked – a symbol of the Jewish people's ability to withstand persecution.

Food eaten at the Seudah Hamaf-seket is dipped in ashes, symbolic of mourning. The meal should preferably be eaten alone, while seated on the ground in mourner's fashion.

General Laws for Tisha B'Av

- No eating or drinking, bathing or washing.
- Refraining from wearing perfume/aftershave etc. (deodorant is permitted).
- No leather shoes, but leather belts may be worn.
- Refraining from greeting others or offering gifts.

- No learning Torah, since this is a joyful activity, however, it is permitted to learn texts relevant to Tisha b'Av and mourning – e.g. the laws of mourning, the Book of Lamentations, Book of Job and certain parts of Talmud relating to the day.
- One should sit on low chairs. After midday on Thursday (13:06) one may sit on a regular chair.
- Tallit and Tefillin are not worn at Shacharit on Tisha b'Av, but are worn at Mincha instead.

The Day After

- Laws of not washing clothes, not eating meat & drinking wine and not listening to music, usually apply until midday on the day after, but this year the 10 Av falls out on a Friday, therefore certain restrictions are eased.
- In honour of Shabbat, laundering may be permitted Thursday night. Haircuts/shaving and bathing are permitted from Friday morning, but one should still refrain from music and eating meat until the afternoon.



*As usual if you have any questions, please do get in touch.
I hope you have a meaningful fast!*

Rabbi Marc Levene

LINKS FOR ONLINE PROGRAMMES:

Wednesday Mincha/Memorial Service & Maariv - <https://us02web.zoom.us/j/87875926708>

Rabbi Roselaar Live Kinnot Study <https://theus.tv/shacharit-kinnot-live>

David Levenson & Laniado Talk <https://us02web.zoom.us/j/85064771864>

Thursday Mincha & Maariv <https://us02web.zoom.us/j/86183601828>

Tears of a Nation - To follow (Can be found on the Mizrahi Social Media Accounts)