

If I forget Thee Jerusalem... If I do not elevate Jerusalem above my greatest joys...

Special Hebrew Institute of White Plains Schedule for "The 3 Weeks"

At this most difficult time for our people, with the ongoing security challenges posed by forces of terror around and within Israel, our hearts and minds and prayers should be especially focused on our brothers and sisters living in Israel. May they and we be spared more hardship in an era which brings peace soon, and in our days.

Fast of 17 Tamuz (Tuesday, July 20th)

Fast Begins – 4:28 am; Shacharit - 8:30am; Minchah - 7:55 pm; Fast Concludes – 8:58 pm

The "Three Weeks" and "Nine Days"

*Commemorating the period between the breaching of the walls of Jerusalem and the Destruction of the Temple, we refrain from joyous celebration, entertaining ourselves, taking haircuts, and making major purchases. With the arrival of the 1st of Av, (this year on **August 1st** at night) we also refrain from recreational/pleasure bathing, washing clothing/wearing freshly laundered clothing, eating meat and drinking wine (except on Shabbat).*

Tish'a B'Av/The 9th of Av Weekend (August 9th -10th)

The 9th of Av is the day on which we mourn the tragedies that have befallen our people, as it is the date on which the two Temples were destroyed.

Saturday - August 9th

One may eat regular foods throughout the afternoon. There is no traditional seudah hamafseket (with eggs and ashes) on Shabbat. There will be no seudah shlishit at shul this week.

Minchah – 5pm (tentatively; possibly @ 1:30pm. More info. to follow...)

Sunset – 8:01 PM All eating must be completed by this time.

Shabbat ends - 8:46 PM

*If you are driving over after Shabbat, recite "Baruch hamavdil bein kodesh lechol"
1st. Havdallah consists only of the blessing on the fire.*

Maariv and Eichah - 9:00 PM

The Customs of the Day: Please recall that, with the onset of Tish'a B'Av, we maintain certain practices of discomfort as a sign of mourning. These consist of: refraining from food and drink, bathing, moisturizing with oil, wearing leather shoes, and marital intimacy. The restriction on bathing includes washing hands and face (except for the ritual washing upon waking, which is done to the knuckles). We also refrain from activity which brings joy, such as entertainment and even most Torah study. Acting as true mourners, we sit low to the ground, and sleep in a manner less comfortable than usual (e.g. if one is accustomed to using 2 pillows, he should use only 1). We do not extend greetings to one another.

Sunday- August 10th

Shacharit - 8:30am. No tallit or tefillin.

Service includes recitation of selected kinnot (lamentations) with explanation and commentary. Women are most welcome!

Mid-day (chatzot) – 12:59pm

Some of the mourning practices are lifted, including the sitting on low seats and the prohibition against working.

Minchah - 7:35pm Bring tallit and tefillin.

Fast ends – 8:45 pm

As the Holy Temple was set ablaze late in the afternoon on the 9th of Av and burned through the night, we continue our practice of to refrain from eating meat and drinking wine until mid-day in the 10th of Av.

May G-d comfort us among all of the mourners of Zion and Jerusalem

