

Customs and Practices for the “Nine Days” and Tish’a B’Av

Background: The three-week period from 17 Tammuz through 9 Av was a time of tragedy for the Jewish people. Many calamities happened on these specific days and during the time between. The catastrophic events surrounding the Holy Temple in Jerusalem that occurred on those specific days resulted in the long exile, which is still ongoing. On the 17th of Tammuz the walls of Jerusalem were breached during the period of the second Temple, and the 9th of Av marks the day on which both the first and second Temples were destroyed. For that reason it was ordained that this period of 3 weeks shall be observed as days of mourning by the entire nation. Some mourning practices begin on the 17th of Tammuz and they increase in severity as we approach the 9th of Av.

We discussed the customs of the beginning of this period in the last *ChaiLine*. Now we will mention the customs observed after Rosh Chodesh Av.

When: The 9 days begin on Rosh Chodesh Av, which occurs on Monday, July 12, and continue through 9 Av, which occurs on Tuesday, July 20.

Mourning practices: During the entire 3-week period we do not conduct weddings, we refrain from haircuts, and we avoid listening to live music. During the 9 days beginning on Rosh Chodesh we refrain from eating meat and drinking wine (or grape juice), and from wearing freshly laundered and ironed clothes. Freshly laundered undergarments are permitted. None of these restrictions apply to Shabbat. We may also drink the wine or grape juice used for Havdalah, even though it is no longer Shabbat, however it is preferable that a child drink the wine or grape juice. We also do not launder or dry clean clothes during this period, even for use after the 9 days. Swimming and bathing for pleasure is likewise forbidden. Bathing for hygienic and health reason is permitted. Purchasing “items of joy” should be avoided unless their cost will be higher, or the item will not be available, after Tish’a B’Av. Shaving is avoided during the 9 days, or at least the week in which Tish’a B’Av occurs, and is forbidden on Tish’a B’Av itself – Monday night and Tuesday.

Erev Tish’a B’Av: Before sunset it is customary to eat a *seudat hamafseket*, the last meal before the fast commences. The regular meal eaten in order to have the strength to fast is consumed earlier. This meal is a meal of mourning. It consists of just one course, usually a hard-boiled egg, and bread. This meal is eaten while sitting on a low chair, just like during Shiva, and consumed in solitude. This is the

last food that one should consume before the fast.

Tish’a B’Av is observed for the full 24-hour period, beginning at sundown on Monday, July 19. All the restrictions of Yom Kippur apply: It is prohibited to eat and drink; we are not allowed to wash, anoint oneself, wear leather shoes or engage in marital relations. If you need to take medication or consume food or drink due to health reasons, please consult with the rabbi. It is also customary to sit on a low chair or on the floor, as during Shiva, until Mincha on Tish’a B’Av.

Ma’ariv service: After the evening service we read the book of *Eicha* (Lamentations), followed by several *kinot*, poetic dirges which recall the destruction of the Temple.

Shacharit service: We do not don Tallit or Tefilin and following the service many *kinot* are recited which recall the many tragic events that occurred on this day.

Mincha service: We wear our Tallit and Tefilin and the traditional service for a fast day is recited.

After Tish’a B’Av: Some of the restrictions of Tish’a B’Av continue until noon of the next day. It is customary not to eat meat or drink wine or grape juice until after noon. It is permissible to wear leather shoes and bathe immediately after the fast. We are not permitted to wash clothes, get a haircut or shave until after noon.

Our sages teach that whoever mourns over Jerusalem will merit the future vision of her joy. As it is written in Isaiah (Chapter 66, verse 10), “rejoice greatly with her, all who mourn her.”

Shul Calendar

The shul calendar is in the process of being finalized, so get any changes or additions to me as soon as possible. Also, please note the following:

- to defray rising costs, the price of the calendar is now \$15
- because we had a space problem last year, only current shul members and associate members are now entitled to make personal insertions (of birthdays, yahrzeits and anniversaries)
- birthdays and anniversaries are now limited to actual members and their children living at home (i.e., no free listings of extended family members such as in-laws or children who have moved away and no longer belong to the shul)
- listings of non-members and extended family members can be made for a fee of \$10 per listing
- Those purchasing an ad for \$36 will be entitled to the calendar and the placement of 3 extended family listings free-of-charge.

Dan Gold

Please Clip and Save

Plan Ahead 2010

August 22 – ChaiLine Deadline

October 9 – Shabbat Luncheon

October 13 – Sisterhood Paid-Up mtg.

October 21 – Shul Board mtg.

November 10 – Sisterhood mtg.

November 13 – Shabbat Luncheon

November 18 – Shul Board mtg.

To Be Announced– InterSisterhood @
Beth David

December 11 – Shabbat Luncheon

December 14 – ChaiLine Deadline

December 16 – Shul Board mtg.

2011

January 8 – Shabbat Luncheon

January 12 – Sisterhood afternoon mtg.

January 20 – Shul Board mtg.

February 5 – Ice Cream for Breakfast Kiddush

February 9 – Sisterhood mtg.

February 12 – Shabbat Luncheon

February 17 – Shul Board mtg.

February 27 – ChaiLine Deadline

March 9 – Sisterhood mtg.

March 12 – Shabbat Luncheon

March 24 – Shul Board mtg.

April 3 – Passover Workshop/Rabbi Silber

April 3 – ChaiLine Deadline

April 9 – Shabbat Luncheon

April 21 – Shul Board mtg.

May 11 – Sisterhood Donor/Dessert mtg.

May 14 – Shabbat Luncheon

May 19 – Board mtg.

May 22– ChaiLine Deadline

June 9 – Shavuot Luncheon

June 11 – Shabbat Luncheon

June 15 – Sisterhood Closing Dinner

June 16 -- Congregation Annual mtg.

June 18 – Graduates Kiddush

July 17 – ChaiLine Deadline

September 11 – ChaiLine Deadline

Recipes

The following recipes are for the food served at the Sisterhood Closing Dinner, June 9. Rivky Slonim (the chef for the evening) is graciously sharing them with us.

SALMON (6-8 pieces salmon)

Poach fish (boil water in shallow pan [fry pan], when water comes to a boil put fish in for 5 minutes) do not overcook as it will fall apart.

Put fish in container that has a lid. Pour pickling mixture over fish. Should be in marinade at least 24 hours. Can last for months in marinade.

MARINADE

1 C water	1 C vinegar	1/2 C
ketchup		
1/2 C sugar	1 t. pickling spice	sliced onion

PASTA (Per lb. of cooked linguini)

1 can chick peas	1 box frozen peas
1 can of black olives and	1 small jar of green olives, cut into slices
1 bag of frozen broccoli	1 can artichokes (optional)
1/2 cup sliced almonds toasted (put in before serving)	

DRESSING

1 cup olive oil	6 T. red wine vinegar
1/2 cup fresh parsley (I use dry, too hard to check fresh for bugs properly)	
1 T. + 1 t. Dijon mustard	1t. curry powder
1 t. garlic powder	salt and pepper to taste

I think it should be made at least one day in advance (at least the pesto should be mixed with the pasta so it marinades properly)

SAUCE FOR STEAMED ASPARAGUS

2 T. Dijon mustard	1 1/2 T. balsamic vinegar
1/2 cup olive oil	salt and pepper to taste

DRESSING FOR SALAD

You can use destemmed baby spinach or hearts of romaine, slice strawberries -- top with pecans or sugar coated pecans

Sauce makes enough for 15-20 portions of salad

1 cup olive oil	1/3 cup cider vinegar
3/4 cup sugar	1/3 cup ketchup
1 t. Worcestershire sauce	1 T. minced dried onion (or fresh is fine)
Mix together with a whisk, do not use a food processor	

RED CABBAGE SALAD (Should marinate a while before serving)

Pour over one head of shredded red cabbage the following dressing:

1 cup oil	1/4 cup vinegar	2 cloves crushed garlic
2 T. peanut butter	1/2 cup sugar	salt and pepper to taste

Toss in roasted sunflower seeds or pine nuts (if you can afford them) right before serving.

Publicity

In order to get the information about a dinner, program, meeting, social gathering, sale, etc. out to our members and the community, publicity is needed. Paula Rubin is the person who handles Beth David publicity, but she cannot do it alone.

If you are the person in charge of any "affair" at Beth David, please contact Paula well in advance so she can take care of publicizing the event.