The fast of Seventeenth of Tamuz (4:19 AM-8:58 PM)

This coming Sunday July 8th we commemorate the Seventeenth of Tamuz. A day in which five tragedies happened to the Jewish people (see **here**)
√ The fast begins at dawn, which in Great Neck NY is at 4:19 AM. The starting time of the fast is only relevant if before you went to sleep you were planning to wake up early – before the fast begins– to eat or drink. However, if at the time you went to sleep you planned to wake up *after* dawn, in fact you have already accepted and started the fast from the night.
So, if you randomly wake up earlier than 4:19AM, you cannot eat or drink. The Ashkenazi custom, however, is to allow drinking in this case because drinking water, for example, is not like a planned meal or a snack.
√ If during the fast you forgot about the fast and you ate or drunk something, you still have to continue with the fast when you realize it is a fasting-day. You should not cancel the fast altogether because of that mistake. In this involuntary case, also, you don't need to make up for this fasting day by fasting another day.
√ If you forgot it is a fast day and you said a *berakha* (blessing), for example, on a glass of water, according to the Sephardic tradition you should take a little sip of water because a *berakha*in vain is considered a Biblical transgression, i.e., a violation of the Third Commandment "You shall not pronounce the name of HaShem your God in vain". Ashkenazi rabbis, however, considered that saying a blessing in vain is not a Biblical but a Rabbinical violation, and therefore one should still abstain from eating or drinking upon realizing his mistake.

The fast ends at 8:58 PM
Shabbat Shalom!
Candle lighting in NYC 8:11 PM
Shabbat ends in NYC 9:19 PM.

Click **here** to see who is exempted from fasting

Due to the current hot weather situation in NY, people should take extra precautions to avoid dehydration. Symptoms of dehydration are: vomiting, feeling very nauseated or very weak or light headed, despite lying down. If you have any symptoms of dehydration you must break the fast and drink water immediately.

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