The Week of Tisha BeAv: Laws and Customs

From the 17th of Tammuz until the end of the 9th of Av we observe certain restrictions as an expression of mourning for the destruction of the Bet HaMikdash.

Weddings: No weddings are celebrated during these three weeks.

Shehecheyanu: We avoid eating a new fruit or wearing a new garment, which would require the beracha of Shehecheyanu.

Music: We refrain from listening to instrumental music or attending events with music.

From Rosh Hodesh Av

From the beginning of the month of Av we do not eat meat or drink wine, with the exception of Shabbat.

The Week of Tisha Be'av (□□ □□□ □□□□)

Our mourning reaches a higher level during the "week of Tisha Be'av," which extends from the end of Shabbat Hazon – the Shabbat before Tisha Be'av – until the fast. This year, that week began on Saturday night, July 18, and extends until the fast ends.

In addition to the practices already mentioned, during this week we refrain from:

Laundry and Freshly Laundered Clothes: Doing laundry or taking clothes to the dry cleaners during this week is prohibited until after the fast. We also refrain from wearing freshly laundered clothing (except undergarments) until after the fast.

Haircuts and Shaving: It is prohibited to get a haircut or

shave during this week until after the fast.

Bathing: We do not bathe or shower with hot water until after the fast. One may, however, wash for hygiene, washing the body in parts with a hand-held shower and warm water.

The Fast

Tisha Be’av begins Wednesday night, July 22 (8:20 pm in NY) and ends Thursday night, July 23 (8:49 pm).