

Three Weeks, Tisha B'Av & Tu B'Av

Watch overview videos:

- **Tisha B'Av Crash Course (6:44)**
<http://www.youtube.com/watch?v=Z2RF7wFlv0Q#t=19>
- **What is Tisha B'Av (3:18)**
<http://www.youtube.com/watch?v=r3TW5M5wotQ>

Three Weeks Basics:

Read: <http://bit.ly/1jXo1Et>

What is it: The Three Weeks is an annual mourning period when we mourn the destruction of the Temple and the exile.

Hebrew: Bein ha-Metzarim

Meaning: Between the Straits

Jewish Date: The “Three Weeks” begin on 17th Tammuz (Tzom Tamuz) and conclude on the 9th of Av (Tisha B'Av)

Secular Date: Summer

Length: Three Weeks

Themes:

- Mourning
- Destruction of Temple

Tu B'Av Basics:

What is it: Celebratory holiday that begins the renewal and repair after the mourning of the Three Weeks

Jewish Date: 15th of Av

Secular Date: Summer

Length: 1 day

Themes:

- Renewal
- Grape Harvest
- Marriage and love

History:

Tzom Tammuz

Read: <http://bit.ly/KeyEIU>

- The day that kicks off the “three weeks” and is considered to be the day when the walls of Jerusalem were breached a major event that led to the fall of the first Temple. Before the fall of the 2nd Temple, Tzom Tammuz was observed on the 9th of Tammuz. After the fall of the 2nd Temple it was moved to the 17th of Tammuz, its current date
- Five calamities are said to have occurred on Tzom Tammuz
 1. Moses breaking the stone tablets
 2. Daily “tamid” offering ceased due to sheep shortage
 3. Breaching of the walls of Jerusalem
 4. Burning of a Torah scroll prior to Bar Kokhba’s rebellion
 5. An Idol was erected in the Temple

Tisha B’Av

Read: <http://bit.ly/19tj7Vi>

- Date where a huge number of calamities of the Jewish people are said to have happened
- Five calamities mentioned in Talmud
 1. The incident with the 12 Spies that caused the Israelites not to enter the Holy Land (Numbers 13-14)
 2. Fall of the 1st Temple
 3. Fall of the 2nd Temple
 4. Roman crushing of Bar Kokhba's rebellion
 5. Plowing over of Jerusalem by the Romans
- Beyond these official five, there are many other tragic events that are said to have happened on the 9th of Av in ancient and modern times including the expulsion of the Jews from Spain in 1492

Tu B’Av

Read: <http://bit.ly/1bucM09>

- In ancient Israel Tu B’Av (15th of Av) was a matchmaking day for unmarried women
- According to the Mishna, it was a day when the Tribes could “mingle” or inter-marry and when unmarried women would wear borrowed white dresses and dance in the vineyards
- The Mishnah says that Tu B’Av was considered as important as the Day of Atonement (Yom Kippur) in ancient Israel (but not a fasting day)
- In modern Israel the day has become similar to Valentine’s Day

Please note: this text may not be shared or reproduced without the written permission of the Darshan Yeshiva.

Halakhah:

- Tzom Tammuz
 - Minor Fast, which lasts from dawn to dusk
 - Food and drink are prohibited, but washing and wearing of leather shoes are acceptable
- Tisha B'Av
 - Full fast day (like Yom Kippur)
 - 25 hours in length
 - No eating or drinking
 - No washing or bathing for pleasure
 - No using creams or oils
 - No wearing of leather shoes
 - No sexual relations
 - No Torah study, as it is considered pleasurable, with the exception of Lamentations, Job, Jeremiah and parts of the Talmud about mourning customs
 - Tefilin and Tallit are not worn at Shacharit

Customs:

Read: <http://bit.ly/1kTaw6w>

Liturgy:

Read:

- Tzom Tammuz
 - Vayechal and Anenu prayers are added to the morning and afternoon prayers. Ashkenazim add the Anenu only to Mincha (afternoon) service
 - Anenu: <http://bit.ly/1bqAN7m>
 - Some recite Selichot (penitential prayers) during Shacharit
- Tisha B'Av
 - Eicha (Lamentations) is read during Maariv (evening) services
 - Special sad poetic dirges called Kinnot (קינות) are read after the reading of Eicha
 - Sephardic congregations often read Job during Shacharit (morning) of Tisha B'Av
 - Ashkenazic congregations add a special paragraph called "Nachem" to the Amidah during the Minchah (afternoon), which is about consolation after the destruction of Jerusalem

Please note: this text may not be shared or reproduced without the written permission of the Darshan Yeshiva.

Sources and Bibliography

Books:

- The Jewish Holidays: A Guide & Commentary, Michael Strassfield
- Seasons of our Joy, Arthur Ocean Waskow
- The Jewish Book of Days, Jill Hammer
- Celebrating the Jewish Year: The Spring and Summer Holidays, Paul Steinberg and Jessica Greenstein Potter
- The Rosh Chodesh Table: Foods at the New Moon, Judith Solomon
- Seasons for Celebration, Karen L. Fox and Phyllis Zimmler Miller
- Encyclopedia of Jewish Symbols, Ellen Frankel and Betsy Patkin Teutsch
- Full Moon Feast: Food and the Hunger for Connection by Jessica Prentice

Websites:

- http://www.chabad.org/library/article_cdo/aid/947558/jewish/What-are-the-Three-Weeks.htm
- <http://www.jewfaq.org/holidayd.htm>
- http://www.chabad.org/library/article_cdo/aid/144573/jewish/Three-Weeks.htm
- http://en.wikipedia.org/wiki/The_Three_Weeks
- <http://www.aish.com/h/9av/oal/48944076.html>
- http://en.wikipedia.org/wiki/Tu_B'Av
- http://www.myjewishlearning.com/holidays/Jewish_Holidays/Tisha_BAv/Rituals_and_Practices/The_Three_Weeks.shtml
- http://www.myjewishlearning.com/holidays/Jewish_Holidays/Minor_Fasts/Ideas_and_Beliefs/17-tammuz.shtml
- http://www.myjewishlearning.com/holidays/Jewish_Holidays/Modern_Holidays/Tu_BA_v.shtml
- <http://www.jewishvirtuallibrary.org/jsource/Judaism/tubav.html>
- http://www.chabad.org/library/article_cdo/aid/53680/jewish/15th-of-Av.htm
- http://telshemesh.org/av/ritual_for_tu_bav_5764aug_2_2004.html
- <http://www.ritualwell.org/ritual/tu-bav-ritual-beyond-jewish-valentines-day>
- <http://www.rabbinicalassembly.org/jewish-law/holidays/tishah-bav>
- http://en.wikipedia.org/wiki/Seventeenth_of_Tammuz
- <http://www.jewishvirtuallibrary.org/jsource/Judaism/tammuz.html>

Please note: this text may not be shared or reproduced without the written permission of the Darshan Yeshiva.