

From Rabbi Hirsch

Some relevant halachot of Tisha B'av:

1. Havdalah is postponed until Sunday night and recited with wine or grape juice only; spices and candle are not used.
2. All eating and drinking are forbidden. Swallowing capsules, bitter tablets, or liquid medicine without water is permitted. If you have a health issue, you may consult me privately.
3. All bathing for *pleasure* is prohibited, even with cold water. One may wash dirty or sullied portions of the body and if necessary, use soap or warm water to remove the dirt or odor. Washing for cooking or for medical purposes is permitted.
4. Anointing for *pleasure* is prohibited including oil, soap, alcohol, cream, ointment, perfume, etc. Anointing for medical reasons is permitted, as well as using deodorant to remove bad odor.
5. Marital relations are prohibited.
6. Shoes made wholly or partially of leather are prohibited. Shoes made of cloth, rubber or plastic are permitted. If you only own shoes made with leather, you may consult me privately for instruction.
7. Since the heart rejoices in the study of Torah, it is prohibited to learn topics other than those relevant to Tisha B'Av or mourning.
8. One should deprive oneself of some comfort in sleep at night, such as reducing the number of pillows one is accustomed to using.
9. Sitting on a normal chair is avoided until **1:06 PM** during the day. One may sit on a low bench or chair, or on a cushion on the floor.
10. One should not greet others enthusiastically on Tisha B'av, and one should try not to divert from mourning via recreation or time-consuming activities.
11. Talit and tefilin are worn by Ashkenazim at Mincha and not at shacharit.

May this be the last tragic Tisha B'av we commemorate.