

# The Laws of Tishah B'Av that Coincides with Shabbos

## Shabbos

- One can be lenient and study any area of *Torah* the entire *Shabbos*, even after *chatzos*.
- The *seudah hamafsekes* restrictions do not apply on *Shabbos*. At *seudah shlishis*, one may eat meat and drink wine and consume whatever food he desires.
- However, one should not state explicitly that he is eating in order to have strength for the fast.
- Eating, drinking, and washing any part of the body is permitted up until *shkiyah* (sunset).
- One may sit on a chair until *tzeis hakochovim* (nightfall).
- It is not proper to wear *Shabbos* clothes on *Tishah B'Av*, therefore it is recommended to change clothes after nightfall, but before *Maariv*.
- *Baruch hamavdil* should be recited before changing into weekday clothes.
- No preparations for *Tishah B'Av* may be made until *Shabbos* is over.
- *Tishah B'Av* shoes or *Kinnos* may not be brought to *shul* before nightfall.

## Motzei Shabbos

- *Leather* shoes should be removed only after nightfall after reciting *baruch hamavdil*.
- *Atah chonantanu* is said in *Shemoneh Esrei* of *Maariv*.
- *Borei me'orei ha'aish* can be recited anytime throughout the night. A woman should hear it from a man.
- One can fold his *tallis* as on every *motzei Shabbos*.
- Dirty dishes from *Shabbos* should not be washed until Sunday after *chatzos*, unless they will attract insects, etc.

## Sunday

- Pregnant or nursing women and elderly or weak people do not have to fast this year because it is a deferred fast. However, one should attempt to fast at least at night.
- Before breaking a fast because of weakness this year, *Havdalah* should be recited. Many *poskim* hold that *Havdalah* should be recited on a *shehakol* beverage, preferably beer (or if one can't drink beer, hot coffee or tea with or without milk), and not wine or grape juice.
- This year there is no *besomim* at *Havdalah* and *Henei kail yeshuasy* is not recited.
- The preferred option is that a man<sup>1</sup> should recite *Havdalah* for a woman, and have the woman drink it. If that cannot be arranged, she can recite her own *Havdalah*.
- Minors do not need to hear or recite *Havdalah* before eating.

## Sunday Night

- After the fast is over, one may not eat until *Havdalah* is recited. A woman should hear *Havdalah* from her husband or a neighbor.
- If it is difficult for a woman to wait, she may drink before for *Havdalah*.
- *Havdalah* may be recited over wine or grape juice, and it does not need to be given to a minor to drink.
- Only the blessings of *borei pri hagafen* and *hamavdil* are recited. *Borei me'orei ha'aish* is not recited, even if one forgot to recite that blessing the previous night.
- Since Sunday is the tenth of Av, it is permitted to take a haircut, shave, do laundry, sew, bathe and recite *shehecheyanu* immediately after the fast.
- Meat and wine (other than the wine from *Havdalah*) should not be consumed until the next morning. Listening to music should be avoided until the next morning.

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<sup>1</sup> If he does so he does not make *Havdalah* again on motzei *Tishah B'Av*.