



From the Bima

Tisha B'Av ~ The other Fast Day

Most everyone fasts on Yom Kippur . Most people have no idea what Tisha B'Av is or when it falls. It is the other major fast day on the Jewish calendar – major being a 24-hour fast rather than a sunrise to sunset fast. Tisha B'Av commemorates the destruction of the ancient Temple in Jerusalem – both of them the First Temple by the Babylonians in 586 BCE and the Second Temple in 70 CE by the Romans both destructions taking place on the 9th day of the Hebrew month of Av according to Jewish tradition.

This year Tisha B'Av falls on Wednesday night August 2 and Thursday 8/3. Tisha B'Av begins with a somber service after dark (9 PM here at Shomrei Torah). It is done quietly in dim lighting the main

feature is the chanting of *Eicha* (The Biblical Book of Lamentations) to a mournful tune. Then at our 6:45 AM morning minyan we have the one service of the year where we do not wear talit or tefilin – we just too sad. Our prayers are read rather than chanted, there is a special Torah reading and Haftarah for Tisha B'Av. Then at our regularly scheduled 7:45 PM Minha/Mariv service we put on our talit and tefilin, we chant our prayers and we have yet another Torah reading and Haftarah as our spirits lift and our fast concludes.

I hope that you will join us for this once a year special commemoration. If you've never been it is certainly different from anything else you'll experience this year. Give it a try and feel the connection to Jews the world over and throughout time.

Wishing you a *Tzom Kal*, an easy Fast!

Rabbi Randy Mark

