

בס"ד. מוצאי יום הבהיר, ה' טבת, תש"פ.

To the families of *Anash* שיחיו of the community at the EU - Brussels
And virtualcommunity@sichosacademy.org

This document may not be published on any website without written permission by the author.

Reminders for Tuesday, *Asoro Beteves* 5780 (Jan. 7 2020).

With best wishes that this year we will **celebrate** *Asoro Beteves* in the third *Bais Hamikdosh*!!

Rabbi Levi Y. Garelik

Rabbigarelik@sichosacademy.org

* * *

Please post this on the refrigerator or in a central location.

The fast:

1. Pregnant or nursing women and people who are ill do not need to fast.
2. One who is not feeling well or finds it difficult to fast should contact the *Rov* as early as possible and not wait for the last minute...
3. The fast starts at *Alos Hashachar* (dawn) – (see times in the local calendar).
4. One who wants to get up before dawn to eat or drink something (to alleviate the fast):
 - a. Must make (verbalize) a condition on Monday night, before going to sleep, that they are planning to eat or drink before dawn.
 - b. Must say *Birchois Hashachar* when they wake up and finish eating and drinking before dawn!
 - c. If the condition was not made before going to sleep, it is not permitted to eat after one goes to sleep.
5. One may shower, apply ointments etc. on this fast day.

***Shacharis*:**

1. *Davening* is regular until after *Tachanun* ("Mikoil Avoinoisov"). [The *chazzan* says *Aneinu* in the repetition of the *Amida*].

2. After “*Mikol Avoinisov*”, before *Ovinu Malkenu*, *Slichos* is recited. Even one who doesn’t fast says *Slichos*.
3. After *Slichos*, the long *Ovinu Malkeinu* and *Vaanachnu Lo Neda* and *Chatzi Kadish* are recited.
4. Then we read the *Torah - Vayechal*, [**no** *maftir*] followed by *Chatzi Kadish*, *Hagboho*, *Ashrei Uvo Letzion* till the end of *Davening*.

Tzedokoh:

During the day we give *Tzedoko* equivalent to the estimated amounts of the meals that we are fasting. (*Hisvaaduyos* 5749 vol. 2 pg. 460).

Mincha:

Since *Mincha* is longer than usual due to the reading of the *Torah* and *maftir/Haftorah*, and *Ovinu Malkeinu* - special consideration should be made to *daven* with enough time before the *Shkiya* (sundown).

The order of *Mincha*:

1. *Korbonois* and *Ashrei* (*Chatzi Kadish*).
2. *Krias Hatorah* of *Vayechal*. The third *Aliya* is *maftir* (no *Kadish*) and the *Haftoro* is read. Then we say *Yehalelu*, *Chatzi Kaddish*.
3. The *Amidah*:
 - a. *Tachanun* is recited.
 - b. Those who are fasting add “*Aneinu*” in the blessing of “*Shomea Tefila*”. If one forgot and remembered after saying *Hashem’s* Name of “(Boruch Ato) *Hashem Shomea Tefila*”, it should be said after “*Elokai Netzor*” before the second “*Yihyu Leratzon*”. If the *Amidah* was completed (started taking three steps back), the *Amidah* is not repeated.
4. [In the repetition of the *Amidah*, the *Chazan* says *Aneinu* and *Birchas Kohanim*].
5. *Tachanun* and the long *Ovinu Malkeinu* and *Vaanachnu Lo Neda* are now recited followed by *Kadish Tiskabel* and *Oleinu Leshabeach*.
6. After *Mincha* the Rebbe would say a *Sicha* (*Divrei Kivushin*).

The fast ends: (see times in the local calendar).

May these days be transformed to days of joy immediately!!!

יהפכו ימים אלו לששון ולשמחה ולמועדים טובים!