

To the families of Anas"h of the community at the EU – Brussels
And the members of virtualcommunity@sichosonline.org שי'

Reminders for the month of *Menachem Av* 5780

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May these days quickly turn into days of joy with the revelation of *Moshiach Tzidkeinu* immediately!

Levi Yitzchok Garelik
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Throughout the 9 days

- **Siyum:** It is customary to hear and take part in a '*Siyum Maseches*' (completion of a tractate of the *Gemoro*) each day of the nine days (even on the radio etc. - but we do not eat meat afterwards). You can hear one every evening on Chabad.org and on the Radio. I will be making a Siyum tonight on *Masechte Nida* at 8:00 pm on the above program. We give *Tzedoko* during the *Siyum*.
- **Torah, Tzedakah:** We add in the learning of *Torah* and giving *Tzedokoh* based on the *Possuk* ציון במשפט תפדה ושבי' בצדקה.
- **Hilchois Beis Habechira:** There are eight chapters in the laws of the *Bais Hamikdosh* of the *Rambam*. Every day of the eight days before *Tisha Beav* we learn one chapter.
- **Shehecheyonu:** We do not recite the blessing of *Shehecheyonu*, even on *Shabbos*.
- **Bris Mila and pidyon haben:** If there is a *Bris* or *Pidyon Haben*, we do eat meat and drink wine.
- **Tish'a B'av shoes:** If one does not have shoes for *Tish'a B'Av*, it is permissible to buy them during the 9 days.
- **Pregnant or nursing women** who find it hard to fast should consult (a doctor, and then) the *Rov*. **Please do not wait until the last minute!**
- **Kidush Levono:** It is not recited until after the fast of *Tish'a beav* (Thursday night).

Wednesday, Erev Tisha B'Av

- * **Chitas and Hilchois Bais Habechira:** Should be learned before *Chatzos*/midday. [Bedieved – until the *Shkia*].
- * **Daily Rambam:** May be learned only until *Chatzos*. (If it wasn't done then, it should be learned after the fast.)
- * **Learning Torah:** After *Chatzos*/midday one may learn only topics allowed on *Tisha B'Av* (Excerpts from tractate *Moed Katan*, *Taanis*, *Gittin* etc.). One may learn *Chassidus*.

Mincha

* *Tachanun* is not recited.

Seuda Hamafsekes (the meal prior to the fast):

1. Since you have to finish eating, including *Birchas Hamazon*) before *Shkia*/sundown, plan to begin the meal early enough to be finished on time.
2. Prepare ashes, bread and hard boiled eggs.

3. Three (or more) men should not sit together as to not cause the need to make a *Zimun*. If they did sit together, they still do not make a *Zimun*.
4. We change into the *Tish'a B'av* shoes before dark, not before *Seuda Hamafsekes*.
5. We sit on a low stool. (Elderly people, pregnant women etc. who find it difficult to sit on a low stool, do not have to).
6. We may not drink alcoholic beverages but we may have coffee or tea.
7. At the meal we eat bread dipped in ashes, and a cold hard-boiled egg dipped in ashes.
8. *Birchas Hamazon* is recited as usual.

Before Dark

* We change into the “*Tisha B'av*” shoes.

Maariv

1. Aveilim, should prepare the third chapter of Moed Koton for the Mishnayos which are recited after Maariv.
2. Before *Maariv* we remove the *Poroiches* from the *Aron Kodosh*, and the cover of the *Bima* and the cover of the *Shtender* of the *Chazan*. The lights are dimmed.
3. We sit on a low stool/chair.
4. After the *Amidah*, *Kadish Tiskabel* is recited.
5. *Eicha* is recited.
6. **Veato Kodosh:** After the evening Kinos, *Veato Kodosh* is recited (and *Kadish* without *Tiskabel* – like *Kadish yosom*)).
7. **Oleinu Leshabeach:** Then we recite *Oleinu Leshabeach*. [Mourners say kaddish, then they recite the *Mishnayos* of the third chapter in *Moed Koton*, they do not recite *Rabbi Chananyo Ben Akashio* and they recite *Kadish Derabonon*].
 - In 5751 the Rebbe distributed dollars after *Maariv*.

During the Evening

1. **Netilas Yadaim** (after using the washroom) is only until the knuckles.
2. **Learning Torah:**

On *Tish'a B'av*, the Rebbe Rasha”b would learn *Midrash Eicha Rabba* and the *sugya* of 'Rabbi Yochanan' in *Perek Hanizokin* (in *Masechte Gittin* Pages 55-58).
3. **Chassidus:** It is permissible to learn *Chassidus* (*Pnimius Hatorah*).
4. **Siyum:** A *siyum* should be made on any of the *Masechtos* that are permitted to be learned on *Tish'a B'av* (*Moed Koton*, *Smochois*).
5. **Story of the Heiliger Ruzshiner:** it is proper to read the story of the *Heiliger Ruzshiner* printed in *Sefer Haminhogim* on page 48 as follows:

The Tzemach Tzedek, who used to refer to the Rebbe [R. Yisrael] of Ruzhin as "the holy Ruzshiner," once related: "The holy Ruzshiner would not tolerate any "depression" nor even bitterness - with the result that his Chassidim became playful. One Tish'a B'Av they occupied themselves for a while tossing burs at each other. They then decided to climb on to the roof of the Beis Midrash, and to lower a noose over the entrance. Whoever walked in the door could then be lassoed and promptly pulled on to the roof. The prank succeeded until, sure enough, who should walk in but - their Rebbe, the Ruzshiner. From up there it was hard to tell one hat from another, and only when the Tzaddik was halfway up did they identify him.

When they had lowered him to the ground he exclaimed: 'Master of the Universe! If Your children do not observe Your Yom-Tov, then take it away from them!'

* **Sleeping:** It is not our custom to sleep on the floor or to place a stone under the head etc.

Thursday Morning, *Tish'a B'Av*

- * **Netilas Yodaim** only till the knuckles (like on Yom Kippur).
- * "**שעשה לי כל צרכי**" is not recited until tomorrow.
- * **Good morning:** We do not wish each other "good morning", "good day" etc.
- * **Mikvah:** We do not go to the *Mikvah* this morning.

In *Shacharis*

1. Aveilim, should prepare the third chapter of **Moed Koton** for the **Mishnayos** which are recited after *Shacharis*.
2. **Tachanun** is not recited.
3. **Tallis and Tefillin:** We do not put on *Tallis* and *Tefillin*.
4. **Tzitzis:** The *Tzitzis* are not held at any point during *davening* (*Boruch Sheomar, Krias Shma*).
5. (*Chazan* says *Aneinu* and does not say *Birchas Kohanim*).
[אם שכח עננו: אם נזכר לפני שאמר (ברוך אתה) ה' רופא וכו' חוזר ואומר עננו ורפאנו. אבל אם כבר אמר "ה' רופא" אז אומר עננו בשומע תפילה וחותרם ברוך אתה ה' העונה בעת צרה ושומע תפלה. אם שכח גם שם, אומרה כברכה בפני עצמה אחרי שים שלום].
6. **Krias Hatora:** The cover of the *Bima* is placed and we read the *Torah* (*Ki soild Bonim*). The third *aliya* is *Maftir*. (Half *Kaddish*. *Haftorah*. *Yehalelu* and return the *Sefer Torah* to the *Aron Kodesh* – no *Kadish* yet. See #9 below).
7. *Kinos*.
8. We say *Ashrei*. We do not say *למנצח..יענך*.
9. *Uvo Letzion* is said as follows: First we say "ובא לציון..." until "נאום ה'", then we omit the *possuk* ... זאת בריתי... ואני זאת בריתי... ועד עולם and then we continue from *ואתה קדוש* as regular. Whole *Kaddish* without *Tiskabel* (like *Kadish Yosom*).
10. We do not recite *shir shel yom* and *Ein Keloikenu* (they are recited before *Mincha*).
11. *Aleinu* is recited. [Mourners say the *Mishnayos* of the third chapter in *Moed Koton* and do not say *Rabbi Chananyo Ben Akashio*, and recite *Kadish Derabonon*].
12. Each person reads *Eicha* to himself.

After *Chatzos* (midday) –

- * It is permissible to sit on a regular chair.
- * **The Daily Rambam:** is learned after *Maariv*.
- * **Hilchois Bais Habechira:** May be learned after *Chatzos* or after the fast.

Mincha

Since *Mincha* is considerably longer than usual, as we add parts of *Shacharis, Krias Hatora* and *Maftir, Tefillin* of *Rabenu Tam* etc. - *Mincha* should be scheduled at least an hour before *Shkia*.

1. In *Shul*, before *Mincha*, (if there is only one *Sefer Torah*) we roll back the *Sefer Torah* to *Vayechal* and return the *Paroches* to the *Aron Kodesh*, the *Bima*, and the *Omud* of the *Chazan*.
2. We put on the *Tallis* and *Tefillin*.
3. We say the three paragraphs of *Shema*;
4. *Shir Shel Yom; Kadish*.
5. *Ein keloikenu. Kadish*. (No *Oleinu Leshabeach* as it was already said in the morning)
6. *Tehillim [Kadish], Chitas*.
7. *Korbonos* and *Ashrei* for *Mincha*. Half *Kadish*.
8. *Krias Hatorah (vayechal)* and *Maftir*. After the *Haftoro*, (as) the *Sefer Torah* is returned to the *Aron Kodesh*, *Chatzi Kadish* is recited.
9. In the **Amidah** we add: A. In *Boinei Yerushalayim* we add **Nacheim** and B. in *Shomea Tefila* we add **Aneinu**. (One who is not fasting does not say *Aneinu*).

Reminders for Menachem Av 5780 – Rabbi Levi Garelik – Sichosacademy.org

- **If one forgot to say *Nacheim*:** He should say it in *Shema Koleinu* after *Aneinu*. If he forgot there, he could say it before *Vesechezeno*. If he forgot there, he can say it before *V'al Kulam*. If he forgot completely, he doesn't have to repeat the *Amidah* again.
 - **If one forgot to say *Aneinu*:** he should say it before the second '*Yihyu Lerotzon*' but should not say the *Beracha* at the end. If he forgot completely, he doesn't have to repeat the *Amidah* again.
10. In *Chazaras Hashatz*, *Aneinu* is added between the *Brocho* of גואל ישראל and רפאינו. *Nachem* is added in שומע תפילה and *Birchas Kohanim* is recited.
 11. *Aleinu* and *Kaddish*. Mourners *Mishnayos* are the regular ones.
 12. *Rabbeinu Tam's Tefillin* are donned as usual. After "*Vehoyo ki Yeviacho*" we say the "*Shesh Zechiros*".
 13. ***Tzedoko*:** In 5751 the Rebbe distributed dollars after *Mincha*.

Maariv:

- * In 5751 the Rebbe said a *Sicha* and distributed dollars before *Maariv*.
- * We daven *Maariv* as usual.

After Maariv:

1. Change to regular shoes.
2. Wash the face.
3. Wash regular *Netilas Yadayim* (like in the mornings) without a *Beracha*.
4. *Kiddush Levana*.

After the fast:

- * We do not eat meat or drink wine nor do any of the things that were not permitted during the nine days until tomorrow after *Chatzos*/midday. However, since this year the tenth of Menachem Av occurs on Erev Shabbos, haircuts and laundry may be done from the morning. In any case of necessity (Example: a bungalow colony that has few washing machines etc.) may do laundry from Thursday night.

Siyumim:

- * We continue to partake in *Siyumim* until the Fifteenth of *Menachem Av*.

Tuesday, 14 Menachem Av

- * In *Mincha* we do not recite *Tachanun*.

Wednesday, 15 Menachem Av "Tu B'Av"

- * We do not recite *Tachanun*.
- * The *Gemoroh* says that from the 15th of Av the night becomes longer and we must add in our learning of *Torah*.

Monday - 20 Menachem Av – Seventy-sixth Yohrzait of The Rebbe's Father הרה"ג והרה"ח המקובל וכו' ר' לוי יצחק

Link to several *shiurim* about Reb Levi Yitzchok:

- <http://theonlinerabbi.com/sichosonline/parsha-ekev-chof-menachem-av/>
- <http://theonlinerabbi.com/sichosonline/chof-menachem-av/>

The Rebbe writes in a letter:

*...The 20th of Menachem Av, the Yom Hayohrzeit Vehahilula of my father... On me lies the obligation and great Zchus to suggest and request **etc.** to learn (in a Farbrengen) from his Torah, and to donate to Tzedoko in his memory, as he was "Moiser Nefesh" for spreading Yiddishkeit amongst the Yidden "behind the Iron Curtain", and because of that he was incarcerated, sentenced to exile and died in exile and is buried there. זכותו יגן עלינו ועב"י – שליט"א.*

* * *

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FROM THE SECRETARIAT OF THE LUBAVITCHER REBBE

RABBI MENACHEM M. SCHNEERSON

In response to numerous inquiries about the special ^{suggestions} ~~instructions~~ ^{contained in} ~~announced by~~ the Rebbe in his public address on the Sabbath preceding the month of Av, concerning the 'Nine Days' (which commemorate the destruction of the Holy Temple in Jerusalem of old), we publish the following excerpt from his talk:

Referring to the verse 'Zion shall be redeemed with justice and its captives with ^{Tzedaka} ~~righteousness~~' (Isaiah 1:27), which concludes the last Haftarah of the 'Three Weeks,' the Alter Rebbe (Rabbi Schneur Zalman of Liadi, author of the 'Tanya and 'Shulchan Aruch') explains that 'Justice' ^{here} ~~which~~ refers to Torah, and ~~'Righteousness'~~ - literally Tzedaka - ^{which} charity, will hasten the Redemption of the Jewish people.

It is, therefore, proper that during these days, beginning with the first day of Av, the week of Tisha B'Av and particularly the day of ^{the Fast of} Tisha B'Av (this year on Sunday, ~~July~~ August 2), an increase should be made in the amount of time devoted to Torah study and in contributions to charity, ^{added} with an ~~xxxx~~ dimension of generosity in both.

This applies to every Jew, men and women, young and old.

The Rebbe concluded with the following blessing:

May the ^{increase?} supplement in Torah study and charity hasten the fulfillment of the promise 'Zion shall be redeemed with justice and its captives with ^{Tzedaka} ~~righteousness~~.' This year is particularly auspicious in that the Fast of Tisha B'Av is deferred from Saturday to Sunday, allowing for its ^{ultimate} complete deferment and the fulfillment of the prophet's promise that in the immediate ^{future}

future these days will be transformed ~~xxx~~ into joy and happiness, with the coming of our righteous Messiah.

Secretariat of Rabbi Menachem M. Schneerson

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It is, therefore, proper that during these days, beginning with the first day of Av, the week of Tisha B'Av and particularly the day of the Fast of Tisha B'Av (this year on Sunday, August 1), *everyone should increase their amount of time devoted to Torah study and their contributions to charity—with an added dimension of generosity in both.* This applies to every Jew, men and women, young and old.

The Rebbe concluded with the blessing:

May the increase in Torah study and charity hasten the fulfillment of the promise 'Zion shall be redeemed with justice and its captives with Tzedaka.'

This year is particularly auspicious in that the East of Tisha B'Av is deferred from Saturday to Sunday, giving way for its ultimate complete deferment, and the fulfillment in the immediate future of the prophet's promise that these days will be transformed into joy and happiness, with the coming of our righteous Moshiach.

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עמ"ש"כ ש"במענה לשאלות רבות
ע"ד ה'הוראות שהכריז' כ"ק אדמו"ר
בהתועדות" תיקן כ"ק: suggestions
[=הצעות הכללות] contained in
ב(התועדות).

עמ"ש"כ בתרגום "בצדקה"
righteousness, תיקן כ"ק: צדקה.

עמ"ש"כ שכ"ק אדמו"ר הזקן
פירש ש"במשפט" הכוונה לתורה,
תיקן כ"ק [שהכוונה] כאן [היא
לתורה].

על מש"כ "ביום תשעה באב",
הוסיף כ"ק: יום תענית חב"א.

על מש"כ "supplement"
[תוספת" בלימוד התורה] תיקן כ"ק:
increase? [תוספה]?