



הארגון העולמי של בתי הכנסת  
והקהילות האורתודוקסיות  
World Organization of Orthodox  
Communities and Synagogues

בס"ד

איחוד בתי הכנסת  
והקהילות בישראל  
Union of Synagogues and  
Communities in Israel



"וְהָיָה בְיָמֵי זֶרְעֵךְ בְּזֶדְדְּךָ, וּבְיָמֵי שְׁבַת בְּשִׁבְתּוֹ"

*And it shall come to pass that from one New Moon to another, and from one Sabbath to another*  
(ישעיהו פרק סו פסוק כג)

**Table of Laws and Customs for Jewish Communities**, edited by Prof. Yehuda Eisenberg  
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## Menachem Av 5780

July 22, 2020 – August 19, 2020

*The New Moon: Monday (20.7.2020) at 01:10 p.m. and 15 chalakim*

*Kiddush Levana (Sanctification of the Moon):*

from Thursday night, the eve of 3 Av (23.7.2020) to Monday night, the eve of 14 Av (3.8.2020) the entire night

*Kiddush Levana* (according to Oriental communities): from Monday night, 7 Av (27.7.2020)

**Wednesday, Rosh Chodesh Menachem Av, 1 Menachem-Av (22.7.2020):** The *Rosh Chodesh* prayer service.

From the onset of Av we refrain from excess rejoicing and business transactions, from building and planting. It is forbidden to bathe one's entire body for purposes of pleasure, such as swimming in a pool or in the sea, but it is permitted to wash oneself in cool water for purposes of cleanliness. Until after *Tish'a b'Av* it is forbidden to launder clothing or to wear laundered or ironed clothing not previously worn. *Shabbat* clothing can be worn on *Shabbat*, according to the custom of the Vilna Gaon. Meat and wine are permitted only on *Shabbat* or at a *se'udat mitzva*. Some refrain from reciting *Kiddush Levana* until the 10<sup>th</sup> of Av. The Sephardim observe all of this only in the week in which *Tish'a b'Av* actually falls.

**Friday, 3 Menachem-Av (24.7.2020) – the eve of Shabbat Kodesh Chazon**

We wash ourselves and immerse ourselves in a *mikve* in honor of *Shabbat*, as on every Friday.

### Candle Lighting Times For Shabbat - Friday, 3 Menachem Av, July 24, 2020

| Shabbat begins |       | Shabbat ends |       | Shabbat begins |       | Shabbat begins |       |          |       |
|----------------|-------|--------------|-------|----------------|-------|----------------|-------|----------|-------|
| Jerusalem      | 19:05 | Jerusalem    | 20:20 | New York       | 19:59 | Melbourne      | 16:57 | Madrid   | 21:06 |
| Tel Aviv       | 19:22 | Tel Aviv     | 20:23 | Los Angeles    | 19:31 | Johannesburg   | 17:13 | Marbella | 21:14 |
| Beer Sheba     | 19:22 | Beer Sheba   | 20:21 | Paris          | 21:10 | Buenos Aires   | 17:38 | Toronto  | 20:21 |
| Haifa          | 19:17 | Haifa        | 20:24 | London         | 20:31 | Moscow         | 20:23 | Warsaw   | 20:07 |
| Eilat          | 19:07 | Eilat        | 20:16 | Amsterdam      | 21:13 | Rome           | 20:06 |          |       |

**Shabbat Parashat D'varim, Shabbat Chazon, 6 Menachem Av (25.7.2020)**

The verse *Eicha essa levaddi* is read with the melody used for *Megillat Eicha*. For the portion of a *Levi*, we begin with the previous verse, *Yosef...* For the Haftara we read in the first chapter of Isaiah, from *Chazon Yeshayau* to verse 27 "...veshaveha bitsdaka", again using the melody of *Eicha* – except for the verses of consolation. It is permitted to recite *hazkarat neshamot* and *av harahamim* is read.

**Mincha:** three men are called to read from Parashat **Va'etchanan**. Avot, chapter 3.

On *Motza'ei Shabbat* we recite *havdala* over wine. If a child is present, he drinks the wine; if not, he who has recited the *havdala* drinks it.

**Wednesday, 8 Menachem-Av (29.7.2020) – the eve of Tish'a B'Av**

At *Mincha tachanun* is not recited. At the *se'uda mafseket* – the last meal before the fast – we do not eat two cooked dishes, nor do three men sit down together to eat. We sit on the ground without taking off our shoes, and cease eating while it is still daytime. During the afternoon we may study only topics concerning mourning or the destruction of the Temple.

**Tish'a B'Av, Tuesday, 9 Menachem-Av (30.7.2020) – "the fast of the fifth month"**

Five afflictions as on *Yom Kippur*. The fast begins at 7:40 p.m. (in Jerusalem). Before the *arvit* service, the *parochet* (the curtain covering the Holy Ark) is removed, and we recite *Shemoneh 'Esreh* in a low tone, followed by *Kaddish Titkabbal*. Candles are lit only insofar as necessary for reading. We sit on the ground and read *Eicha* (Lamentations) in a low voice and a sad tune, as is customary (according to the Vilna Gaon, if it is read from a kosher scroll, we recite the blessing '*al mikra megilla*). *Kinot*, *v'ata kadosh*. *Kaddish shalem* without *titkabbal*, '*Aleinu*. Mourners' *kaddish*. Then we go home without greetings to anyone.

**Shacharit:** Hands are washed up until the knuckles (similarly after attending to calls of nature), and after drying hands and only a little moisture is left on them, one wipes one's eyes (if this is insufficient to clean them, one is allowed to rinse them). Many refrain from reciting the *she'asa li kol tsorki* benediction (according to the Vilna Gaon, one recites this *beracha* after the fast and after putting on one's shoes). We do not put on *tallit* or *tefillin*, and we put on a *tallit katan* without pronouncing the *beracha*, but according to the Vilna Gaon one should recite the *beracha* (the solution is to sleep in one's *tallit katan*, thus obviating the necessity of reciting a *beracha* over it). We do not recite *pittum haketoret* or the *korbanot*, but we do recite *mizmor letoda*. We do not recite *nachem* in *shacharit*; the *sheliach tsibbur* recites '*aneinu* between *go'el yisrael* and *refa'einu*. *Kohanim* do not go up to *duchan*, nor do we recite *barecheinu*, *avinu malkeinu* or *tachanun*. After the repetition of the *shemoneh 'esreh* by the *sheliach tsibbur* – *chatzi kaddish*, and we read from the Torah, from *Parashat Va'et-CHANAN: ki tolid banim* and three men are called up to this reading. The third is the *maftir*, *chatzi kaddish*, and we read the *haftara* in the melody of *Eicha: asof asifeim* (Jeremiah 8:13) to *ne'um Hashem* (9:23). We end the *birchot hahaftara* with *magen David*. This is followed by *yehallelu*; the *sefer Torah* is returned to the *aron ha-kodesh*, and *kinot* are recited. It is proper to add *kinot* relating

to the Holocaust. After *kinot* – *ashrei, uva letzion go'el*. *Lamenatzeach* is not recited. We omit the verse *va'ani zot beriti*. *Kaddish shalem* without *titkabbal*, '*aleinu, kaddish yatom*. The psalm of the day (*Yom Shelishi*) is not recited. It is customary to read *Eicha* once again, this time without any *beracha*.

**Mincha:** We put on *tallit* and *tefillin* and say the relevant *berachot*. We read the four Torah sections, the psalm of the day and the other sections omitted in *shacharit* (according to the *Mishna Berura*, we should not read the four sections, for this is like reading from the Torah and Torah study is prohibited the entire day). *Ashrei, chatzi kaddish*. We then take out a *sefer Torah* and call up three men for the reading of *Vayechal*; the *haftara* is *dirshu Hashem*, as on any other public fast. *Chatzi kaddish* before *Shemoneh 'esreh*. We add *nachem* in *boneh yerushalayim*, and end the *beracha* with the words *menachem tzion uvoneh yerushalayim*. We also add '*aneinu in shomea' tefilla*. The *sheliach tsibbur* recites '*aneinu* between *birkat go'el* and *refa'einu* as a separate *beracha*, and *nachem* in *boneh yerushalayim*. If he forgets to add *nachem* in its proper place, he adds it in *shomea' tefilla* without its usual ending after '*aneinu* or before *ve-techezana, ve'al kullam or elokai netzor*, and if he completes the *tefilla* without having recited *nachem*, he does not repeat the *shemoneh 'esreh*. This is followed by *birkat kohanim* (when *mincha* is davened after *plag haminchah*). We do not recite *avinu malkeinu*. After midday it is permitted to sit on chairs.

**Arvit:** Some recite *kiddush levana*. We eat 20 minutes after sunset (at 8:08 p.m. in Jerusalem). In the evening it is still forbidden to eat meat, to drink wine or to do laundry, because of the mourning effect of the day. Some refrain from doing these things until midday of the following day. On Friday haircuts, laundry and washing are permitted in honor of the upcoming Shabbat.

### Candle Lighting Times For Shabbat - Friday, 10 Menachem Av, July 31, 2020

| Shabbat begins |       | Shabbat ends |       | Shabbat begins |       | Shabbat begins |       |          |       |
|----------------|-------|--------------|-------|----------------|-------|----------------|-------|----------|-------|
| Jerusalem      | 19:01 | Jerusalem    | 20:15 | New York       | 19:52 | Melbourne      | 17:03 | Madrid   | 21:00 |
| Tel Aviv       | 19:17 | Tel Aviv     | 20:17 | Los Angeles    | 19:25 | Johannesburg   | 17:17 | Marbella | 21:08 |
| Beer Sheba     | 19:17 | Beer Sheba   | 20:15 | Paris          | 21:01 | Buenos Aires   | 17:43 | Toronto  | 20:13 |
| Haifa          | 19:11 | Haifa        | 20:18 | London         | 20:20 | Moscow         | 20:10 | Warsaw   | 19:56 |
| Eilat          | 19:03 | Eilat        | 20:10 | Amsterdam      | 21:02 | Rome           | 19:59 |          |       |

### Shabbat Parashat Va'etchanan, 11 Menachem Av, Shabbat Nachamu (1.8.2020)

We read the '*aseret ha-dibberot* in the *ta'am tachton*; the *haftara* is from Isaiah (*Yesha'yahu*) 40: *nachamu nachamu ami* – to verse 26: *lo ne'edar*.

**Mincha:** three men are called up to read from Parashat **Ekev**. Avot, chapter 4.

**Wednesday, 15 Menachem-Av (5.8.2020) – Chamisha 'Asar (Tu) b'Av:** We do not recite *tachanun* (nor at *mincha* of the previous day). We do recite *lamenatzeach*. We do not fast on this day, even a *chatan* (bridegroom) on his wedding day, and act somewhat joyfully, as *Chazal* say at the end of *Massekhet Ta'anit*: *lo hayu yamim tovim le-Yisrael ka-chamisha 'asar b'Av*. During the Second Temple Period, *Tu b'Av* was a festive day: *benot Yisrael yotze'ot lachul bakeramim v'omerot: bachur, sa 'einecha... (Ta'anit 26b)*. '*Od yishama be'arei Yehuda uv'cutzot Yerushalayim kol sason v'kol simcha, kol chatan v'kol kalla*.

### Candle Lighting Times For Shabbat - Friday, 17 Menachem Av, August 7, 2020

| Shabbat begins |       | Shabbat ends |       | Shabbat begins |       | Shabbat begins |       |          |       |
|----------------|-------|--------------|-------|----------------|-------|----------------|-------|----------|-------|
| Jerusalem      | 18:55 | Jerusalem    | 20:08 | New York       | 19:44 | Melbourne      | 17:08 | Madrid   | 20:52 |
| Tel Aviv       | 19:11 | Tel Aviv     | 20:10 | Los Angeles    | 19:19 | Johannesburg   | 17:20 | Marbella | 21:01 |
| Beer Sheba     | 19:11 | Beer Sheba   | 20:08 | Paris          | 20:50 | Buenos Aires   | 17:48 | Toronto  | 20:04 |
| Haifa          | 19:05 | Haifa        | 20:11 | London         | 20:08 | Moscow         | 19:55 | Warsaw   | 19:44 |
| Eilat          | 18:57 | Eilat        | 20:04 | Amsterdam      | 20:50 | Rome           | 19:50 |          |       |

### Shabbat Parashat Ekev, 18 Menachem Av (8.8.2020)

The *haftara* is read from Isaiah (*Yesha'yahu*) 49:14: *vatomer tzion* to 51:3: *toda v'kol zimra*.

**Mincha:** three men are called up to read from Parashat **Re'eh**. Avot chapter 5.

### Candle Lighting Times For Shabbat - Friday, 24 Menachem Av, August 14, 2020

| Shabbat begins |       | Shabbat ends |       | Shabbat begins |       | Shabbat begins |       |          |       |
|----------------|-------|--------------|-------|----------------|-------|----------------|-------|----------|-------|
| Jerusalem      | 19:09 | Jerusalem    | 20:25 | New York       | 20:04 | Melbourne      | 16:52 | Madrid   | 21:12 |
| Tel Aviv       | 19:26 | Tel Aviv     | 20:27 | Los Angeles    | 19:35 | Johannesburg   | 17:10 | Marbella | 21:18 |
| Beer Sheba     | 19:26 | Beer Sheba   | 20:25 | Paris          | 21:18 | Buenos Aires   | 17:33 | Toronto  | 20:27 |
| Haifa          | 19:21 | Haifa        | 20:29 | London         | 20:40 | Moscow         | 20:34 | Warsa    | 20:16 |
| Eilat          | 19:10 | Eilat        | 20:20 | Amsterdam      | 21:22 | Rome           | 20:11 |          |       |

### Shabbat Parashat Re'eh, 25 Menachem Av (15.8.2020)

The *haftara* is read from Isaiah (*Yesha'yahu*) 54:11: '*aniya so'ara* to 55:5: *ki fe'arach*. We bless the month of *Elul, Rosh Chodesh Elul* falling on Thursday and Friday (20-21 of August). We do not recite *av harachamim*.

**The new moon of Av: Tuesday night (19.8.2020) at 1:54 a.m. and 16 Chalakim.**

**Mincha:** three men are called up to read from Parashat **Shoftim**. Avot, Chapter 6.

**Monday, 29 Menachem-Av (19.8.2020) – 'Erev Rosh Chodesh Elul** At *Mincha*, we recite *Seder Yom Kippur Katan* but not *Tachanun*.

**Tuesday, Alef d'Rosh Chodesh Elul, 30 Menachem-Av (20.8.2020):** *Rosh Chodesh* prayers.

With best wishes for a Good Month!

David Ben-Naeh  
Chairman

