

Special Halachos When Tisha B'Av is on a Sunday

1. On *Shabbos*, one may eat normal *Shabbos* meals (meat, wine, guests, etc.), but must finish eating *seudah shlishis* before sunset (8:17pm). Eating *seudah shlishis* with company other than one's family should be avoided (unless one is accustomed to doing this on most weeks or one invites a guest who needs a place to eat). A *mezumen* is said if three men are present at all meals. One does not eat the customary bread, ashes, and boiled egg on *Shabbos Erev Tisha B'Av*.
2. On *Shabbos* afternoon, pleasure walks (*tiyulim*) are not allowed.
3. On *Shabbos*, Torah learning is allowed (any topic) all day [see Mishna Brura 553:10 and Biur Halacha there] until sunset (8:17pm). After sunset, one may learn Torah that is permitted to be studied on Tisha B'Av.
4. One may take slow-release medication (Tylenol, Advil, and caffeine capsules) on *Shabbos* to make it easier to fast on Sunday [but one should not verbally state that one is doing this to prepare]. One should not bring *kinos* or *Eicha* to shul on *Shabbos* to be used on *Motzei Shabbos* unless one intends to study it on *Shabbos* as well.
5. *Av haRachamim* is said in the morning *tefilla*; *tzidkascha tzedek* is not said at *mincha*.
6. Beginning with sunset (8:17pm), along with the prohibition to eat and drink, all five “*inuyim*” (prohibitions) are in effect, as on *Tisha B'av*. Sitting on regular chairs and wearing leather shoes are both permitted until after *Shabbos* ends (9:01pm).
7. After *Shabbos* ends (9:01pm), before changing into *Tisha B'Av* shoes, weekday clothes, driving to shul, or engaging in any *melacha* (things forbidden on *Shabbos*), one should recite “*baruch Hamavdil bein kodesh lechol.*”
8. The original custom was for people to walk to *Maariv* while still wearing regular shoes and to remove their shoes after *Barchu*. One who does this should take their *Tisha B'Av* shoes to shul before *Shabbos*. Alternatively, one may say *baruch Hamavdil* at home when *Shabbos* is over and then change shoes (and clothes if possible) and drive to shul for *Maariv* and *Eichah*.
9. *Havdalah* is not recited until Sunday night (after the fast ends—9:00 pm). On *Motzei Shabbos*, one makes the *bracha* on the “*havdala*” candle “*borei me'orei ha-eish*. We will also be making this *bracha* in shul before reading *Eicha*.”
10. After *Tisha B'Av* ends (9:00 pm on Sunday night), *havdalah* is recited over a cup of wine (or grape juice) or another significant beverage. The text used begins with “*borei pri hagafen,*” or “*shehakol*” followed by “*Hamavdil bein kodesh lechol.*” [*besamim* and *candle* are not used.]
11. An adult who must eat or drink on *Tisha B'Av* must recite *havdalah* before eating or drinking. Instead of wine or grape juice, use a significant beverage, such as hot tea and coffee (that have been cooled down to allow drinking 3 ounces relatively quickly within a “*shiur of kdei sh'sias reviis*”), iced tea and iced coffee, or orange juice.
12. The restrictions of the Nine Days are in effect until *chatzos* on Monday (1:13pm)
13. Someone who is ill, pregnant, or nursing, or who has difficulty fasting should please consult me prior to the fast for *halachic* guidance.

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Wishing everyone a meaningful and easy fast. May we be *zoche* to rejoice together with the rebuilding of the *Beis Hamikdash*!