

## TISHA B'AV: the Destruction of the Temples

### What is Tisha B'av?

What do you do when a central piece of your life, your identity, is taken away? While most holidays in Judaism celebrate triumphs of the Jewish people, Tisha B'Av commemorates the destruction of the First and Second Temples. Tisha B'Av translates to "the ninth (day) of Av." This was the date that these tragedies occurred: the First Temple destroyed by the Babylonians in 586 B.C., and the Second by the Romans in 70 C.E. The ninth day of Av aligns with dates in July and August, varying according to the Jewish calendar. Not only is it a day of memorializing the Temples, but some also choose to mourn other challenges faced by



the Jewish people such as the expulsion from England (1290) or the exile from Spain (1492). On Tisha B'Av, we remember a time when Jews asked themselves,

"Where do we go from here?"

### How We Celebrate

Tisha B'Av lasts 25 hours and is celebrated by fasting. The restrictions placed during this holiday are similar to those on Yom Kippur (i.e. refrain from eating, drinking, bathing, wearing cosmetics) and many also practice traditional mourning practices such as limiting laughter and idle conversation. In synagogues, the Torah cabinet is typically draped in black and the congregation reads the book of Lamentations. It is important to note that Tisha B'Av is the culmination of a three week mourning period in which further restrictions are placed, most commonly celebrations/weddings. If the holiday falls on Shabbat, it is moved to the 10th of Av.

**Tisha B'Av**  
**2022 Dates:**  
Sunset August 6th -  
nightfall August 7th.

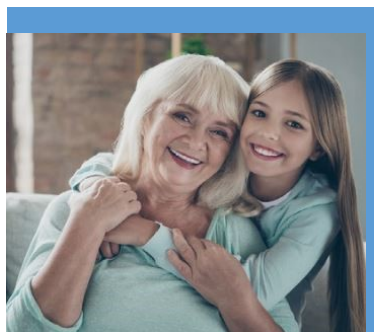


### Bubbe's Corner

Everyone has a Bubbe (Yiddish for "grandmother") and Bubbe's know everything. Today, Bubbe Deborah will share some Tisha B'Av fun facts and talk about practices she used to do as a little girl. Whether you are a Bubbe or have a Bubbe in your life, take this opportunity to talk to family and friends about how you commemorate loss and find resiliency in community.

At Jewish summer camp, we would celebrate Tisha B'Av with everyone sitting on the floor and singing songs.

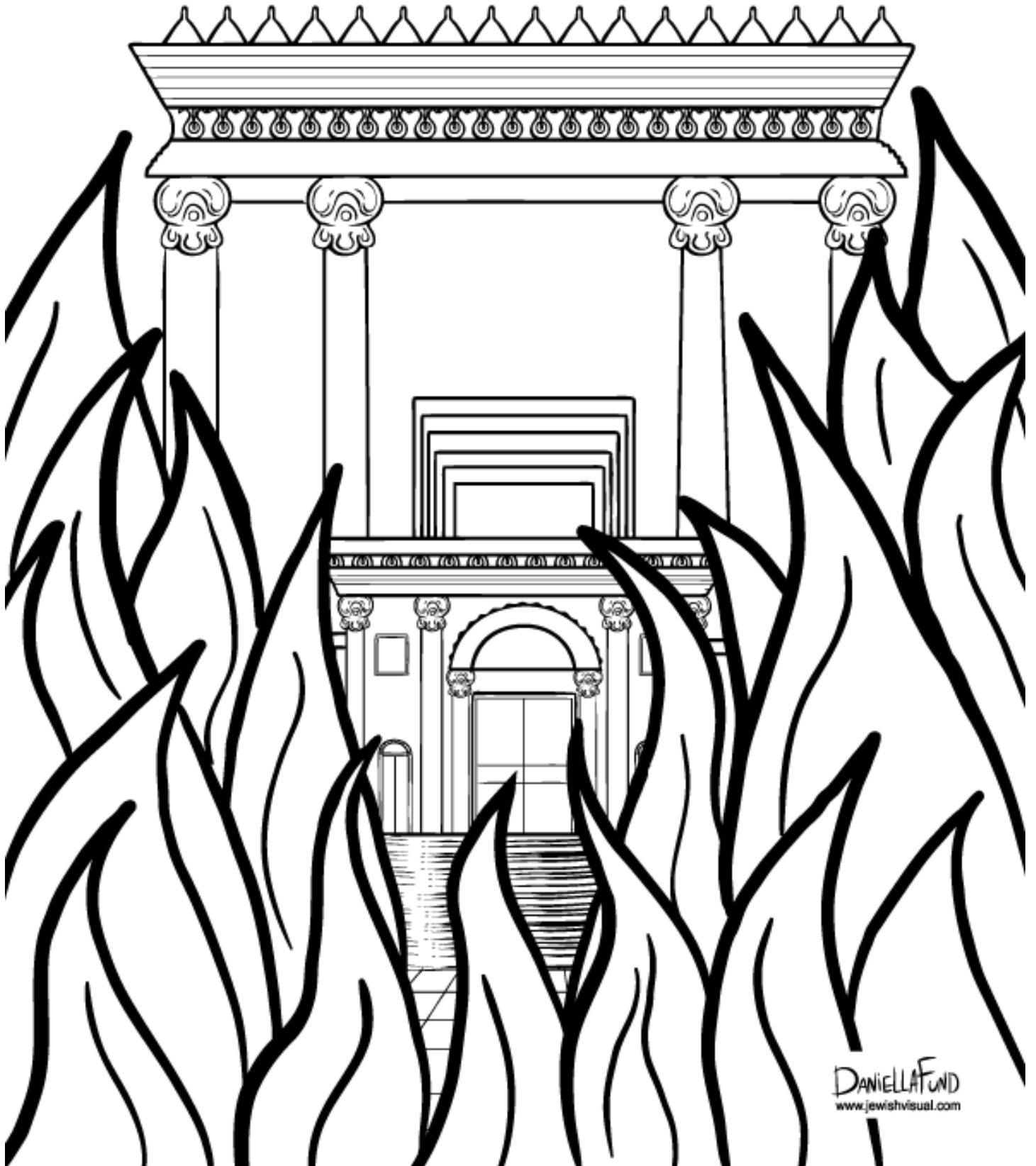
When I was a girl, I remember my father could not shave 9 days before Tisha B'Av. He looked so different with a beard!



In Hebrew School, I learned that there are five scrolls, megillot, that are read outside of the Old Testament at certain times in the year: Song of Songs (Passover), Book of Ruth (Shavuot), Lamentations (Tisha B'Av), Ecclesiastes (Sukkot), and Book of Ester (Purim).



# השעה באב



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## Jewish Holidays Calendar 2022-23

HOLIDAY	DATE
Tisha B'Av (1 day)	Saturday, August 6* – Sunday, August 7, 2022
Rosh Hashanah (2 days)	Sunday, Sept. 25* – Tuesday Sept. 27, 2022
Yom Kippur (1 day)	Tuesday, Oct. 4* – Wednesday, Oct. 5, 2022
Sukkot (7 days)	Sunday, Oct. 9* – Sunday, Oct. 16, 2022
Shmini Atzeret (1 day) & Simchat Torah (1 day)	Sunday, Oct. 16* – Tuesday, Oct. 18, 2022
Hannukah (8 days)	Sunday, Dec. 18* - Monday, Dec. 26 2022
Tu B'Shevat (1 day)	Sunday, Feb. 5* – Monday, Feb. 6, 2023
Purim (1 day)	Monday, March 6* – Tuesday, March 7, 2023
Passover (8 days)	Wednesday, April 5*- Thursday, April 13, 2023

**\* All holidays begin at sundown**

### About JFS

JFS has continuously provided a range of support, services and resources for individuals and families of all ages and backgrounds since 1854.

Our mission is to enrich the lives of individuals, families, and the community by providing compassionate, collaborative human services, guided by Jewish values.

#### Our staff have expertise in:

- Helping older adults maintain their safety and independence.
- Providing resources and guidance to older adults and their families.
- Spiritual support and guidance.
- Counseling and case management.

### Support Our Chaplaincy Program


JFS created the Dr. Rela Mintz Geffen Jewish Community Chaplaincy Fund to enable us to provide spiritual connection and support for Jewish residents in long-term and elder care in the Capital Region.

If you would like to help expand the role and reach of this vital program for older adults, please make a contribution to the fund at [jfsneny.org/donations](http://jfsneny.org/donations) or contact JFS at 518-482-8856.

**Thank you!**



**Connect with Us!**

 **518-482-8856**

 **[jfsneny.org](http://jfsneny.org)**

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*Chaplaincy Services are a service of Jewish Family Services through a grant from Jewish Federation of NENY in cooperation B'nai B'rith Gideon Foundation, Daughters of Sarah Community for Seniors and Temple Israel.*