



TISH'A B'AV 2022/5782
Motzei Shabbos, August 6th

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| Fast begins* | 8:14 p.m. |
| Shabbos ends* | 9:05 p.m. |
| Ma'ariv | 9:30 p.m. |
| Eichah | 9:40 p.m. |

*We stop eating and drinking at sunset. All other Tisha B'Av restrictions begin after Shabbos.
After Shabbos, prior to engaging in any non-Shabbos activity, one should recite:
“ברוך המבדיל בין קדש לחול” – “Blessed is He who separates between holy and mundane”.
One should light a candle and recite the blessing over fire before hearing Eichah.
(The main blessing of Havdallah is not recited until after the fast. See below.)

Sunday, August 7th

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| Shacharis <i>Talis and Tefillin are not worn on Tisha B'Av morning.</i> | 8:45 a.m. |
| Kinnos** : special prayers marking the destruction of the temple will be elucidated and recited | 9:30 a.m. |
| Chatzos / Mid-day | 1:15 p.m. |
| The Scene of Desolation <i>Stories from the Talmud of the era of the destruction of the Temple</i> Presented by Rabbi Singer | 5:00 p.m. |
| The Torah Perspective on Internal Growth** Presented by Shmuel Bauman | 5:45 p.m. |
| The Power of Community** Presented by Aryeh Singer | 6:30 p.m. |
| Mincha <i>Tallis and Tefillin are worn during Mincha on Tisha B'Av.</i> | 7:30 p.m. |
| Ma'ariv | 8:14 p.m. |
| Fast ends <i>After the fast, we recite Havdallah over a cup of wine or grape juice.</i> <i>We recite the blessings of Hamavdil and Hagafen.</i> <i>The blessing over spices is not recited this week.</i> | 9:00 p.m. |

**Available both in person and over Zoom: To join by video: <https://zoom.us/j/9446820075>.
To join by phone dial 301 715 8592 Meeting ID: 944 682 0075 Password: 009445

This year's SEED program is sponsored anonymously in honor of and as a merit for the community.