

FIRST NINE DAYS OF AV

Nine Days: Restrictions

Restrictions during the Nine Days before Tish'a b'Av are the same as for Three Weeks, plus:

- You may not eat meat or drink wine.

EXCEPTIONS

- You may drink wine on Shabbat (but not on Rosh Chodesh Av or erev Shabbat.)
- You may drink wine for havdala (but ideally give the wine or grape juice to a child between ages 6 and 10).
- You may eat meat or drink wine at a brit, siyum, or pidyon ha'ben.

- You may not wear freshly laundered clothes, or wear or buy new clothes.

NOTE You may wear clean socks and underwear. Ideally, throw them on the floor first but, *b'di'avad*, it is OK to wear them even if you did not.

- You may not wash yourself for pleasure.

NOTE Showering or bathing to clean one's soiled body is permitted (except on Tish'a b'Av). So you may bathe or shower during the Nine Days if you are dirty, sweaty, or smelly.

- You may not do any activities that involve luxury.
- You may not say she'hecheyanu except on Shabbat.

NOTE Therefore you should not buy new fruits or new items that you will enjoy during the Nine Days. But if you DO eat a new fruit or buy something new, you must say she'hecheyanu anyway.

Nine Days: Court Cases

Try not to be involved in a court case opposing a non-Jew during the Nine Days.

REASON The Nine Days are considered to be an inauspicious time for Jews. But if you cannot avoid it, it is not forbidden and you may proceed.

Nine Days: Kiddush Levana

If you are not likely to see the moon on any of the days from the 10th to the 14th of Av, you may say kiddush levana during the Nine Days.

Nine Days: New Projects or Investments

You should not start new projects or make investments during the Nine Days if they can be delayed without incurring a loss.

REASON The Nine Days are considered to be an inauspicious time for Jews.

Nine Days: Painting Your House

You may not paint your house during the Nine Days. Ask a rabbi for possible exceptions.

Nine Days: Swimming

For laws on swimming during the Nine Days, see Three Weeks: Swimming.

