

מנין אברכים

דסנהדר"ה מורחבת, ירושלים תובב"א

סגן רב:

הרה"ג הרב יוסף

פרידמן שליט"א

052-766-1927

מרא דאתרא:

מורנו הגאון הרב יצחק

ברקוביץ שליט"א

02-581-3847

Halachos of the Nine Days, by Harav Yosef Friedman Shlit"a

The Nine Days start on Tuesday night at *shkiyah*.

Among the many *issurim* of the Nine Days, there are five especially relevant ones:

- a) Washing the body
- b) Eating meat and drinking wine
- c) Laundering and ironing clothing
- d) Wearing freshly laundered clothing
- e) Buying new items

Washing the Body/Cutting Nails

1. It is *assur* to wash the entire body at once, even in cold water.
2. It's *muttar* to wash the face, hands, and feet with cold water.
3. The intention of the halacha was that people should feel uncomfortable during this time. So being uncomfortable is not a reason to wash.
4. Someone who is extremely uncomfortable may bathe. Everyone must decide on an individual basis if they have reached that point.
5. Even someone who's permitted to wash must spend the minimal amount of time in the water, use cool water, and use soap and shampoo only if necessary.
6. Children may wash as usual. Children are defined as under the age of 9. (In cases of necessity this may extend until bar/bas mitzvah age)
7. One is permitted to exercise, even if by doing so s/he will require a shower.
8. There is no reason to abstain from using deodorant.
9. On Erev Shabbos, one may wash for Shabbos as s/he normally does.
10. This year, the first week of the nine days i.e. Wednesday - Friday, one may cut nails as normal. The week of Tisha b'Av, cutting nails is only permitted in a situation of need.

Eating Meat and Drinking Wine

1. All meat, chicken, or turkey is forbidden during this time.
2. Wine may not be used as an ingredient in a recipe. Beer, red- or white-wine vinegar and balsamic vinegar may be used.
3. Even food cooked together with meat is forbidden (for example, vegetables cooked inside chicken soup).
4. Pareve food cooked in a *fleishig* pot is *muttar*.
5. Children under the age of 3 are exempt from this *issur*.
6. Children between the ages of 3-7 may eat chicken if they are extremely picky and won't eat anything else.
7. Someone allergic to milk should abstain from chicken/meat beginning from Zayin Av.
8. If you make early Shabbos, you may serve meat at the seudah, even before *shkiyah*.
9. Children who are put to sleep early before the Shabbos meal may eat *fleishigs* on Friday afternoon, at the time that they usually eat their pre-Shabbos meal.
10. On *Motzei* Shabbos, the *mavdil* should not drink the wine. Instead, he should give it to a child between the ages of 6-7. If no child is available, he may drink the wine himself.

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Laundering Clothing

1. It is *assur* to wash or iron adult clothing.
2. Spot cleaning is *muttar*.
3. One should plan beforehand to ensure they will have enough clothing to make it through the Nine Days.
4. One may wash the clothing of young children who constantly dirty their clothing.
5. Different children may have different *halachos* depending how clean they keep themselves.
6. When washing children's clothing, one should not add adult's clothing to the load.
7. Undergarments and socks of an adult may be added to a children's load if the adults have none left.
8. Tablecloths, towels, linens, and *shaitels* should not be washed during the Nine Days.
9. *Shmattes* and towels that are used to wipe up spills may be washed.
10. Ironing is *muttar* as long as steam is not used.
11. Clothing that will become ruined if a stain is left to set may be soaked during the Nine Days. If soaking is not sufficient to save the item, it may be washed.
12. One may polish silver *l'kavod* Shabbos.
13. One may polish their shoes *l'kavod* Shabbos.

Wearing Freshly Laundered Clothing

1. No freshly laundered clothing, linen, or tablecloths should be used during the Nine Days.
2. One should prepare the clothing beforehand to ensure it's not considered fresh, by wearing each item for a short time.
3. Some *poskim* allow one to place freshly laundered clothing on the floor and step on it (even during the Nine Days) as an acceptable method to ensure it's not considered fresh.
4. There is a difference of opinion whether undergarments, socks, and shells are included in this *issur*. If they weren't prepared beforehand, they should be placed on the floor and stepped on before use.
5. For Shabbos, the minhag is to wear fresh clothing. If one doesn't have clean clothing ready for Shabbos, they may launder clothing during the Nine Days.
6. One may rotate their clothing over the course of Shabbos and then wear those items during the coming week, since they will no longer be fresh.

Buying New Items

1. No new items should be purchased during the Nine Days. (This refers to items such as clothing, appliances, etc., not food items.)
2. If someone does not own suitable footwear for Tisha B'Av, they may buy it during the Nine Days.
3. If an item is available during this time at a steeply reduced price, or if there is a good chance it will no longer be available after Tisha B'Av, then one may purchase it.