

Wednesday, July 22<sup>nd</sup> - 10 Minutes of Hargah Tonight

*This is a paragraph that can help you explain to your chanichim what Tisha B'Av is about. After reading through it, you can gather a list of who is interested in fasting. Reminder: tzad aleph yoetzot must get permission from parents for any tzad aleph chanichim who wish to fast.*

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Tisha B'Av is a day on which the Jewish people communally mourn for the destruction of the Temple. It might be difficult to mourn for a building that was destroyed 2,000 years ago, so you have to imagine/understand that the Temple was the center of the religious world (think: your own shul), the economic world (think: New York), the cultural world (think: LA), and the political world (think: Washington, D.C.). All of these worlds, wrapped in one, were destroyed in one day.

There is a rabbinic tradition that the reason the Temple was destroyed was because of *Sinat Hinam* (senseless hatred between Jewish people).

[If you have time, you can ask the following probing question:  
Do you think *Sinat Hinam* still exists amongst Jews?]

There are several different ways that we show communal mourning. One way is by fasting. Other ways are: sitting on the floor during Shacharit, going to the Agam perek and learning about lashon ha'ra, and going to Café Ramah and not eating canteen there. Whatever action you choose to take (if any), can be not only in commemoration of the destruction of the Temple, but also because the world is still broken and the Jewish people are still working toward *Ahavat Hinam* (unconditional love).

[Madrichim, please take down a list of first and last names of anyone who wants to fast. Reminder: they are not required to fast. They are not even Bar/Bat Mitzvah age. Do NOT force anyone to fast. Do NOT make anybody feel badly for fasting or for not fasting. Just compile a list, and say that we will confirm with their parents to make sure they are allowed to fast. Other options are half day fasts, and wet fasts- in which case they would not eat, but they would drink.]