



THE TRIBE SCRIBE

TISHA B'AV: REMEMBER!



TOMORROW IS THE FAST OF **TISHA B'AV**, THE SADDEST DAY OF THE JEWISH YEAR. WE MOURN THE LOSS OF THE **BEIT HAMIKDASH** (TEMPLE) IN **JERUSALEM** THAT WAS DESTROYED OVER 2000 YEARS AGO.



BUT THIS IS NOT THE ONLY DAY WE REMEMBER THE **BEIT HAMIKDASH**. IT WAS SUCH A FOCAL POINT OF JEWISH LIFE THAT WE EXPRESS OUR LONGING FOR **JERUSALEM** AT ALL IMPORTANT POINTS IN THE JEWISH YEAR AND THE JEWISH LIFECYCLE.

Three times a day, in the **Amidah** prayer, we pray for the rebuilding of **Jerusalem**.



When we say **Birkat Hamazon** (Grace after Meals) at the end of every bread meal we pray for the rebuilding of **Jerusalem**.



We pray facing **Jerusalem**.



We end **Yom Kippur** - the holiest day in the synagogue - with:



We end the **Seder on Pesach** - the great celebration of Jewish identity in the home - with:



To remember the **Beit Hamikdash** we break a glass at the end of the wedding ceremony.



Amidah p.27 Birkat Hamazon p.238 Tribe Siddur Shevet Asher



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Tribe is the Young People's Department of the United Synagogue: Creating a future for our community through engaging, educating and inspiring the next generation.