

## Jewish Holidays

Tisha B'Av is the major day of communal mourning. First and foremost Tisha B'Av commemorates the destruction of both the first and second temples in Jerusalem (586 B.C.E, and 70 C.E respectively)

## The High Holidays

Rosh Hashanah and Yom Kippur -- a day of sweetness and a day of atonement are the culmination of a month-long process of coming back to God.

### Rosh Hashanah

Rosh Hashanah marks the start of the Jewish new year. It is both a day of judgment for mankind, as well as an exhilarating time of closeness and reconciliation with God.

### Yom Kippur

Yom Kippur, the Day of Atonement, is a day of fasting and repentance, affording man the opportunity to cleanse himself of his sins and renew his relationship with God.

### Sukkot

The Festival of Booths - with Lulav and Etrog in hand, we camp out under the stars seven days and remember that God is our ultimate protection.

### Chanukah

Hanukkah, The Holiday of Lights -- celebrating the miracle of a little oil that lasted eight days, and continues to illuminate our lives to this day.

### Tenth of Tevet

A Fast Day -- commemorating the day the Babylonians first laid siege on Jerusalem, setting in motion a long series of tragedies for the Jewish people.

### Tu B'Shvat

New Year for the Trees -- how to celebrate our connection to the environment and appreciate the fruits of the Land of Israel.

### Purim

Purim: The Holiday of Joy -- dress up and celebrate God's hidden miracles, while remembering how the Jews of Persia narrowly escaped annihilation thanks to the bravery of Queen Esther.

### Passover

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Attain the keys to personal liberation and fulfillment! Hundreds of insights on the Haggadah, family activities and games, gourmet cooking site, essays by leading Jewish educators, greeting cards and more.

### [Counting the Omer](#)

Count 50 days until the Torah was given at Mount Sinai, preparing for the big event with a program of introspection and self-improvement.

### [Holocaust Remembrance Day](#)

Holocaust Remembrance Day -- Israel honors the memory of the Six Million by learning about their heroism in the face of inhumanity and exploring the roots of anti-Semitism.

### [Israel Memorial Day](#)

Israel Memorial Day -- giving one's life in defense of the Jewish people is a mitzvah of the highest order.

### [Yom Yerushalayim](#)

On the anniversary of the reunification of Jerusalem, we remember the special significance of the Holy City, and why it is the capital of the Jewish nation.

### [Shavuot](#)

The Day the Torah was given -- celebrating the monumental encounter between God and the Israelites at Mount Sinai, an event which changed mankind forever.

## Tisha B'Av

### Why Do We Fast on Tisha B'Av?

This year Tisha B'Av begins at sunset on July 25 and continues until the following evening. Here's what you need to know about the Jewish communal day of mourning.

## Traditions

Tisha B'Av that sets the tone for this tragic day.

### The Three Weeks

The destruction of the Temple in Jerusalem is commemorated with a period of mourning.

### Shabbat Hazon & Shabbat Nahamu

The Sabbaths before and after Tisha B'Av provide a message of comfort and consolation.

## Fasting

### Fasting

Recovering the benefits of denial.

### Fasting and Asceticism

The prohibitions of Yom Kippur also apply on Tisha B'Av.

### Blintz Souffle

A traditional recipe for breaking the fast.

### God in Your Body

This book on Kabbalah, Mindfulness, and Embodied Spiritual Practice looks at Judaism's take on everything from fasting to walking.

### Learning to Mourn

How can we mourn a loss that happened thousands of years ago, and what is the value of that grieving?

## The Temple & Destruction

What was the psyche of ancient Judaism.

### Jerusalem

The Holy City changed hands many times in history.

### After the Temple

Stories from the Talmud about coping with destruction and building for the future.

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