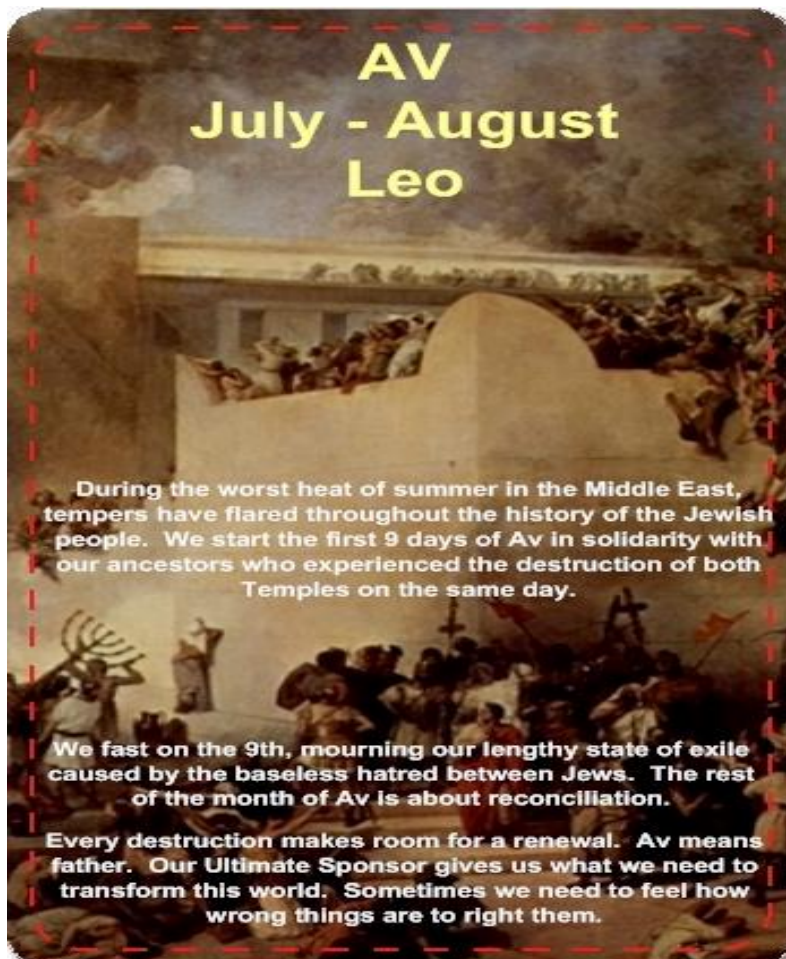


Class on the month of Av – Lesson 1 – The Temple is Destroyed

The 9th of Av, or “Tisha B’Av” (9 is “tesha” in Hebrew) is called “the saddest day on the Jewish calendar”. It’s a fast day that falls at the end of the 3 Weeks of mourning that starts with another fast day, Tammuz 17 (during the previous month on the Jewish calendar). This time during the summer each year, commemorates many challenges that the Jewish people have faced throughout the centuries, going all the way back to the time when Moses was leading them to the Promised Land. From the breaking of the first set of the 10

Commandments to the destruction of both Temples in Jerusalem and the exile of the Jewish people from their homeland over 2000 years ago, the 9th of Av has brought similar destruction throughout history.

Both Temples were destroyed on the very same day, the 9th of Av, over 400 years apart! Nearly every Jewish tragedy thereafter throughout the millennia occurred on that same day, including the most recent exile/disbursement of the Jewish settlers implemented in August 2005 and completed in September 2005. This darkest day on the Jewish calendar, more than any other day, carries an energy that keeps us repeating what went before.



Shabbos Chazon

Shabbos Chazon falls on the Shabbos before the 9th of Av. Below I have copied the calendar for the 9th of Av found on ChabadbytheSea.com. It's a review of some of the things that have occurred throughout the millennia on Tisha B'Av.

[Exodus Generation Condemned to Die in Desert \(1312 BCE\)](#)

[More](#)▼

[Holy Temples Destroyed \(423 BCE and 69 CE\)](#)

[More](#)▼

[Fall of Betar \(133 CE\)](#)

[More](#)▼

[Expulsion from England \(1290\)](#)

[More](#)▼

[The Spanish Expulsion \(1492\)](#)

[More](#)▼

Laws and Customs

[Shabbat Chazon \("Shabbat of Vision"\)](#)

The Shabbat before the Ninth of Av is called *Shabbat Chazon* ("Shabbat of Vision") after the opening words of the day's reading from the prophets ("haftara"), which is the third of the series of readings known as "[The Three of Rebuke](#). (Jeremiah)" On this Shabbat, say the Chassidic masters, we are granted a vision of the Third Temple; we may not see it with our physical eyes, but our souls see it, and are empowered to break free of our present state of *galut* (exile and spiritual displacement) and bring about the Redemption and the rebuilding of the Temple.

Links:

[The Holy Temple: an Anthology](#)

[Shabbat of Vision](#)

About the "[Three of Rebuke](#)"

<http://www.thethreeweeks.com>

Exile = Galut or Golus

One of the reasons we are given for the fast on the 9th of Av has to do with exile. We are in exile from G-d and G-d is in exile from this earth. There have been 3 exiles prior to the one we are in now. The first exile was when Joseph, who gets sold into slavery, winds up in Egypt. Then the entire family of Jacob ends up there with him. The 2nd exile was when the Babylonians destroyed the first Temple. 3rd is the exile of the Persians who conquered the Babylonians. The 4th exile by the Romans was over 2000 years ago, and came with the destruction of the 2nd Temple. This last exile has been the longest of all of them. Even today, we are considered to be living in the Roman exile, and Tisha B'Av reminds us to mourn for the state of affairs in which we live in current times. We're told that this is the last of the exiles and we are living in the "end times" before the final redemption.



GOLUS Exile

Exile consciousness describes the feelings of being all alone, lonely, regretful, ashamed, angry, hurt, fearful, sad. It seems like there is no loving G-d anywhere. Instead, critical thoughts dominate about our own worth as well as blame and anger toward others & situations.

In this victim-mentality, we have no hope and can act out in anger or withdrawal. When in Golus, find the hidden Alef - the Master of the Universe, Hand behind the puppet. The Compassionate Inner Parent loves us like an only child.

We go into exile to merge heaven and earth. Ask yourself, what is the opportunity here? What is my purpose? What's the gift? what can I try?