

The traditions for the 9th of Av Along with fasting is studying the construction of the Temple and reading Jeremiah's account of the destruction. Below are links for you to learn more. You can enhance your commemorating of the 9th of Av by going through these links on that day.

30 min. video on the Temple:

<https://www.youtube.com/watch?v=hNnwZNwRbdk&list=UU3i3ftl6ytWKXV6GDggDpsQ&index=4>

Interactive Tour of the Temple: <http://moshiach.chabadtalk.com/temple/tour/>

Article on visioning the Geula/Third Temple:

http://www.chabad.org/theJewishWoman/article_cdo/aid/537391/jewish/Make-It-Real.htm

Article on G-d as Father (Av):

http://www.chabadbythesea.com/library/article_cdo/aid/1904785/jewish/Whos-Your-Daddy.htm

Explanation of the story of the father giving his son the suit as metaphor for destruction of

Temples: http://www.chabadbythesea.com/library/article_cdo/aid/52985/jewish/Shabbat-of-Vision.htm

Three Weeks & 9th of Av Megasite with tons of articles, audios & videos:

http://www.chabadbythesea.com/library/article_cdo/aid/144558/jewish/The-Three-Weeks.htm

Lots of audio classes on the Temple:

http://www.chabadbythesea.com/multimedia/media_cdo/aid/297234/jewish/The-Holy-Temple.htm

The Lessons of Tisha B'Av audio class:

http://www.chabadbythesea.com/library/article_cdo/aid/704041/jewish/The-Lessons-of-Tisha-BAv.htm

Article on concept of Hashgacha:

http://www.chabad.org/library/article_cdo/aid/1409433/jewish/Hashgacha.htm

I Highly Recommend Purchasing: <https://www.meaningfullife.com/product/60-days-spiritual-guide-high-holidays/>

We are now in preparation for the High Holy Days and this book starts on Av 30th

