

THE THREE WEEKS GUIDE

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	The Three Weeks	The Nine Days	Shavuah Shechal Bo: If <i>Tisha B'av</i> is pushed off to Sunday there is no Shavuah Shechal Bo.
Birkat Shehechyanu ¹	Forbidden	Forbidden	Forbidden
Music ²	Forbidden	Forbidden	Forbidden
Wine & Meat	Permitted ³	Forbidden (Permitted On ⁴ Rosh Chodesh)	Forbidden
Haircut & Shaving ⁵	Permitted	Permitted	Forbidden
Laundry ⁶	Permitted	Permitted	Forbidden
Wearing Laundered Clothing ⁷	Permitted	Permitted	Forbidden (One should wear the clothing before to "unlaunder them")
Showering With Hot Water ⁸	Permitted	Permitted	Forbidden

Following the rulings of Morenu Maran Ovadia Yosef zt"l and other contemporary Sephardic poskim.

Sources

- ¹ Mishnah Berurah 551:45; Or Letzion Vol. 3, 26:2. Similarly, one may eat a fruit that doesn't render the blessing of *Shehechyanu*. It's good to note, One only recites birkat Shehechyanu on fruits or vegetables which are in the market at specific seasons and are not available year-round. This is true even if one personally did not eat the fruit for many years (See *Chazon Ovadia, Tu Bishvat, Berachot*, Pg. 437; Sh"t *HaRishon Letzion*, Vol. 2, 28.)
- ² *Yechaveh Da'at* 6:34 & 1:45 see there that even during the year one should try to listen to music preferably through a device like radio etc. *Chazon Ovadia, Arba Taaniyot*, Pg. 151; *Or Letzion*, Vol. 3 25:2; *Igrot Moshe* O.C. 1:166, 4:21 see letter 4.
- ³ *Shulchan Aruch* 551:9; *Chazon Ovadia, Arba Taaniyot*, Pg. 169.
- ⁴ Maran HaChida writes in his *Sefer Morah Be'Eitzbah* 233. See also *Moed Lekol Chai* 10:7; *Chazon Ovadia, Arba Taaniyot*, Pg.169.
- ⁵ *Rambam, Taaniyot* 5:6; *Shulchan Aruch* 551:3, 12-13; *Chazon Ovadia, Arba Taaniyot*, Pg.158; *Yalkut Yosef* 551:11.
- ⁶ *Shulchan Aruch* 551:3; *Chazon Ovadia, Arba Taaniyot*, Pg. 229.
- ⁷ See *Shulchan Aruch* 551:3; Sh"t *Yechaveh Da'at* 1:39; *Chazon Ovadia, Arba Taaniyot*, Pg. 229,231; *Or Letzion*, Vol. 3, 27:1.
- ⁸ *Chazon Ovadia, Arba Taaniyot*, Pg. 238; Sh"t *Yechaveh Da'at* 1:38; Sh"t *Yabia Omer* 5:41



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