

Tisha B'Av for Kidney Donors and Recipients

Dear Friends of Matnat Chaim,

We present here instructions for the fast as sent by Rabbi Heber, OBM, on previous years on Tisha B'Av eve.

The following are instructions in preparation for Tisha B'Av, the day on which we mourn the destruction of the Holy Temple and pray for its restoration speedily in our days.

Prohibited from Fasting

Kidney donors , for one year after donating a kidney

All kidney recipients

Permitted to Fast

Kidney donors after one year, provided they are not aware of any problem with their kidneys.

In any case of doubt Rabbi David Ostroff, an halachic authority and past kidney donor can be consulted at 052-7611745.

Further Explanation

According to the opinion of expert doctors in Israel and the decisions of great Poskim, any person who donated a kidney during the previous year should not fast on Tisha B'Av. (Other rules apply on Yom Kippur.) After one year the donor may fast as usual.

Attention Kidney Donors who are fasting

Take care to prevent dehydration!

- A. Avoid unusual physical exertion
- B. Try to remain in air-conditioned places
- C. Increase hydration before and after the fast

Kidney Recipients

Recipients must not fast at all. They must continue to drink a lot as they do every day. They must also eat normally and conscientiously take their medicines.

Instructions for people who do not fast

People not fasting are allowed to eat and drink as much as they want. (Even if medically speaking drinking is sufficient, halachically speaking eating is equally permitted.) In order to participate in the public fast, at least in a symbolic manner, one should restrict oneself to simple foods and not indulge in delicacies. (The special restrictions for people who must eat on Yom Kippur are covered in a separate document.)

Other fasting restrictions

People who must eat on Tisha B'Av should do so privately and modestly. They should eat only what they need to maintain their health. Other, non-food related prohibitions of the fast, continue to apply to them.

Tefilin

Many communities practice the custom of not putting on Talit and Tefilin until mincha. Someone who must eat in the morning is allowed to do so before putting on Tefilin since he will certainly remember to put on his Tefilin at mincha. Someone who must eat after noon, but before mincha, should put on his Tefilin before eating and again at mincha.

Being called up to the Torah, "Anenu" and "Nachem"

Someone who is not fasting can be called up to the Torah in the morning but not at mincha. The same applies to being the Torah reader. He recites "Nachem" in Shmoneh-Esrei but not "Anenu".

Our sages say that the Holy Temple was destroyed due to the sin of baseless hatred. The altruistic act of donating a kidney to one's fellow man is the rectification of that sin. We pray that such acts will speed the day of our total redemption and the rebuilding of the Temple.

Shabbat Shalom

Rachel Haber and the Matnat Chaim staff