

תענית אסתר



מאת: מירב!

FACTS



עובדות

- Ta'anit esther is before purim.
- It is a minor fast because not everyone does it.
- It is on the 13th of adar (yud gimmel beadar).
- If the fast is on a sunday it gets moved to the thursday before.
- Instead of being sunset to sunset, the fast is from sunrise to sunset.

- תענית אסתר זה לפני פורים.
- זה צום קטן
- ביג באדר.

RULES

- Pregnant women (after 3 months of pregnancy, or within the first three months if the woman is experiencing pain from aches or vomiting) and nursing women (24 months after birth, even if she stopped nursing or there was a miscarriage) are exempt from fasting on Tanit Ester. ^[16]
- Children under Bar/Bat Mitzvah aren't obligated to fast, and some say that they shouldn't fast even if they want to. ^[17] Some poskim suggest that although there's no **chinuch** for the other 3 rabbinic fast days, for Tanit Ester there is an element of **Chinuch** to teach a child to fast on Tanit Ester. ^[18]
- Someone who has some small illness but is in a lot of pain may eat on Tanit Ester, but should make the fast another day. ^[19] Sephardim hold that someone who is sick doesn't need to make up the fast. ^[20] (halachapedia)

STORY BEHIND IT

סיפור אל הטאנית

When Mordecai informed Esther of Haman's plans, she asked him to proclaim a three-day fast. Today it is only one day.

DIFFERENCE BETWEEN ISRAEL AND CANADA WITH TA'ANIT ESTHER

Surprisingly there is no difference.

ACTIVITY!!!!!!

I am going to give you each a marshmallow and I will be back in 5 mins.

BIBLIOGRAPHY

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