

# מהירה של גדליה

מאת גדליה.





# The Story

The Fast of Gedalia is an all day fast on **ג' תשרה** that commemorates the assassination of Gedaliah Ben Achikam on that day. Gedaliah was the governor of the Jews still in Israel after the Babylonian king Nebuchadnezzar II exiled the others and appointed him. Gedaliah was killed by Ishmael Ben Nethaniah and various assistants. Ishmael did this because he was jealous of Gedaliah. He was helped by the king of Ammon, Baalis, who didn't like that the Jewish colony was growing. Gedaliah was warned of Ishmael's intent but nonetheless he invited Ishmael and his ten assistants for a private Rosh Hashanah feast. During the meal Ishmael and his assistants got up and stabbed Gedaliah, which reminds me of *Murder on The Orient Express*.



# Laws of the Fast.

On Tzom Gedaliah if you have had your Bar/Bat Mitzvah you must fast from dawn to dusk, or in other words, from 12:00 AM to 12:00 PM. Sick people, pregnant women, and breastfeeding mothers don't have to fast, but they are discouraged from eating more food than they need. This is because the purpose of the fast is to meditate and think about the meaning of the day. Also some Rabbis say you can taste food as long as you spit it out afterwards.



# Additions to Tefillah.

Some people add *Avinu Malkeinu* to their prayers on the Fast of Gedaliah. Many also add *Aneinu* to their prayers.



# The Laws of Fasting Are Found In

Chazon Ovadia (Laws of the Four Fasts, Halacha 3), Shulchan Aruch 549:1, Rambam Taaniyot 5:2.

# The Fast of Gedaliah





# Bibliography:

Posner, Menachem. "Tzom Gedaliah Fast Day - What, Why and How We Mourn on the Day after Rosh Hashanah." *Judaism, Chabad*, 30 Aug. 2013,  
[www.chabad.org/library/article\\_cdo/aid/2316462/jewish/Tzom-Gedaliah-Fast-Day.htm](http://www.chabad.org/library/article_cdo/aid/2316462/jewish/Tzom-Gedaliah-Fast-Day.htm).

Mjl. "Jewish Minor Fast Practices." *My Jewish Learning*,  
[www.myjewishlearning.com/article/jewish-minor-fast-practices/](http://www.myjewishlearning.com/article/jewish-minor-fast-practices/).

"Fast Days." *Halachipedia*, [www.halachipedia.com/index.php?title=Fast\\_Days#Tzom\\_Gedalya](http://www.halachipedia.com/index.php?title=Fast_Days#Tzom_Gedalya).

Mindel, Nissan. "Gedaliah." *Judaism*, 1 Jan. 1900,  
[www.chabad.org/library/article\\_cdo/aid/4825/jewish/Gedaliah.htm](http://www.chabad.org/library/article_cdo/aid/4825/jewish/Gedaliah.htm).

When you're hungry so you give  
away your birthright for some  
lentil soup

