

## Av

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Source: Tasman Center for Jewish Creativity

# Chodesh Av Tov

Happy new moon and new month of Av.  
This can a hot and difficult month as we  
commemorate the destruction of the Temple.  
But the energy of the month shifts from  
mourning into joy with the coming of the full  
moon and holiday of Tu B'av (Jewish  
valentines Day) which celebrates love.

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