The 10th of Tevet is a holiday in the Chabad tradition recognized as a day of mourning that commemorates the siege of Jerusalem by the armies of Nebuchadnezzar in 425 BCE. The siege lasted for over two years, finally ending with the breach of the city walls and the destruction of the First Temple. Subsequently, the Jewish people were exiled from Jerusalem. In more recent years, it has become traditional to use this day of mourning to honor people who lost their lives during the Holocaust, many of whose dates of death cannot be known. Unique among Jewish holidays, the 10th of Tevet is still observed even when it falls on a Friday and would thus interfere with Shabbat preparations.

TIPS FOR SUPPORTING THE VANDERBILT COMMUNITY

- Those observing the holiday will abstain from food and drink until after dark. This should be respected.
- Respect any extra time taken by those observing the holiday to pray.
- Communication is key. Ask how you can support observances.
- Students are not automatically excused from class for this holiday. Graduate and professional students must refer to their own school and departmental vacation policies and calendar for more specific information.
- Staff members may request paid time off to celebrate. Support their preference to take leave for their religious observance.

TYPICAL OBSERVANCES

- This day of mourning is spent fasting from dawn until nightfall.
- Additional supplements are added to prayers.
- Kaddish, a memorial prayer, is said for Holocaust victims, in addition to other prayers.

RESOURCES FOR MANAGING WELL-BEING AND MENTAL HEALTH

People feel many types of emotions during the holidays—joy, peace, stress and depression, to name a few. Whatever you feel, know you are not alone, and Vanderbilt has resources to help you through these challenges.

Faculty, Staff and Postdocs
Work/Life Connections-EAP
(615) 936-1327
vumc.org/health-wellness/work-life

Students
Office of Student Care Coordination
(615) 343-9355
vanderbilt.edu/carecoordination

For more information or to provide feedback, contact Equity, Diversity and Inclusion at edi@vanderbilt.edu. For information on the university’s policy on religious holy days and observances, contact the Office of the University Chaplain and Religious Life at religiouslife@vanderbilt.edu or Human Resources at human.resources@vanderbilt.edu.