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**Tisha b'Av:
The Torah of Tears**
Rabbi Tali Adler
Class of 2018

Published as an [audiofile by Hadar](#)

Abstract

Most people have a story of the first time they saw someone they thought was immune to tears break down and cry. The main character in the story varies: sometimes it is a parent, other times a grandparent, a rabbi, a teacher, or a coach. Sometimes the setting is as mundane as a particularly difficult fight, other times as devastating as a funeral. But while these details vary, the emotional valence of the moment usually stays the same. In relating the story, people consistently describe the same feelings: helplessness at being unable to do or say anything to stop the tears, and fear at seeing someone we had thought of as eternally strong in a moment of devastating pain.



Rabbi Tali Adler serves as faculty for Hadar. She holds bachelors degrees in political science and Jewish studies from Stern College for Women, where she graduated summa cum laude and won an award for her senior theses for excellence in Jewish history. Rabbi Tali has studied in a number of Jewish settings, including Midreshet Harova, Drisha, and Hadar, and has worked as a Jewish educator at BBYO and the Jewish Journey Project. A Wexner Graduate Fellow, during her time at Maharat, Rabbi Tali served as the clergy intern at Kehilat Rayim Ahuvim and Harvard Hillel. Rabbi Tali lives in Washington Heights where she runs Kol B'Rama, a monthly partnership minyan.