

"Tisha B'Av is the most significant day of mourning for our nation. Is there anything more terrible for a nation than to lose its freedom, to lose its chance build its independence, its culture, its traditions and its ideals freely" (Haim Arlosoroff)

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"Why was the First Temple destroyed? Because of 3 things which were rampant in those days - idolatry, sexual immorality and the spilling of innocent blood... But during the Second Temple period when people were engaged in the study of Torah, the performance of mitzvot and acts of loving kindness - why was the Second Temple destroyed? - Because it was a time of causeless hatred. This teaches that causeless hatred is considered equal to the three sins."(Talmud Bavli Yoma 9b)

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"Hate and revenge are diseases" (Elie Wiesel)

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The Rambam writes: "It is a commandment, incumbent upon every Jew, to love every single Jew as he loves himself, as the Torah says, 'And you will love your fellow Jew as yourself' (Leviticus 19:18).

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"Tisha B'Av doesn't have a pure religious background. Its nature is mixed and the national side of the day does not fall of the religious side of it, and is perhaps even more important." (Judge Miriam Ben-Porat, from a judgment of a coffee shop that was open on TishaB'Av)

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The Midrash says, Rabbi Yosi ben Chanina said, 'A love without reproof is not love.' Reish Lakish said, 'Reproof leads to peace; a peace where there has no reproof is not peace.'" (Bereshit Raba 54:3)

"As a result of the historic catastrophe in which Titus of Rome destroyed Jerusalem and Israel was exiled from its land, I was born in one of the cities of the Exile. But always I regarded myself as one who was born in Jerusalem" (Samuel Agnon's speech at the Nobel Prize awards ceremony)

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"Two are better than one, since they have good reward for their toil. For if they fall, one will lift up his friend, but woe to the one who falls and has no second one to lift him up." (Kohelet 4, 9-10)

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"Love means to commit oneself without guarantee, to give oneself completely in the hope that our love will produce love in the loved person. Love is an act of faith, and whoever is of little faith is also of little love." (Erich Fromm)

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Many waters cannot quench the love, nor can rivers flood it" (ShirHashirim 8,7)

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"If I forget you, Jerusalem, let my right hand forget its skill; Let my tongue stick to the roof of my mouth if I don't remember you, if I don't prefer Jerusalem above my chief joy" (Psalms, 137, 5-6, part of the Jewish wedding ceremony. said under the Hupa before the breaking of the glass)

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"Rabban Simeon ben Gamliel said: There were no better days for Israel than the Fifteenth of Av and the Day of Atonement, for on those days the young women of Jerusalem used to go out in borrowed white garments, so as not to embarrass whoever did not have any... And the young women would go out and dance in the vineyards. What would they say? 'Young man, lift up your eyes and see, what do you choose for yourself? Do not set your eyes toward beauty, [but] set your eyes toward family.'" (Mishnah, Ta'anit)