

Calendar

Onas Haveses

THURSDAY

WEDNESDAY

TUESDAY

MONDAY



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mikvah.org

Keeping a Mikvah Calendar



- **We keep a calendar to refrain from intimacy at the time we suspect becoming Niddah, according to specific halachic calculations.**
- There are many ways to become Niddah (see Niddah slides), not all ways affect calendar calculations, or create onos of separation.
- **IMPORTANT:** If given a psak of Niddah, at any time, (bedikah or garments, linens, etc.) remember to ask the Rav how to mark this on your calendar.

Keeping a Mikvah Calendar

Halacha requires that **only**

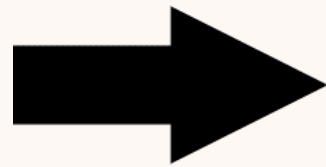
the **HEBREW CALENDAR**

(luach) be used for calculations

of the times of separation.

Tishrei							Cheshvan							Kislev							Tevet																																													
2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Shevat							Adar							Nisan							Iyar																																													
4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Sivan							Tammuz							Av							Elul																																													
5	6	7	8	9	10	11	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

Each Jewish day begins at **SUNSET**
& ends the following day at **SUNSET**



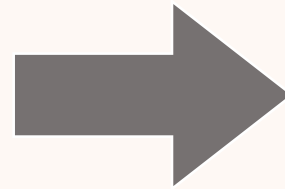
Example:

MONDAY: Begins Sunday at **Sunset** & Ends Monday at **Sunset**

A 24 HOUR DAY CONSISTS OF 2 ONOS

1. THE NIGHT ONAH

SUNSET



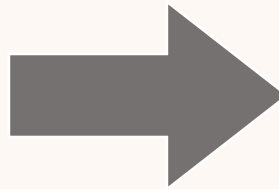
SUNRISE



A 24 HOUR DAY CONSISTS OF 2 ONOS

2. THE DAY ONAH

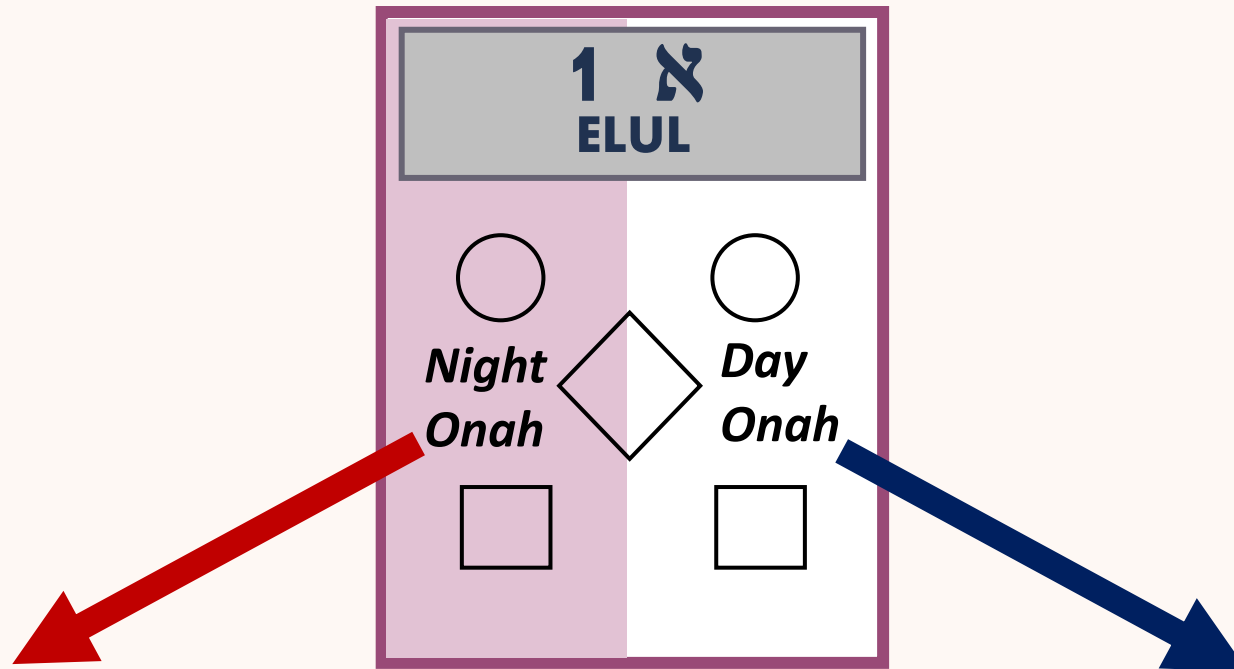
SUNRISE



SUNSET



A 24 HOUR DAY CONSISTS OF 2 ONOS



1. NIGHT ONAH



2. DAY ONAH



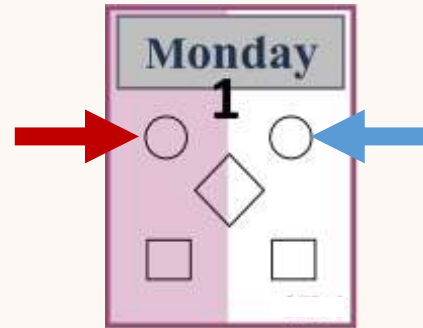
The Halachic Time Frame

Example: If your period began anywhere from:

SUNDAY
after **Sunset**



MONDAY
before **Sunset**



MONDAY is DAY 1 of your cycle, FRIDAY is DAY 5

Note: Day 1 does not need to be a complete day.

(If your period began exactly at sunset or a few minutes *before* or *after* sunset, consult a Rav on what to mark as the start).

Keeping a Mikvah Calendar



- Record the **Date, Time and Onah** (night or day) of the **onset of your period**.
- Record your **successful Hefsek Taharah** onto your calendar.
- **TIP:** It is a good idea to always send your husband a text when you get your **period** and when you perform your **successful Hefsek Taharah**, so there will be no error when you mark your calendar.





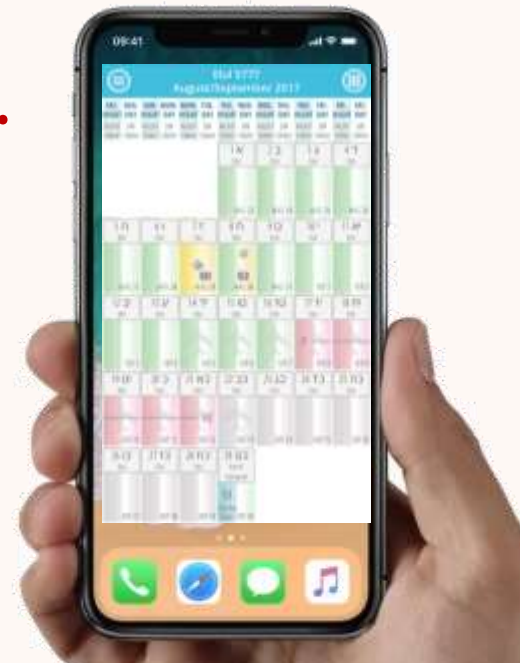
MyMikvahCalendar.Org

The **Mikvah App** is highly recommended to use for an accurate calendar.

IMPORTANT!

Record the **Date, Time & Onah** (night or day) your **period began**.
Record your successful **Hefsek Taharah** onto your calendar.

Note: A couple with Yiras Shamayim will keep a written calendar as well.



Color Key for Calendar:

Darker shade=NIGHT Onah

Lighter shade=DAY Onah

DARK PINK/LIGHT PINK.....Bleeding Days (*5 days min.*)




GRAY/WHITE.....Seven white days

BLUE.....Mikvah

DARK GREEN/LIGHT GREEN.....Taharah Days

YELLOW.....Onos of Separation

The following symbols will be marked on the calendar examples for the three onos of separation:

- | | | | |
|---|--|----------------------|-----------------------------|
|  | 1. <u>Onah Beinonis:</u> | Day 30-Average cycle | 2 <i>Onos of separation</i> |
|  | 2. <u>Chodesh:</u> | Hebrew date | 1 <i>Onah of separation</i> |
|  | 3. <u>Haflagah:</u> | Interval | 1 <i>Onah of separation</i> |

Example:

Av/August

SAT. NIGHT NIGHT ONAH	SUN. DAY DAY ONAH	SUN. NIGHT NIGHT ONAH	MON. DAY DAY ONAH	MON. NIGHT NIGHT ONAH	TUE. DAY DAY ONAH	TUE. NIGHT NIGHT ONAH	WED. DAY DAY ONAH	WED. NIGHT NIGHT ONAH	THU. DAY DAY ONAH	THU. NIGHT NIGHT ONAH	FRI. DAY DAY ONAH	FRI. NIGHT NIGHT ONAH	SAT. DAY DAY ONAH
		1 נ Av		2 ב Av		3 ג Av		4 ד Av		5 ה Av		6 ו Av	
		JUL 24		JUL 25		JUL 26		JUL 27		JUL 28		JUL 29	
		7 ז Av	8 ח Av	9 ט Tisha B'Av	10 י Av	11 יא Av	12 יב Av	13 יג Av					
		JUL 30		JUL 31		AUG 1		AUG 2		AUG 3		AUG 4	
		14 יד Av	15 טו Tu b'Av	16 טז Av	17 יז Av	18 יח Av	19 יט Av	20 כ Av					
		AUG 6		AUG 7		AUG 8		AUG 9		AUG 10		AUG 12	

Period 10:00 (indicated by a pink arrow pointing to the right from the night of the 3rd of Av)

Hefsek Tahara (indicated by a pink arrow pointing to the right from the night of the 31st of Av)

7 White Days (indicated by a gray arrow pointing to the right from the night of the 1st of August)

Mikvah (indicated by a blue arrow pointing to the right from the night of the 7th of August)

Darker shade=NIGHT Onah

Lighter shade=DAY Onah

DARK PINK/LIGHT PINK.....Bleeding Days (5 days min.)

GRAY/WHITE.....Seven white days

BLUE.....Mikvah

DARK GREEN/LIGHT GREEN.....Taharah Days

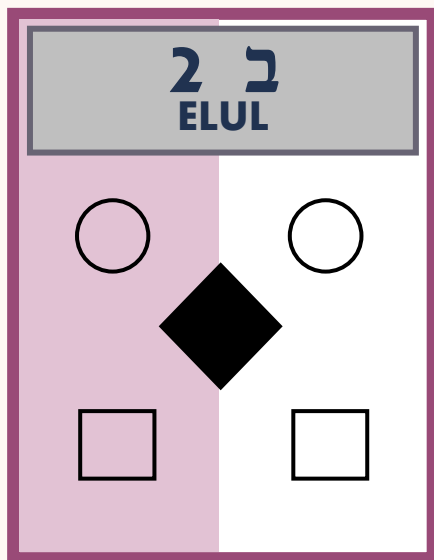
YELLOW.....Onos of Separation

How to Calculate the Times of Separation:

There are 3 ways we are obligated to calculate the onos of separation:

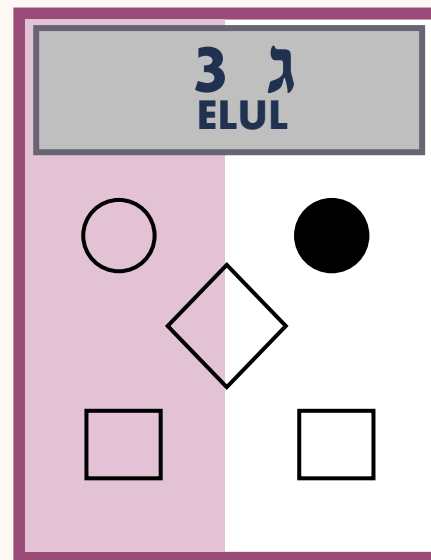
ONAH BEINONIS:
DAY 30-AVERAGE CYCLE

2 Onos of separation



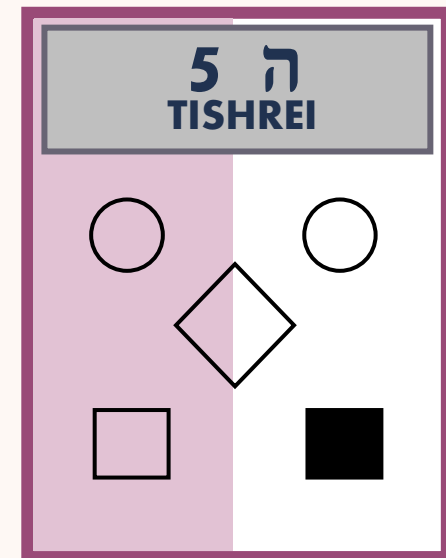
CHODESH:
HEBREW DATE

1 Onah of separation



HAFLAGAH:
INTERVAL

1 Onah of separation



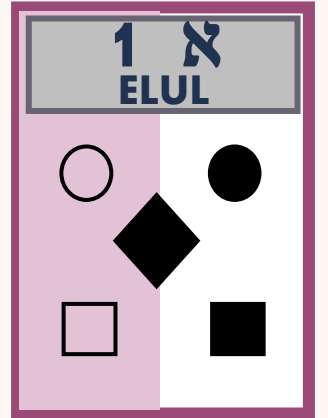
What to do on an Onah of Separation:

Chodesh/Haflagah/Onah Beinonis

1. SEPARATION:

Intimate relations are not permitted for the entire Onah/Onos.

- Although all the Harchokos are not required to be kept, it is accepted practice by the Poskim, including the Alter Rebbe, and praiseworthy, for a couple to refrain from kissing, hugging, embracing and sleeping in the same bed, even fully clothed. This is to avoid those things that may lead to doing what is not halachically permitted.



What to do on an Onah of Separation:

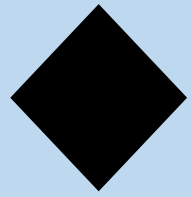
Chodesh/Haflagah/Onah Beinonis



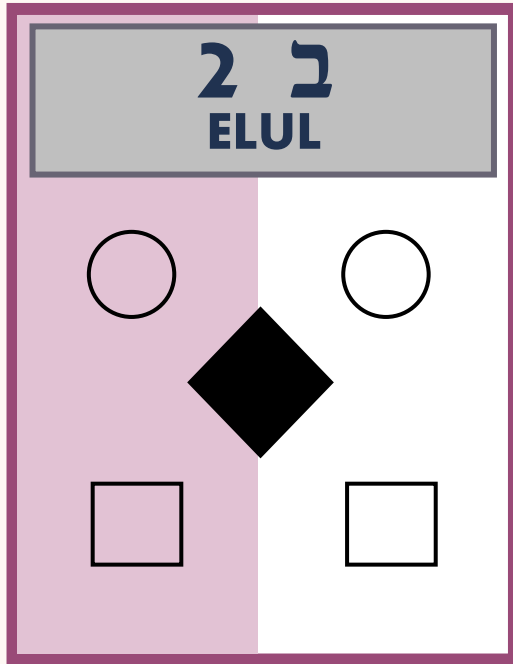
2. BEDIKAH:

A Bedikah needs to be done to verify if bleeding has, or has not begun.

- Even after the Bedikah is successfully completed, the separation continues until the entire Onah/Onos are over.
- It is preferable to do the Bedikah before taking a shower. We do not wash internally, tub bathe, douche, or swim. If this is necessary for you, consult a Rav.
- If one swam/washed/bathed internally, *before* a bedikah was performed, consult a Rav.
- Consult a Rav if no Bedikah was made on an Onah of separation. (Ask if this psak applies if you forget in the future as well.)



1. Onah Beinonis



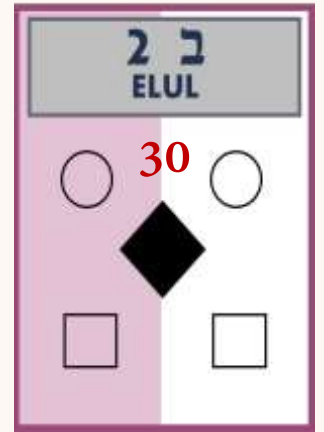
You separate on the **30th DAY**,
from the onset of your period
(2 Onos of separation)

◆ Onah Beinonis

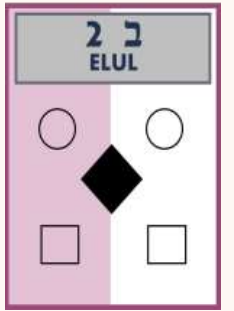
Calculate **30 DAYS**
from the onset of your period.

The onset of your period is **Day 1***
The day you separate is Day 30
(4 weeks plus one day).

*Note: Day 1 does not have to be a full 24 hour day.



◆ What to do during Onah Beinonis:



1. SEPARATION:

You separate on the 30th day from Sunset to Sunset,
THE ENTIRE 24 HOURS

Example: If the 30th day is Thursday, you separate from
Wednesday at **sunset** until Thursday at **sunset**.



SUNSET



SUNSET

◆ What to do during Onah Beinonis:



2. BEDIKAH:

Do a Bedikah close to sunset (toward the end of the 24 hour separation time).

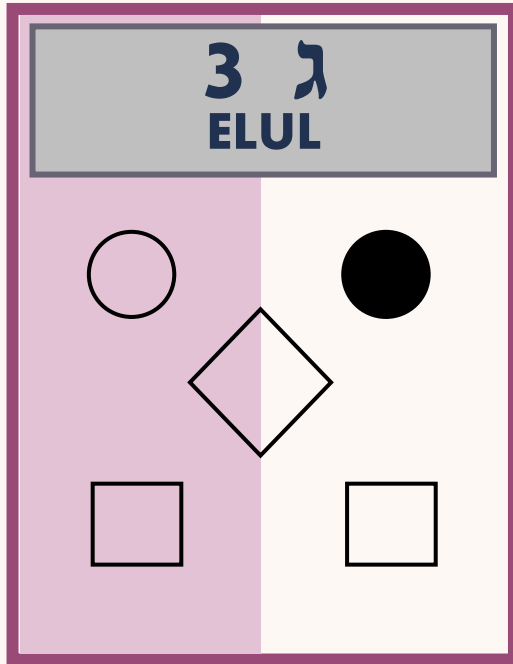
- It is preferable to do the Bedikah before taking a shower. If you did wash internally, tub bathe, swim or douche *before* doing the Bedikah, a shaila needs to be asked.
- You have a halachic obligation to inform your husband of the onah beinonis and result of the Bedikah. If you do not inform him, your husband is obligated to ask.
- **If you forgot to do a Bedikah on the Onah Beinonis, do a Bedikah as soon as possible.** You may not have relations unless a Bedikah is performed, (even if days have passed). If you already had relations by mistake, consult a Rav.
- Note: There is a stringency to perform a second Bedikah after nightfall following an Onah Beinonis. Consult your Rav.

◆ Onah Beinonis

- The Onah Beinonis is NEVER carried over.
- A new Onah Beinonis is calculated from each NEW period.



● 2. Veses HaChodesh

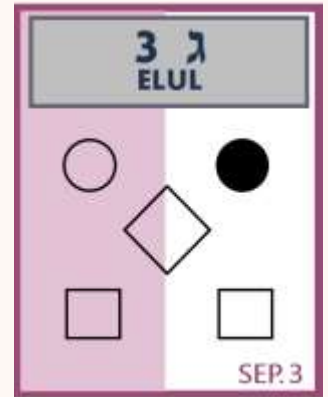


You separate on the same
HEBREW DATE and **Onah**
as your previous period began.
(1 Onah of separation)

● What to do during Veses HaChodesh:

1. SEPARATION:

- You separate on the same **HEBREW DATE** and **Onah** as your previous period began.
- You separate for **ONE Onah** (either night or day), on the **SAME Onah** that your previous period began.
- Example: If your previous period began on **3** Av on the day Onah , then mark **3** Elul on the **day Onah**, as a time for separation.



● What to do during Veses HaChodesh:

2. BEDIKAH:

- Do a Bedikah just *after* the time your previous period began, but **BEFORE** the end of the onah.
- Example: If your previous period began on **3** Av at **10 AM**, then do a Bedikah on **3** Elul *after* **10 AM**, but **BEFORE** sunset.
- **Note:** Remember that even after the Bedikah is successfully completed, the separation continues until the Onah is over (a night onah is over at sunrise, a day onah is over at sunset).



● Chodesh: When a date “carries over”

If a Veses HaChodesh date passed blood free it is cancelled. However, if the Veses HaChodesh falls within the days of the period, there are two opinions among Chabad Rabanim.

- **Opinion 1:** The next month there will be **TWO** Veses HaChodesh dates, the new date and the date that was not passed blood free.

Example: You expected your period **3** Elul, but began bleeding **2** Elul. Next month you separate **BOTH 2 and 3** Tishrei.

● Chodesh: When a date “carries over”

- **Opinion 2:** The next month there will only be **ONE** Veses HaChodesh date, based on the newest period. The previous Veses HaChodesh date is canceled and not carried forward, since it fell within the days of the period.

Example: You expected your period **3** Elul, but began bleeding **2** Elul.

Next month you separate **ONLY** on **2** Tishrei.



The app will calculate according to the halachic setting for the opinion that you follow. Be sure to select the correct halachic setting.

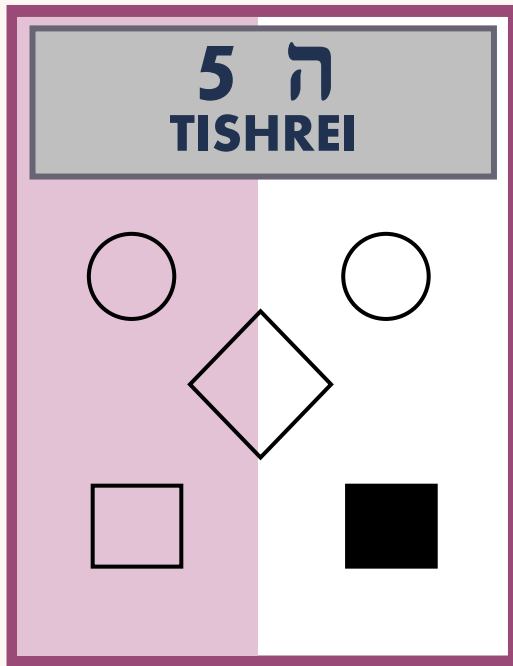
● Chodesh: When a date “carries over”

According to all Chabad opinions:

- If you bleed later in the month again, it doesn't invalidate original sighting. You will need to suspect **BOTH** dates on the following month.

Example: If you bleed on **3** Av **and 20** Av, you will separate on **BOTH 3** Elul **and 20** Elul.

■ 3. Veses Haflagah



You separate based on the
INTERVAL of
Clean Onos (blood free)
between two previous periods
(1 Onah of separation)

■ Veses Haflagah

- Calculate the interval of **clean Onos** from the **END** of one period (*after* Hefsek Taharah=Day 1 of 7 white days) until the **BEGINNING** of a new period (**inclusive**).
- Two cycles are needed to calculate Haflagah
- The Haflagah is counted in Onos (time frames).
Every day has 2 Onos (night onah and day onah).

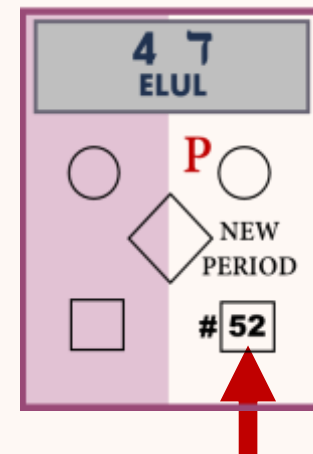


■ Veses Haflagah

How to calculate the HAFLAGAH NUMBER

STEP 1- When you get your period:

- Your period begins. Mark it onto your calendar on the correct Date and Onah (night or day).
- Go back to the hesfek taharah of the previous period.
Begin counting from the night Onah *after* the HEFSEK TAHARAH (this is day 1 of the 7 white days=two onos: night onah, day onah).
- Count each date by two's 2, 4, 6 etc (night onah, day onah).
- **End the count on the Onah that your NEW PERIOD begins.**
Include the Onah upon which your NEW PERIOD begins.
- Record the NUMBER of your count. This is your new HAFLAGAH NUMBER.

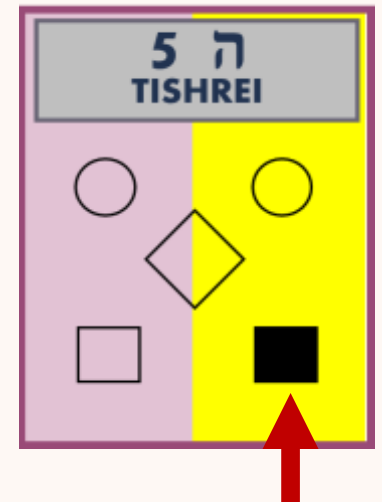


■ Veses Haflagah

Marking your calendar with the **HAFLAGAH ONAH**

STEP 2- When you have completed your Hefsek Taharah:

- Once you have completed a successful Hefsek Taharah for the **newest** period, count out, locate and mark the Haflagah number onto the correct Onah, on your calendar.
- This is the **HAFLAGAH ONAH of SEPARATION.**

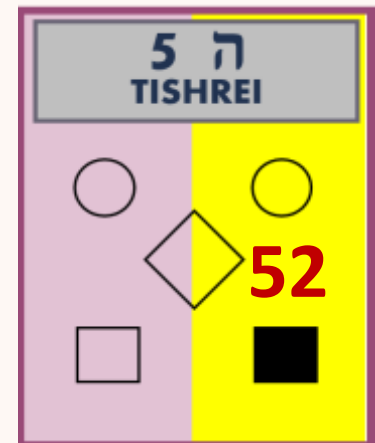


■ Veses Haflagah

Example: If the count of onos (2 each day) from *after* the Hefsek Taharah of **Period A** to the start of your **NEW PERIOD B (inclusive)** is Haflagah number **52**.

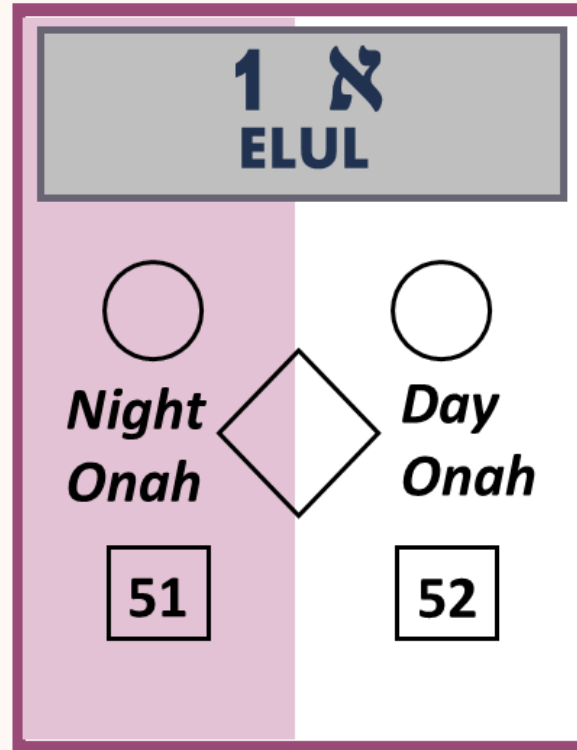
Then **52** is your new Haflagah number.

- Count the onos from the night onah *after* the **NEW HEFSEK TAHARAH of Period B** (this is day one of the 7 White days)
- Count each date by twos. End your count on **ONAH 52**.
- Mark **ONAH 52**, as the **HAFLAGAH ONAH of SEPARATION** on your calendar.
- **Note:** Continue to count and mark a Haflagah onah of separation, for every Haflagah number that you have on your calendar that is larger than **52**.



■ Haflagah Numbers

An **ODD** Haflagah number is a **NIGHT** Onah of separation



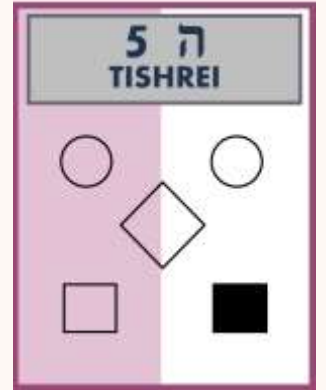
An **EVEN** Haflagah number is a **DAY** Onah of separation



■ What to do during Veses Haflagah:

1. SEPARATION:

- You separate for **ONE Onah** (either night or day) that corresponds to the **SAME** Onah that your previous period began on.
- **Note:** You also separate one Onah for every active Haflagah number on your calendar carried over from previous periods. (It is common to have several haflagah onos at any given time).



■ What to do during Veses Haflagah:

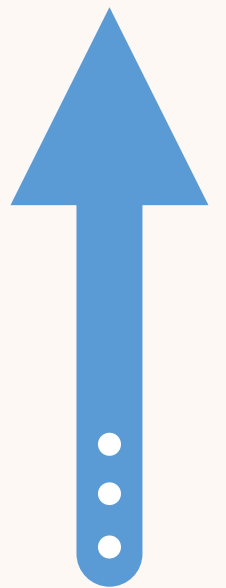
2. BEDIKAH:

Do a Bedikah just *after* the time your previous period began, but **BEFORE** the end of the Onah.

- Example: If your period began on Onah **52** at **10 AM**, then do a Bedikah on Onah **52** (counting from the **newest** Hefsek taharah) just *after* **10 AM**, but **BEFORE** sunset.
- **Note**: Remember that even after the Bedikah is successfully completed, the separation continues until the Onah is over (a night onah is over at sunrise, a day onah is over at sunset).



- **Haflagah: When a period begins on a **HIGHER** Haflagah number**
 - If the **newest Haflagah number** is **HIGHER** than any existing Haflagah numbers on your calendar, it cancels out all **lower** Haflagah numbers.
 - Example: If the newest Haflagah number is **56**, it cancels out an existing Haflagah number of **52**.



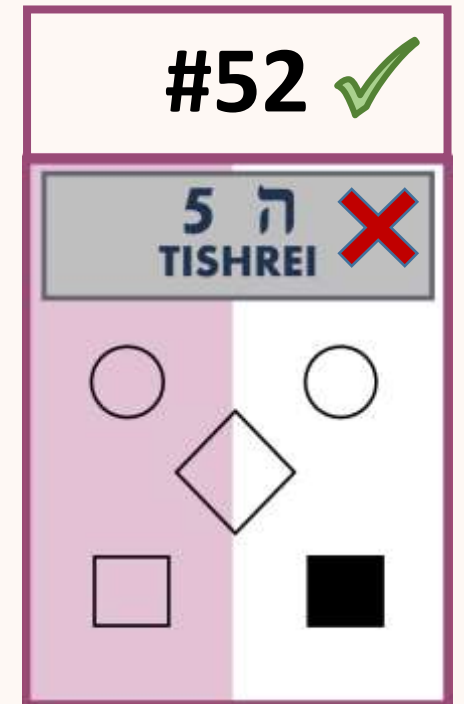
■ Haflagah: When a period begins on a **LOWER** Haflagah number

- If the **newest Haflagah number** is **LOWER** then any existing Haflagah numbers on your calendar, the **higher numbers are retained**.
These higher numbers are **carried over**, and kept, in addition to the **newer lower number**, however, they are recalculated to new dates of separation, counting from the **newest Hefsek Taharah**.
- Example: if the **newest** Haflagah number is **50** and the previous Haflagah number is **52**, then **BOTH** Haflagah numbers of **50** and **52** need to be kept, and are calculated from the **newest Hefsek Taharah**.



Haflagah: When a period begins on a **LOWER** Haflagah number

- **Note:** The **date** for the Haflagah **52**, calculated from the previous Hefsek Taharah is now irrelevant, even though the **NUMBER 52** is carried forward. It moves to a **NEW DATE** counting from the **newest Hefsek Taharah**.
- **Example:** If you had a Haflagah number **52**, that fell on the 5th of Tishrei based on an earlier Hefsek Taharah, once you do a **new Hefsek Taharah** from the **newest** period, the 5th of Tishrei will no longer be relevant, even though the **NUMBER 52** is kept-it will move forward to a **NEW DATE**, counting from the **newest Hefsek Taharah**.



Veses Kavua-A Fixed Cycle

3

Any time a pattern is noticed in the way your period begins, and it occurs **THREE** times, consult your Rav on how to keep your calendar.



The Mikvah Calendar app, will notify you of possible kavuah patterns and you will be advised to contact the Rav.

This can be done directly from the calendar.

Find “Ask A Rabbi” and check the box to attach your list of cycles for the Rav to review or you can print your list of cycles from the app to show your Rav.

Advise the Rav if you have given birth within the past 24 months.

Yom Kippur, Tisha B'Av & Days of Mourning (Shivah) are additional days of separation

Intimate relations are not permitted.

Poskim also say not to share a bed, hug and kiss.

In addition:

1) **Yom Kippur**- All Harchokos are kept throughout the entire Yom Kippur night & day (even if you are Tehorah).

2) **Tisha B'Av**- The Harchokos are kept at night.

There are differences of opinions as to whether the Harchokos are kept during the daytime as well. Consult your Rav.



Mesulekes Damim & Calendar



DURING PREGNANCY:

- A woman needs to keep all Onos that are active on her calendar for the **first three months of pregnancy**, counting from mikvah. This means veses hachodesh, onah beinonis and all haflagah onos based on the cycles before conception.
- No new calculations are made as long as there is no further bleeding.
- *If any bleeding occurs, she needs to ask a Rav how it will affect her calendar.*
- **Note:** If she had an active kavuah at conception, she should consult a Rav about what to keep for the first three months of pregnancy.

Mesulekes Damim & Calendar

AFTER CHILDBIRTH:



- ALL Halachos of the calendar resume with the first period after birth (no matter how soon or delayed after birth it occurs).
- A woman who has given birth (or lost a pregnancy of over 40 days duration – counting from mikvah) cannot establish a “fixed cycle” for 24 months.
- If she had an active **kavuah** at conception, she should consult a Rav on what to do 24 months post-partum, if her periods have resumed.

Mesulekes Damim & Calendar

PERIMENOPAUSE / MENOPAUSE:



- A woman who has skipped periods DUE TO HER AGE - as is common in the years leading to menopause - should consult her Rav on how to keep her calendar when she misses the first period and again when/if her periods resume.
- A woman in her menopausal years, who is uncertain when her next flow will be, should consult her Rav regarding the recommendation to perform a bedikah prior to intimacy, until she has not had a cycle for six months.

Travel

If you will be crossing the International Date Line consult a Rav regarding dates of separation on your calendar.





1. Notes

1. A definitely **Unclean Bedikah** (red or black) is often counted as a period and may affect your calendar. Consult your Rav.
2. An **unclean Bedikah** during the 7 white days, over 7 days from the start of the period, AND over 24 hours from original Hefsek Taharah, **may** act as a new flow and may affect your calendar. Consult your Rav.
3. **Kinuach** wiping (with a tissue/cloth of any color) and finding a color that is determined to be Nidah **may** affect your calendar. Consult your Rav.
4. A **kessem** (stain), medical procedure, childbirth etc-that cause Niddah status-are not expected to occur on a regular basis, therefore they do not affect the calendar. (Note: A Kessem-stain that is Niddah, during the 7 white days, although this requires a new Hefsek Taharah, will not affect your calendar. The haflagah onos will not calculate from the new hefsek taharah done because of the stain, but will calculate from the original Hefsek taharah. The actual mikvah immersion does not affect any calendar calculations).



2. Notes

5. If you are on any hormonal therapies or birth control that may affect your cycle, consult your Rav and ask how this will affect your calendar.
6. If you have spotting or staining preceding the period, consult your Rav as to what to mark as the start of the period on your calendar.
7. The start of the period is marked according to when you actually **SEE** that your **period** has begun, not according to when it might have begun (example: while you were asleep).
8. It is **crucial** to do the Hefsek Taharah on schedule, even if you know that you will not be going to the Mikvah on time (**Example:** your husband will be out of town). The Hefsek Taharah affects calendar (haflagah) calculations.
9. Note: The calendar calculations are made according to when the Hefsek Taharah is **ACTUALLY** performed. Actual immersion, even if delayed does not affect calendar calculations.
10. When the veses Hachodesh date coincides with the onah Beinonis date, consult your Rav if you need to do 2 bedikos or if one Bedikah will suffice for both.



3. Notes

11. If your period begins at a time when daylight savings time will change the onah on your calendar from night to day or day to night onah, then **keep the onah as it is** (this means a day onah remains a day onah and a night onah remains a night onah) but discard the time. Do the bedikah **before** the end of the onah.
12. If Mikvah night falls out on ANY onah of separation, Consult your Rav.
13. If you have a flow that lasts less than 24 hours, Consult your Rav.
14. There is a Chumrah (not Halacha) to perform a Bedikah before marital relations during the **Uncertain days*** on your calendar.
15. ***Uncertain days**=any day of your calendar following the earliest day your period may begin. Consult your Rav.

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