The very first time that the Israelites cried on Tish'a b'Av was when the spies slandered about the promised land. Rashi gives us insight. Since tonight you cried without reason, I will give you a reason to cry, for in the future real tragedy will befall you on this day.

The Kli Yakar (Rabbi Shlomo MiLuntz 1550-1619, Prague) explains that the idea of Sinat Chinam - senseless hate was instilled within us on that fateful night due to our disgust of the Land of Israel. Unfortunately, that same senseless hatred amongst the Jewish people led to the destruction of the First and Second Temple. That original senseless crying led to such an avoidable catastrophe.

Rabbi Yitzchak Daman Acco in his sefer "Otzer Chayim" written 700 years ago explains something in D'varim. We have a custom to recite the verse

"How can I, Moshe, personally bear your burden", to the tune of Eicha. People may think it is wiser to be less involved in communal affairs. Yet, we have understood that refraining from helping others in communal affairs may hasten the disintegration of the Jewish community. Woe to us that want to remain isolated.

What led to the original redemption from Egypt? What saved us from Egypt?

We didn't forsake our language, dress code or names... and our refraining from Lashon HaRa. When Moshe encountered Datan and Aviram fighting each other, he acknowledged the lengthy exile in Egypt by saying "now I realize the thing" - the problem.

If we, in our generation, would realize the deep-rooted problem of Lashon HaRa and Sinat Chinam, then the perpetuation of our lengthy Galut should not be a surprise to us. It is unity we need, Achdut, to help alleviate us from Exile and bring us to the final redemption.