



HOW TO OBSERVE YOM KIPPUR



Ceremony of Kapparat

What is kapparat? Kapparat is a custom in which the sins of a person are symbolically transferred to a fowl. It is practiced shortly before Yom Kippur. First, selections from Isaiah 11:9, Psalms 107:10, 14, and 17-21, and Job 33:23-24;

If God ruled the world by strict justice, then every time a person would do something purposely wrong, a giant 100-ton weight would fall from the sky and squash him. Fortunately for us, God also rules by mercy and allows us to gain atonement.

One of the methods of atonement is through the ritual of Kapparat. This is done by taking a chicken, or money, and waving it around your head three times. The chicken is then slaughtered and given to charity (as is the money if used in place of the chicken).

While swinging the chicken or the money, recite this paragraph 3 times:

English	This is my exchange, this is my substitute, this is my atonement. Select [This rooster is going to die] or [This money will go to charity], but I am going to a good long life and to peace.
Hebrew	זֶה חֲלִיפָתִי, זֶה תְּמוּרָתִי, זֶה כַּפָּרְתִי [זֶה הַתְּרַגְּוֹל יֵלֶךְ לְמִיתָה] or [זֶה הַכֶּסֶף יֵלֶךְ לְצַדָּקָה], וְאֲנִי אֶכְנֵס וְאֵלֶךְ לְחַיִּים טוֹבִים אַרוּכִים וּלְשָׁלוֹם.

Candle Lighting

In memory of parents who are deceased, special candles that burn throughout Yom Kippur are lit. Then the two holiday candles are lit and blessed. This lighting signals the beginning of Yom Kippur, which means no eating or drinking from this point.



First Blessing

Phonetic Hebrew

Baruch ata adonai elohaynu melech haolam, asher keedshanu b'mitzvotav v'tzivanu l'hadleek ner shel (shabbat) yom hakeepureem.

English

Blessed are You Adonai, Eternal One, Who enables us to welcome (shabbat) Yom Kippur by kindling these lights

Second Blessing

Phonetic Hebrew

Baruch ata adonai elohaynu melech haolam, shehehayanu, v'keeyomanu v'higeeyanu laz'man hazeh.

English

Blessed are You Adonai, King of the universe, Who has kept us alive, sustained us, and encouraged us to observe this day.

Blessings the Children

Before leaving for the Temple, it is custom to bless one's children. These blessings that we give over to our children, originates back to our great forefathers blessings.



English

May G-d make you like
(for a boy) Ephraim and Menasseh,
(for a girl) like Sarah, Rebecca, Rachel and Leah.

May G-d bless you and safeguard you. May G-d illuminate his countenance for you and be gracious to you. May G-d turn his countenance to you and establish peace for you.

Observing Yom Kippur

The afternoon before Yom Kippur, it is a special good-deed to eat a festive meal. Eating heartily on the day before Yom Kippur. Enjoyment of this world for right reasons is as spiritual as fasting. Also pragmatic reason. Festive meal - hallah etc.

As far as making your fast easier in general, try to pace your intake throughout the previous day by eating something every two hours. At the festive meal itself, eat a moderate portion of food so as not to speed up the digestion process. Also, don't drink any coffee or coke, because caffeine is a diuretic. Heavy coffee drinkers can also avoid the dreaded headache by slowly reducing the amount of coffee consumption over the week leading up to Yom Kippur.

After a meal we generally get thirstier, so when you complete the festive meal, leave some extra time before sundown to drink. Also, drinking lukewarm water with some sugar in it can help make you less thirsty during the fast.

- 1) One may not wear shoes with leather.
- 2) One may not Apply oils or lotions to the skin.

- 3) To refrain from any sort of work as on Sabbath.
- 4) One may not wash his hands past his knuckles.
- 5) One may not have sexual intercourse on Yom Kippur.
- 6) A fast day... the Yom Kippur fast begins at sundown, and extends 25 hours until the following nightfall.

In case of Illness

If someone is ill or a woman giving birth, and a doctor is of the opinion that fasting might pose a life-danger, then the patient should eat or drink small amounts. The Doctor should decide how much food the patient should have.

- Havdalah - wine, candle, no spices unless Yom Kippur falls out on Sabbath.

The commandments of Yom Kippur are designed to demonstrate that our soul and our Body are parts of a single integral unit that is inseparable. Our body behaves in the same way as our soul. It neither eats or drinks, or engages in intercourse or labor. It sits the entire Yom Kippur in the synagogue, engaged in prayer and basking in God's divine presence.

Integration of the soul is called teshuva, which means "to return" in Hebrew. Through teshuva we return to ourselves. As long as we are ourselves there is no need to return to God. We are already fully united with His presence.

A day of atonement can be a day of judgment after all. Atonement allows the various parts of the soul to integrate and return to each other once again. When we succeed in this endeavor, the united soul is automatically assured of being able to pass judgment. Atonement, spiritual purity and judgment really do fit together very well.

Repentance and Forgiveness

Following the Golden Calf, Moses pleaded with God to forgive the people. Finally on Yom Kippur, atonement was achieved and Moses brought the second set of Tablets down from Mount Sinai.

From that day forward, every Yom Kippur has carried with it a special power to cleanse the mistakes of Jews (both individually and collectively) and to wipe the slate clean. The Torah teaches us that it is never too late to change.

The Annual Opportunity

Yom Kippur is about stopping the "I can't's" and becoming an "I can" person. It is the day when we cast away the mistakes that define our limitations. On Yom Kippur, we affirm: "These mistakes are not me. It was merely a temporary lapse in judgment. I won't do it again. I can achieve greater and bigger. I only have to try."

King David tells us: "*[God] opens His hand and gives to all those who want*" (Psalm 145:16). In truth, we can do whatever we want. The only condition is that we have to "want." If we don't want, then God cannot give.

Yom Kippur is a time to return. A time to dream again the wildest of dreams, and to plan their execution. A time to rethink and regain our refreshing hope in life.

Brainstorming Questions to Ponder

Question 1: If you were born today with no concept of failure, what would you attempt to achieve?

Question 2: When was the last time you developed a major new life dream? Do you spend time thinking about new dreams?

Question 3: What have been your biggest dreams and life goals? How do you continue to nurture and pursue those dreams now?