



Yom Kippur

DAY OF ATONEMENT

BEGINS

SUNDOWN
Tuesday
10.04.22

10th of Tishrei

ENDS

SUNDOWN
Wednesday
10.05.22

10th of Tishrei

What it IS...

The most *contemplative day* of the Jewish year.

Many Jews who do not observe any other Jewish customs will *fast, refrain from work, and attend synagogue services.* It is a day set aside to *atone for our sins* and *focus on how we will change.*

What to DO...

Prior to Yom Kippur, we are encouraged to make amends with those we may have hurt.

On Yom Kippur, we ask for *forgiveness from God.*

On Yom Kippur, we *wipe the slate clean.*

Shofar blowing: The *sound* of the shofar acts as an *alarm* to wake our sleeping souls and turn our attention to the task of *repentance.*



What to SAY...

G'mar Chatima Tovah

May your final sealing in the Book of Life be good.

Have a meaningful fast.

Teshuva

On Yom Kippur, we engage in teshuva (repentance).



1 REGRET: Acknowledging mistakes.



2 CESSATION: Stopping the action.



3 CONFESSION: Admitting mistakes.



4 RESOLUTION: Making a commitment to change.

What to EAT... *Nothing!*

It is *customary* for healthy adults to *fast.*

No food, drink or water.

Many people celebrate the end of the holiday with a festive *"break-fast."*

On Yom Kippur, observant Jews *refrain from:*

1
EATING & DRINKING



2
WASHING



3
APPLYING OILS OR LOTIONS TO THE SKIN



4
WEARING COLORED CLOTHING

THE CUSTOM IS TO WEAR WHITE

5
WEARING LEATHER SHOES

