



# Yom Kippur

## DAY OF ATONEMENT

### BEGINS

SUNDOWN  
Sunday  
09.24.23  
10th of Tishrei

### ENDS

SUNDOWN  
Monday  
09.25.23  
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).



**REGRET:** Acknowledging mistakes.



**CESSATION:** Stopping the action.



**CONFESSION:** Admitting mistakes.



**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

