



Yom Kippur

DAY OF ATONEMENT

The night before Yom Kippur is called Kol Nidre or Erev Yom Kippur

STARTS

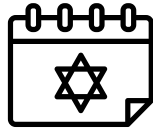
SUNDOWN
Sunday
9.20.26
9 of Tishrei



ENDS

SUNDOWN
Monday
9.21.26
10 of Tishrei

What it IS...



The most contemplative day of the Jewish year.

Many Jews who do not observe any other 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 SAY...

May you have an easy fast
Have a meaningful Yom Kippur

G'MAR CHATIMA TOVAH

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

What to EAT...

Nothing!

It is customary for adults to fast, which means no food, drink, or water.

If fasting is not the right decision for you and your body, you are not required to fast. The Torah commands us to take care of ourselves.

Many people celebrate the end of the holiday with a festive "break-fast." Many people host others for a community break-fast.

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 others and 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.



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

On Yom Kippur, observant Jews **refrain from:**

EATING
&
DRINKING

WASHING

USING
OILS OR
LOTIONS

WEARING
COLORED
CLOTHING

WEARING
LEATHER
SHOES



The custom is to wear white.