

בס"ד. ו' תשרי תשע"ח

To my dear fellow members of Anas"n, at the community adjacent to the EU, Brussels, and virtualcommunity@sichosonline.org

Reminders for Yom Kippur (which falls out on Shabbos) - 5778

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Wishing you all a *Gmar Chasima Tova* and may we merit to see the *Kohain Gadol* in *Kodesh Hakodoshim* THIS YEAR!!

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Experience has shown that it is best if both husband and wife review each day thoroughly what needs to be done on the following day, so that miscommunications and last-minute panics can be avoided, and Yom Tov can be truly celebrated joyfully.

Please post this on the refrigerator or another central location.

Things to be taken care of (or bought) before Erev Yom Kippur:

1. Pregnant or nursing women (or someone who is ill ל"ע) who have a hard time fasting should **first consult their doctor** regarding their situations **and only then** consult the Rav. This should be taken into account enough time before *Yom Kippur* so that it can be properly taken care of. Anyone who is on medication that must be taken every day should do the same. **PLEASE DO NOT WAIT FOR THE LAST MINUTE TO ASK A SHAILA.....**
2. **Help in the home:** Women who have a hard time fasting, and especially those with children around the house... should arrange for adequate assistance for the day of *Yom Kippur*. **It is better for them to stay home and rest rather than going to shul and get tired etc.** (Fasting is a *Mitzva* from the Torah, going to shul is not...)
3. **Tashlich:** Can be done any time during עשרת ימי תשובה for those who did not do it on ראש השנה. Many have the custom (if they missed it on *Rosh Hashono*) to do it on 8 Tishrei.
4. **Shoes for Yom Kippur:** Ensure before-hand that everyone in the household (small children included) have non-leather shoes for *Yom Kippur*.
5. **Kittel:** Ensure that the father has a Kittel to wear. (The first year after one's wedding a *Kittel* is not worn).
6. **Kaporos:** Arrange when and where it will be done.
7. **Lekach:** Buy or bake honey cake (לעקאח) for ערב יום כיפור.
8. **2-3 Yahrtzeit Candles:** Buy at least two-three *yahrtzeit* candles:
 1. One to light at home for *Havdala* which is called "*Ner Sheshovas*" (meaning it should be lit from ערב יום כיפור until מוצאי יום כיפור – be sure it lasts at least 26-7 hours).
 2. A second candle to take to shul - for those that have the *minhag* to light a לעבעדיקע ליכט in shul (by the *gabbai*).

3. And a third (or more) candle(s) - for those that light a candle for a parent who has passed away ר"ל, which is called נשמה בר. (One for each parent etc. The Rebbe used to light one for each person).
9. **Honey:** Ensure that there is honey in the house (for dipping the *Challah*).
10. **Kreplach:** Prepare *Kreplach* for the *Seudah* on יום כיפור.
11. **Coins for Tzedaka:** Prepare coins that should be given to *Tzedaka* on יום כיפור before *Mincha*.
12. **Food for Erev Yom Kippur:** Buy the appropriate foods for יום כיפור. (see below).
13. **Food for the Seudah on Motzoei Yom Kippur.**

Friday – Erev Yom Kippur:

* **Order of the Day (for the father) at a glance:** [*Kaporos*] *Mikvah*, *Shacharis*, Ask for *Lekach*, *Seudah* (before *Chatzos*), מלקות, *Mikvah*, *Tzedoko*, *Mincha* (על חטא), second *Seuda* (*hamafsekes*), *Mikvah*, כל נדרי שול for ברכת הבנים.

- * *Kaporos*: Early in the morning we do “*Kaporos*”.
- * *Mikva*: For the first of three *Tvilos* of the day.
- * In *Shacharis*: We do not say *tachanun*, nor מזמור לתודה nor אבינו מלכנו.

During the day

- * *Tzedaka*: It is customary to increase in the amount of *Tzedaka* that is given throughout the day, especially before *Mincha*. *Tzedaka* should be given in the form of coins (because they make “noise”, as the *Baal Shem Tov* said that the noise of the coins dispels the קליפות).
- * ***Lekach***: we ask for *Lekach*. The Rebbe would stand for several hours distributing *Lekach* by the door of *Cheder Hayechidus* and wishing everyone a “*Shono Tova Umesuka*”
- * **First Seuda (meal)**: Before *chazos* (midday). See below which foods are eaten.

Foods that are eaten/not eaten on Erev Yom Kippur:

- * Garlic, eggs and sesame should not be eaten.
- * In the morning, it is permissible to eat milk products.
- * We eat two *seudos*: In the first one (before *chatzos*) we eat *challah* dipped in honey, fish, chicken, soup, *tzimmes* etc.
- * At the second seuda - סעודת המפסקת we eat light foods such as soup, chicken etc. The foods should be without salt. We do not eat seasoned foods.

Preparations for Mincha

- * ***Malkos***: For the men.
- * **Second *Tvila***: for the men.
- * ***Bigdei Shabbos***: many have the custom to wear the *Shabbos* and *Yom tov* clothing for *Mincha*.

Mincha:

- * ***Tzedoko***: as mentioned above (in coins etc.).
- * We say פתח אליהו and הודו like every שבת.
- * ***Al Chet***: Towards the end of the *Amida*, after the first *Yihyu Leretzoin*, we say *Al Chet*.
- * **After the *Amida***: *Tachanun* is not recited nor *Ovinu Malkein*.

- * **Second Seuda (Hamafskes):** see above what is eaten at this *seuda*.
- * **Tvila:** Third *tvila* for the men.

Before Yom Tov begins:

- * The women who *daven* in *shul*, should arrange how their *Machzorim* will be brought to *Shul* (as they may not carry after lighting candles).
- * Light the *Yahrtzeit Licht* ("Ner Sheshovas"), and ensure that it is **not** put out, for it needs to be lit until *motzo'ei Yom Kippur* for *Havdolo*.
- * Those that also light a *Yahrtzeit Licht* for a parent who has passed away, which is called *נר נשמה*, should also light it now. [The Rebbe would light one for each parent].
- * The father blesses the children with *ברכת הבנים והבנות*. If for whatever reason the father is not present, the mother may *Bentch* the children.
- * The father should remember to take the *Tallis*, *Kittel*, *Machzor* and "לעבדיקע ליכט" to *Shul*.

Lighting candles:

- * Candles are lit 18 (23) minutes before the *Shkiya* (sundown) like every Friday. See local calendar for times.
- * Give *Tzedaka*, then light the *YomTov* candles.
- * Two *Brachos* are recited: first *להדליק נר של שבת ושל יום הכיפורים* and then *שהחיינו*.

During Yom Tov:

- * Concerning doing *Melachos*, the laws on *Yom Kippur* are just as *Shabbos*.
- * Additionally, one may not eat, drink, wear leather shoes, wash up (even in cold water), use perfume (even deodorants), oils or ointments.

Tefillos:

- * The married men put on the *Kittel*, then the *Talis* with a *Brocho*, **before** the *shkia* (sundown). If it got too late and its after *Shkia*, they still put on the *Talis* but without a *Brocho*.
- * Before *Kol Nidrei* (by *shkia* time) we say 9 *Perakim* of *Tehillim* (see *machzor*) and "על חטא".
- * In *Maariv*, the women who said the *Bracha* of *Shehecheyanu* when lighting candles, **should not recite (again) the Bracha of Shehecheyanu in Maariv after Kol Nidrei. It is a Mitzva to publicize this.**
- * *Maariv* begins from "Mizmor L'Dovid".
- * In the *Shema* - "Boruch Shem kvod malchuso leolom voed" is said out loud.
- * After *Maariv*, the *Rebbe* would stay in *Shul* and say the whole *Tehillim* with the *tzibur*.

Before going to sleep

- * Before going to sleep we say the 9 chapters of *Tehillim* (see *Machzor*).
- * ***Krias Shema*** before going to sleep: is said like on *Shabbos* and *Yom Tov* and the "Boruch Shem kvod malchuso leolom voed" is said out loud.

During the Day:

- * ***Netilas Yoda'im*** in the morning and after using the bathroom you wash only until the knuckles (so it is advisable to prepare less water than usual). And it is permitted to wipe the eyes with the towel. If the

eyes are still dirty, they may be washed with water, but only as much water needed to clean the eyes (and not more).

* In the morning *Brochois* we do not say "שעשה לי כל צרכי".

* In *Krias Shma* that we say in morning after "Ma Tovu" we say the "Boruch Shem kvod malchuso leolom voed" out loud.

* Children (or those that are ill r"l) that will eat, do not need to make *Kiddush* or *Lechem Mishne*, but they do need to say "רצה" and "יעלה ויבוא" and add ביום סליחת העוון הזה ביום מקרא קודש הזה, but if they forgot (any of the above), they do not repeat *Birchas Hamazon*.

* **Yizkor:** Is said before *Musaf*. Those that are unable to go to *Shul* for *Yizkor* can recite it at home.

* **Birchas Kohanim:** Towards the end of *Musaf* is *Birchas Kohanim*.

Motzo'ei Yom Kippur:

* In *Maariv*:

1. We say אתה חוננתנו.
2. If one said "זכרנו לך חיים" and did not yet say "וכתבנו", he should immediately say "מלך עוזר" and continue with the *Amida*. However, if one already said "וכתבנו" then he should finish the *Amida* and then repeat it as a תורת נדבה.
3. If one said "המלך הקדוש" or "המלך המשפט", the *Amida* does not have to be said again.
4. [We do not say ויהי נועם nor ואתה קדוש]

*Someone who doesn't *Daven Maariv* has to say *Boruch Hamavdil Bein Koidesh lechol* before doing any *Melocho*.

After Maariv

* We wish one another **Gut Yom Tov**.

* **Netilas Yoda'im:** we wash our hands as is done in the morning, without a *Bracha*.

* **Havdalah:**

[Women who cannot wait for their husbands for *Havdolo*, they may make it themselves (on Grape Juice etc.)]

* Havdalah is said while wearing a *Talis* and *Kittel*. We make the *Brachos* for the wine and *Besamim*. For the *Bracha* of "בורא מאורי האש" one should use the candle that has been lit throughout *Yom Kippur*.

* After *Havdolah*, *Veyiten Lecho* is recited.

* One can then wash up, put on leather shoes, and say *Kiddush Levana*.

* By the **Seuda** after the fast, the *Challah* is dipped in honey, and the meal is served בהרבה (in abundance).

* **Sukkah:** One should begin work on the **Sukkah**, or at least discuss it.

* **Tachanun:** We do not say *Tachanun* till the end of the month of *Tishrei*.

- To be continued -

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