

בס"ד. ו' תשרי תשפ"א

To the families of Anas"ח שיחיו, of the community at the European Union - Brussels
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Reminders for Yom Kippur 5781

[May not be posted on any website or WhatsApp group without written consent from the author]

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 thoroughly review each day 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.....** (On page 5 below there is a link to instructions for nursing mothers).
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 go 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.
4. **Shoes for Yom Kippur:** Ensure beforehand 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 (לעקאה) for ערב יום כיפור.
8. **2-3 Yahrtzeit Candles:** Buy at least two or three *yahrtzeit* candles:
 1. One to light at home on *Erev Yom Kippur* to be used for *Havdala* (at the end of *Yom Kippur*) which is called "*Ner Sheshovas*" (meaning it should be lit from ערב יום כיפור until 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 לעבדיקע ליכט in *shul* (by the *gabbai*).

3. And a third (or more) candle(s) - for those who light a candle for a parent who has passed away ר"ל, which is called נר נשמה - one for each parent etc. [The Rebbe used to light several candles – possibly for all those for whom the Rebbe said *Kadish*].
9. **Honey:** Ensure that there is honey in the house (for dipping the *Challah*).
10. **Kreplach:** Prepare *Kreplach* for the *Seudah* on ערב יום כיפור.
11. **Coins for Tzedaka:** Prepare coins that should be given to *Tzedaka* on ערב יום כיפור before *Mincha*.
12. **Food for Erev Yom Kippur:** Buy the appropriate foods for ערב יום כיפור (see below).
13. **Food for the Seudah on Motzoei Yom Kippur.**
14. **Sukkah:** Start making the necessary arrangements for the *Sukkah*.

Sunday – 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* (*hamafsek*), *Mikvah*, Blessing the children, go to *Shul* for כל נדרי.

* **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”, and the *Baal Shem Tov* said that the noise of the coins dispels the קליפות).

* **Lekach:** we ask for *lekach* and eat from it. The Rebbe would stand for several hours distributing *Lekach* by the door of *Cheder Hayechidus* while wearing his silk *Shabbos-Kapote* and *Gartel* and wishing everyone a “*Shono Tova Umesuka*”.

* **First Seuda (meal):** Before *chatzos* (midday). See below which foods are eaten.

* **Appeasing friends:** The Alter Rebbe writes in his *Shulchon Oruch* (סימן תר"ו): *Yom Kippur* does not atone for sins between a man and his fellow until he has appeased that person... *Yom Kippur* atones only for sins between man and Hashem... for this reason on the day before *Yom Kippur* everyone should conscientiously appease every individual whom he has wronged, even if he merely angered someone verbally... (see all the details in *Shulchon Oruch*).

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.

* During the day we eat **two Seudos**, (the first one before *Chatzos*): We eat *challah* dipped in honey, (salt is also placed on the table), fish, chicken, *Kreplach*, soup, *tzimmes* etc. We eat the amount of **two** days.

* At the second *Seuda* (סעודת המפסקת) 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. [The recipient of the *Malkos* bends over towards north and his back to the south. Together they say *Vehu Rachum* three times].

* **Second Tvila:** for the men.

* **Bigdei Shabbos:** many have the custom to wear the *Shabbos* and *Yom tov* clothing for *Mincha*.

Mincha

* **Tzedako:** as mentioned above (in coins etc.).

* **Al Chet:** Towards the end of the *Amida*, after the first *Yihyu Leretzoin*, we say *Al Chet*. [1. If one forgot to say *Al Chet* and finished the *Amidah*, he says *Al Chet* but does not have to repeat the *Amida*. 2. If one is in middle of *Al Chet* he may respond to *Kedusha* and *Kadish* etc. like he is in middle of *Birchois Krias Shma*. 3. If one is repeating the *Amida* because he said *Hokeil Hakodosh* etc. he does not have to repeat the *Al Chet*].

* **After the Amida:** *Tachanun* is not recited nor *Ovinu Malkeinu*.

* **Second Seuda (Hamafskes):** see above what is eaten at this *seuda*.

* **Tvila:** Third *tvila* for the men.

Before Yom Tov begins:

1. The women who *daven* in *shul* on *Yom Kippur* should arrange how their *Machzorim* will be brought to *Shul* (as they may not carry (in a place where there is no *Eiruv*) after lighting candles).
2. 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*.
3. Those that also light a *Yahrtzeit Licht* for a parent who has passed away, which is called *נר נשמה*, should also light it now.
4. Put on the “*Yom Kippur shoes*”.
5. The father blesses the children with *ברכת הבנים והבנות*. Many do it while wearing their *Tallis* and *Kittel* as the Rebbe would *Bentch* the *Bochurim*. If the father is not home, the mother may *Bentch* the children. [The Rebbe used to *Bentch* the *Bochurim* with the *Nusach* of *Birchas Kohanim* and then added more *Brochois*].
6. The father should remember to take the *Tallis*, *Kittel*, *Machzor(im)* and “*לעבעדיקע ליכט*” to *Shul*.

Lighting candles:

* Give *Tzedaka*, then light the *Yom Tov* candles 18 minutes before sunset - see your local calendar.

* Two *Brachos* are recited: *שהחיינו* and *להדליק נר של יום הכיפורים*. If one forgot to say the *Brocho* of *Shehecheyonu* she may recite it after *Kol Nidrei*.

On 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.

Kol Nidrei and Maariv

* The married men (who are married more than a year) 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):

1. We recite the 9 *Perakim* of *Tehillim* (see *machzor*).
2. We recite the “*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** right after *Kol Nidrei*. **It is a Mitzva to publicize this.**

* *Maariv* begins from “*Shir Hamaalos*”.

* 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

* **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.

* Before going to sleep we say the 9 chapters of *Tehillim* (see *Machzor*).

* When preparing the *Neggel Vasser* prepare with less water since in the morning we wash our hands only until the knuckles.

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). After drying the hands with a towel, one should wipe his eyes with it. If the eyes are still soiled, they may be washed with water, but only as much water needed to clean the eyes (and not more). [It is forbidden to go to the *Mikva* on *Yom Kippur*].

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

* **Yizkor**: Is said before *Musaf*.

1. Minhag of Chasidim is to also mention the names of the *Rabeim*.
2. Those that are unable to go to *Shul* for *Yizkor* can recite it at home.
3. Mourners, in their first year, they stay inside the *Shul* for *Yizkor* but they do not recite it.

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

Motzo'ei Yom Kippur

* In *Maariv*:

1. It is recited while wearing the *Kittel* and a hat (not a *Yarmulke*) and the *Tallis* is on the shoulders.
2. We say אתה חוננתנו.
3. If one said "זכרנו לחיים מלך הפץ בהיים" and did not yet say "ויכתבנו", he should immediately say "מלך עוור" and continue with the *Amida*. However, if one already said "ויכתבנו" then he should finish the *Amida* and then repeat it as a תורת נדבה.
4. If one said "המלך הקדוש" or "המלך המשפט", the *Amida* does not have to be said again.
5. We do not recite *Vihi Noam* nor *Veato Kodoish*.

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

* Women who cannot wait for their husbands for *Havdolo*, may recite it themselves (on Grape juice etc.), see below.

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**:

1. is said while wearing a *Talis* and *Kittel*.

2. Have the “*Ner Sheshovas*” (the candle that has been lit throughout *Yom Kippur*) close to the place where *Havdolo* will be recited. [The custom is to take an additional candle and light it from the *Ner Sheshovas*, and to use both together for בורא מאורי האש].
3. We say בורא מאורי האש ל-ל ישועתי, make the *Bracha* for the wine but we do **not** use (nor make a *Brocho* on) the *Besamim*.
4. For the *Brocho* of "בורא מאורי האש" use the candle that has been lit throughout *Yom Kippur* (“*Ner Sheshovas*”) as above.
5. ויתן לך is not 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 recite *Tachanun* till the end of the month of *Tishrei*.

11 Tishrei, the day after Yom Kippur

* This day is called "ג-טס באמען" (“*G-tts nomen*” - G-d’s name). See sefer *Haminhogim* page 59 for the explanation.

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P.S. Check out on the website (sichosonline.org and scroll down the page) for:

1. Instructions from Rabbi Oberlander regarding Yom Kippur during Corona.
2. Instructions for nursing mothers on Yom Kippur from Mrs. Sara Chana Silverstein, IBCLC.
3. and more....