

בס"ד. תשרי ה'תשפ"ו

To the families of Ana"sh שיחיו, of the community at the EU - Brussels
and virtualcommunity@sichos.online

Reminders for Yom Kippur 5786

[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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Please post this on the refrigerator or another central location.

- * Experience has shown that it is best if both husband and wife (and children...) review this each day thoroughly so that miscommunications and last-minute panics can be avoided, and *Yom Tov* can truly be celebrated joyfully.
- * All the sources are in the Hebrew section of the Reminders.
- * **Important note:** It has been stressed many times, that these are "Reminders" to be able to see things "at a glance" and they are **not** a compilation of *Halocho*.
Since there are several *Halochois* that require elaboration, the format of the "Reminders" has been kept, the additional details are included at the end of this document, in the "Laws and customs" by Rabbi Lesches, with his permission. They include:
KAPPAROS - EREV YOM KIPPUR MORNING - MIKVAH AND MINCHA - HALACHOS OF VIDUI - SEUDAH HAMAFSEKES – YOM KIPPUR PREPARATIONS - LATE AFTERNOON & CANDLE-LIGHTING – FASTING - OTHER RESTRICTIONS OF YOM KIPPUR – CHILDREN - KOL NIDREI & MAARIV - SHMONEH ESREI ON YOM KIPPUR - END OF MAARIV & KRIAS SHMA - YOM KIPPUR MORNING – SHACHARIS – MUSAF - MINCHA & NEILAH - MOTZEI YOM KIPPUR- DAVENING WITHOUT A MINYAN - GOTT'S NOMMEN.
- * At the end of the document there is also a table of *Zmanim*/times for *Yom Tov* for the NY area.

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

1. Pregnant or nursing women (or someone who is ill ל"ע) or anyone who is on a medication that must be taken every day and may have a *Shaila* regarding fasting, **PLEASE DO NOT WAIT FOR THE LAST MINUTE TO ASK A SHAILA.....** as many times the *Rov* may require certain details to be checked with the doctor etc.
2. On our website there is a page with instructions for nursing mothers etc.
3. **Help in the home:** Women who have a hard time fasting, and especially those with children around the house, should (together with their husband) 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.** Remember: Fasting is a *Mitzva* from the *Torah*, going to *Shul* is not...
4. **Tashlich:** Can be done during עשרת ימי תשובה for those who did not do it on ראש השנה, preferably (this year) on 8 *Tishrei*.
5. **Shoes for Yom Kippur:** Ensure beforehand that everyone in the household (small children included) have non-leather shoes for *Yom Kippur*.
6. **Kittel:** Ensure that the father has a *Kittel* to wear. (The first year after one's wedding a *Kittel* is not worn).
7. **Kaparos:** Arrange when and where it will be done with the whole family.
8. **Lekach:** Buy or bake honey cake - *Lekach* for ערב יום כיפור.
9. **Two-four (or more) Yahrtzeit Candles:** Buy at least two [or three-four] *Yahrtzeit* candles as follows:

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 *יום כיפור* until *יום כיפור* – be sure it lasts at least 26-7 hours).
2. A second candle to take to *shul* - for those who have the *minhag* to light a *לעב עדיקע 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*].
10. **Honey:** Ensure that there is honey in the house for dipping the *Challah* on *Erev* and *Motzoei Yom Kippur* and *Sukkos*.
11. **Kreplach:** Prepare *Kreplach* for the *Seudah* on *ערב יום כיפור*.
12. **Coins for Tzedaka:** Prepare coins that should be given to *Tzedaka* on *ערב יום כיפור* before *Mincha*.
13. **Foods for Erev Yom Kippur:** Buy the appropriate foods for *ערב יום כיפור* (see below).
14. **Foods for the Seudah on Motzoei Yom Kippur** which should be eaten in "abundance" *בהרבה*.
15. **Sukkah:** Start making the necessary arrangements for the *Sukkah* because you have to start working on the *Sukkah* on *Motzoei Yom Kippur*. And specially as this year there is a *Shabbos* between *Yom Kippur* and *Sukkos*.

Wednesday – Erev Yom Kippur

Order of the Day (for the father) at a glance: *Kaporos*, *Mikvah* (first time), *Shacharis*, ask for *Lekach*, First *Seudah* (before *Chatzos*), *מלקות*, *Mikvah* (second time), *Tzedako*, *Mincha* (with *חטא*), second *Seudah* (*Hamafsek*), Blessing the children, *Mikvah* (third time) [The last three items may be done in a different order, according to the local possibility], go to *Shul* for *נדר*.

- * **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 לתורה* nor *מלכנו*.
- * **Betzibur:** Even in the years when the Rebbe would *Daven* in privacy (during the weekdays), on *Erev Yom Kippur* the Rebbe would *Daven* with the *Tzibur*.
- * **Shabbos Clothing:** The *Rabbeim* would wear their *Shabbos* clothing on *Erev Yom Kippur*.

During the day *Erev Yom Kippur*

- * **Tzedaka:** It is customary to increase in the amount of *Tzedaka* that is given throughout the day, especially before *Mincha*. *Tzedaka* should also 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*". Therefore, in many places, the *Minhag* is, that the *Rov* or the *Gabbai* or the *Mashpia* distributes *Lekach* to the whole congregation, and a father (or mother) to the family etc.
- * **First Seudah (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.
- * **Dairy products:** In the morning, it is permissible to eat dairy products.
- * During the day we eat two *Seudos*; the *challah* is dipped in honey, (salt is also placed on the table), and *Kreplach*. We eat the amount of two days. (even someone who is not going to be fasting).
- * In the first *Seudah* (before *Chatzos*): we also eat fish, chicken, soup, *tzimmes* etc.

- * At the second *Seuda* (סעודת המפסקת) we eat light foods such as soup (see note¹), chicken etc. The foods should be without salt. We do not eat seasoned foods.

Preparations for *Mincha* Erev Yom Kippur

- * Schedule *Mincha* at an **earlier** time, in order to manage to do *Malkos*, *Mikvah*, *Mincha* with *Al Chet*, and *Seuda Hamafsek*, *Birchas Habonim* and again *Mikvah* etc. all before the time of Candle Lighting.
- * **Bigdei Shabbos**: Many have the custom to wear *Shabbos/Yom tov* clothing from *Mincha*.
- * **Malkos**: For the men. The recipient of the 39 *Malkos* bends over towards north and his back to the south. Together they say *Vehu Rachum* three times. See all the details in Laws and Customs.
- * **Second (and most important) *Tvila***: for the men. (One *Toivels* at least 3 times)

Mincha Erev Yom Kippur

- * **Tzedoko**: as mentioned above (in coins etc.). The Rebbe would come in to *Mincha* with a big envelope full of change and place coins into the various trays and boxes of *Tzedoko*.
- * **Al Chet**: Towards the end of the *Amida*, after the first *Yihyu Leretzoin*, we say *Al Chet*. (It starts at the "Elokeinu" before "Oshamnu" until the end of the *Amidah*).
 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*. See more details in Laws and Customs.
 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*.
- * **The Rebbe's *Brocho***: After *Mincha* the Rebbe would give a *Brocho* to the whole of *Klal Yisroel*.

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

- * ***Birchas Habonim***: After the *Seuda Hamafsek* the father blesses the children. See below in number 6.
- * ***Tvila***: Third *Tvila* for the men.
- * [*Seudah Hamafsek*/Birchas Habonim and *Tevila* may be done in the reversed order. Every place should do according to the circumstances].
- * **Arrange for things to be brought to *Shul***: 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.

Before *Yom Tov* begins:

1. **Tablecloth**: Ascertain that there is a white tablecloth on the table just like *Shabbos* and *Yom Tov*.
2. **Medications**: If anyone needs to take medications, and it is possible to take them before Lighting the candles, they should do so.
3. **"Ner Sheshovas"**: 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*.
4. **"Ner Neshomo"**: Those that also light a *Yahrtzeit Licht* for a parent who has passed away, which is called נר נשמה, should also light it now.
5. **Shoes**: Put on the "Yom Kippur shoes".
6. ***Birchas Habonim***: 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, for whatever reason, the father is not home, the mother may *Bentch* the children. [The Rebbe used to *Bentch* the *Bochurim* with the *Nusach* of *Birchas Kohanim* [from וידבר until ואברכם] and then added more *Brochois*].
7. The father should remember to take the *Tallis*, *Kittel*, *Gartel*, *Machzor(im)* and "לעבדיקע ליכט" to *Shul*.

¹ The Frieddiker Rebbe said that His father (the Rebbe Rashab) told him to eat some soup, then **add** another (second) ladel and then **add** another (third) ladel because you are supposed to eat "3 bowls", and by doing it in the above manner you accomplish this.

Lighting candles *Erev Yom Kippur*

- * *Tzedaka* is given.
- * The candles are lit 18 (or 23) minutes before sunset - see your local calendar (for the times in NY – see last page). If one did not light the candles at the right time, it is prohibited to light them after sunset, just like *Erev Shabbos*.
- * Two *Brachos* are recited: להדליק נר של יום הכיפורים and שהחיינו. If one forgot to say the *Brocho* of *Shehecheyonu* she may recite it after *Kol Nidrei*. If she concluded the *Brocho* incorrectly – see the Laws and Customs.

On Yom Kippur

- * Concerning the prohibition of 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

- * Married men (who are married more than a year) put on the *Kittel*, the *Gartel*, then the *Talis* with a *Brocho*, before the *Shkia* (sundown). If it got too late and it's after *Shkia*, they still put on the *Talis* but without a *Brocho*.
[* One does not go to the bathroom while wearing the *Kittel*.]
- * For all the details regarding the *Davening*, with a *Minyan* or in private, kindly see the Laws and Customs. Here are some of the most commonly relevant details:
- * Before *Kol Nidrei* (by *Shkia* time):
 1. We recite the 9 *Perakim* of *Tehillim* (see *Machzor*).
 2. We recite the "על הטא".
- * Then we recite ***Kol Nidrei***. (One who *Davens* in private also recites *Kol Nidrei*.)
- * Those who said the *Bracha* of *Shehecheyanu* when lighting candles, should not recite the *Bracha* of *Shehecheyanu* (again) in *Maariv* right after *Kol Nidrei*. **It is a *Mitzva* to publicize this.**
- * After *Kol Nidrei*, *Maariv* begins from "*Shir Hamaalos*".
- * In the *Shema* - "*Boruch Shem kvod Malchuso Leolom Voed*" is said out loud.
- * In the *Amidah*:
 - If one forgot ובספר וכתוב, מי כמוך, זכרנו, – if they remember **before** they say "*Hashem*" (of ברוך אתה ה' that concludes that *Brocho*) the additional phrases are then said. If one remembers **after** saying *Hashem*'s name, one does not go back.
 - If one said הא-ל הקדוש (or isn't sure) and immediately remembered - correctly say המלך הקדוש.
 - If one said הא-ל הקדוש (or isn't sure) and remembered a little bit after (תוך כדי דיבור - the time frame it takes to say three words), or already began to say בחרתנו אתה, he returns to the beginning of the *Amidah*.
 - If one said "הא-ל" and did not yet say "הקדוש" one can correct himself and say המלך הקדוש.
 - If one said "המלך הקדוש" and forgot to say "לדור ודור וכו'", one does not need to go back, and continues *Davening*.
 - If one is unsure if he said המלך הקדוש but he did say the paragraphs of לדור ודור etc. it is assumed that he said המלך הקדוש.
- * After *Maariv*, the *Rebbe* would stay in *Shul* and say the whole *Tehillim* with the *Tzibur*.

Before going to sleep

1. ***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.
2. ***Tehillim***: Before going to sleep we say the 9 chapters of *Tehillim* (see *Machzor*).
3. ***Neggel Vasser***: When preparing the *Neggel Vasser* prepare with less water since in the morning we wash our hands only until the knuckles.

During the Day of *Yom Kippur*

- * ***Netilas Yoda'im*** in the morning and after using the bathroom - one washes his hands only until the knuckles [besides for *Kohanim* who, seemingly, wash as 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 recite the *Brocho* "שעשה לי כל צרכי" (until tomorrow morning).
- * In *Krias Shma* that we recite in morning after "Ma Tovu" we recite the "Boruch Shem kvod Malchuso Leolom Voed" out loud.
- * Children (or those that are ill r"l) that will eat, see the details in "The Laws and Customs".

- * **Yizkor:** Is recited before *Musaf*.
 1. Those who are unable to go to *Shul* for *Yizkor* may recite it at home.
 2. Mourners, in their first year, stay inside the *Shul* for *Yizkor* but they do not recite it.
 3. If they are in their 13th month and it is still before the *Yahrzeit*, they recite *Yizkor*.
- * **Birchas Kohanim:** Towards the end of *Musaf* is *Birchas Kohanim*. [Seemingly, the *Leviim* wash their own hands until their knuckles but the hands of the *Kohanim* are washed as usual].

Motzo'ei Yom Kippur

Maariv

1. *Maariv* is recited while wearing the *Kittel* and a hat (not just a *Yarmulke*) and the *Tallis* is on the shoulders.
 2. We say אתה חוננתנו.
 3. If one said "זכרנו לחיים מלך חפץ בחיים" 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 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* (also the *Kohanim* that washed regular in the morning and for *Birchas Kohanim*, wash their hands now).
- * **Kidush Levono:** One may then wash up, put on leather shoes, and say *Kiddush Levono*.

Havdalah

1. Is recited while wearing a *Talis* and *Kittel* (and hat).
 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 recite from הנה א-ל ישועתי, and make the *Bracha* on the wine.
 4. We do **not** use (nor make a *Brocho* on) the *Besamim*.
 5. For the *Brocho* of "בורא מאורי האש" we use the candle that has been lit throughout *Yom Kippur* ("Ner Sheshovas") as explained above in # 2.
 6. ויתן לך is not recited.
- * By the **Seuda** after the fast, the *Challah* is dipped in honey, (and salt is also placed on the table) and the meal is served בהרבה (in abundance).
 - * **Sukkah:** One should begin to work on the **Sukkah**, or at least discuss it. Remember that this year there is a *Shabbos* between *Yom Kippur* and *Sukkos*, which gives you less time to work on the *Sukkah*...
 - * **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 נאמען" ("G-tts Nomen" - G-d's name). See *Sefer Haminhogim* page 59 for the explanation.

- To be continued –

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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Times for *Yom Kippur* 5786

The times are based on Chabad.org and Luach Kolel Chabad

These times are **ONLY** FOR THE **BROOKLYN NEW YORK AREA**

Wednesday Erev Yom Kippur:

Alos Hashachar: 5:27 am

Honeitz Hachamo: 6:53 am

Latest Shema: 9:46 am

Chatzos: 12:44 pm

Earliest Mincha: 1:15 pm

Candle lighting – fast begins: 6:19 pm

Shkia: 6:37 pm

Tzeis Hakochovim: 7:05 pm

Yom Kippur Day:

Latest Shema: 9:47 am

Shkia: 6:36 pm

Fast ends: 7:17 pm



בס"ד Laws and Customs: Yom Kippur

For the year 5786

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According to Minhag Chabad

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🕊️ KAPPAROS

Kapparos is performed during the last third of the night. If this is not possible, one may perform *Kapparos* any time during *Aseres Y'mei Teshuvah*, as close to *Erev Yom Kippur* as possible.

Kapparos is performed with white chickens. [Nevertheless, one should not noticeably go out of his way to obtain specifically white.]

Kapparos should not be shared unless there is no other alternative. A male uses a male chicken, and a female uses a female chicken.

A pregnant woman (at least forty days after conception) uses one male and two female chickens, and recites: *Eilu chalifaseinu, eilu t'muraseinu, eilu kapparaseinu, eilu hatarnegolim yeilchu l'misah, va'anachnu neillich l'chayim tovim aruchim ul'shalom*.

It is preferable to be present when the chicken is *shechted*. If the chicken was not *shechted* properly, *Kapparos* is performed again. If it was *shechted* properly but the chicken was a *Treifah*, *Kapparos* need not be repeated.

One should cover the blood, but only with the *Shoichet's* consent. The *Brocho* ends "*Al Kissui Dom BeOfor*" [אֵל קִסּוּי דּוֹם בְּעוֹפָר]. The blood should be fully covered.

One should not think that *Kapparos* itself atones for one's sins. Rather, the intention is that a sinner deserves what is being done to the chicken. These thoughts arouse one to *Teshuvah*.

Kapparos chickens or their value should be donated to a *Tzedakah* cause.

Ma'aser money may not be used for one's own (or dependent's) *Kapparos*.

In the absence of a chicken, another animal should be substituted, and in the absence of that, one can use live fish. [Although all the objectives of *Kapparos* are achieved only when using a chicken, at least some of its aims are attained when using other livestock.] After *Kapparos*, these should not go to waste, but be used for human consumption.

As a last resort, *Kapparos* can be performed with money. [Many sources substitute the words "*Zeh Hakesef Yelech Litzdakah*." However, a publication produced by Kehos in 1944 contains the

words "*Eilu Hama'os Teilachna Litzdakah*".]

🕊️ EREV YOM KIPPUR MORNING

One goes to *Mikvah* three times throughout the day: before *Shacharis*, before *Mincha*, and after the *Seudah Hamafsek*.

Tachnun is not said from the morning of *Erev Yom Kippur* until after *Rosh Chodesh Cheshvan*.

Shacharis is not *davened* at length.

Mizmor Lesodah is not recited during *Shacharis*.

Avinu Malkeinu is not recited during *Shacharis* and *Mincha*.

Yom Kippur does not atone for wrongs committed against others unless one first obtains their forgiveness. Therefore, *Erev Yom Kippur* is an appropriate time for one to resolutely forgive all who wronged him in the past.

It is customary to ask for *Iekach* (honey cake) from another person, and to eat it.

It is a *Mitzvah* to eat and drink on *Erev Yom Kippur*. Ideally, one eats an amount equivalent to two days' worth of food. [Needless to say, it is forbidden to fast.] This applies even to one exempt from fasting on *Yom Kippur*.

A *Bris* should be conducted earlier in the morning, so that the *Seudah* will not interfere with the two meals that are eaten later in the day.

For both meals, it is customary to set the table and serve a meal on par with *Shabbos* and *Yom Tov*. The meals begin with round *Challah* (dipped in honey), but there is no need for *Lechem Mishneh*.

The first meal takes place sometime before *Mincha*. One only eats foods that are easily digested, such as chicken and fish, as opposed to meat. Sesame seeds should not be eaten, and men should not eat garlic and eggs.

It is customary to eat *Kreplach* today.

🕊️ MIKVAH AND MINCHA

Malkus is administered with a leather belt (preferably made from a calf's hide). The person receiving *Malkus* leans in a kneeling position to the north. Thirty-nine lashes are administered lightly: one on the right shoulder, one on the left

shoulder, and one lower between the shoulders. This sequence is then repeated. Both the one giving and receiving *Malkus* say "*Vehu Rachum*" three times, one word per lash.

After *Malkus*, one immerses in the *Mikvah*, dipping (at least) three times.

It is our custom to drop many coins into *Tzedakah* boxes as one makes his way to *Mincha*. The *Baal Shem Tov* says that the clanging of the coins scatters the *Kelippos*.

Mincha is *davened* at length and with feelings of *Teshuvah*. It is scheduled early enough to leave ample time for the *Seudah Hamafsek*.

The full *Vidui* is recited right after the first *Yihyu L'ratzon* at the end of *Shmoneh Esrei*. *Vidui* is not recited in the *Chazzan's* repetition of *Mincha*.

🕊️ HALACHOS OF VIDUI

During *Vidui*, one stands without leaning on anything, and bows forward slightly (similar to *Modim*).

One beats his chest with his fist at each word of *Ashamnu*, at each *Al Cheit* (and *Al Chatoim*), and at the words *Slach Lonu*, *Mechol Lonu*, *Kapper Lonu*.

[The word *אָלֹהִים* is pronounced with the ה' sounded after the last vowel, i.e. *Eloi-ah*.]

When reciting *Vidui* in the quiet *Shmoneh Esrei*, one responds as he normally would in *Elokai Netzor*. [i.e. If the *Chazzan* recites *Kedushah*, one responds *Kodosh*, *Boruch* and *Yimloch*. When the *Chazzan* says *Hamelech Hakodosh* and *Shomea Tefillah*, one answers *Omein*. When the *Chazzan* says *Modim*, one answers the three words *Modim Anachnu Loch*. When the *Chazzan* recites *Kaddish*, one answers *Omein Y'hei Shmei* etc, and *Omein* to *d'amiran b'olmo*. One also answers *Omein* when the *Brochos* are recited before and after an *Aliyah* or *Haftarah*.]

If one forgot *Vidui* in *Shmoneh Esrei*, he should recite it afterwards.

One who is not *davening* with a *Minyan*, or at all (due to illness), should nevertheless recite *Vidui* throughout *Yom Kippur* the same number of times it is said in *Shule*. This applies to women as well.

One may not speak when the congregation recites *Vidui* during *Chazaras Hashatz*.

🕯 SEUDAH HAMAFSEKES

The meal begins with round *Challah* (dipped in honey). Aside from the food mentioned earlier, one avoids dairy foods, salty and spicy foods, and alcoholic beverages.

Before *bentching*, one should verbally stipulate that he might still eat or drink again before the fast begins. [If one neglected to do so, it is still permissible to eat and drink before the fast.]

🕯 YOM KIPPUR PREPARATIONS

One goes to *Mikvah* after the *Seudah Hamafsek*, making sure to finish well before *Yom Kippur* begins.

One ensures that the house is prepared for *Yom Kippur* as before every *Shabbos* and *Yom Tov*. The table should be covered with a tablecloth, the beds should be made, and the floor swept.

One wears *Shabbos* clothing. [Some are accustomed to change before *Mincha*, or already from the morning.] Women should minimize their jewellery.

One should not set up an urn of hot water (or put up any other hot foods in a pot or crockpot) solely for *Motzei Yom Kippur*.

🕯 LATE AFTERNOON & CANDLE-LIGHTING

One dons his *Kittel* and *Tallis* before sunset (see local calendar). The *Brocho* on the *Tallis* is recited (unless the sun has already set).

A *Chosson* in the first year of his marriage does not wear a *Kittel* on *Yom Kippur*.

The *Kittel* may not be worn in the bathroom, similar to a *Tallis* and *Gartel*.

After donning the *Tallis* and *Kittel*, one performs *Birchas Habonim*. One places his hands on the head of each child and recites the entire *Birchas Kohanim* from *Vayedaber* until *Va'ani Avorachem*. (One may add any *Brocho* of his own.)

Each married man lights (preferably in *Shule*) a "*Lebedige Licht*" that burns for 26 hours. A 26-hour "*Ner Neshama*" is also lit for one's departed parents. *Havdalah* requires a pre-existing flame, so one should be prepared at home.

Married couples should keep a light on in the bedroom.

Candle-lighting time is (see local calendar).

The first *Brocho* is *L'Hadlik Ner Shel Yom Hakippurim*. [If one concluded the *Brocho* incorrectly but realized within the time frame it takes to say three words, she corrects her mistake. Otherwise, she must repeat the correct *Brocho* if she

initially said *Shel Shabbos Kodesh*, but not if she said *Shel Yom Tov*.]

The second *Brocho* is *Shehecheyanu*. [If it was forgotten, she should recite it at the conclusion of *Kol Nidrei*, or as soon as she remembers after that.]

The one who lights candles may no longer perform *Melacha*. Arrangements should be made for that person's *Machzor* to be carried to *Shule*. [If a woman will need to drive to *Shule* after candle-lighting, she should consult a *Rav* for the most appropriate option in her circumstances.]

Both men and women should not eat after candle-lighting time. [One should take all medications beforehand.]

If one accepts *Yom Kippur* any time after *Plag Hamincha*, he may no longer eat or perform *Melacha*, and all the other restrictions of *Yom Kippur* apply – the exception being that leather shoes may still be worn.

The *Shule* should be well lit in honour of *Yom Kippur*.

🕯 FASTING

All must fast, including *Baalei Habris* (i.e. the *Mohel*, the *Sandek*, and the father of the baby). Pregnant and nursing mothers are required to fast.

Fasting is the most important aspect of *Yom Kippur* and takes precedence over going to *Shule* and reciting the *Tefillos*. One who might not be able to complete the fast if they go to *Shule* should stay at home. [If necessary, a husband should facilitate his wife's fasting by going home during the break to help out with the children. If necessary, he should do so even during *davening*, or arrange help.]

The ill/elderly, a woman who recently gave birth, or a pregnant or nursing woman who feels excessive weakness, should consult a *Rav*. A *Rav* should also be consulted regarding medicines.

One who is exempt from fasting does not make *Kiddush* or eat *Lechem Mishneh*. [It is convenient to avoid bread, as there are many particulars regarding washing for bread and *bentching* on *Yom Kippur*.]

One may touch food, but may not engage in its preparation, in case he forgets and eats it. Therefore, one should not prepare food for children and those exempt from fasting unless they cannot do so themselves. One who normally washes his hands before handling food may do so on *Yom Kippur*.

When a *Bris* occurs on *Yom Kippur*, the *Seudah* takes place at night, after the fast. [The actual *Bris* takes place before

Musaf. Since no one can drink the wine, a drop is given to the baby who is having the *Bris*.]

🕯 OTHER RESTRICTIONS OF Y"K

- It is prohibited to wear leather footwear. It is appropriate to avoid wooden clogs. One may wear all non-leather footwear, including crocs. Although not a requirement, it is ideal to avoid standing barefoot on leather pillows or couches etc.
- It is prohibited to go to *Mikvah*, bathe or wash any part of the body – even in cold water. One may not even wipe himself with a cloth that is damp enough to moisten what it touches. One may rinse if necessary for medical therapeutic or pain-relief purposes. One may also rinse soiled areas, but only as necessary. Similarly, one may wash his hands up to the knuckles after exiting the restroom or touching an area of the body that is normally covered. One may also rinse his hands in the usual manner before and during food preparation. A *Kallah* who is married for less than thirty days may wash her face if necessary.
- It is prohibited to apply makeup, ointment, lotions, deodorants, perfumes or creams. One may apply an ointment (or sanitizer) for medical, therapeutic or pain-relief purposes (provided it is a type that does not involve the prohibition of smearing, as with thick lotions).
- It is prohibited to brush one's teeth or rinse one's mouth, even if the liquid is completely expelled.

All married couples must keep *Harchakos* (even during the day).

🕯 CHILDREN

Anyone below *Bar/Bas Mitzva* need not fast. However, they should not eat excessively.

From the age of nine (or ten if the child has a weak constitution), children are trained to fast at night and for several hours during the day, as per the child's abilities. A child below that age should not skip any meals.

All the other prohibitions of *Yom Kippur* (i.e. leather footwear, bathing and anointing) apply to children of all ages. Therefore, an adult may not encourage or assist a child in any of these activities, or make it accessible to them.

Children who perform any of these activities of their own volition may be left alone if younger than nine. If older than

nine, the father is obligated to correct their behaviour and must also prevent them from eating during the hours when they should be fasting.

🕊️ KOL NIDREI & MAARIV

Before *Kol Nidrei*, one recites the entire *Vidui* individually, followed by nine *Kapitlach* of *Tehillim*, as set out in the *Machzor*. [Many times, the Rebbe would begin the *Nigun* of *Avinu Malkeinu* before the nine *Kapitlach* of *Tehillim*.]

At least three *Sifrei-Torah* are taken out and held near the *Chazzan*. [If a Shule has only one *Sefer-Torah*, at least two people should still stand near the *Chazzan*.]

The *Chazzan* recites *Kol Nidrei* three times, each time raising his voice more than the previous time.

Each congregant stands and recites *Kol Nidrei* with the *Chazzan* word by word, quietly but audibly enough so that it may be heard by those nearby.

The *Chazzan* recites *V'nislach* all three times before the congregation does.

One should begin *Shehecheyanu* quietly with the *Chazzan*, but hasten to finish before him in order to answer *Omein*. One who said *Shehecheyanu* when lighting candles does not repeat it here.

One does not kiss the *Tzitzis* of his *Tallis* during *Shema*.

🕊️ SHMONEH ESREI ON YOM KIPPUR

On *Yom Kippur*, the third *Brocho* of *Shmoneh Esrei* has a long addition beginning with the words *L'Dor V'dor*. If one omitted this addition, he may go back to recite it only if he realised before saying *Hashem's* name at the end of the third *Brocho*. Otherwise, he continues *Shmoneh Esrei* without going back, as long as he is sure that he concluded the *Brocho* with the words *Hamelech Hakodosh*.

If one recited the unique *Yom Kippur Nusach* of the third *Brocho*, but is unsure whether he concluded the *Brocho* with the words *Hamelech Hakodosh*, he may assume that he did so correctly.

One who did not say *Hamelech Hakodosh*: If he realized before he began the next *Brocho* and within the time frame it takes to say three words, he corrects his mistake. Otherwise, he must repeat *Shmoneh Esrei*. [The same applies if this occurs in *Chazaras Hashatz*, in which case *Kedushah* is recited again.]

If one mistakenly omitted any of the other four additions (*Zochreinu*, *Mi Chomacha*, *u'Chsov*, *u'Vsefer Chaim*), he

may recite it at the place he remembers, provided he has not yet said *Hashem's* name at the end of that *Brocho*. Otherwise, he continues *Shmoneh Esrei* and does not go back.

During *Chazaras Hashatz*, the congregation recites the selections of *u'Chsov* and *u'Vsefer Chaim* aloud before the *Chazzan*.

🕊️ END OF MAARIV & KRIAS SHEMA

Avinu Malkeinu: It is not our custom to recite it verse by verse after the *Chazzan*. The words *Roia Gzar* are recited without pausing in between.

L'Dovid Mizmor: It is not our custom to open the *Aron Hakodesh*, nor to recite it verse by verse after the *Chazzan*.

It is customary to recite the entire *Tehillim* with a *Minyan* after *Maariv*.

One should be sure to derive benefit from the candles at some point after *Yom Kippur* begins (e.g. when returning from *Shule*).

Krias Shema before bed is recited as on *Shabbos* and *Yom Tov*. *Boruch Shem* is recited aloud. One should remember to recite the nine *Kapitlach* of *Tehillim* before *HamaPil*, as set out in the *Machzor*.

When going to bed, a man should not cover himself warmly. At the very least, he should leave his feet uncovered.

🕊️ YOM KIPPUR MORNING

Neggel Vasser is washed only up to the knuckles. [Tip: Prepare the *Neggel Vasser* in a slightly different way as a reminder not to wash one's hands in the usual manner.] One should not derive enjoyment from washing his hands.

One wipes his eyes with the towel moistened by his hands. One who rinses out the flakes of his eyes every morning may do so on *Yom Kippur* morning too.

After getting dressed, *Neggel Vasser* is performed again – with a *Brocho* – up to the knuckles only. [However, *Kohanim* wash their hands up to the wrist, as usual.]

The *Brocho* of *Sheoso Li Kol Tzorki* is omitted until the following morning.

🕊️ SHACHARIS

Preferably, when putting on the *Tallis*, one should intend that the *Brocho* also applies to putting on the *Tallis* again after the break, before *Mincha*. [This is assuming that the break does not last more than several hours.]

The *Chazanim* should familiarize themselves in advance with the meaning

of all of the *Piyuttim* and *Tefillos* – even if they already did so the previous year. Similarly, one should train his children regarding the correct order of *davening* beforehand, in order to minimize distractions during *davening*.

Shir Hamaalos (after *Yishtabach*): It is not our custom to open the *Aron Hakodesh*, nor to recite it verse by verse after the *Chazzan*.

When the *Aron Hakodesh* is opened during *Chazaras Hashatz*, it is not obligatory to stand, since the *Sefer Torah* is not being moved. Some have the custom to stand. [The Rebbe was not particular to stand, except for *Ho'aderes V'hoemunah* and *L'e-I Orech Din*.]

At *Shacharis*, the paragraph of *Misoid* (at the beginning of *Chazaras Hashatz*) and the one that follows is recited by the *Chazzan* and not by the congregation.

One must complete the daily quota of 100 *Brochos*. As there is no eating and drinking on *Yom Kippur*, one must find other ways to meet this quota, such as by concentrating on the *Brochos* that are recited during *Krias Hatorah* and *Haftorah*, or by reciting *Besomim* over fragrant spices. [One may not make a second *Brocho* on fragrant spices unless a sufficient amount of time has elapsed to divert his attention.]

It is customary to grant an *Aliyah* to the *Ba'al Musaf* unless he is being paid. [Payment must be devised in a manner that avoids the prohibition of *S'char Shabbos*.]

🕊️ MUSAF

Yizkor is recited before *Musaf*. Those who leave the Shule for *Yizkor* may recite "*Av Harachamim*" after *Yizkor* if they wish to.

Ideally, *Musaf* should begin before *Mincha Gedolah* (see local calendar).

Since the *Chazzan* cannot move out of his place to bow at *Aleinu* and during the *Avodah*, he stands at a distance from the *Shtender*, to allow space to bow.

The paragraph of *Misoid* (beginning of *Chazaras Hashatz*) is recited by the *Chazzan* and not the congregation.

One should stand for *u'Nesane Toikef*.

The *Chazzan* recites the entire *Aleinu* out loud. The congregation quietly recites it word for word with him, bowing at *V'Anachnu Korim*, and continuing until *Hu Elokenu Ein Oid*. At that point, they begin saying the *Pesukim* of *Atah Horayso*, as printed in the *Machzor*. The subsequent paragraph (beginning *Oichilah*) is recited by the *Chazzan* only.

When one bows, his head should reach all the way to the ground. One may not bow directly on a stone floor, but rather,

should prepare mats upon which to bow. [Mats are not needed when bowing on a floorcovering of any other type.]

The *Chazzan* must keep his feet together during *Shmoneh Esrei*. He should therefore be helped up after bowing.

Kohanim wash their hands until the wrist before *Duchenen*.

One stands during the three (of the four) recitations of *V'hakohanim* that require bowing.

Musaf is followed with a break of at least 45 minutes (if possible).

☞ MINCHA & NEILAH

After the break, one does not make a *Brocho* when putting his *Tallis* on again, unless the break lasted more than several hours.

Neilah begins shortly before sunset.

One should be mindful of all the textual changes in *Neilah* (such as *Chosmeinu* instead of *Kosveinu*).

Napoleon's March is sung right before the *Shofar* is sounded.

The *Shofar* is sounded after the fast ends (see local calendar).

☞ MOTZEI YOM KIPPUR

One should extend *Yom Kippur* by at least several minutes. The time during which *Maariv* is *davened* suffices for this purpose. After that, all prohibitions of *Yom Kippur* cease. Even so, one may not eat until after *Havdallah*. [As the fast extends beyond 25 hours, it is effectively considered a 26-hour fast.]

Maariv is *davened* with a *Tallis*, but not over the head. Instead, one wears a hat. *Havdallah* is recited in similar fashion.

Vihi Noam and *V'atah Kaddosh* are not recited.

Everyone – including *Kohanim* who already washed their hands before *Birchas Kohanim* – should wash *Netilas Yadayim* up to their wrist and rinse their mouth. This should be done as soon as possible after *Maariv*, and certainly before *Kiddush Levanah* or breaking the fast.

Kiddush Levanah is recited if the moon is visible. Ideally, one first changes into leather shoes and rinses his face, unless this will negate his participation in a *Minyan*.

We greet one another with "*Gut Yom Tov*".

For *Havdallah*, *Besomim* is not used. One uses a candle that was burning from before *Yom Kippur*, together with

another candle which he lights from the first. [If one does not have a pre-existing flame from before *Yom Kippur*, the *Brocho* is omitted.]

Although we usually don't distribute leftover *Havdallah* wine, this may be done on *Motzei Yom Kippur*.

A man who already heard *Havdallah* may recite it again for another man or for a boy over the age of *Chinuch* if they don't know how to recite it themselves. However, a man should not recite it again for a woman. Therefore, one should not be *Yoitzei* with *Havdallah* in *Shule* if women at home are waiting to hear *Havdallah*.

A woman may make *Havdallah* herself in order to eat.

If the "*Lebbedige Licht*" was extinguished on *Yom Kippur*, one should relight it on *Motzei Yom Kippur* and let it burn until the end. One should also resolve to ensure that the "*Lebbedige Licht*" burns until the end in all subsequent years.

The table is set, candles are lit, and a full *Yom Tov* meal is eaten, beginning with round *Challah* (dipped in honey). [The *Rebbe Rashab* states that an expansive meal draws down *Gashmiyus* for the whole year.]

On *Motzei Yom Kippur*, we start building the *Sukkah*, or at least speak about the *Sukkah*.

☞ DAVENING WITHOUT A MINYAN

Vidui: One who is not *davening* with a *Minyan* must still recite *Vidui* throughout *Yom Kippur* the same number of times as in *Shule*. He will therefore need to recite it during the quiet *Shmoneh Esrei*, and again afterwards, corresponding to the times it is normally recited in the *Chazzan's* repetition (or in *Selichos* during *Maariv*). This applies to both men and women.

Kol Nidrei: Where possible, *Kol Nidrei* should be recited together with at least three men. In the absence of that, *Kol Nidrei* should still be recited individually.

Selichos: One who *davens* without a *Minyan* should still recite the *Selichos* and *Tefillos* that appear before and after *Vidui*. In *Maariv*, these appear after *Shmoneh Esrei*. For the rest of the *Tefillos*, these appear in the *Chazzan's* repetition.

Yud Gimmel Midos (in *Maariv* and *Neilah*): A person who *davens* without a *Minyan* should omit the *Yud-Gimmel Midos-Harachamim*.

Piyuttim: When one *davens* without a *Minyan*, there is technically no obligation to recite the *Piyuttim* that appear in the

Chazzan's repetition, but it is certainly appropriate to do so. They may not be said during one's personal *Shmoneh Esrei*, but may be recited afterwards. Most *Piyuttim* are said in entirety by both the *Chazzan* and congregation, and that is how the individual would recite them as well. [Although parts of *Piyuttim* are often marked as "*Chazzan*" and "*Kohol*" in the *Machzor*, this is only in order to highlight which parts the *Chazzan* says aloud.] Exceptions: A non-Chazan does not say the paragraph of *Misoid* that appears at the beginning of *Chazaras Hashatz*, nor the paragraph that follows it in *Shacharis*.

Krias Hatorah: When one davens alone because there is no local *Minyan*, it is appropriate to read *Krias Hatorah* in private (ideally between *Shacharis* and *Musaf*).

Daily quota of 100 Brochos: As there is no eating and drinking on *Yom Kippur*, one way to meet this quota is by concentrating on the *Brochos* that are recited during *Krias Hatorah* and *Haftarah*. For those who are not *davening* with a *Minyan*, this is not an option, and one should be extra attentive to find other ways to meet this quota, such as by reciting *Besomim* over fragrant spices. [One may not make a second *Brocho* on fragrant spices unless a sufficient amount of time has elapsed to divert his attention.]

Tallis after the break: Someone who *davens* without a *Minyan* is likely to have a longer break than usual. After the break, one does not make a *Brocho* when putting his *Tallis* back on, unless the break lasted more than "several hours". While the exact definition of "several hours" is unclear, it is understood to be no less than three hours. It is therefore appropriate to ensure that no more than three hours elapses without wearing a *Tallis*. If one's break is longer, he can put it on for a few minutes in the middle.

Shofar at the fast's conclusion: This is not obligatory, so one who does not have a *Shofar* does not need to go out of his way to hear it.

Kiddush Levanah: There is *Halachic* advantage to reciting *Kiddush Levanah* after *Havdallah* and a quick bite. This was not stated earlier because doing so will generally negate one's participation in a *Minyan* for *Kiddush Levanah*, or lead one to forget it entirely. However, someone at home may wish to consider doing so if these concerns do not apply.

☞ GOTT'S NOMMEN

The day after *Yom Kippur* is called "*B'Shem Hashem*" or "*Gott's Nommen*", and we go to *Shule* early in the morning for *Shacharis*.

The days between *Yom Kippur* and *Sukkos* are days of joy, for the *Mizbeach* in the first *Beis Hamikdash* was inaugurated then. Aside from a *Chosson* and *Kallah* on their wedding day, one may not fast.