



## Erev Yom Kippur



**Davening:** During shacharis, an abridged version of Selichos is said. *Tachanun, Avinu Malkeinu, Mizmor Lasoda* and *Lamenatzei'ach* are omitted. Mincha on Erev Yom Kippur includes viduy, in order to say a viduy prior to the Seudah Hamafsekes. A woman who won't be davening mincha should still say the viduy independently.

**Seudah Hamafsekes:** After Mincha, a Seudah Hamafsekes is eaten. Preferably, before one says Birchas Hamazon, he should have in mind that he will continue eating after Birchas Hamazon. If one isn't thirsty and is merely drinking water for hydration, he should not make a berachah.

There is a mitzvah to eat on Erev Yom Kippur. Rabbeinu Yonah provides three explanations: 1. To display our simcha over our coming atonement, be"H 2. A seudah on Erev Yom Kippur substitutes for the seudas Yom Tov that we obviously can't have. 3. To prepare ourselves for the fast.

**Minhagim:** Kapporos is an ancient minhag and should be treated with sincerity. One should concentrate on the words and have thoughts of teshuvah. There is a time honored minhag to go to the mikvah. Some say to immerse oneself 3 times. It is best to go to the mikvah after midday, but before Mincha. One should bless their children before setting out to shul.

**Before shkiah:** Make sure to light a 24-hour candle, to be used on

Motzaei Yom Kippur. One should don his tallis prior to shkiah, so as to make the berachah on the tallis prior to evening. Many wear a Kittel as well. There is an obligation to add to the day of Yom Kippur by accepting the day of Yom Kippur upon oneself a bit earlier.



## Yom Kippur

**Restrictions:** Eating and Drinking. Pregnant women, kimpeturin, invalids etc should seek the guidance of a competent halachic authority.

**Washing.** One may wash until his knuckles in the following scenarios: Upon awakening, after relieving oneself, touching shoes or a covered part of the body. If an area becomes soiled one may wash off the area; however, regarding perspiration, one should be stringent. A Kohen prior to Birchas Kohanim and those who are not fasting and wish to eat bread should wash their hands entirely.

**Anointing.** Some include deodorant in this category.

**Leather Shoes.** The minhag is to be stringent with children as well.

**Marital Relations.** Some say one should practice separations similar to those of niddah.

Yom Kippur has the same status as Shabbos regarding the prohibition of carrying. No preparations may be done on Yom Kippur for after Yom Kippur, including preparing food.

To achieve the daily 100 brachos,

many have the practice to make brachos on Besamim from time to time. Alternatively, many count the brachos made by the Aliyos.

Many have the minhag not to wear gold on Yom Kippur. Some say that white gold is not included in this.

Yizkor is said on Yom Kippur. One should light Ner Neshama according to their minhag.

## Motzaei Yom Kippur



Most have the minhag to recite Kiddush Levana immediately after Maariv, weather permitting.

Once the night zman has arrived one may say Baruch Hamavdil and drink water prior to Havdalah. Preferably, women should wait for a man to make Havdalah. If they cannot, they may make their own.

Havdalah includes *Borei Me'orei Haeish*, but not Besamim. The fire must be from fire which was 'shavas', meaning it was kindled before Yom Kippur.

There is a praiseworthy minhag of beginning to build the Sukkah after Yom Kippur so as to go immediately from one mitzvah to the next. Some say, alternatively, one can learn Hilchos Sukkah. Helping one's wife prepare for Yom Tov is, as always, also considered a Mitzvah.

*Tachanun* is omitted on the days between Yom Kippur and Succos.

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