



Yom Kippur

October 11 – October 12

WHAT IS YOM KIPPUR?

Yom Kippur is the holiest day in Judaism, concluding the Ten Days of Awe that begin with Rosh Hashanah. It is a sacred time for reflection, repentance, and renewal. According to tradition, it is the day when God seals the Book of Life, determining each person's fate for the coming year.

KEY TRADITIONS AND RITUALS

- **Fasting:** Observers abstain from all food and drink from sunset until nightfall the following day, embracing this practice as a form of spiritual purification and humility. The fast traditionally concludes with the sounding of the shofar (ram's horn).
- **Prayers and Services:** Throughout the day, special prayers focused on confession and forgiveness are recited. The Kol Nidre service, a key part of Yom Kippur, cancels any unintentional vows made in the past year so that Jews can begin the Day of Atonement with a clean slate..
- **Abstaining from Comforts:** Many choose to forgo bathing, wearing leather, and other physical luxuries to encourage deeper introspection and spiritual focus.
- **Traditional Attire:** A white robe known as a kittel is often worn to symbolize purity, renewal, and the solemnity of the occasion.

COMMON GREETINGS

- Tzom Kal (tzohm kahl) – May you have an easy fast
- G'mar Chatimah Tovah (guh-MAHR khah-tee-MAH toh-VAH) – May you be sealed in the Book of Life for a good year
- Shanah Tovah (shah-NAH toe-VAH) - Good Year

WAYS TO CELEBRATE AND LEARN

- **Attend Services:** Many synagogues welcome guests for Yom Kippur services, both in person and online.
- **Reflect at Home:** Set aside intentional time for personal reflection. Begin by journaling your thoughts, goals, and intentions for the year ahead.

