

Important Halachic Reminders for Yom Kippur 🌸 / Rabbi Yoni Lavi

1. Despite the fast, this is a day of ***great joy*** by virtue of the atonement for sins and the closeness to Hashem – “Israel had no greater days of joy than ... Yom Kippur” (Ta’anit 4:8).
2. It is a *mitsvah* from the Torah ***to eat on the eve of Yom Kippur*** 🍌.
Mincha is prayed early (and *Viduy* is recited in the *Amidah*), followed by the ***Seuda Mafseket***.
It is customary to perform ***Kaparot*** and give the money to *Tzedakah*.
3. At the beginning of the Holiday (5:56 PM) the women ***light candles*** 🕯️🕯️ with the *brachot* “Lehadlik ner shel Yom Hakipurim” and “Shehecheyanu”.
A *yahrzeit* candle is also lighted, from which fire is transferred for Havdalah at the end of the fast.
It is a nice custom for parents to ***bless their children*** 👨👩. The men put on their *tallit* (also in the evening) and everyone leaves for the synagogue.
4. Five things are ***prohibited during the fast***:
 - a. ***Eating and drinking*** - pregnant women, nursing mothers and sick persons - depending on the circumstances. Details will be presented below.
Children who eat will say “*Ya’aleh Ve’yavo*” in *Birkat HaMazon*.
 - b. ***Washing oneself*** 🧼 - for pleasure is forbidden, but a person who made his hands dirty (for example, by changing a diaper) is allowed to clean them with water. It is permitted to use a deodorant spray that does not leave the skin wet. During the day, *netilat yadayim* is done only to the end of the fingers.
 - c. Use of oil or cream intended to ***nourish the skin*** - if there is a medical need like cracks in the skin/lips, it is allowed to use liquid lotion.
 - d. ***Shoes*** – leather shoes are forbidden, also for children.
 - e. ***Marital relations*** - are prohibited. Couples will act as during *niddah*.
5. At the end of the fast “*Atta Honantanu*” is recited, as well as “*Kiddush Levanah*” 🌙.
Havdalah is done with a cup and a candle (fire is taken from the *yahrzeit* candle that has burned all day), but without *besamim*.

Start of the Holiday (in Tel Aviv): 5:56 PM; end of the Holiday: 6:52 PM.

"כי ביום הזה יכפר עליכם לטהר אתכם מכל חטאתיכם לפני ה' תטהרו"

Gmar Chatimah Tova!

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***More details - Yom Kippur fast for pregnant women, nursing mothers and sick persons*:** 🙄

Below are the guiding principles; women are welcome to ask additional questions privately:

1. In principle, healthy women should fast on Yom Kippur, even when they are pregnant or nursing (*Shulchan Aruch*, 617:1).
2. If there is any medical problem, consult your doctor (preferably a religious doctor who knows the value of Yom Kippur), and contact the rabbi with the doctor's answer for guidance on what to do.
3. It is recommended to make a ***good preparation*** and drink a lot 🥤 the day before. During the fast itself - if walking to the synagogue is too tiring, it is better to stay at home and rest while the husband watches the children 🧒 (even at the expense of praying in a *minyan*) in order to allow his wife to fast.
4. ***Pregnancy*** - a healthy woman with a regular pregnancy - fasts as usual. If the woman suddenly feels a special weakness, beyond the weakness every fasting person has, or if she has strong nausea/vomiting/contractions: she should drink "*shiurim*" (section 7 below). In the ninth month, if the contractions become regular/rupture of membranes/bleeding: the woman should drink as usual so as not to be dehydrated during birth.
5. ***A woman immediately after birth*** 🧑: Up to 3 days (72 hours from birth) - eats and drinks as usual. 3-7 days from birth: depending on her condition - if necessary, she is allowed to drink and eat; if she can fast with "*shiurim*", that would be preferable.
6. ***Nursing mothers*** - some say that a nursing mother should drink a lot the day before, and during the fast itself she should skip the nursing times alternately and give the baby infant formula or frozen pumped milk.

Others say that she does not have to use alternatives, and therefore, if she fears that the fast will reduce her milk or if she actually sees during the fast that the milk is decreasing, she may drink in "*shiurim*" or drink a "*mashke pagum*" (section 8 below).
7. ***How do I drink "*shiurim*"?*** 🥤

Drink every time a little less than half of the volume of the oral cavity (varies between people, about 40 ml. By way of illustration: a freeze pop (Igloo/Shlukim) contains 30 ml).

* The recommended method for measuring: fill your entire mouth with water and pour it into a disposable cup. Transfer half of it to another cup and mark the water line with a marker. This is the amount you are allowed to drink!

When 🕒?

Lehatchila every 9 minutes (that way, one can drink over a liter every 4 hours!). If this is not enough, shorten the interval to 6 minutes and, if necessary, even to 4 or 2 minutes.

* The method of “*shiurim*” should only be applied to the extent necessary, and one should not continue to use it throughout the entire fast if there is no justification.

What to drink?

It is preferable to drink nutritious drinks in order to gain strength: chocolate milk, grape juice, clear chicken soup, etc.

* Those for whom drinking is not enough and who also need to eat in “*shiurim*” according to medical instructions, should eat less than the volume of “*kotevet hagassah*” which is 30 cc, about the size of a matchbox, at the aforementioned intervals (every 9 minutes etc.).

8. ***“Mashke Pagum”*** - another option: instead of drinking “*shiurim*”, it is possible to drink a “damaged drink” even in large quantities, and this is even preferable in Halachic terms. For this purpose, chamomile tea extract of two (double) bags should be mixed with a glass of water to create an unpleasant drink that people would not drink without medical need.
9. It is suggested that a person who needs to eat during the fast recite the following ***prayer*** 🙏 before doing so:

“Behold, I am prepared to fulfill the commandment to eat and drink on Yom Kippur, as You have written in Your Torah ‘And you shall guard My statutes and My laws that one perform them and live by them, for I am God’ (Leviticus 18:5). And in merit of fulfilling this commandment, seal me, and all other sick people of your folk of Israel, for a complete recovery, and next Yom Kippur I should merit fulfilling the directive to afflict our souls. May it be Your will so. Amen.”

- A person who needs to eat must not be strict with himself, and according to Halacha he must eat in order to preserve his life and health.

10. ***Bracha*** – a person drinking “*shiurim*” recites a *bracha rishona* at the beginning (and if time has passed until the next drink and he has been distracted – he will say the *bracha* again when drinking), but not a *bracha achrona*. A person eating “*shiurim*” will recite *bracha rishona* and *bracha achrona*. No bracha is recited for a “*mashke pagum*”.

11. ***Taking of pills*** 🍯 on Yom Kippur by a sick person who is not in danger – it is allowed to swallow without water. If the person needs water to swallow, he may use a little “*mashke pagum*”.

Gmar Chatima Tova! 🍷