

Yom Kippur at Home Guide

Blessings

Here are the [blessings](#) we recite for Yom Kippur. We traditionally have candles, wine or juice, and a round challah. Only today, we do Kiddush (the blessing over the juice) and motzi (the blessing over challah) before the blessing but we don't light candles. Once we finish the meal, we light the candles because that is the symbol that the holiday has begun.

Many people over Bar or Bat Mitzvah age fast for 25 hours for Yom Kippur - the longest fast of the year. The meal at the end of Yom Kippur is called Break-fast. Many people traditionally have honey cake and juice to break their fast first.

Discussion guide

Yom Kippur literally means “day of atonement” (or day where we apologize). It is the time when we apologize to God for all the things we have done wrong in the past year. But first, we have to apologize to the people we have hurt. Who are two people you've hurt? Write them an apology or tell them you are sorry.

On Yom Kippur, many people choose to not do a few things: shower, eat, drink, put on deodorant/makeup/perfume/lotion. Why do you think we don't do this? (Hint: by not doing these things, what does it let you focus on?)

You are part of many communities. Think of 2 communities you are a part of (home, school, soccer team, gymnastics team, Keshet class) and write down 3 things you will do to help make the team better.

What are 2 ways you can be a better listener this year?

One way to be a better person is to stand up for what you believe in. What are you going to stand up for this year? Maybe it is a cause (people needing better food, homelessness, Black Lives Matter), or maybe it is for people who can't stand up for themselves (like to a bully). How can you stand up for what you believe in?

We all need support and help. How can you support your friends even better next year.

At home/family activities

Make your own catapult of sin. All of us “miss the mark” or aren't the best person we want to be. Make yourself a bullseye on a piece of paper. Then, write down all the ways you wanted to be better this past year on individual slips of paper. Crumple them up and throw them at your bullseye. Whichever ones are farthest from the bullseye are the things

you can work on for the coming year (or you can work on whichever ones feel most important to you).

Neilah is the final service of Yom Kippur. It literally means “closing.” But it is also a time of celebration, because we made it through the long day of Yom Kippur. Decorate a doorway to walk through at the end of the day, to celebrate literally walking through it and into the new year of 5781.

Set up a *mishkan*. A *mishkan* is a tabernacle, or a special place to pray. Find a special spot in your house that is your place to pray and do the holidays. This year is much harder, so having a special spot can help make it feel more meaningful.

Do *tikkun olam*. *Tikkun olam*, or repairing the world, is something you can do from home. You can donate to your favorite cause, make homemade dog toys, or donate a meal to the Gillespie Center.

Write a card to someone. Cards for Yom Kippur often say: *G'mar chatimah tovah*, may you be written for good in the Book of Life. This isn't a real book, but reminds us that we all want to be the best person we can be. Write and send 2 cards to people you know.

Write an apology to someone you know. Send it.