## PRE-YOM KIPPUR: NULLIFYING VOWS (HATARAT NEDARIM )

## **Nullifying Vows (Hatarat Nedarim)**

<u>Hatarat nedarim</u> (nullification of vows) should be done before <u>Rosh Hashana</u> (but it may be done any time of the year) in front of three adult male <u>shomer-Shabbat</u> Jews. You may make a condition that you never want to make a vow of any type, but this might not be effective or valid. The formula may be said in English or any other spoken language.

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