PRE-YOM KIPPUR

PRE-YOM KIPPUR: ASKING FORGIVENESS

Asking Forgiveness

- If you know you have offended or otherwise injured someone, ask for forgiveness before *Yom Kippur* (if doing so will bring up bad feelings from the past, you may not do so--but you might not be forgiven for that injury).
- If you may have offended, ask for forgiveness.
- If you are certain that you did not, don't ask for forgiveness.
- If you did not ask someone for forgiveness (whom you should have asked) before *Yom Kippur*, you should do so afterward.
- If a person wrongs you intentionally, you do not need to forgive him or her unless the person repairs the wrong and is genuinely regretful for having done the evil.

PRE-YOM KIPPUR: NULLIFYING VOWS (HATARAT NEDARIM)

Nullifying Vows (Hatarat Nedarim)

Hatarat nedarim (nullification of vows) should be done before *Rosh Hashana* (but it may be done any time of the year) in front of three adult male *shomer-Shabbat* 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.

PRE-YOM KIPPUR: KAPAROT

Kaparot

Kaparot with a chicken or money should be done before *Yom Kippur*, but you may do it before then or any other time. This is a universal Jewish custom.

PRE-YOM KIPPUR: MEAL (SE'UDA HAMAFSEKET)

Meaning of pre-Yom Kippur Meal (Se'uda HaMafseket)

We eat a festive meal for the final meal before *Yom Kippur* to celebrate that we will be forgiven for our previous sins on *Yom Kippur*.

Mezuman/Minyan at pre-Yom Kippur Meal (Se'uda HaMafseket)

A *mezuman* or *minyan* is permitted at the pre-*Yom Kippur* meal *(se'uda ha'mafseket)*.

REASON It is a festive meal.

Challa Dipped in Honey for pre-Yom Kippur Meal (Se'uda HaMafseket)

Eating *challa* dipped in honey is a non-binding custom for the pre-*Yom Kippur* festive meal *(se'uda ha'mafseket).*

Pre-Yom Kippur Meal: Shir HaMa'alot

Shir ha'ma'alot should be said before *birkat ha'mazon* at the final meal (*se'uda ha'mafseket)* before *Yom Kippur* (and also at a meal after *Yom Kippur* ends).

Wishing Easy Fast

You may wish “an easy fast” for *Yom Kippur* since, although *Yom Kippur* is supposed to be a day of afflicting our souls, there are degrees of affliction!

PRE-YOM KIPPUR: YAHRZEIT CANDLE

Pre-Yom Kippur: Yahrzeit Candle

On *Yom Kippur*, it is a universal custom to light one candle if one or both parents are deceased. Every married couple also lights one candle for themselves and their children (if any).

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