

# 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 HAMAFASEKET)

### 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).