

YOUNG ISRAEL OF NORTH BELLMORE

2428 HAMILTON ROAD, NORTH BELLMORE, NY 11710

PHONE: 516- 826- 0048 E-MAIL- rabbi@yinb.org

WWW.YINB.ORG



DR. MOSHE S. GORELIK
RABBI EMERITUS

MIKE SIGAL
VICE-PRESIDENT

DOV E. SCHREIER
RABBI

DAVID KLINGER
PRESIDENT

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HALACHOS OF EREV YOM KIPPUR

1. It is important traditional practice to immerse in a mikvah on Erev Yom Kippur – the erev of Yom Kippur.
2. Special Kapparos (“atonements”) are observed during the day. IN place of fowl, monies should be used and given to tzedakah.
3. The concluding meal on Erev Yom Kippur is called the Seudas Hamafsekes. The Seudas Hamafsekes has a two-fold purpose. First, it is a mitzvah to eat Erev Yom Kippur in order to prepare for the fast. And second, it is a meal in honor of the Yom Tov of Yom Kippur. Similar to the Seudos-meals-on other Yomim Tovim, but with one difference. Since it is forbidden to eat on Yom Kippur, we eat the seudah of Yom Tov on Erev Yom Kippur.
4. It should be completed several minutes before sunset.
5. Prior to the Seudah Hamafsekes, Mincha including Viddui, Al Chet should be recited.
6. Yom Kippur is a day of fasting, tshuvah, and prayer, but as indicated above, it is also a day of hope, a day of rejoicing in our faith in G-d, a day of renewing our commitment to His Torah and a day when we join hands with one another upon concluding the observance of Yom Kippur with the declaration of: ----- The following year in Jerusalem. This is why we greet one another with the expression “Gut Yom Kippur we make the following preparations:
 - a. One bathes and dons festive garments.
 - b. The house is cleaned.
 - c. The table is covered with a shabbos or Yom Tov tablecloth. Some place holy books in place of covered challahs signifying the special holiness of the day.
 - d. At the Seudah Hamafsekes, the challah is dipped in honey.
7. It is customary to recite the Tefillas Zaka (composed by R. Abraham Danzig, 18th century, Vilna, the author of the Chaye Adam) upon arriving in Shul. The Tefillas Zaka summarizes the purpose of Yom Kippur. The reading of this moving mediation establishes the mood and sensitizes the heart to the significance of the day.
8. It is a traditional practice for men to wear a kittel on Yom Kippur.
9. The tallis should be put on before dark.
10. Kol Nidre should be recited while it is still day.

PROHIBITIONS OF YOM KIPPUR

1. Activities prohibited on Shabbos are also prohibited on Yom Kippur
2. Five additional abstention on Yom Kippur are as follows:
 - a. Eating and drinking
 - b. Washing
 - c. Applying ointments to the body
 - d. Wearing shoes
 - e. Marital relations
3. Although younger children are discouraged from fasting, educable children should be educated gradually to fast longer each year.
4. Generally, sick people are required to fast unless there is a remote possibility that fasting would endanger their lives. In case of illness, it is advisable to consult a Halachic authority.
5. It is forbidden to wash any part of the body whether in cold or warm water. Upon rising in the morning or after attending the bathroom, one may wash his hands up to his knuckles.
6. Lotions, cosmetics, ointments, etc. Should be avoided on Yom Kippur.
7. Shoes, whether partly or wholly of leather are prohibited for usage.