



Yom Kippur this year

Begins 6:19 PM

Friday September 13, 2013

Fast Ends 7:20 PM

Shabbat, September 14, 2013

Yom Kippur at :

www.chabad.org

YOM KIPPUR With your PRESCHOOLER

Preparing for a Meaningful Yom Kippur for your family

What is Yom Kippur all about? We fast. We spend a lot of time in Synagogue. It's a serious day.

That's all true. But it's important to know that Yom Kippur is actually a happy day, a day when we should feel joy deep inside ourselves. Yom Kippur is part of the High Holiday season - which begins on Rosh Hashanah and continues to Simchat Torah - a season dedicated to cleaning up our mistakes and starting the year fresh.

Every holiday in this season has a different way to approach the exercise. For example, on Rosh Hashanah, we think about what this 'Better Me' looks like. We fill ourselves with joy and energy just imagining how good this new year can be!

Now, on Yom Kippur, we approach it differently. On Yom Kippur, we get down to serious business. We spend the day in synagogue without any distractions - things which will take our attention away from the 'Better Me' exercise. So we don't eat. We don't watch TV. We spend a lot of time in the Synagogue with others who also want to become their 'Better Self'.

To prepare for Yom Kippur, we think back to our past year, we think about our behaviors. Did we hurt anyone's feelings? Were we always respectful? Caring? Responsible? If we uncover any mistakes we've made, we try to make amends.

This is an intense process. First, we want to empathize, to think about how the other person must have felt by our actions. We feel regret. Sincere regret. We ask the person for forgiveness hope that the other person can hopefully forget what happened and not carry the hurt feeling with him/her. We also have to think about how we can avoid making the same mistake again.

On Yom Kippur, we ask Hashem to give us the strength to be the 'Best Me'.

So why does this mean that Yom Kippur is a happy day? Because when we're becoming better people, and when Hashem is forgiving us and our friends are forgiving us, isn't that a reason to be happy? We should feel great that we have a fresh start!

A few days after Rosh Hashanah is Yom Kippur, the holiest day of the Jewish year. For adults, Yom Kippur is a day of fasting and prayer services. Obviously, this it is different with a preschooler.

With planning, you can have a meaningful and spiritual Yom Kippur even while taking care of your young one.

Yom Kippur is traditionally a day of many long prayers. Your preschooler will not be able to be quiet long enough for you to participate in all prayers. At this stage in your life, raising your child is a holy task. You can plan to say at least a few prayers, but do not neglect your child.

With a few ideas planned before Yom Kippur, your day and that of your child can be meaningful. Here we provide some suggestions. You know yourself and your child best and the way you want to celebrate the holiday. Plan with your child in mind.

The Practices of YOM KIPPUR!

On Yom Kippur

Adults fast—they don't eat or drink. Children of this age should not fast at all. The Torah teaches that nothing is more important than life. Therefore, young children are asked not to fast.

- Since you will be fasting, you may not feel like making fancy food. Plan for something simple like sandwiches for your young child.

Dress in white On Yom Kippur we do some things that remind us of angels, so that we can aspire to be as sin-free as they. We wear white like the angels. Even the Torahs and the Ark are dressed in white.

- Point this out to your youngster. As applicable, you can dress in white, or dress your child in something white.

No leather shoes. Leather shoes symbolize creature comforts. By limiting the amount of physical pleasure, we show G-d and ourselves that we are really serious about wanting to do good and wanting His forgiveness.

- Creates lasting memories. Point out the sneakers and slippers in the synagogue.

Making fasting easier - for yourself

Caring for a young child while fasting can be more challenging than an ordinary day. It's all in the planning. And in the attitude.

- Plan a few new exciting activities for your youngster, something that you know (or at least hope) will keep him occupied for a while. Perhaps present a new toy, or bring out a favorite toy that he hasn't played with in a while.
- Allow for the house to get a bit messier than you normally would like.
- Pre-plan his meals so you don't have to fuss with food when you are fasting. Keep it simple. Give him something he likes, even if it is not the healthiest choice.

Some highlights of the Yom Kippur Service (for adults)

You may want to plan for a babysitter so that you can be fully engaged in these services. Or perhaps, just stay home with your child and attend these services when your child is older.

Kol Nidrei This prayer ushers in the Yom Kippur. We ask G-d to forgive us for any commitments that we made and did not keep.

- Talk to your child about keeping commitments and being truthful.

Yizkor memorial service We remember our departed parents on Yom Kippur with the special Yizkor service during morning services.

- Tell your young child about their grandparents, show pictures.

Final blowing of the Shofar At the end of the Yom Kippur day, all the people in the synagogue say the Shema and the Shofar is blown again.

Havallah service and Breaking of the fast

As soon as Yom Kippur is over, we make Havdallah and eat joyous feast.

- This can be done at home, or together with the community in the synagogue.

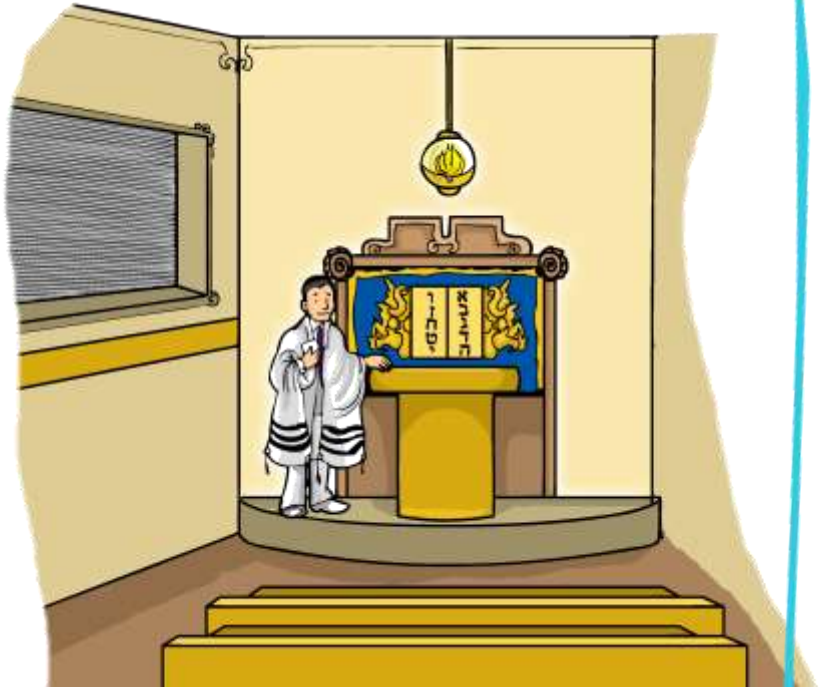


On Yom Kippur in the synagogue

(As we described last week in our discussion about Rosh Hashanah)

It is good education for your child to spend some time in the synagogue – just soaking in the atmosphere and hearing some of the praying and singing.

- Help your child create memories. Point out and talk about the various nuances of the Yom Kippur service. If there are people there dressed in the traditional white or wearing sneakers, point that out to your child.
- Perhaps ask your rabbi or synagogue's youth director what times he recommends for your child and where it would be best for you to sit. Find out if your synagogue has a program for preschoolers and if you will have to join them the whole or for part of the time.
- Most preschool age children cannot sit quietly for that long, even with a bag of snacks and a stack of books to read. Be prepared to leave the services when your child begins to become antsy.
- It may help a bit if your child is prepared and knows beforehand what is expected of him. If possible, bring your child to see the synagogue before the actual services. Show him the Aron, where the Torah is kept; where the Chazan (cantor) will stand; the Bimah where the Torah will be read and the Shofar will be blown. You can tell him about the tallit and other special things that people might wear during the services. You can also show him the area for children's programs.
- During your visit, you can take photos before and print them (not on Shabbat or holidays). Then, in the days before (and after), you can look at them and talk about the different parts of the synagogue. During the services, you can (quietly) ask your child to find the Aron, the Bimah, etc.



- Explain the proper decorum for the services: The adults will be praying and singing. At some point, the Rabbi will speak. When he does, all people are quiet – adults and children.
- If your child has made his own Machzor (the prayer book used on Rosh Hashanah and Yom Kippur), bring that with you so your child can remember and talk about what he learned in school about Yom Kippur.
- It always helps to have a few special treats for the occasion – something to occupy him; these can also be used as an incentive for proper decorum. Perhaps, you can choose these treats together and pack them together. You can include some neat, quiet snacks – not too crumbly or crunchy or sticky. Bring hand wipes just in case, and extra tissues, empty (quiet) bags for your trash. Bring more than you think you'll need. Also bring a water bottle or two.

Schedule of Services

Friday, September 13

Candle Lighting ~ Fast Begins.....6:19 PM

Kol Nidrei Services.....6:30 PM

Saturday, September 14

Morning Services.....9:30 AM

Yizkor Service.....12:00 PM

Mincha & Neilah Services.....4:30 PM

Break Fast Buffet.....7:20 PM

Once again Chabad will be having the famous children's room, where children will sing songs, hear stories, play games in a fun and playful atmosphere.

The Day before Yom Kippur

The day before Yom Kippur gets us in the mood for the awesomeness of Yom Kippur—both physically and spiritually. There are many traditions and rituals that help prepare us for Yom Kippur. In some homes, there is a feeling of Yom Kippur already.

As you go through the day, talk to your child about what is happening. This helps create the memories that will stay with him for life.

Festive Meal Sometime in the early afternoon, families get together for the Pre-Yom Kippur meal. This is traditionally a festive holiday meal, replete with holiday foods, including (round) Challahs. Although this is a festive meal, Kiddush is not said.

- Try to make sure that your child is part of the meal and it is not naptime.

Parents bless their children to have a good and meaningful year. Place your hands on your child's head and bless him. Everyone who hears should say Amen (below).

- Make this an auspicious moment, not rushed. There are some traditional blessings. And of course, you can add your own. Say them aloud so your child can hear. What

will bless your child with? What are your hopes for him? You might want to write these down and keep in his memory box.

Give extra Tzedakah Before the holiday, give extra Tzedakah (charity).

- The very act of putting the coins in the Tzedakah box is helping your child develop the memories and disposition to be a giving person. Allow for your child to give more coins than usual. Count them together.
- Talk about where the money is going.

Memorial candles Some families light yahrtzeit (memorial) candles to remember those who passed away. These special candles will burn through the night and the following day.

- As with all candles, keep this candle away from your youngster and remind him about your fire safety rules.

Lighting candles for Yom Kippur @ 6:19PM,
Women and girls light candles with these blessings.

Boruch Ata Adonay Elohaynu Melech haolam Asher
Kidishanu Bmitzvotav Vetzivanu Lehadlick Ner Shel
Shabat Vshel Yom Hakipurim

Boruch.....Haolam Shehechyanu Vkeemanu
Vhegeeanu Lzman Hazeh

The traditional blessing for blessing your child... (contains G-d's name)

1 Yi•va•re•chi•cha A•do•nai ve•Yish•mi•re•cha
(a•men)

יְבָרְכֶךָ יי וַיְשַׁמְרֶךָ: (אָמֵן)

2 Ya•er A•do•nai Pa•nav E•le•cha
Ve•chu•ne•ka (a•men)

יְאֵר יי, פְּנֵיו, אֵלֶיךָ,
וַיַּחַנֶּךָ: (אָמֵן)

3 Yi•sah A•do•nai Pa•nav E•le•cha
Ve•ya•sem Le•cha Sha•lom (a•men)

יִשָּׂא, יי פְּנֵיו, אֵלֶיךָ,
וַיִּשֶׂם, לְךָ, שָׁלוֹם: (אָמֵן)

1 May Hashem bless you and guard you. (Amen)

2 May Hashem smile upon you and show you favor. (Amen)

3 May Hashem be patient with you and grant you peace. (Amen)