

YOM KIPPUR FULL SCHEDULE

Sunday, Sept. 24th – Erev Yom Kippur

Page numbers below are from the Chabad Annotated Machzor

- **Kaparos:** pg. 2. Though Kaparos are traditionally done with live chickens, it can also be done with money.
- **The First Meal:** On this day the primary mitzvah is to eat and drink in abundance. Two meals – festive affairs – are eaten, one earlier in the day, and one just prior to the onset of Yom Kippur. In many communities it is customary to eat *kreplach* – dumplings filled with ground meat or chicken.
- **Early Mincha: 2:30 pm**
- **The Final Meal:** Prior to sunset, we partake of the final meal, called the ***seudah hamafseket***, the "separation meal" - separating between the weekday and holiest day of the year. This is a festive meal, and the challah is dipped in honey. Only easy-to-digest foods are on the menu, such as chicken and soup. No intoxicating beverages, and some have the custom not to eat fish at this meal.
- **Blessing the Children:** It is customary for parents to bless their children immediately before the fast. Although there is no required formula for this blessing, it is customary for fathers to say:

For a Boy "Ye'simcha E-lohim ke-Ephraim ve'chi-Menashe
May God make you like Ephraim & Menashe"

For a Girl "Yesimaich E-lohim Ke- Sarah, Rebecca, Rachel and Leah.
May God make you like Sara Rivka Rachel & Leah"

Then continue, for both boys and girls: Vayedaber A-do-nay el Moshe leimor: Daber el Aharon ve'el banav leimor: Ko Sevarachu es B'nei Yisroel. Amor Laehm:
Ye'varech'echa A-do-nay ve-yish'merecha.
Ya'eir A-do-nay panav eilecha viy-chuneka.
Yisa A-do-nay panav eilecha,ve-yaseim lecha shalom.
Ve'samu es shmi al Bnei Yisroel va'ani avarcheim

The Lord spoke to Moses, saying: Speak to Aaron and to his sons, saying: This is how you shall bless the children of Israel. Say to them:

May God bless you and watch over you.

May God shine His face toward you and show you favor.

May God be favorably disposed toward you, and may He grant you peace.

They shall bestow My Name upon the children of Israel, so that I will bless them.

- **Yahrtzeit Candle:** If one's parents are not living one lights an additional 25-hour memorial candle in one's home. This candle is called "The Candle of the Soul".
- **Extra Candle for Havdolo:** . The candle used for Havdolo should be lit from a flame that burned throughout Yom Kippur. With this in mind it's a good idea to light an additional 25 hour candle for this purpose.
- **Fast Begins 6:30 pm** All of the five afflictions of Yom Kippur begin at this time.

Sunday Evening Sept. 24th Yom Kippur Eve

- **Candle of Life:** It is customary to light a 25-hour memorial candle in the synagogue. This candle is called "The Candle of Life".
- **Candle Lighting: 6:30 pm** (Lehadlik Ner Shel Yom Hakipurim & Shehechyanu). The fast begins at this time All of the five afflictions of Yom Kippur begin at this time.
- **Mincha: 6:35 pm**
- **Kittel:** Men have the custom to wear a kittel (white robe) because on Yom Kippur we are likened to angels.
- **Tallis:** In preparation for Kol Nidre, the *tallis* should preferably be donned before sunset. (If donning the *tallis* after sunset, the traditional blessing is not recited.)
- **Tehilim:** pg. 26-34
- **Kol Nidrei: 6:50** pg 35, 36
- **Maariv** pg. 42
- Shma pg. 44 (we recite Baruch Sheim out loud)
- Maariv Amida pg. 47 - 57
- Ya'aleh pg. 58
- Slach Nah pg. 63
- Amnam Kein (Salachti) pg. 64
- Ki Hinei Kachomer pg. 66
- Shma Koleinu pg. 70
- Ki Anu Amecho pg. 71
- Viduy (Confession) pg. 71 - 76
- Aveinu Malkeinu pg. 80 - 82
- Ledovid Mizmor - pg. 82
- Aleinu pg. 85
- Tehilim pg. 87 - 88

- Viduy (Confession) pg. 273-278

Monday Sept. 25th Yom Kippur Morning

- **Latest Shema: 9:42 am**
- **Shacharis: 10:00 am**
- Hodu pg. 115
- Yotzer Ohr pg. 137 (Skip the gray box on pg. 138 & 139 and continue with Tisbareich.)
- Shma pg. 141 (we recite Baruch Sheim out loud)
- Shacharis Amida pg. 145 - 115
- Ato Hu Elokeinu pg. 159
- Imru Leilokim pg. 164 - 168
- Ha-aderes V'Haemuna pg. 170
- L'Keil Orech Din pg. 170 - 171
- Shma Koleinu pg. 177
- Ki Anu Amecho pg. 178
- Viduy (Confession) pg. 178 - 184
- Aveinu Malkeinu pg. 190 - 192
- Shir Shel Yom pg. 193 (Song of the Day for Monday)
- L'Dovid Hashem pg. 196
- Torah Reading pg. 202 - 203
- Maffir pg. 206
- Haftoro pg. 207
- **Yizkor: 1:00 pm** pg. 210

- **Musaf**
- Ashrei pg. 212
- Musaf Amida pg. 215 - 226
- Imru Leilokim pg. 233 - 236
- Unisaneh Tokef pg. 238
- V'Chol Maaminim pg. 241
- The Avoda pg. 246 - 258
- The Ten Martyrs pg. 266 - 270
- Shma Koleinu pg. 272
- Ki Anu Amecho pg. 272

- Hayom T'amzeinu pg. 286
- Tehillim pg. 288 – 296
- **Mincha 5:00 pm**
- Torah Reading pg. 304 - 305
- Haftoro (Story of Yona) pg. 306 -308
- Mincha Amidah pg. 310 - 319
- Shma Koleinu pg. 330
- Ki Anu Amecho pg. 331
- Viduy (Confession) pg. 331 - 336
- Aveinu Malkeinu pg. 342 - 344
- L'Dovid Hashem pg. 345
- **Neilah 6:30 pm**
- Ashrei/Uva L'Tziyon pg. 347 - 349
- Amidah - pg. 350 - 357
- Merubim pg. 366
- Eileh Ezkara pg. 369
- Ki Anu Amecha pg. 370
- Viduy (Confession) pg. 371
- Aveinu Malkeinu pg. 376 - 378
- Shma/Baruch Sheim/Hashem Hu Haelokim & L'Shana Habo pg. 379
- Ein Keilokeinu pg. 380
- Aleinu pg. 382
- Tehillim pg. 384 - 389
- **Fast Over 7:24 pm** *(It's customary to actually fast into the 26th hour therefore if one started the fast later than 6:09 pm one should not break the fast until 25 hours plus one minute from when their fast began)*

**Monday Night Sept.25th
Motzei Yom Kippur**

- **Maariv: 7:40 pm**
- Maariv pg. 390

- Maariv Amida pg. 395 - 400
- Aleinu pg. 401
- Kiddush L'Vana (New Moon Prayer) pg. 407 - 411
- Havdolo pg. 403 Spices are not used. A candle is used but should be lit from a flame that burned throughout Yom Kippur. It's a good idea to light an additional 25 hour candle for this purpose.

The 5 Afflictions of Yom Kippur

On Yom Kippur we are prohibited from:

- **Eating or drinking** – All adults from the age of Bar/Bas Mitzvah and up are obligated to fast (in case of need, consult a medical professional and a rabbi). Children under 9 may not fast at all. From ages 9 till Bar/Bas Mitzvah they may fast part of the day.
- Wearing **leather** shoes
- Applying **lotions** or creams
- **Washing** or bathing
- Engaging in **marital relations**

All of the restrictions against doing work on Shabbos apply on Yom Kippur as well.