

Complimentary

The Chesed Fund Limited &
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YOM KIPPUR CHECKLIST 5785-2024



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**For winter Fridays, call for early closing times.*

This checklist is dedicated in loving memory of Yehoshua Binyomin Ben Aryeh Dov Youlus, שליט.

Fast Start & End Times

Friday, October 11, 2024: Candle Lighting- **6:14 pm**
Shabbos, October 12, 2024: Fast Ends **7:14 pm** (42 min.), **7:22 pm** (50 min.), **7:44 pm** (72 min.)
For Zmanim (Halachic Times) in North America: 718-331-8463 • For Anywhere in the World: myzmanim.com

In Advance

- Review your year and identify areas in which you can improve spiritually
- Review your family's minhagim
- Review the Yom Kippur davening
- Review Kitzur Shulchan Aruch chapters 130-133 and other relevant summaries of halachos
- Buy seats, confirm their location, and check on the availability of women's seats
- Ask for forgiveness from family, friends, business associates, etc., especially if you have wronged them, keeping in mind time zone differences
- Do *Hataras Nedarim*
- Do *Tashlich*, if you have not yet done so
- If your *minhag* is to *Shlug Kapparos* with chickens, find out time and location; if your *minhag* is to use money, prepare money
- If you take daily medications, check with your doctor to ensure you can miss taking them for one day
- If you have health issues, check with your doctor regarding your ability to fast. Discuss using Easy Fast Pills or caffeine suppositories, which may help you fast. These are usually available at local Jewish supermarkets or pharmacies
- If you are advised by your doctor to eat or drink small amounts of food, speak with your rabbi about measurements and timing of shiurim (small amounts of liquid or food). Confirm that your shot glass is actually 1 oz.

- Clean and prepare *tallis* and *kittel*
- Clean and prepare white clothing (if that is your *minhag*)
- Prepare non-leather shoes for adults and children
- Prepare Yom Kippur *machzorim*, as well as bookmarks and other supplemental books or *kavanah* enhancers, such as *Tehillim* and *Viduy* booklets
- Label *machzorim*, *seforim*, etc., with owner's name
- Prepare *shofar* for end of fast
- Prepare a card with family member names and others for *mi shebeirachs*
- Check the time for *Yizkor* and make babysitting arrangements, if needed
- Pay outstanding donation pledges and/or debts
- If you regularly consume caffeine, slowly reduce caffeine intake several days before Yom Kippur to prevent headaches
- Ask your doctor about Easy Fast Pills or caffeine suppositories, available at local Jewish supermarkets and pharmacies
- Plan the meals for before and after the fast
- If nursing, consider pumping and storing milk for the day of Yom Kippur and the day after, or consider using formula



- Buy new toys, books, and games to be given to children on Yom Kippur
- For safety, arrange to walk home in a group after *davening*, especially at night
- If necessary, purchase a memory foam mat for standing comfort
- Purchase a sufficient amount of *yahrzeit* candles
- Purchase Shabbos spray as an alternative to baby wipes
- Print out your shul's Yom Kippur schedule and check *davening* times, specifically whether there is a different time for *Shacharis* on Erev Yom Kippur, as well as an early *Mincha*
- Prepare smelling salts and cloves
- Post signs near sinks reminding to wash fingers up to the knuckles only
- Begin hydrating approximately 36 hours before Yom Kippur begins
- Eat fruit, especially berries and melons, which help your body retain water
- Load up on water, as well as electrolyte-infused water, sports drinks, and diluted orange juice and avoid alcoholic beverages and soda
- Cook the *Seudah HaMafsekes* (and *kreplach*, if that is your *minhag*) and prepare food for after the fast
- Prepare easy and filling meals and snacks for your children
- If you must eat on Yom Kippur due to health reasons, prepare proper *shiurim* (measurements) of food and liquids
- Give extra *tzedakah*
- Visit the cemetery and be sure to bring an appropriate *sefer* for specific Erev Yom Kippur *tefillos*
- Make sure your car is parked in a space where it will not be ticketed or towed

Erev Yom Kippur

- Daven *Shacharis* and *Mincha* early, if possible, and include *Viduy* at *Mincha*
- Do *Hataras Nedarim* and *Tashlich*, if not yet done
- Go to the *mikvah*
- Shlug Kapparos*
- Eat and drink the entire day in order to fulfill the *mitzvah*, and to remain properly hydrated
- Load up on foods high in healthy oils, fats, carbs, proteins, whole grains, carbs and avoid salty or spicy foods
- Check if the *eruv* is up
- Check the weather forecast
- Prepare and iron lightweight clothing to wear
- Remove tags from dry cleaning and new garments
- Check pockets (including coat, jacket, pants, etc.) for *muktzeh*, or for any objects, if there is no *eruv*
- Call family and friends to wish them a good Yom Tov
- Verbally forgive individuals who may have hurt you
- Prepare toys, books, and games for children to use on Yom Kippur. Remove packaging, if needed

- Put away *muktzeh* toys
- Plan low-energy activities to keep your children entertained during the fast
- Open sealed bags, packages, tissue boxes, diapers, baby items, etc.
- Set your Shabbos alarm clock for the morning
- Set timers
- Turn on lights, night lights, and outdoor lights
- Turn off fridge and freezer lights
- Set ac or heat and turn on fans
- Turn off/on security alarm and bypass switches
- Lock doors and windows as others are aware that we are in shul most of the day
- Take care of any pet needs
- Water plants
- Prepare candles, making sure they are stable and a safe distance from drapery, flammable items, and children
- Emergency service personnel should do their usual pre-Shabbos preparations
- Check relevant last-minute emails and news updates. Visit BaltimoreJewishLife.com
- Print uplifting and engaging Torah emails and reading materials for yourself and your children
- Charge cell phones, electronic and motion-activated devices (e.g., tablets, laptops and dashcams) and turn them off
- Make sure everyone is bathed and dressed early for Yom Tov
- Set the table and eat the *Seudah HaMafsekes*
- After the *Seudah HaMafsekes*, cover the table with a white tablecloth, if that is your *minhag*
- Give the *Birchas HaBonim* (Blessing of the Children), keeping in mind time differences (Israel is 7 hours ahead of EST)
- Remove gold jewelry
- Remove leather shoes
- Brush your teeth
- Baltimore candle lighting is at **6:14 pm**. For *zmanim* (halachic times) in North America call 718-331-8463. For anywhere in the world visit www.myzmanim.com.
- Light *yahrzeit* candles for departed family members, any customary candles, and an additional *yahrzeit* candle to be used to light the *Havdalah* candle
- Light candles and say the *brachos* of *L'Hadlik Ner shel Yom HaKippurim* and *Shehecheyanu*
- Verbally state that you are taking on the holiness of Yom Kippur several minutes before sunset
- Daven Tefilla Zakah*



- Be sure to follow a doctor/ rabbi's advice regarding taking medications on Yom Kippur
- Remember, the mitzvah of raising children is as important as davening in shul

Bring to Shul

- Hat, tallis, tallis bag, and kittel
- Machzorim as well as bookmarks and other supplemental books or kavanah enhancers, such as *Tehillim* and *Viduy* booklets
- Shofar, if applicable
- House keys
- Sweater, light jacket, and/or rain coat, if necessary
- Measured *shiurim* of food, if you must eat on Yom Kippur due to health reasons
- Smelling salts and cloves
- Card with names of family and people for *mi shebeirachs*
- Shtender(s), if allowed
- Cloth for Kor'im (bowing)
- Memory foam mat, if necessary
- Any health-related items needed (epi pen, inhaler, glucose meter, nitroglycerin, Benadryl, oxygen, etc.)
- Tissues
- Reading glasses
- Reflector belt to wear to and from shul, if your shul is in the eruv
- If you drive to shul, place your keys in a designated safe area in shul

Yom Kippur

- Wash only up to your knuckles for *Netilas Yadayim*
- Wear lightweight clothes to avoid perspiring excessively and causing your body to lose water
- Practice techniques to keep your mind off hunger by distracting yourself, such as meditating, etc.
- If you feel weak, smell cloves, cinnamon, or smelling salts
- Take a nap during the shul break
- Read the story of Yonah
- Give children new toys to play with
- Make the most of children's naptime by davening or resting
- Daven well, fast well, and do teshuva



If You Are Staying Home From Shul

- Prepare a quiet spot for davening where you will be able to concentrate well.
- Make sure to have your *machzor* at home.
- Find out davening times so that you can daven at the same time as your shul.
- Review the davening with your Rabbi so you can use the same *nusach* as the shul, and ask if you should wear a *kittel* when davening at home.
- Make sure to review any questions you may have with your Rabbi before Yom Kippur begins, since you will not be in shul to speak with him directly on Yom Kippur.
- Hearing *shofar* blasts at the end of Yom Kippur is not required to end the fast.

Motzei Yom Kippur

- In Baltimore, the fast ends at 7:14 pm
- Kiddush Levana*
- Bring all your Yom Kippur belongings home from shul
- For *Havdalah*, use the extra candle that was lit before Yom Kippur to light the *Havdalah* candle
- Begin building the *succah* and purchase a *lulav* and *esrog*, if not done before Yom Kippur
- Put away *tallis*, *machzorim*, and other Yom Kippur items
- Check your shul's schedule to see if *Shacharis* will be earlier than usual the next day

Breaking the Fast

- Drink and eat at a slow pace
- Eat moderately
- Avoid pastries, salty foods, and soda
- Stretch and take a short walk
- Do not eat too late at night
- Drink more water before you go to sleep

Wishing you and your family a *Gmar Chasima Tova!*

Personal Checklist

Add your own items to the list. If any of them could be helpful to others, please e-mail them to info@chesedfund.com for inclusion in next year's checklist.

- _____
- _____
- _____
- _____



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This guide should be a zechus for a reufah shelaimah and long life for

Leah Zecharya bas Shulamis, שולמי, Yechiel ben Miriam Bluma, שמי, Sarah Cherna Chaya bas Eta Chanah, חנה,
and Avraham Shmuel ben Yocheved Leba Bracha, שחיה.

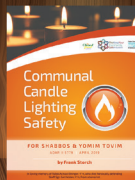
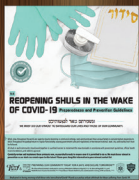
Baltimore Hatzalah:
410-358-0000

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To bring this checklist to your community, please contact Frank Storch at
410-653-3333 or info@chesedfund.com.

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The Chesed Fund Limited is dedicated in memory of Mordechai & Rebecca
Kapiloff, מ"ה, Dr. Bernard Kapiloff, מ"ה, and Rabbi Norman & Louise Gerstenfeld, מ"ה.

Project Ezra of Greater Baltimore, Inc. is dedicated in memory of M. Leo & Hannah Storch, מ"ה.



This guide contains divrei Torah and therefore should be placed in shaimos after use.

Special thanks to the Baltimore Jewish Home for distribution of this guide.

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