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# YOM KIPPUR CHECKLIST 5782-2021



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*This checklist is dedicated in loving memory of Yehushua Binyomin ben Aryeh Leib Youlus, ז"ל.*

## BALTIMORE START & END TIMES

Wednesday, September 15, 2021: Candle Lighting – 6:56 pm

Thursday, September 16, 2021: Fast Ends- 42 minutes – 7:56 pm, 50 minutes – 8:04 pm, 72 minutes – 8:26 pm

For Zmanim (Halachic Times) in North America: 718-331-8463 • For Anywhere in the World: [www.myzmanim.com](http://www.myzmanim.com)

## IN ADVANCE

- ☐ Review your year spiritually
- ☐ Review your family's *minhagim*
- ☐ Review the Yom Kippur *davening*
- ☐ Review *Kitzur Shulchan Aruch* chapters 130-133 and other relevant summaries of *halachos*
- ☐ Check with your shul if davening will be available indoors and outdoors and what the shul protocols will be (is registration required, etc.)
- ☐ Buy seats, confirm their location, and check on the availability of women's seats
- ☐ Ask forgiveness from family, friends, business associates, etc., especially if you have wronged them. Remember to calculate time zone differences
- ☐ Do *Hataras Nedarim* and *Tashlich*, if not yet done
- ☐ If your *minhag* is to *Shlug Kapparos* with chickens, find out time and location; if your *minhag* is to use money, prepare money
- ☐ Ask a doctor/rabbi regarding medications and other health and fast-related issues
- ☐ If medically needed, confirm that your schnapps cup is actually 1 oz.
- ☐ Clean and prepare *tallis* and *kittel*
- ☐ Clean and prepare white clothing (if that is your *minhag*)
- ☐ Prepare Yom Kippur *machzorim* (as well as bookmarks and other supplemental books or *kavanah* enhancers, such as *Tehillim* and *Viduy* booklets)
- ☐ Write owner's name in *machzorim*, *seforim*, etc.

- ☐ Iron clothing
- ☐ Prepare your *shofar* for end of fast (if applicable)
- ☐ Prepare card with names of your family and people for *mi shebeirachs*
- ☐ Check what time *Yizkor* will be said and arrange for a babysitter, if necessary
- ☐ Pay off donation pledges and/or debts
- ☐ If you regularly have caffeine, slowly decrease caffeine intake several days before Yom Kippur to avoid headaches
- ☐ Ask your doctor about Easy Fast Pills or caffeine suppositories, available at local Jewish supermarkets and pharmacies
- ☐ Prepare food for after the fast
- ☐ If nursing, consider pumping milk and storing it for the day of Yom Kippur and the day after. Also consider using formula
- ☐ Begin hydrating approximately 36 hours before Yom Kippur begins



- ☐ Buy new toys to be given to children on Yom Kippur
- ☐ For safety, arrange to walk back home in a group after *davening*, especially at night
- ☐ If necessary, purchase a memory foam mat for standing comfort
- ☐ Purchase *yahrzeit* candles
- ☐ Purchase Shabbos spray as an alternative to baby wipes
- ☐ Prepare non-leather shoes for adults and children
- ☐ Print out your shul's Yom Kippur schedule; check whether there is a different time for *Shacharis* on Erev Yom Kippur, as well as an early *Mincha*
- ☐ Prepare smelling salts and cloves
- ☐ Post reminder signs near sinks to wash fingers only up to the knuckles

## ■ EREV YOM KIPPUR

- ☐ Cook the *Seudah HaMafsekes* (including *kreplach*, if that is your *minhag*)
- ☐ Give extra *tzedakah*
- ☐ Go to the *mikvah*
- ☐ Daven *Shacharis* and *Mincha* early, if possible; include *Viduy* at *Mincha*
- ☐ Do *Hataras Nedarim* and *Tashlich* if not yet done
- ☐ *Shlug Kapparos*
- ☐ Eat and drink the entire day in order to fulfill the *mitzvah* (as well as to remain properly hydrated)
- ☐ Avoid alcoholic beverages and soda
- ☐ Avoid salty or spicy foods
- ☐ Load up on water as well as electrolyte infused water, sports drinks, and/or diluted orange juice
- ☐ Load up on whole grains, carbs, vegetables, fruits, and a little protein
- ☐ Eat fruit, especially berries and melons, to help your body retain water
- ☐ Prepare easy and filling meals and snacks for your children
- ☐ Check if the *eruv* is up
- ☐ Check the weather forecast
- ☐ Prepare lightweight clothing to wear
- ☐ Make sure your car is parked in a space where it will not get ticketed or towed
- ☐ Call family and friends to wish them a good Yom Tov
- ☐ Verbally forgive individuals who may have hurt you
- ☐ Discuss/determine any pledges you plan to make or *aliyos* you want to buy
- ☐ Emergency service personnel should do their usual pre-Shabbos preparations
- ☐ Charge cell phones and any pertinent electronic devices and turn them off

- ☐ Prepare food, books, and games for kids
- ☐ Open sealed bags, packages, tissue boxes, diapers, baby items, etc.
- ☐ Put away *muktzeh* toys
- ☐ Visit cemetery; be sure to bring an appropriate *sefer* for specific Erev Yom Kippur *tefillos*
- ☐ Set your alarm clock for the morning
- ☐ Set timers
- ☐ Turn on regular lights, night lights, and outdoor lights
- ☐ Turn off/on security alarm and bypass switches
- ☐ Lock doors and windows as it is known that people are in shul most of the day
- ☐ Remove tags from new garments and dry cleaning
- ☐ Turn off fridge and freezer lights and electrical devices; set ac or heat and turn on fans
- ☐ Take care of any pet needs
- ☐ Water plants
- ☐ Check all pockets (including coat, jacket, pants, etc.) for *muktzeh*, or for any items if there is no *eruv*
- ☐ Prepare food for after the fast if not done yet
- ☐ Set the table and eat the *Seudah HaMafsek*
- ☐ After the *Seudah HaMafsek*, cover the table with a white tablecloth, if that is your *minhag*
- ☐ Make sure everyone is bathed and dressed early for Yom Tov
- ☐ Give the *Birchas HaBonim*/Blessing of the Children (remember time differences if they are away – Israel is 7 hours ahead of EST)
- ☐ Prepare all candles; be sure candles are stable and a safe distance from drapery, flammable items, and children
- ☐ 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 *bracha* of *L'Hadlik Ner shel Yom HaKippurim* and add the *bracha* of *Shehecheyanu*
- ☐ Be sure to follow a doctor/rabbi's advice regarding taking medications on Yom Kippur
- ☐ If you must eat on Yom Kippur due to health reasons, prepare proper measurements/*shiurim* of food
- ☐ Remember, the *mitzvah* of raising children is as important as *davening* in shul all day
- ☐ Plan low energy activities to keep your children entertained during the fast
- ☐ Check relevant last minute e-mails and news updates. Visit [BaltimoreJewishLife.com](http://BaltimoreJewishLife.com)
- ☐ Turn off phones, computers, electronics, and motion-activated devices (e.g., dashcams)
- ☐ Remove gold jewelry
- ☐ Remove leather shoes
- ☐ Brush your teeth
- ☐ *Daven Tefilla Zakah*



- ☐ **VERBALLY STATE THAT YOU ARE TAKING ON THE HOLINESS OF YOM KIPPUR SEVERAL MINUTES BEFORE SUNSET**
- ☐ **Baltimore candle lighting is at 6:56 pm.** For *zmanim* (halachic times) in North America call 718-331-8463. For anywhere in the world visit [www.myzmanim.com](http://www.myzmanim.com).

## 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
- ☐ Mask and hand sanitizer
- ☐ 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/list with names of family and people for *mi shebeirachs*
- ☐ *Shtender*(s), if allowed
- ☐ Cloth for bowing/*Kor'im*
- ☐ 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 you drive to shul, place your keys in a designated safe area in shul

## YOM KIPPUR

- ☐ Wash only up to your knuckles when washing for *Netilas Yadayim*
- ☐ Wear lightweight clothes to avoid perspiring and causing your body to lose water
- ☐ Make sure to social distance
- ☐ Daven well, fast well, and do *teshuva*
- ☐ Practice techniques to keep your mind off hunger
- ☐ If you feel weak, smell cloves, cinnamon, or smelling salts
- ☐ Take a nap during the shul break time
- ☐ Read the story of *Yonah*
- ☐ Make the most of children's naptime by *davening* or taking a nap
- ☐ Give children new toys to play with

## MOTZOEI YOM KIPPUR

- ☐ *Kiddush Levana*
- ☐ Bring home all Yom Kippur items from shul
- ☐ For *Havdalah* use the extra candle lit before Yom Kippur to light the *Havdalah* candle
- ☐ Baltimore fast ends at **7:56 pm**  
(8:26 pm for those who keep *Rabbeinu Tam*)
- ☐ Begin building the *succah* and purchase a *lulav* and *esrog*, if not done before Yom Kippur
- ☐ Put away *tallis*, *machzorim*, and any other Yom Kippur items
- ☐ Check your shul's schedule to see if *Shacharis* is earlier than usual the next day

## BREAKING THE FAST

- ☐ Drink several glasses of water and eat a light or normal-sized meal
- ☐ 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

## IF YOU ARE STAYING HOME FROM SHUL

- Make sure your *machzor* is 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 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 talk to him directly on Yom Kippur.
- Hearing *shofar* blasts at the end of Yom Kippur is not required to end the fast.

*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](mailto:info@chesedfund.com)  
for inclusion in next year's checklist.

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
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*This checklist is dedicated in loving memory of*

## **Yehushua Binyomin Youlus, ז"ל**

Rav Youlus was a unique and vibrant man whose path in Torah led him to learning at Yeshivas Etz Chaim under Rav Isser Zalman Meltzer, זצ"ל, in Eretz Yisroel. When he was 18 years old, in 1948, after serving in the Haganah, his family moved to New York. While a student of Rav Yitzchok Elchanan (aka Y.U.) for five years, he also attended Columbia University and graduated with a master's degree in chemistry.

After twenty years as a chemist, while applying for a position at the Federal Drug Administration (FDA) in Washington D.C., Rav Youlus decided to stop at a bookstore to buy gifts for Chanukah for his three children back home in New York. As a strong believer in *hakol b'yadei shamayim*, when he approached the woman behind the counter and she asked if he was ready to pay, he stopped and thought about what he was about to do. He answered with, "How much do you want to sell the store for?" The very next day, The Jewish Bookstore of Greater Washington was founded.

It was his ultimate dream to be able to combine his livelihood with his love for Torah and his love for people. For over forty years Rav Youlus's customers were his family. He would walk into any shul in the Washington D.C./Baltimore area and point out "Graduates of the Jewish Bookstore".

He continued working and learning and enjoying his grandchildren until the last few months of his life. His love for Torah and yiddishkeit was only rivaled by his love for his family and grandchildren.

As the owner of The Jewish Bookstore, Rav Youlus always reminded customers of their needs before each holiday. Dedicating this edition of the Yom Kippur Checklist in his memory is a fitting reminder of his dedication to the *klal*. May his *nesbama* have an *aliyah* and may his family continue to reap the benefits of his *avodas Hashem*.



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This guide should be a zechus for a refuah shelaimah and long life for Leah Zecharya bas Shulamis, שתחי, Yechiel ben Miriam Bluma, שחי, Rena Esther bas Yaffa Gitta, שתחי, Sarah Tsherna Chaya bas Ita Chana, שתחי, and Ronit bas Hadassah Esther, שתחי.

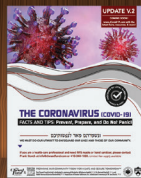
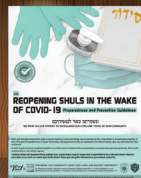
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To bring this checklist to your community, please contact Frank Storch at  
**410-653-3333** or [info@chesedfund.com](mailto:info@chesedfund.com).

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

Special thanks to the Eruv Book for distribution of this guide.

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