

YOM KIPPUR DINIM

1. Some are m'kadesh lavana prior to Yom Kippur so the mitzva will be an additional zechus.
2. There is a distinct mitzvah to eat and drink on Erev Yom Kippur.
3. It is obligatory upon all who wronged, hurt (emotionally or financially), or embarrassed another to ask for *michila* on Erev Yom Kippur.
4. Men and boys above Bar-Mitzvah are required to go to the mikvah Erev Yom Kippur.
5. It is appropriate for parents to bless their children prior to Yom Kippur.
6. Men should don their taleisim prior to sunset so that they can recite a brocha.
7. The Seudas Hamafsek is to be completed prior to sunset. One should have in mind not to accept the fast if they finish their seudah prior to sunset and they still intend to eat or drink.
8. There is a mandatory De'oreisa requirement to accept Yom Kippur and all its prohibitions at least a few minutes before sunset (*Tosefes Yom Hakipurim*).
9. Although, generally, women should not light candles with a stipulation not to be m'kabel Shabbos v'Yom Tov, it is permitted Erev Yom Kippur in order to drive to Shul for Kol Nidrei.
10. Women who recite shehechyanu when lighting candles should not repeat it with the congregation after Kol Nidrei.
11. All Shabbos prohibitions apply to Yom Kippur as well.
12. Eating, drinking, washing, wearing leather shoes, having marital relations and applying ointments to the body are forbidden.
13. Washing any part of the body, whether in hot or cold water, is forbidden on Yom Kippur. However, if a part of the body becomes soiled, you may wash off the area with cold water.
14. All of the *Harchakos* restrictions which apply to a husband and wife during 'Nidda' apply during Yom Kippur.
15. It is forbidden for a parent to put leather shoes or sneakers on a child above the age of three. If the child, five years old or above, puts his or her shoes on by themselves they should be told that they may not wear such shoes or sneakers. For a younger child the parent need not restrict him.

16. An adult may feed children on Yom Kippur.

17. Upon rising in the morning or after using the washroom, one should wash hands up to the third knuckle and recite the appropriate blessing.

18. It is forbidden to apply any type of lotion or ointment to one's body.

19. Eating even the tiniest morsel or drinking a drop of liquid is a violation of Torah law, and is only permitted in potentially life-threatening situations.

20. Individuals who are pregnant, nursing, sick or on medication are required to check with Rabbi Orlian in advance as to their requirements of eating on Yom Kippur.

21. A child who is under the age of nine is not permitted to fast. One who has turned nine prior to Yom Kippur should fast a number of hours, thus eating breakfast at a later time than usual. As the child gets older, he should wait longer intervals before eating breakfast if he is in good health.

In all situations of doubt, one should consult Rabbi Orlian prior to Yom Kippur.

22. Tablets or pills which are unflavored may be swallowed without water if one feels pain throughout the body or would normally lie in bed if it were not Yom Kippur. Please consult Rabbi Orlian for any issues pertaining to eating or drinking on Yom Kippur for health reasons.

23. Someone who is unable to come to Shul may recite Yizkor at home.

24. It is customary on Motzei Yom Kippur to commence with the building of the Succah.

25. It is also customary to eat a joyous meal on Motzei Yom Kippur, as it says in Koheles (9:7) *“Go, eat your bread joyfully and drink your wine with a merry heart, for Hashem has already accepted your deeds.”*

26. Many shuls including Shaaray Tefila begin Shacharis a few minutes earlier than usual on the morning of Motzei Yom Kippur. (Other than the Neitz minyan, all minyanim at Shaaray Tefila will begin five minutes earlier.)