



Yom Kippur Davening Guide for those at Home – 5782

NOTE: When davening by yourself at home, do not say tefilot that require a minyan, which include barchu, kedushah, and kaddish. If you wish, you may choose to read the Torah reading for that day individually. All page numbers in this guide will refer to artscroll nusach sefard machzor. Please note the “kavvanah” sections throughout to help make your davening at home more meaningful!

Date	Shacharit/Musaf	Mincha	Maariv
<p>Wed. 9/15 (9 Tishrei)</p>	<p>Regular weekday shacharit with following changes:</p> <ul style="list-style-type: none"> • Say Selichot (can join minyan on Zoom at 6:30 am to say 13 middot) • Skip Mizmor L'Todah (page 68 in artscroll siddur) • No Avinu Malkeinu (130), Tachanun (128) and no Lamnatzeiach (156) • Kapparot may be done with money. Page 2 in Machzor. <p>Seudah Hamafsek (meal before fast):</p> <ul style="list-style-type: none"> • Try to daven mincha (see next column) before you eat your meal. • No Kiddush. Wash and eat bread but no need to have two loaves. <p>Blessing children: There is a custom to bless your children on Erev Yom Kippur (in person or on the phone). See page 40 in machzor</p> <p>Candlelighting:</p> <ul style="list-style-type: none"> • Light candles by 6:59 PM • Two Brachot: 1.) Lehadlik ner shel Yom Hakipurim & 2.) Shehechyanu (page 42 in the Machzor) 	<p>Mincha can be found in the Machzor (10 – 36)</p> <p>Please remember to include Vidui and Al Chets as they appear in the machzor.</p>	<ul style="list-style-type: none"> • Kol Nidrei (66–68) may all be said without a minyan • Maariv: 78 – 110. All may be said without a minyan except for Barchu and Kaddish. Please remember to say Boruch Shem out loud (page 80) • Selichot (114 – 154). All may be said without a minyan except the 13 attributes of mercy that begin with words “Hashem, Hashem Kel Rachum V’Chanun..” (pages 122, 126, 132, 134). You may either skip these few lines or say them as if you were reading torah with the cantillation. • Skip the paragraph in Aramaic on bottom of page 154 (you may read it in English). • Avinu Malkeinu (156), L’Dovid (160), Aleinu (164) <p>Kavvanah – When you get to Ki Hineh K’Chomer (page 132) really try to imagine yourself as the materials described in the selichah (clay, stone, glass) and imagine Hashem fashioning you. How does each feel?</p>

Date	Shacharit/Musaf	Mincha	Maariv
<p>Thurs. 9/16 (10 Tishrei)</p>	<p>Shacharit & Torah Reading (250 – 498) Everything may be said without a minyan except barchu, kaddish, kedusha and repetition. Feel free to find piyutim from repetition and read them on your own. avinu malkeinu is said. Torah and Haftorah: No aliyot but you are encouraged to read them from machzor.</p> <p><i>Kavvanah – The torah reading is the Temple Service done on Yom Kippur. What are some things we have lost by switching our Yom Kippur from Temple to shul or the home?</i></p> <p>Yizkor (502-506) – Should be done without minyan. Find the appropriate yizkors and say them. You may add the Kel Maleh for Martyrs on page 506.</p> <p><i>Kavvanah – Before each Yizkor, consider putting a mental image of that loved one in your mind. Before you say the yizkor, talk to that person. Tell him or her about High Holidays this year. Remind them of a memory you have with them on High Holidays. Tell them what you are praying for this coming year.</i></p> <p>Musaf: (508 – 658) Repetition is left out. No birkhat kohanim. But feel free to read any of the piyutim of the repetition – especially Unetaneh Tokef (560) and V'chol Maaminim (568). The Avodah (Temple Service) is a highlight of Musaf Repetition (584-604) and you may certainly read it together with the exciting Mareh Kohen (604) which describes the Kohen Gadol safely emerging from the Holy of Holies. The 10 Martyrs is also a significant part of the Ashkenazi Musaf service (620 – 626)</p> <p><i>Kavvanah – Hineni (440) is usually said by chazan. Its a prayer about chazan being agent of congregation. When davening alone, what would it mean for part of yourself to be an agent for the rest of you? How can you access that on Yom Kippur? Were there any lessons learned from davening at home on Rosh Hashana that might help for Yom Kippur</i></p>	<p>Pages 664 – 742 Begin with Torah reading and special Haftorah of Maftir Yona (668 – 684).</p> <p>Continue with silent amidah (688 – 702) No repetition. Avinu Malkeinu on 738. L'Dovid on 742</p>	<p>Neilah: 744-802) Silent amidah 750 – 762 (remember slight changes for Neilah, “V’Chotmeinu, V’Chatom)</p> <p>No repetition. But you should include selichot (without saying 13 attributes of mercy or say them as you would read them from the Torah). The Lines on top of 774 are particularly moving as is the selicha on bottom half of 784 – 786 that begins with Hashem Hashem. Avinu Malkeinu on 796 Shema, Boruch Shem, Hashem Hu Ha’elokim on page 800. Give it all you have! <i>L’Shana Hab’ah BiYerushalayim!</i></p> <p><i>Kavvanah – try to feel the frenetic nature of Neilah. Time is running out. The sun is setting. The doors are closing. But make sure you take a moment and ask yourself what Tefilot you want to get in before the gates close and make sure you daven them in your heart.</i></p> <p>Weekday Maariv (804- 826) Kiddush Levana – 826 Havdalah on page 832 (Hagefen, Meorei Haesh, Hamavdil) Best to light your havdalah candle from a pre-existing flame (Yohrsteit candle if you have one).</p>

Tips for the High Holidays from Rabbi Antine and Rabbi Cooper

We were all hoping to be able to return to shul for HH on this second year of the Pandemic. We are all looking for ways to feel connected during this challenging and strange time. To that end, we have put together these four tips that you might find useful to make your experience more meaningful. Please feel free to reach out to us with any questions:

clergy@bethsholom.org.

Tip #1: Set tefilah goals. Before starting any project, it's important to have a clear idea of what we want to accomplish. Tefilah (prayer) experiences are no different. Before you begin davening, take a moment and think to yourself about what you hope to accomplish through the experience.

Tip #2: Find a paragraph. There are so many words that make up our machzor. It's easy to get lost and difficult to make a connection. Even reading through the English can be challenging. It can be helpful to choose just one paragraph to focus on. A successful tefilah (prayer) experience does not have to be one in which we connect with every word. If you come away having just focused on one sentence in particular, that can be a success too! *Do not worry about every single word!*

Tip #3: Choose a "Teshuvah mantra." *Teshuvah is serious work and can take a lot time and energy (something that many of us can't come by these days!). With that in mind, this High Holiday season try and develop a "mantra" to get in the right mindset. A mantra could be any phrase we want it to be- but the key is that it's succinct, can be memorized and repeated, and contains a call to action. A good place to say your mantra is at the end of the amidah, but it can be said during any moment. Repeat your mantra over and over- and you may find that eventually, you begin to live what you say.*

Tip #4: Make a list: *In the viduy (confession) section of the Yom Kippur davening, we recite many different examples of wrongdoings for which we hope to repent. Some of these may be relatable but others may not be. It can be helpful to make a list (preferably in advance, written down) of some of the things you hope to improve upon or the things you feel you are sorry for in the last year. Recite this list along with the traditional viduy (confession) text. Our confession is meant to be heartfelt and authentic and this may help get you to that place.*