

Yom Kippur Ritual
By Custom & Craft

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SEEKING FORGIVENESS

Introduction to Yom Kippur

Contributed by [Custom & Craft](#)

Source:

Yom Kippur is the ultimate to do list. It is the moment when we leave behind our everyday lives and get deep in our relationship with the Divine. Before we can just be, we have a few final things to do.

Give to charity. Start tapering off that caffeine. Make amends. Select an outfit of white clothing. Reflect and pray. Eat a big meal, but not too big. Return to your altar and light a memorial candle for your ancestors.

Use this booklet on Yom Kippur evening (also known as Kol Nidre) or during the day of Yom Kippur to guide you through the process of repentance and rededication.

NEW YEAR BLESSINGS

When A Jew Prays

Contributed by [Custom & Craft](#)

Source:

**“WHEN A JEW PRAYS,
HE’S ASKING GOD
A NEVERENDING
QUESTION”**

- A HISTORY OF LOVE, NICOLE KRAUS -

CUSTOM & CRAFT

Kol Nidre

Contributed by [Custom & Craft](#)

Source:

Kol Nidre means "all vows," and this hauntingly beautiful prayer is also a legal ritual, releasing us from all our broken promises from the past year. Once we declare these collective failures nullified, we are able to move into the rest of Yom Kippur together.

All vows and prohibitions and oaths ...

that we may vow or swear or prohibit upon ourselves

—
from this Yom Kippur until the Yom Kippur that is coming upon us for goodness

regarding all of them, we repudiate them.

All of them are undone, abandoned, cancelled, null and void, not in force, and not in effect.

Our vows are no longer vows, and our prohibitions are no longer prohibitions, and our oaths are no longer oaths.

Ritual to End Yom Kippur

Contributed by [Custom & Craft](#)

Source:

After 24 hours of asking, Yom Kippur ends with a declaration and a shout. We make a proclamation, then consider it done.

Write three intentions you have for the year ahead, then read them out loud. You

can recite them multiple times. The traditional formula is 1, 3 and 7.

Intention #1 1x

Intention #2 3x

Intention #3 7x

Then the shofar is sounded one final, long, loud blast. If you cannot hear a shofar, shout as loud as you can for as long as you can.

Next year may we all be free!

SEEKING FORGIVENESS

Poems for Yom Kippur

Contributed by [Custom & Craft](#)

Source: Dane Kuttler: <https://www.danepoetry.com/>

And G!d says: "And you shall make sure that every time you list the litany of your ugly, and your rotten and your wicked, you end the litany with a prescription for how to move on from it - through reflection, reparation and repair - so that you do not get stuck in the ugly, which is mighty and sticky and will close your ears to the shofar and keep you asleep and in despair."

And G!D says: "Rosh Hashanah has another name: Yom HaZikaron, the Day of Remembrance. And Yom Kippur is called the Day of Judgement. But on Yom Kippur, we cast aside all things that allow us to forget the horrors of the world. All our escape routes. All our distractions. We wake today to face the horrors head-on, so if you want to call Yom Kippur the Day of Staying Woke, that works, too."

And G!d says: "And on this day, you will not be able to turn to another for comfort or escape, but instead must hold yourself. You will surprise yourself with how much enough you are."

And G!d says: "And lo, let us go. Go deep. Go in. You have done what you can. And now is the time to face yourself. Go with courage, for you are doing the work of the righteous. Go with comfort, for you have not given up. Go with trembling, for though you are small, you are an indispensable part of the greatness. You are necessary. You are essential. You are here."

And G!d says: "And on Yom Kippur, you shall pull away from the pleasures of music, food, drink, but most of all - touch. On this day, you may not lose yourself in another, must withdraw from the dizzying drama of the community, to be alone with yourself - and this is holy work. It is not selfishness. Ultimately, it will lead you out of loneliness."

And G!d says: "Why you remind yourself that your origin is dust, and your end is

SEEKING FORGIVENESS

Roses and Thorns - Al Chet

Contributed by [Custom & Craft](#)

Source:

On Rosh Hashanah and Yom Kippur, we read the traditional confessional prayer, the Vidui, which has two parts: Ashamnu and Al Chet. Both are written in the first person plural. No matter who surrounds us, we share the responsibility for what we have done wrong and the obligation to do better in the future. Recently, positive versions of the Ashamnu have emerged, helping us appreciate where we have done well in the past year.

These modern interpretations can help you to reflect on where you've made mistakes and where you've created good in the world. Some people have a custom of beating their fist against their heart as they confess each sin, and of massaging their hearts with an open hand for every appreciation.

Confess/Thorns

We have behaved arrogantly

We have betrayed ourselves and others

We have acted out of contempt

We have been dishonest toward truth

We have erred out of ignorance

We have forgotten who we are

We have gossiped

We have been hypocritical weren't asked

We have been insensitive other

We have justified bad decisions

Appreciate/Roses

We have adored

We have blessed ourselves and others

We have comforted

We have directed our energies

We have been empathetic

We have forgiven past wrongs

We have grown

We have helped even when we

We have insisted on loving each

We have been just

GRATITUDE

Elie Wiesel on Gratitude

Contributed by [Custom & Craft](#)

Source:

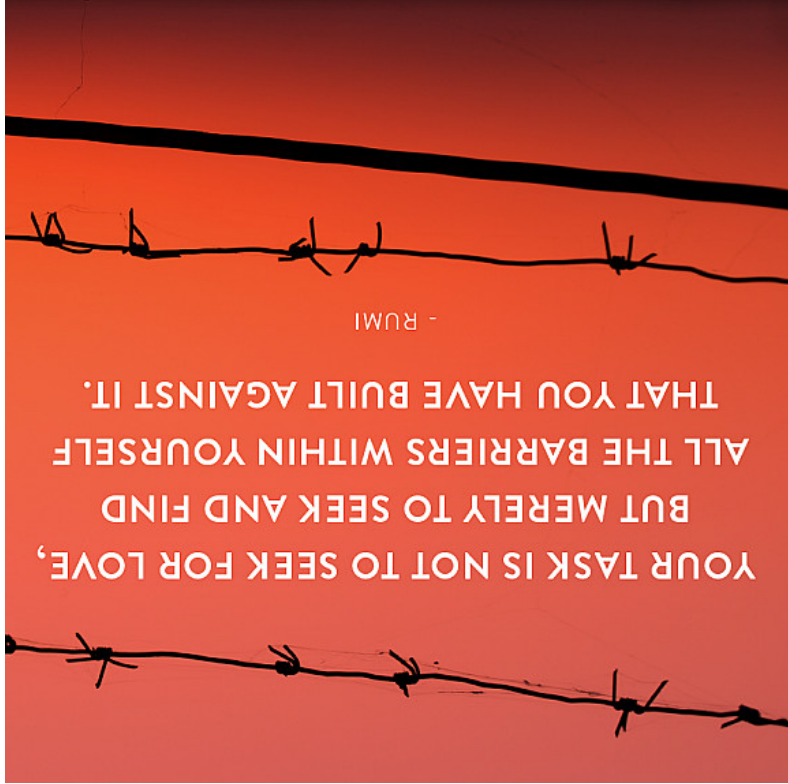


“If the only prayer you say throughout your life is “Thank You,” then that will be enough.”

— Elie Wiesel

Positive Vidui adapted from Rabbi Avi Weiss: <https://opensiddur.org/prayers/lunisolar/high-holy-days/life-affirming-vidui-by-rabbi-avi-weiss/>

| | | |
|--|--|---|
| We have killed our impulse to do good | We have looked the other way | We have learned |
| We have been kind | | |
| We have been mean | We have been neglectful | We have nursed compassion from scorn |
| We have acted out of fear instead of love | We have pushed too much | We have spoken positively |
| We have been quiet when we should have spoken up | We have been open-minded | We have |
| We have refused to help when we had the ability | We have pushed too much | We have |
| We have respected our friends and family | We have pushed too much | We have supported strangers |
| We have slandered | We have taken from others when we had enough for ourselves | We have |
| We have been untrue | We have taken from others when we had enough for ourselves | We have cultivated truth |
| We have behaved violently | We have unlearned falsehoods | We have validated each others' feelings |
| We have withheld what could have been given freely | We have validated each others' feelings | We have been willing to change |
| We have been xenophobic | We have validated each others' feelings | We have experienced pure joy |
| We have yielded to our worst impulses | We have validated each others' feelings | We have yearned for a better future |
| We have zealously protected evil-doers | We have validated each others' feelings | We have zealously given our best |



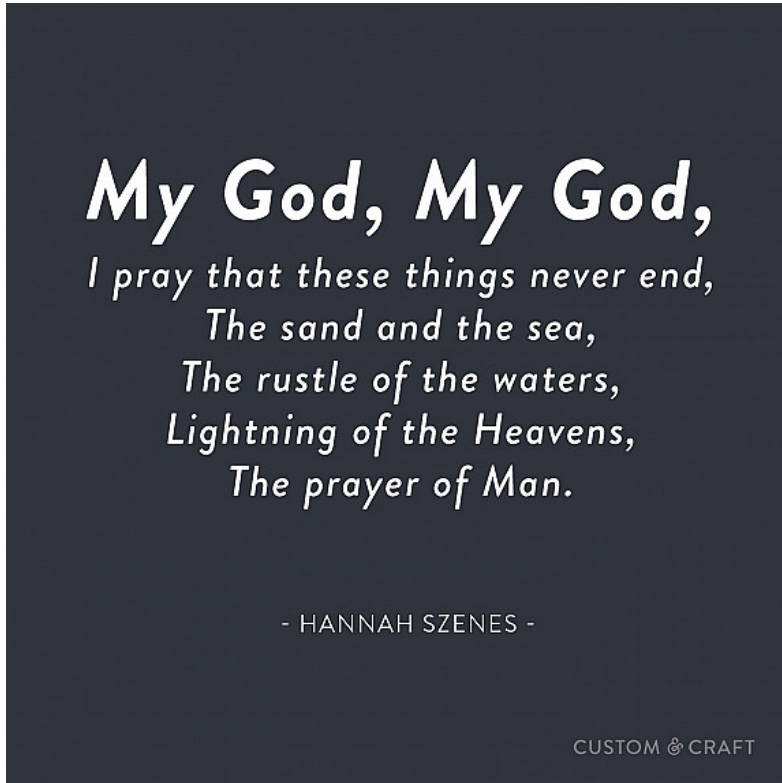
GRATITUDE
 Barriers to Love
 Contributed by Custom & Craft
 Source:

SEEKING FORGIVENESS

Eli, Eli

Contributed by [Custom & Craft](#)

Source:



PRAYERS FOR HEALING & PEACE

Prayer-Oke Pitchu Li

Contributed by [Custom & Craft](#)

Source: The YouTube Rabbi



<https://www.youtube.com/embed/Uz9loEmrRU>

Open the gates of justice for me,
I will enter them and thank God.
This is the gate of God,
Just people may enter it.

Tune by: Rabbi Shlomo Carlebach, sung by The YouTube Rabbi
Words from: Psalm 118:19

Neilah - Closing the Gates

Contributed by [Custom & Craft](#)

Source:

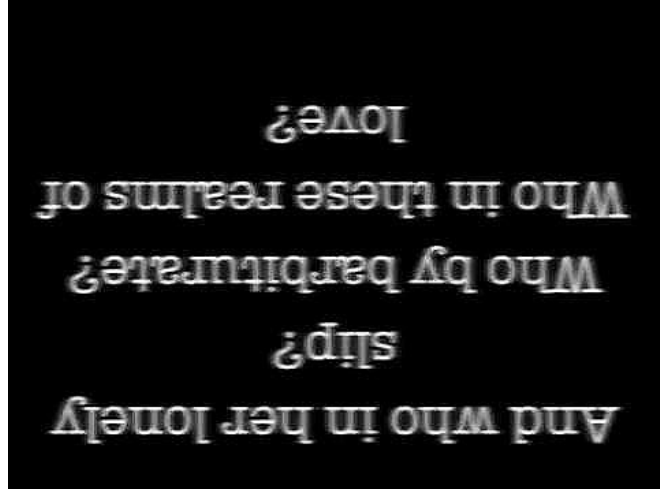
What is Neilah - Closing the Gates

The sun is setting on this holy day, but our tradition still has an 11 o'clock number up its sleeve. Neilah refers to the closing of the gates and symbolizes the waning hours of our atonement. For weeks we've been digging into our souls, for days we've been apologizing, and for the last 24 hours we've been depriving ourselves of comfort while confessing our collective sins. Neilah is the final mile of the marathon. Whatever comes next and the clean slate of a new year is visible on the horizon. We close Yom Kippur with a song and a final ritual.

Leonard Cohen, Who By Fire

Contributed by [Custom & Craft](#)

Source: Leonard Cohen



<https://www.youtube.com/embed/bntot19LAy08>

lyrics

Inspired by *Unetaneh Tokaf* (ונתנה תקה) (Let us Speak of the Awesomeness), a piyyut that has been a part of the Rosh Hashanah and Yom Kippur liturgy in rabbinical Judaism for centuries, adapted into a song by Leonard Cohen, with

REMEMBRANCE

Yizkor

Contributed by [Custom & Craft](#)

Source:

Yom Kippur includes a dedicated moment, called Yizkor, to collectively remember lives lost. We ask that our loved ones find mercy and peace in their eternal rest, and by doing this we keep their memories alive even as they no longer take breath.

Traditionally, a memorial yahrzeit candle lasts for the full 24 hours of Yom Kippur, but you can use any long-burning candle. Stare into the flame and hold for a moment the memories of those who no longer walk among us. Whether the loss is recent and tender, or in our distant past; whether lost to illness or injustice; whether dear to us or unknown or martyrs to a cause.

PRAYERS FOR HEALING & PEACE

Return Again

Contributed by [Custom & Craft](#)

Source: Shlomo Carlebach

Return again, return again, return to the land of your soul.

Return to who you are.

Return to what you are.

Return to where you are born and reborn.

Mourners: May Holiness stream forth from its Source, full of blessing and beauty. May the Name that weaves all Life be blessed and praised, made beautiful and resplendent, lifted up and exalted, to the highest and most majestic. Blessed be! Beyond all the praises and blessings and songs and prayers that can ever be said in the whole world. And let us say:

Everyone: *Amen.*

Mourners: May the Life and Love within us and between us be strengthened. May the Breath that fills all breaths fill the Cosmos with Peace, and may Peace and Life flow to us, to our community, to all peoples, and to all beings in this world. And let us say:

Everyone: *Amen.*

Mourners: The One who makes Peace in the furthest reaches of Creation will bring Peace to us and to all living beings. And let us say:

Everyone: *Amen.*

Adapted
from: <https://opensiddur.org/prayers/solilunar/everyday/kaddish/mourners-kaddish-for-a-minyan-of-ten-souls-including-jews-and-non-jews-by-rabbi-david-seidenberg-neohasid-org/>

REMEMBRANCE

We Remember Them

Contributed by [Custom & Craft](#)

Source: <http://www.shiva.com/learning-center/resources/poems-of-comfort/>

We Remember Them

by Sylvan Kamens & Rabbi Jack Riemer

At the rising sun and at its going down; We remember them.
At the blowing of the wind and in the chill of winter; We remember them.
At the opening of the buds and in the rebirth of spring; We remember them.
At the blueness of the skies and in the warmth of summer; We remember them.
At the rustling of the leaves and in the beauty of the autumn; We remember them.
At the beginning of the year and when it ends; We remember them.
As long as we live, they too will live, for they are now a part of us as We remember them.

When we are weary and in need of strength; We remember them.
When we are lost and sick at heart; We remember them.
When we have decisions that are difficult to make; We remember them.
When we have joy we crave to share; We remember them.
When we have achievements that are based on theirs; We remember them.
For as long as we live, they too will live, for they are now a part of us as, We remember them.