

Pre-Yom Kippur
X
Shabbat

ONETABLE



This year, Yom Kippur falls on Shabbat. We want you to be able to celebrate Shabbat and Yom Kippur in a way that feels right to you.

It might seem like we're missing Shabbat for Yom Kippur this year, but we would encourage you to think about it a bit differently. **We've compiled this Yom Kippur x Shabbat Guide to help walk you through this very special Friday night.**

Yom Kippur is the Day of Atonement, but it's also known as the Shabbat of Shabbats – which makes it the absolute holiest and most important day of the Jewish year. Unlike the way we celebrate New Year's Eve in the secular world, where in a moment we change from one year to the next, the Jewish calendar guides us through months of this gradual process. Rosh Hashanah and the Days of Awe lead us into the heightened environment of Yom Kippur during this new year period.

Yom Kippur is one of the only two full-day (25 hour) fasts on the Jewish calendar, and the only fast that can happen on Shabbat (the rest are moved to the day after). So, this Friday is unlike any other Friday of the year as well as many other years. This guide will take you through this pre-Yom Kippur meal which might look slightly different than what you are used to with your regular Shabbat practice. This meal is yours, so make sure to make it your own however it feels natural to you.



Some people head into Yom Kippur with a sense of dread. It can be considered as a dress rehearsal for your own death, so it's a day that can and should feel weighty. But that doesn't mean it needs to be a tough experience. Yom Kippur is a day that can offer moments of pure joy, of understanding, of community, and of connection. It is a chance to consider your place in this world and spend the day contemplating how you want to live your life. **If we can do this with joy and surrounded by community, how much easier will it be to honor this day and welcome in the year to come?**

Kiddush

Despite Kiddush not being required at this meal as it's technically before Shabbat, this meal is elevated above the rest of the week as we enter into the sacred time of Yom Kippur.

TRADITIONAL/MASCULINE LANGUAGE

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגָּפֶן

Barukh atah Adonai, Eloheinu Melekh ha'olam, borei p'ree hagafen.

GENDER EXPANSIVE LANGUAGE

בְּרוּךְ אַתָּה יי, אֱלֹהֵימוֹתֵינוּ מַלְכַת הָעוֹלָם, בּוֹרֵאת פְּרֵי הַגָּפֶן

Bruche ateh (Adonai or Yah or HaShem or whatever people use) Elohimoteinu Malket ha'Olam, borat p'ri hagafen.

FEMININE LANGUAGE

בְּרוּכָה אַתְּ שְׁכִינָה אֱלֹתֵינוּ רוּחַ הָעוֹלָם בּוֹרֵאת פְּרֵי הַגָּפֶן

Beruchah at Shekhinah, Eloteinu ruach ha'olam, boreit peri hagafen.

Blessed is the Oneness that
creates the fruit of the vine.

Handwashing

There is a custom before High Holidays to immerse in a mikveh (ritual bath) or a living body of water like an ocean, a river, or a stream. This custom prepares us to start this year anew. Consider how hand washing at this meal is an opportunity to ritually prepare for the year to come.

TRADITIONAL/MASCULINE LANGUAGE

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***Baruch Atah Adonai Eloheinu Melech ha'olam asher
kidshanu b'mitzvotav vitzivanu al netilat yadayim***

GENDER EXPANSIVE LANGUAGE

בְּרוּךְ אַתָּה יי, אֱלֹהֵימוֹתֵינוּ
מְלַכְת הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיהָ וְצִוָּנוּ עַל נְטִילַת יָדַיִם

***Bruche ateh (Adonai or Yah or HaShem or you use) Elohimoteinu Malket
ha'Olamat yadayim asher kidshenu b'mitzvotaihe, v'tzivenu al nitilat yadaim***

FEMININE LANGUAGE

בְּרוּכָה אַתְּ שְׁכִינָה אֱלֹתֵינוּ רוּחַ הָעוֹלָם אֲשֶׁר קִדְּשָׁתָנוּ בְּמִצְוֹתֶיהָ וְצִוָּתָנוּ עַל נְטִילַת יָדַיִם

***Beruchah at shekhinah, eloteinu ruach ha'olam, asher kidshatnu be
mitzvotaha, vetzivatnu al netilat yadayim.***

Blessed are You, Infinite One, who makes us holy through our actions and honors us as we raise up our hands.

Hamotzi

Consider using a round challah, which is common to see on tables during the High Holidays, to represent the circle of Jewish time. Consider when blessing the challah and eating the meal, how this meal will sustain you over the holiday of Yom Kippur.

TRADITIONAL/MASCULINE LANGUAGE

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Baruch Atah Adonai Eloheinu Melech ha'olam ha'motzi lechem min ha'aretz.

GENDER EXPANSIVE LANGUAGE

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***Bruche ateh (Adonai or Yah or HaShem or whatever people use) Elohimoteinu
Malket ha'Olam Hamotzi'e lechem min ha'aretz***

FEMININE LANGUAGE

בְּרוּכָה אַתְּ שְׂכִינָה אֱלֹהֵינוּ רוּחַ הָעוֹלָם הַמוֹצִיָּא לֶחֶם מִן הָאָרֶץ

Beruchah at shekhinah, Eloteinu ruach ha'olam, hamotziyah lechem min ha'aretz.

Blessed is the Oneness that
brings forth bread from the earth.

Kol Nidre (Gratitude)

Whether you're attending a service, a community gathering, or honoring Yom Kippur in your own way, the Kol Nidre provides inspiration to enter the Yom Kippur portal.

What does it mean to begin the Day of Atonement by denouncing and annulling all vows or oaths made for the forthcoming year? This is a perfect example of one of those "how it started, how it's going" memes. Jewish tradition understands that we make commitments with the best of intentions, but that we're all human and sometimes we can't follow through. Rather than have us in a cosmically complicated situation, we're given some leeway and grace before we even begin. Consider reading the text of Kol Nidre at your table and discussing what it might mean to denounce all oaths or vows before the year begins.

Removing the Challah

(Adapted from BINA's Yom Kippur Guidebook)

When you finish eating, you can take the bread off the table and put it out of sight. On the empty bread plate, lay some books and cover these with a cloth, as you would cover challah with a cloth. Leave the covered books in the center of the table. This can be a symbol for you that, regardless of how you are commemorating Yom Kippur, we honor this day with words: study and prayer, apologies and intentions.

Candle Lighting

To end your meal and begin Yom Kippur, light the candles to signify the beginning of this most important holy day. You might consider lighting Yahrzeit (remembrance) candles to honor relatives or community members who have passed away.

TRADITIONAL/MASCULINE LANGUAGE

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בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת וְשֶׁל יוֹם הַכִּפּוּרִים.

***Barukh atah Adonai, Eloheinu Melekh ha'olam, asher kid'shanu b'mitzvotav,
v'tzivanu l'hadlik ner shel Shabbat v'shel Yom haKippurim.***

GENDER EXPANSIVE (FROM NON BINARY HEBREW PROJECT)

בְּרוּךְ אַתָּה יי, אֱלֹהֵימוֹתֵינוּ מַלְכַת הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתֶיהָ וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת וְשֶׁל יוֹם הַכִּפּוּרִים

***Bruche ateh Chavayah Elohimoteinu Malket ha'Olam asher kidshenu
b'mitzvoteihe, v'tzivanu l'hadlik ner shel Shabbat v'shel Yom haKippurim.***

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***Bruche ateh Chavayah Elohimoteinu Malket ha'Olam asher kidshenu
b'mitzvoteihe, v'tzivanu l'hadlik ner shel Shabbat v'shel Yom haKippurim.***

Blessed is the Oneness who has made us holy through commandments, and commands us to kindle the light of Shabbat and Yom Kippur.

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