

## **Yom Kippur**

Yom Kippur is the most serious day of the year. On this day we ...

- ~ Do Teshuvah-we cleanse ourselves from our sins and G-d forgives us so we may begin the year with a clean slate.
- ~ Go to Shul to pray
- ~ Fast (don't eat or drink) for over 24 hours!
- ~ Do not wear leather shoes
- ~ Do not bathe or shower
- ~ Eat a special meal before the fast
- ~ Wear white clothes on Yom Kippur to resemble angels

The Three steps of Teshuvah:

- 1) **Regret it**-Be aware that you did something wrong
- 2) **Admit it**-Admit that you did something wrong
- 3) **Never again**-Resolve to not do it again