



Dear Youth Directors, Youth chairs, and Youth Leaders,

NCYI is excited to continue our very successful Parsha Nation Guides. I hope you're enjoying and learning from Parsha Nation as much as we are. Putting together Parsha Nation every week is indeed no easy task. It takes a lot of time and effort to ensure that each section, as well as each age group, receives the attention and dedication it deserves.

We inspire and mold future leaders. The youth leaders of Young Israel have the distinct honor and privilege to teach and develop the youth of Young Israel. Children today are constantly looking for role models and inspirations to latch on to and learn from. Whether it is actual sit down learning sessions, exciting Parsha trivia games, or even just walking down the hall to the Kiddush room, our youth look to us and watch our every move.

It's not always about the things we say, it's about the things we do. Our children hear and see everything we do whether we realize it or not. This year we are taking our Youth Services to new heights as we introduce our Leadership Training Shabbaton. This engaging, interactive shabbaton led by our Youth Services Coordinator, Sammy, will give youth leader's hands on experience and practical solutions to effectively guide your youth department.

Informal education is key. What the summer shows us as educators is that informal education can deliver better results and help increase our youth's connection to Hashem. More and more shuls are revamping their youth program to give their children a better connection to shul and to Hashem. The NCYI is here to help you reconnect with your youth departments and bring more participation.

Thank you for being a light to future generations. You are doing incredible work that should not be taken lightly. You should be proud to call yourself a Young Israel Youth Leader as you have the unique opportunity to make a real difference in so many young people's lives. Keep up the amazing work.

We are looking forward to hearing great things from everyone.

Our doors are always open.

Shana Tova.

Ari Matityahu
Assistant Director

Sammy Schaechter
Youth Services Coordinator

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Program Guide Breakdown

Theme- Each year our curriculum will focus on a theme. By centering the entire year around one overarching theme, our youth group participants will understand different characteristics and concepts that will help them achieve this lofty goal. This year's theme is Manhigut (leadership). Our goal is for our children to view themselves as leaders and to inspire them to play a leadership role every day.

Parsha Review- Each week group leaders will have the opportunity to roundup the parsha in two or three paragraphs. By giving over the parsha in a short and simple way, group participants will be able to grasp the parsha as a whole and to get them to think globally and conceptually.

Parsha Questions- No Shabbat morning group is complete without a list of parsha questions. These questions allow group participants the opportunity to win fun prizes while increasing their Torah knowledge. Questions vary from basic understanding of story line to challenging source-based material. The answers are provided as well.

Tefillah Treasure- Many youth directors have asked for help when it comes to teaching tefillah to children. This is a problem that not only shuls are dealing with. Schools, camps, and youth organizations are having trouble developing creative ideas to help children understand tefillah. Over the course of the year, this section will highlight one aspect of davening by providing both the Hebrew and English text, and one explanatory idea. The older the age group, the more we delve into the idea. This section is designed to help group participants follow the flow of tefillah while understanding what they are saying.

Group Activity- Now the fun begins! We start off with a GOAL. Each game has a purpose. The youth leaders should familiarize themselves with the goal before implementing the game.

Discussion Portion- After the game is over and the participants are settled down, the youth leaders should facilitate a discussion. The guidelines for this discussion are broken down into easy to use instructions. Youth leaders should review the discussion topics and goals before the start of morning groups.

Story- Each week we will include a story that addresses a modern day concern with lesson taken from that week's parsha.

Jewish Leader of the Week- In keeping with our theme of Manhigut, every week a different Jewish Leader from modern Jewish history will be highlighted. This will allow group participants to expand their knowledge of history and to learn how they can be a Jewish leader in today's society.

Teen Minyan Packet- This packet is filled with stories, riddles, points to ponder, and more.

Leader Tip- Each section has some great tips for leaders and how they should conduct that section.

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Shabbat Morning Groups Lesson Plan

Time Duration	Activity	Notes
5 min	Registration	Welcome parents and children in to the group room.
10-35 min	Davening	Depending on your group size and level.
5 min	Introduction to Yearly Theme (Manhigut)	Refer to Handout
5 min	Yom Kippur Review	Prep participants for parsha questions.
10 min	Yom Kippur Questions	Prizes and awards should also be given out if participants answer correctly
2 min	Understanding the Goal	Leaders should start prepping for Shabbat activity
30 min	Activities	Your choice of two games to play
10 min	Follow Up Discussion	Refer to materials
20 min	Free Game Play	Groups can break for free game play or continue their own programing.
5 min	Story	Assemble in a circle and have participants read sections of the story out loud.
5-10 min	Discussion	Refer to handout
4 min	Jewish Leader of the Week	Refer to handout
4 min	Tefillah Treasures	Refer to Handout
5 min	Parent Pick up/Dismissal	Parents pick up their children.
Total Time:	2 hours & 10 min of programing!	

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YOM KIPPUR REVIEW

Yom Kippur, The Day of Atonement, falls on the tenth of *Tishrei*. It is the holiest and most serious, yet also happiest day of the year. Although we are fasting and praying all day and it may seem like it wouldn't be, it is the happiest day of the year since all of our sins are forgiven. A *minhag* (custom) observed on the morning before *Yom Kippur* is *Kapparat* (Atonement). *Kapparat* may also be observed on any weekday of the *Aseret Yimay Tshuva*. You purchase a live chicken and you revolve the chicken around your head reciting a prayer asking that the chicken be considered atonement for your sins. The chicken is then slaughtered and given to the poor (or its value is given). *Kapparat* may also be done with money instead of a chicken. While *Yom Kippur* itself is devoted to fasting, the day before is devoted to eating. The Talmud states that the person "who eats on the ninth of *Tishrei* (and fasts on the tenth), it is as if he had fasted both the ninth and tenth." The day is used to concentrate on eating and preparing for the fast. The holiday is mentioned in *Vayikra* that it is a day set aside to "distress the soul," to atone for the sins of the past year. On Rosh Hashanah we mention the "Books" in which *Hashem* inscribes all of our names. On *Yom Kippur*, the judgment entered in these "books" is sealed. This day is, essentially, your last appeal, your last chance to change the judgment, to demonstrate your repentance. On *Yom Kippur*, you're not allowed to eat, drink, wash or bath, anoint one's body (with cosmetics, perfumes, etc.), or wear leather shoes. It is customary to wear white on *Yom Kippur*, which symbolizes purity and reminds us to try and be as pure as angels. Some men wear a *kittel*, a long white robe, as well. Men put on a *Tallit*, not usually worn in the evenings, for *Kol Nidrei* that begins *Yom Kippur*. "*Kol Nidrei*" means "all vows," and in this prayer, we ask *Hashem* to annul all personal vows we may make in the next year. One of the biggest parts of *Yom Kippur* davening is the *Al Chet*, or *Vidui*, the confession of the sins, which is inserted into each of the five *Shemoneh Esreis* we say. Note that all sins are confessed in the plural (we are guilty, we have done this, we have done that), emphasizing communal responsibility for sins. Even if we didn't do the sin we mention, we are praying to *Hashem* that He forgive others who may have.

LEADER TIP: *Yom Kippur* is considered the happiest day of the year, yet it's an extremely serious day as well. Kids usually see it just as a serious day. Try to show them the happiness and greatness of being forgiven for all we've done wrong.

YOM KIPPUR QUESTIONS

Questions

1. What day is Yom Kippur celebrated?
2. What is the special tefillah we say in the beginning of Yom Kippur?
3. What is the special tefillah we say at the end of Yom Kippur?
4. What do we do as the last thing to end Yom Kippur?
5. How many times is the shofar blown on Yom Kippur?
6. What is a kittel?
7. What haftorah do we read on Yom Kippur?
8. How many hours long is the Yom Kippur fast?
9. What are we not allowed to do on Yom Kippur?
10. What animal was Yonah eaten by?

Answers

1. The tenth of Tishrei
2. Kol Nidrei
3. Neilah
4. Blow the shofar
5. 1
6. A long white robe men wear to try to be like angels
7. Yonah
8. 25
9. Eat, drink, wash ourselves, put on lotions or perfumes, wear leather shoes
10. A whale

LEADER TIP: To kids, Yom Kippur is all about the DO NOT's. Try to highlight all the things we DO get to do as well!

YOM KIPPUR ACTIVITY

GOAL: To teach the kids about the Kohen Gadol and what he did for the Jewish people on Yom Kippur.

ACTIVITY: Start off by introducing the Kohen Gadol, his special garments, and the *avodah* that he did on Yom Kippur.

The Kohen Gadol ran the “Korbanot Show” on Yom Kippur. He would give lots of special korbanot on behalf of the entire Jewish people all day long. He was the only person who could go into the Kodesh Hakodashim but ONLY on Yom Kippur and ONLY to perform the special part of the *avodah*. Two goats are the stars of the show as well. The Kohen Gadol stands in the Azarah (courtyard) and designated one goat to be for Hashem and given as a korban, and the other is for Azazel, the scapegoat which will represent the destruction and obliteration of all of our sins. That one will be thrown off a cliff.

On *Yom Kippur* the *Kohen Gadol* wears eight garments.

Four contain gold and four do not.

The garments with gold are:

- *Me'il* - A coat that has gold bells at the bottom.
- *Choshen* - The breastplate contains gold thread and clasps.
- *Afod* - An apron that's got gold thread and gold shoulder harnesses.
- *Tzitz* - A headplate made completely of gold.

On *Yom Kippur* the *Kohen Gadol* takes off these four garments before he enters the *Kodesh Hakodashim*. This leaves him in four white linen garments:

- *Michnasayim* - white linen pants.
- *Kutonet* - a long linen shirt.
- *Avnait* - a belt of linen prepared specially for *Yom Kippur*.
- *Miznefet* - a turban of linen.

It was an extremely happy, joyful, and extravagant celebration when the Kohen Gadol finished his *avodah* and all of the Jewish people were forgiven for their sins.

Now that the kids are a little bit more familiar to the Kohen Gadol, his clothes, and his job, it's now time for **“The Kohen Gadol Relay”...**

Split up the group into two (or more if you have enough kids) groups. Give each group a set of “Bigdei Kohen Gadol”. Set up 2 balls or balloons on the opposite side of the room from where each group is standing. Each player must put on all the clothes of the Kohen, run to the other side, throw one ball/balloon up in the air and one down on the floor, place both balls/balloons back where they were, run back and hand off the

clothes to the next teammate. The first team to have all their players accomplish the task will be the winner!

Bigdei Kohen Gadol

You will need to make each of the 8 Bigdei Kohen Gadol.
These Garments can be made as follows:

Michnasei bad (pants – worn under the Katonet)

Use large sized pajama pants

Katonet (Tunic)

Use dressing gown

Me'il (Blue Robe)

Large sheet with hole in the middle.

Round one of the corners to make sure that there is no Chiyuv tzititz on the garment.
If you want to get fancy, make Pomegranates and bell shapes on the bottom

Avnet (long belt)

Get a long piece of ribbon or rope

Efod

Use an apron, or cut a piece of material in the shape of the efod

Choshen (Breastplate)

Make a Choshen out of cardboard.

Mitznefet (Turban)

Get a long piece of material that can be wrapped around the head.

Tzitz (Golden Headband)

Make a golden headband out of cardboard and gold paper. It should have string so that it ties in the back.

On the Front it should say “קודש לה”

DISCUSSION: In this game, the kids will learn about the Kohen Gadol and all the work he did for the Jewish people on Yom Kippur. Explain to the kids how hard and quick he had to work to make sure he had time to get everything done. He would start in the evening when Yom Kippur starts and go all the way until night when Yom Kippur ends. Throwing the object up represented the goat that was given to Hashem, and the object being thrown down represented the goat that would represent destroying all of our sins. Encourage the kids to talk about how cool it must've been to be the Kohen Gadol and represent all the Jewish people! What an awesome job!

LEADER TIP: Have youth group leaders come dressed up as Kohen Gadols!

YOM KIPPUR STORY

Before you read: Everyone makes mistakes - it's only human. A lot of times, we feel bad if we do something we shouldn't. But what is done is done. On Yom Kippur, God gives the Jewish people a special opportunity to erase our mistakes. "I know you make mistakes, my children," He tells us, "but if I see you're truly sorry and want to do better next time, I'll forgive you and give you another chance." The Jewish people fast on Yom Kippur. By not eating, we spend more time thinking about how we can improve ourselves, and also show God that we're willing to make sacrifices to do it. He sees that we're sorry and are going to do better from now on, and is happy to forgive us.

"THAT TAKES THE CAKE"

Shoshi was on her way to deliver a cake her mother had baked for Mrs. Fried, a widow who lived down the block.

"Wow, that smells really good," thought Shoshi as she looked at the neatly wrapped gift. "Maybe I'll just take a tiny nibble," she said to herself as she lifted the corner off the package. They were her Mom's famous triple-chocolate brownies, fresh from the oven.

Well, one nibble led to another until, by the time Shoshi got to Mrs. Fried's house, there wasn't anything left to deliver.

Suddenly, Shoshi realized what she had done, and she felt awful. "How could I have done that?" she asked herself. "Mom trusted me to bring these to Mrs. Fried and I ate them instead! When Mom finds out, she'll never trust me again."

Shoshi headed home. The closer she got, the more sorry she felt about it. As she passed by her friends on the way home, she could barely eke out a weak reply to their hearty greetings of "Shabbat Shalom."

When Shoshi got home, she ran right upstairs to her room. But even her cozy chair and favorite books couldn't take her mind off what she had done.

After a few minutes, she came downstairs and found her mother rocking the baby on the back porch. Shoshi stood up straight and cleared her throat to get her mother's attention.

"Oh, Shoshi," said her Mom with a smile. "I didn't hear you come in."

Shoshi smiled back weakly and said, "Mom, I have something to confess."

Her mother's eyes widened. "What is it, Shoshi?" she asked hesitantly.

"Well, Mom," the girl stammered, "the brownies you gave me to bring the neighbor ... I didn't ... I ate them ... I'm so sorry!" Tears were forming in Shoshi's eyes.

"Hmm..." said her Mom, with a slight frown. "I'm sorry that that happened. But I can see that you're very sorry." She thought a moment, then added, "Since you feel so bad about what happened, I'm going to give you another chance. Run quickly to the freezer; I just put an extra package of brownies in there. It's in aluminum foil. If you leave right now, I think you'll be able to bring them to Mrs. Fried before it gets dark outside. I think she'll really enjoy them."

Shoshi looked at her mother and burst out, "Oh, Mom! Thanks so much for giving me a second chance. From now on you can count on me," she said, and meant it.

Shoshi practically flew to Mrs. Fried's house with a smile on her face and feeling inside even sweeter than triple-chocolate brownies.

- Discussion Questions:** Q. How did Shoshi feel when she realized she had eaten the brownies?
- A. She felt sorry about what she had done, and was afraid that her mother wouldn't trust her anymore.
- Q. What about after her mother sent her back with more brownies?
- A. She was so happy that even though she had done something wrong, her mother forgave her and let her have another chance to do it right.
- Q. Do you think if a person does something wrong they should get a second chance? Why or why not?
- A. Yes. Everybody makes mistakes sometimes. But when they get a second chance, they should try really hard not to make the same mistake again.

LEADER TIP: What's a mistake that you've done in the past? Are some things harder to fight off than others? Is it really impossible to fight them off or are we just sometimes being lazy?

JEWISH LEADER OF THE WEEK

Yonah

During *Mincha*, we read the entire Book of Yonah, which teaches us that you can't run away from *Hashem*, and that *Hashem* always accepts *Teshuva* (repentance) even from an entire city of sinners.



The story is about the *Navi* Yonah, who is told by *Hashem* to go to Ninveh and teach the people there to do *Teshuva*, otherwise *Hashem* will destroy the city. Yonah does not want to go, and tries to run away from *Hashem* by boarding a boat going to Tarshish. On the way to Tarshish, a great storm arises, tossing the ship about. Yonah asks to be thrown overboard as he knows the storm is only because of him. Sure enough, as soon as he is thrown overboard, the storm stops.

When Yonah is thrown into the sea, he is swallowed by a great fish, where he prays to *Hashem* and is forgiven. On *Hashem's* orders, the fish carries Yonah to the shore, and he heads towards Ninveh. In Ninveh Yonah tells the people *Hashem's* message. They listen to Yonah and do *Teshuva*. Yonah was a leader because he inspired an entire city to do *Teshuva* and return to Hashem.

LEADER TIP: Was Yonah really a leader or not? He tried running away from Hashem, yet at the end of the day he helped a whole town do teshuvah. What do you guys think? Talk it out!

TEFILLAH TREASURES

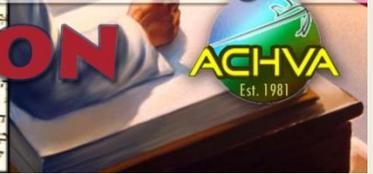
Avinu Malkeinu

Avinu Malkeinu is said on Rosh Hashanah and Yom Kippur, as well on the Aseret Yamei Teshuvah from Rosh Hashanah through Yom Kippur (and also on fast days). The tefillah points out that Hashem is both our King and our Father. We ask Hashem to write us into the Book of Life and give us only really great things this year. We feel comfortable talking to Hashem because He is our “Father”, and we know He has the power to get us anything in the world because not only is He our Father, but he is also our “King”.

LEADER TIP: Feel free to use this as a segway to do a little singing. The classic Avinu Malkeinu song is always a good start!

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5. How many times is the shofar blown on Yom Kippur?
6. What is a kittel?
7. What haftorah do we read on Yom Kippur?
8. How many hours is the Yom Kippur fast?
9. What are we not allowed to do on Yom Kippur?
10. What animal was Yonah eaten by?
11. What is the name of Yom Kippur in the Torah?
12. How do we become forgiven for our sins between ourselves and man?
13. What day is the only day the Kohen Gadol went into the Kodesh Hakodashim?
14. What does Vidui mean?
15. During what tefillah do we fall to the floor and bow?

Answers

1. The tenth of Tishrei
2. Kol Nidrei
3. Neilah
4. Blow the shofar
5. 1
6. A long white robe men wear to try to be like angels
7. Yonah
8. 25
9. Eat, drink, wash ourselves, put on lotions or perfumes, wear leather shoes
10. A whale
11. Shabbat Shabbaton
12. Ask forgiveness from our friends and family
13. Yom Kippur
14. Atonement, admitting what we've done wrong
15. Aleinu
- 16.

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Now that the kids are a little bit more familiar to the Kohen Gadol, his clothes, and his job, it's now time for “**The Chocolate Dress Game**”...

1. Group sits in a circle with the chocolate, fork, knife, two balls/balloons/objects and Kohen Begadim in the middle
2. Pass a die around the circle, each person rolls the die then passes it to the person on their left.
3. If someone rolls a 6, they must run to the middle, put on each of the 8 garments, throw one object up in the air and one down to the floor, then using only the fork and knife, cut and eat a piece of chocolate.
4. If someone else rolls a 6, the person in the middle must stop whatever s/he is doing, remove the garments, and return to the circle so that the new person can try to get the chocolate.

Bigdei Kohen Gadol

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These Garments can be made as follows:

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"Oh, Shoshi," said her Mom with a smile. "I didn't hear you come in."

Shoshi smiled back weakly and said, "Mom, I have something to confess."

Her mother's eyes widened. "What is it, Shoshi?" she asked hesitantly.

"Well, Mom," the girl stammered, "the brownies you gave me to bring the neighbor ... I didn't ... I ate them ... I'm so sorry!" Tears were forming in Shoshi's eyes.

"Hmm..." said her Mom, with a slight frown. "I'm sorry that that happened. But I can see that you're very sorry." She thought a moment, then added, "Since you feel so bad about what happened, I'm going to give you another chance. Run quickly to the freezer; I just put an extra package of brownies in there. It's in aluminum foil. If you leave right now, I think you'll be able to bring them to Mrs. Fried before it gets dark outside. I think she'll really enjoy them."

Shoshi looked at her mother and burst out, "Oh, Mom! Thanks so much for giving me a second chance. From now on you can count on me," she said, and meant it.

Shoshi practically flew to Mrs. Fried's house with a smile on her face and feeling inside even sweeter than triple-chocolate brownies.

Discussion Questions:

Q. Do you think Shoshi would make the same mistake and eat the second package of brownies? Why or why not?

A. She would not make the same mistake, because she learned her lesson. She saw how bad she felt the first time after she had eaten them. She also wanted to prove to her mom that she could be trusted from now on.

Q. Why did Shoshi's mom give her a second chance?

A. She saw that Shoshi was truly sorry about what she had done. And she knew that they would both feel happier when Shoshi showed that she could do the right thing.

LEADER TIP: What's a mistake that you've done in the past? Are some things harder to fight off than others? Is it really impossible to fight them off or are we just sometimes being lazy?

JEWISH LEADER OF THE WEEK

Yonah

During *Mincha*, we read the entire Book of Yonah, which teaches us that you can't run away from *Hashem*, and that *Hashem* always accepts *Teshuva* (repentance) even from an entire city of sinners.



The story is about the *Navi* Yonah, who is told by *Hashem* to go to Ninveh and teach the people there to do *Teshuva*, otherwise *Hashem* will destroy the city. Yonah does not want to go, and tries to run away from *Hashem* by boarding a boat going to Tarshish. On the way to Tarshish, a great storm arises, tossing the ship about. Jonah asks to be thrown overboard as he knows the storm is only because of him. Sure enough, as soon as he is thrown overboard, the storm stops.

When Jonah is thrown into the sea, he is swallowed by a great fish, where he prays to *Hashem* and is forgiven. On *Hashem's* orders, the fish carries Jonah to the shore, and he heads towards Ninveh. In Ninveh Jonah tells the people *Hashem's* message. They listen to Jonah and do *Teshuva*.

Yonah isn't our typical leader because he starts off by running away from doing what Hashem requested of him. But at the end of the day, Yonah recognizes that Hashem has chosen him to be the leader and that the people of Ninveh need his inspiration to do teshuvah. He pulls himself together and heads to Ninveh to accomplish the great "whale of a" task Hashem chose him for. Yonah helped inspire an entire people and without him the city would've been destroyed.

LEADER TIP: Was Yonah really a leader or not? He tried running away from Hashem, yet at the end of the day he helped a whole town do teshuvah. What do you guys think? Talk it out!

TEFILLAH TREASURES

Avinu Malkeinu

“Avinu Malkeinu”-Our Father our King; be gracious with us and answer us, though we have no worthy deeds, treat us with us charity and kindness and save us! These are concluding words of Avinu Malkeinu- Our Father, our King, which is a prayer that we recite on Rosh HaShana and Yom Kippur and the days in between. It is based on a Talmudic account of a successful heavenly appeal launched by the great Rabbi Akiva. (Tractate Taanis 25B) It’s not clear why this particular formulation proved more potent than other attempts to bring a timely rain but it worked and so we employ an expanded adaptation on these auspicious days. Perhaps it’s the balanced approach between two necessary ingredients, as we relate to our Creator as both a loving Father and a King to be feared. Looking over the 44 bold requests listed in the full length version spelled out in our Siddurim and Machzorim it’s hard to figure which are the petitions of a servant pleading to his king and which represent the call of a son to his adoring dad. It may not be necessary that they be categorized this way or the other and even if there is a distinction to be made it might not be detectable from the text alone. How else can one figure if this an “Avinu” or a “Malkeinu” dominant request?

The Dubno Maggid ztl. had a revealing insight into the “Avinu Malkeinu”. He wondered why the first 43 requests are boldly shouted out loud while the last one- listed above, is said in a quiet undertone. He explained that so it is with us during these days when so much lies in the balance. We open our mouths with an almost a brazen familiarity, like a child who calls his father from school or camp and feels so at ease and comfortable to ask for whatever he needs, “Abba, I need new shoes! Abba I need a new suit! Abba, please send money!” The good father always is there and ready to fulfill his child’s vital requests. However, once the child realizes the extent to which goodness is being extended to him, his heart overflows with gratitude and humility and so he surrenders himself weeping quietly in an undertone as one absolutely dependent upon and completely subservient to a king. He begs for credit and admits privately that he is utterly destitute and in need of Tzedaka and Chessed- charity and kindness. Avinu Malkeinu...Send us all that we need and more...may we find favor in the eyes of **Avinu Malkeinu!**

LEADER TIP: Feel free to use this as a segway to do a little singing. The classic Avinu Malkeinu song is always a good start!

October 4th 2014/ Tishri 5775

Published by the National Council of Young Israel



YOM KIPPUR REVIEW

Yom Kippur, The Day of Atonement, falls on the tenth of *Tishrei*. It is the holiest and most serious, yet also happiest day of the year. Although we are fasting and praying all day and it may seem like it wouldn't be, it is the happiest day of the year since all of our sins are forgiven. A *minhag* (custom) observed on the morning before *Yom Kippur* is *Kapparat* (Atonement). *Kapparat* may also be observed on any weekday of the *Aseret Yimay Tshuva*. You purchase a live chicken and you revolve the chicken around your head reciting a prayer asking that the chicken be considered atonement for your sins. The chicken is then slaughtered and given to the poor (or its value is given). *Kapparat* may also be done with money instead of a chicken. While *Yom Kippur* itself is devoted to fasting, the day before is devoted to eating. The Talmud states that the person "who eats on the ninth of *Tishrei* (and fasts on the tenth), it is as if he had fasted both the ninth and tenth." The day is used to concentrate on eating and preparing for the fast. The holiday is mentioned in *Vayikra* that it is a day set aside to "distress the soul," to atone for the sins of the past year. On Rosh Hashanah we mention the "Books" in which *Hashem* inscribes all of our names. On *Yom Kippur*, the judgment entered in these "books" is sealed. This day is, essentially, your last appeal, your last chance to change the judgment, to demonstrate your repentance. On *Yom Kippur*, you're not allowed to eat, drink, wash or bath, anoint one's body (with cosmetics, perfumes, etc.), or wear leather shoes. It is customary to wear white on *Yom Kippur*, which symbolizes purity and reminds us to try and be as pure as angels. Some men wear a *kittel*, a long white robe, as well. Men put on a *Tallit*, not usually worn in the evenings, for *Kol Nidrei* that begins *Yom Kippur*. "*Kol Nidrei*" means "all vows," and in this prayer, we ask *Hashem* to annul all personal vows we may make in the next year. One of the biggest parts of *Yom Kippur* davening is the *Al Chet*, or *Vidui*, the confession of the sins, which is inserted into each of the five *Shemoneh Esreis* we say. Note that all sins are confessed in the plural (we are guilty, we have done this, we have done that), emphasizing communal responsibility for sins. Even if we didn't do the sin we mention, we are praying to *Hashem* that He forgive others who may have.

LEADER TIP: *Yom Kippur* is considered the happiest day of the year, yet it's an extremely serious day as well. Kids usually see it just as a serious day. Try to show them the happiness and greatness of being forgiven for all we've done wrong.

YOM KIPPUR QUESTIONS

1. **Passover commemorates the going out of Egypt. Shavuot commemorates the giving of the Torah. What historical event can Yom Kippur be said to commemorate?**

Moshe came down from Mount Sinai on the tenth of Tishrei with the second set of Tablets, signifying forgiveness for the sin of the golden calf. Yom Kippur can be said to commemorate this event, the first national day of forgiveness for the Jewish People.

2. **For what kinds of sins does Yom Kippur not atone?**

Sins committed against other people, including hurting someone's feelings. Yom Kippur does not atone for these sins until the perpetrator gains forgiveness from the victim himself. (*Orach Chaim 606:1*)

3. **What should someone do if the person he wronged does not forgive him the first time?**

He should try at least two more times to gain forgiveness. (*Orach Chaim 606:1*)

4. **Why is the vidui confession included during the mincha prayer the afternoon before Yom Kippur?**

Lest one choke while eating the pre-Yom Kippur meal and die without atonement, or lest one become intoxicated and unable to concentrate on the prayers at night. (*Mishna Berura 607:1*)

5. **On Yom Kippur we refrain from: Working, eating, drinking, washing, anointing, family relations and wearing leather shoes. Which three of these prohibitions are more severe than the others?**

Eating, drinking, working. (*Mishna Krisus 1:1*)

6. **In what two ways does the prohibition against eating food on Yom Kippur differ from the prohibition against eating pork the entire year?**

1. Although any amount is forbidden, eating on Yom Kippur is not punishable by a Sanhedrin until one has eaten food equal in volume to the size of a date. Eating pork, on the other hand, is punishable for eating even an olive-sized piece, which is smaller than a date. (*Mishna Berura 612:1*)

2. Eating on Yom Kippur incurs the punishment of kares - spiritual excision, whereas eating pork does not.

7. **Who wrote the prayer "Unetaneh Tokef" said during the chazan's repetition of musaf?**

"Unesaneh Tokef" was written by Rabbi Amnon of Mainz, Germany about 1000 years ago.

8. Why do we read the book of Yona on Yom Kippur?

The repentance of the people of Ninveh serves as an inspiration to us to repent, and shows us that repentance can overturn a Divine decree. (*Shelah Hakadosh*)

9. In what two ways does havdalah after Yom Kippur differ from havdalah after Shabbos?

After Yom Kippur, the blessing over spices is omitted from havdalah. Also, the source of the flame used for havdalah after Yom Kippur must be a fire kindled before Yom Kippur. (*Orach Chaim 624:3,4*)

10. Ideally, what mitzvah should one begin immediately after Yom Kippur?

Building the succa. (*Rema, Orach Chaim 624:5*)

LEADER TIP: To kids, Yom Kippur is all about the DO NOT's. Try to highlight all the things we DO get to do as well!

YOM KIPPUR ACTIVITY

GOAL: To get the kids to start asking themselves questions and figuring out who they are as well as the people they want to surround themselves and build relationships with.

ACTIVITY: “Yes/No Partner Game”

Every member of the group gets a sticker on their forehead with the name of a famous person, TV/cartoon character, object etc on it. However, it should be done so that every 2 people in the group have people/characters which form a pair (e.g. one person will have Batman and another person will have Robin, or Peanut Butter/Jelly or Avraham/Sarah, or Mickey/Minnie). The aim is firstly to figure out who they are by asking each other yes/no questions which can only be answered "yes" or "no" in order to gain more information about who they are. Once a person figures out who they think they are, they should go around and try and find their pair. The pairs may not tell each other who they are though (A can't tell B who B is). All they can say to each other is that they think they're a match and then will stand next to each other. Once everyone finds their pairs, have everyone go around and say who they think they are and how they figured it out. Afterwards, ask the kids what it was like going in to the game having no clue who they were compared to after figuring out who they were and then compared to after finding their pair. Do you ever feel like sometimes you don't really know who you are? Are you ever trying to find people to build relationships with that can help make you who you want to be? By “pairing up” with people who you are like, they can bring out your potential and help you be your best. All the more so, what would happen if you pursued a relationship with Hashem? How great could that be?

DISCUSSION: On Yom Kippur, and during this time of year in general, we spend tons of time doing teshuvah for and regretting all the bad things we've done. We all work so

hard trying to repent for what we've done and become the best people we can be, but it can really be difficult to find out exactly who we want to be. We may know who we're not, but it's much harder to find out who we are. The idea behind this game is to teach the kids to not be afraid to ask themselves, or even others, questions about ourselves. Don't be afraid to go out and ask those questions to find out who you really are. Once you find out even slightly who you are or who you want to be, surround yourself with those "pairs" that can help you become as great as you can. And most importantly, seek out a relationship with Hashem. Nothing is more important than a relationship with Him as He will help you throughout life every step of the way.

LEADER TIP: Yom Kippur is a prime time to really have a serious discussion with the kids. Take advantage of it!

YOM KIPPUR STORY

Before you read: Everyone makes mistakes - it's only human. A lot of times, we feel bad if we do something we shouldn't. But what is done is done. On Yom Kippur, God gives the Jewish people a special opportunity to erase our mistakes. "I know you make mistakes, my children," He tells us, "but if I see you're truly sorry and want to do better next time, I'll forgive you and give you another chance." The Jewish people fast on Yom Kippur. By not eating, we spend more time thinking about how we can improve ourselves, and also show God that we're willing to make sacrifices to do it. He sees that we're sorry and are going to do better from now on, and is happy to forgive us.

"THAT TAKES THE CAKE"

Shoshi was on her way to deliver a cake her mother had baked for Mrs. Fried, a widow who lived down the block.

"Wow, that smells really good," thought Shoshi as she looked at the neatly wrapped gift. "Maybe I'll just take a tiny nibble," she said to herself as she lifted the corner off the package. They were her Mom's famous triple-chocolate brownies, fresh from the oven.

Well, one nibble led to another until, by the time Shoshi got to Mrs. Fried's house, there wasn't anything left to deliver.

Suddenly, Shoshi realized what she had done, and she felt awful. "How could I have done that?" she asked herself. "Mom trusted me to bring these to Mrs. Fried and I ate them instead! When Mom finds out, she'll never trust me again."

Shoshi headed home. The closer she got, the more sorry she felt about it. As she passed by her friends on the way home, she could barely eke out a weak reply to their hearty greetings of "Shabbat Shalom."

When Shoshi got home, she ran right upstairs to her room. But even her cozy chair and favorite books couldn't take her mind off what she had done.

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Shoshi practically flew to Mrs. Fried's house with a smile on her face and feeling inside even sweeter than triple-chocolate brownies.

Discussion Questions:

Q. Do you think it can be healthy for a person to feel regret for things he's done wrong in the past? When yes and when no?

A. Regret that focuses on correcting the wrong action is healthy since it spurs a person to change for the better; it leads to positive changes. Guilt, on the other hand, only makes a person feel down and hopeless; it's unhealthy, because instead of focusing on changing behavior, the focus is on self-loathing.

Q. On Yom Kippur God's Divine ability to forgive is revealed. How is this similar to human forgiveness, and how does it differ?

LEADER TIP: What's a mistake that you've done in the past? Are some things harder to fight off than others? Is it really impossible to fight them off or are we just sometimes being lazy?

JEWISH LEADER OF THE WEEK

Yonah



Hashem tells Yonah to go to Ninveh and to prophesy that in 40 days, Hashem will destroy the city. Instead, Yonah goes to Jaffa, boards a ship, and sails for Tarshish. A great storm arises. Frightened, Yonah goes to sleep in the ship's hold. The sailors somehow recognize that Yonah is responsible for the storm. They throw him overboard, and the sea becomes calm. A great fish swallows Yonah. Then three days later, Hashem commands the fish to spit Yonah back out upon dry land. Hashem tells Yonah, "Let's try it again. Go to Ninveh and tell them in 40 days I will destroy the city."

The story is a metaphor for our struggle for clarity. Yonah is the soul. The soul is assigned to sanctify the world, and draw it close to Hashem. But we are seduced by the world's beauty. (Jaffa in Hebrew means "beauty.") The ship is the body, the sea is the world, and the storm is life's pains and troubles. Hashem hopes confrontation with mortality will inspire us to examine our lives. But Yonah's is the more common response - we go to sleep (have a beer, turn on the television). The sailors throw Yonah overboard - this is death. The fish that swallows Yonah is the grave. Yonah is spat back upon the land - reincarnation. And the Almighty tells us to try again. "Go sanctify the world and bring it close to Hashem."

Each of us is born with an opportunity and a challenge. We each have unique gifts to offer the world and unique challenges to perfect ourselves. If we leave the task unfinished the first time, we get a second chance. Yonah teaches us that repentance can reverse a harsh decree. If the residents of Ninveh had the ability to correct their mistakes and do teshuva, how much more so do we have the ability to correct our former mistakes and do teshuva.

LEADER TIP: Was Yonah really a leader or not? He tried running away from Hashem, yet at the end of the day he helped a whole town do teshuvah. What do you guys think? Talk it out!

TEFILLAH TREASURES

Avinu Malkeinu

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This Week in Jewish History

October 6-25, 1973

Yom Kippur War

Israel's stunning victory in the Six-Day War of 1967 left the Jewish nation in control of territory four times its previous size. Egypt lost the 23,500-square-mile Sinai Peninsula and the Gaza Strip, Jordan lost the West Bank and East Jerusalem, and Syria lost the strategic Golan Heights. When Anwar el-Sadat became president of Egypt in 1970, he found himself leader of an economically troubled nation that could ill afford to continue its endless crusade against Israel. He wanted to make peace and thereby achieve stability and recovery of the Sinai, but after Israel's 1967 victory it was unlikely that Israel's peace terms would be favorable to Egypt. So Sadat conceived of a daring plan to attack Israel again, which, even if unsuccessful, might convince the Israelis that peace with Egypt was necessary. When the fourth Arab-Israeli war began on October 6,

1973, many of Israel's soldiers were away from their



posts observing Yom Kippur, and the Arab armies made impressive advances with their up-to-date Soviet weaponry. Iraqi forces soon joined the war, and Syria received support from Jordan. After several days, Israel was fully mobilized, and the Israel Defense Forces began beating back the Arab gains at a heavy cost to soldiers and equipment. A U.S. airlift of arms aided Israel's cause, but President Richard Nixon delayed the emergency military aid for a week as a tacit signal of U.S. sympathy for Egypt. On October 25, an Egyptian-Israeli cease-fire was secured by the United Nations.

FIND...

- Yom Kippur
- Kol Nidrei
- Neilah
- Avinu Malkeinu
- Kittel
- Fasting
- Teshuvah
- Angels

STAT LINE OF THE WEEK- YOM KIPPUR

On Yom Kippur the *Kohain Gadol* wears eight garments.

Four contain gold and four do not.

The garments with gold are:

- *Me'il* - A coat that has gold bells at the bottom.
- *Choshen* - The breastplate contains gold thread and clasps.
- *Afod* - An apron that's got gold thread and gold shoulder harnesses.
- *Tzitz* - A headplate made completely of gold.

On Yom Kippur the *Kohain Gadol* takes off these four garments before he enters the *Kodesh Hakodoshim*. This leaves him in four white linen garments:

- *Michnasayim* - white linen pants.
- *Kutonet* - a long linen shirt.
- *Avnait* - a belt of linen prepared specially for Yom Kippur.
- *Miznefet* - a turban of linen.

TRIVIA QUESTION OF THE WEEK

WHAT YEAR WAS THE YOM KIPPUR WAR?

Email your answers to SAMMYS@YOUNGISRAEL.ORG along with your **NAME** and **AGE** for a chance to win **AWESOME PRIZES!** Each correct answer will enter your name into a raffle that will happen once a month. Behatzlacha!

THIS JUST IN!

- **A rat can last longer without water than a camel.**
- **To escape the grip of a crocodile's jaws, push your thumbs into its eyeballs - it will let you go instantly.**
- **If you toss a penny 10000 times, it will not be heads 5000 times, but more like 4950. The heads picture weighs more, so it ends up on the bottom.**

For more info please feel free to contact us at sammys@youngisrael.org

Parsha Points to Ponder...

We have two days when we fast for twenty four hours, Yom Kippur and Tisha BeAv. These two days are vastly different in their concept. Tisha BeAv is a day of mourning when we commemorate the great tragedy of the destruction of the Bet Hamikdash and the end of the Jewish state. It is thus a sad day of Kinnot and tears. Yom Kippur is also a day of fasting in keeping with the commandment about which we read from the Torah on this day, VE'INITEM ET NAFSHOTECHAM, "...and you shall afflict your souls...". (Vayikra. 25,31) On Yom Kippur we pray for forgiveness and we reach the status of the angels who do not eat nor drink, just as the Torah tells us about Moshe when he went up the mountain to receive the torah. In fact it is a joyous day for we have confidence that Hashem will harken unto our prayers and forgive. There is, however, another aspect of this concept of reaching the status of the angels. We are told that Moshe came down from the mountain of Yom Kippur. He reached the great height of being like the angels but if he wanted to have an effect on the people, if he wanted to influence them, he could not remain on the lofty heights. He had to come down to the level of the people. This is a lesson for leadership. To be able to influence you must be able to bend down to the level of the people and raise them to a higher level.

Q V E Z A X A L O C X Y Q
B D C J V K L B A L X G K
P E W S I F X V N B B Y U
X X T K N U G Y G H I Z X
D Y A I U P K K E I T E S
O O F T M G B O L T E W N
D M Y T A N J L S C S O C
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L P E P E S J D J B V Z D
I P Z F I A O R M O A M S
E U L G N F V E O O H W H
N R N O U T W I R F L O K

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