

Halochos/Laws of Yom Kippur

By: Rabbi Chanoch Ehrentreu שליט"א

Section A: Erev Yom Kippur

1. It is a Mitzva to eat on Erev Yom Kippur.
2. The Minhag is to eat two meals on Erev Yom Kippur, one in the morning and one later on in the day (S'uedas H'mafsakas).
3. You may eat meat and fish in the first Sueda. Some have a Minhag to eat Kreplach in the first meal.
4. You should not eat meat or fish in the 2nd meal. The Minhag is to eat cooked chicken, potatoes etc...
5. If you want to eat after the 2nd meal you should have in mind before you Bentsh (you may drink even if you didn't have in mind).
6. It is preferable if you drinking water before the fast (and you are not thirsty) to make Shehakol on something else

Section B: Washing / Deoderant

1. You should not put on perfume or use a stick deodorant on Yom Kippur.
2. You may use spray deodorants that are not oil based.
3. You may not rinse out your mouth with water or mouthwash.
4. You may not wash your hands or face.
5. For Negel Vasser or after the bathroom you may wash your hands only up to the knuckles closest to the wrists.
6. If your hands or any other place on your body is not clean you may wash just the area that is not clean.
7. You have to separate from your spouse as during Nidos. You can't touch, pass, sleep in one bed etc...
8. If you have a severe headache on Yom Kippur you may use a suppository (Tylenol or Aspirin etc..).

Section C: Lighting Candles

1. You should remove your shoes before lighting the candles since you say Sh'cheyonu and you are being Mekabel (accepting) Yom Kippur with the Brocha of Sh'cheyonu.
2. You light the candles first and then make the Brocha as on Shabbos
3. If Erev Yom Kippur is NOT on a Friday, you make two Brochos, Lkadlik Ner Shel Yom Kipurim, and Shechayonu.

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4. If Erev Yom Kippur is on a Friday, you make two Brochos, Lkadlik Ner Shal Shabbos V'Shal Yom Kipurim and Shechayonu.
5. If they want to go to Shul by car after lighting, you should not say Sh'cheyonu when you light and you should have in mind not to be Mekabel Shabbos and Yom Kippur with the lighting.
6. You should make sure that the candles will still be burning when you come home from Shul (if no one is staying at home).
7. You should cover your tables with white tablecloths as on Shabbos.
8. You should light a Yourzeit light for your departed parent/parents. Some light one for both and some light one for each one.
9. It is preferable to light an extra Yourzeit light to be able to say Boreh M'oray H'Aish on Motze Yom Kippur (this year since it is Motze Shabbos some hold you don't need to, however it is preferable to).

Section A: Halochoh of Fasting for an Expectant or Nursing mother

Erev Yom Kippur

1. It is a Mitzva for everyone to eat and drink in order to be able to fast.
2. It is especially important during pregnancy or nursing to drink and eat appropriately.
3. Starting from the morning before the fast you should drink as much liquid as possible, to be fully hydrated.

On Yom Kippur

4. **A pregnant woman** should make sure not to exert herself and rest (stay in bed) as much as possible and not go to shul for long periods of time if to go at all (It is more important to fast than to daven in Shul). She should stay in a cool environment.
5. She should make sure not to change positions frequently, (ie. from sitting to standing) For example if she is in shul she should not stand up every time the Oron H'Kodesh is opened.
6. She should make sure she is fully hydrated by drinking a lot before the fast (all through the day by starting in the morning).

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7. **A nursing mother** should be careful not to exert herself and to be fully hydrated at the beginning of the fast by drinking before the fast etc.
8. A nursing mother who is afraid she will not have enough milk should ask a Shailo.
9. It is important that a pregnant or nursing mother does not work too hard taking care of her children on Yom Kippur. She should get help so she does not have to take care of the children singlehandedly. Rav. Elyashav Zt"l held that it is the husband's obligation to ensure that his wife will have a manageable fast (whether she is pregnant or not). If necessary, he should stay at home to help with the children so that his wife will be able to fast.
10. **A pregnant woman** must fast on Yom Kippur.
11. However, if she starts to feel dizzy or faint, she should lie down to see if the dizziness passes. If she sees it is not going away or feels very unwell (more than usual) she should have something to drink (the dizziness and lightheadedness may be because of dehydration and that can cause early labor).
12. She should preferably drink 1 oz. (schnapps cup) of grape juice (It is advisable to drink grape juice because it has a high sugar content) and wait 9 minutes [or 5 minutes] to drink another one if she needs to.
13. The Shiur of liquid that you may not drink on Yom Kippur is K'mlo Lugmov (the amount of liquid you can hold in one side of your mouth).
14. If you want, you can measure how much liquid you can hold on one side of your mouth on Erev Yom Kippur and to drink less than that [it will enable you to drink more than 10z].
15. If you are not able to wait 9 min you should try to wait for 7,6, 5 however long you can.
16. If 1 oz is not sufficient at one time you may drink what you need.
17. When not sure be lenient.

Contractions

18. It is normal to have one or two contractions while fasting. If they are very far apart it is not a concern. However, many contractions can cause early labor and in such a case she must drink to stop the contractions.
19. If a woman starts having contractions she should lie down and rest, if the contractions continue and she is having more than 4 contractions in an hour she must drink immediately to stop the contractions. She should rest the e rest of theday in bed drinking one fluid ounce of water every 7-8 minutes (or more frequently if need be).

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20. If she feels that the contractions are very strong or feels she is experiencing the onset of labor she should not wait to see if she is going to have 4 contractions in an hour, she should drink right away to stop the contractions.

Labor and Birth

21. If she is after 37 weeks of pregnancy (10 days into the 9th month) she is not permitted to drink to stop the contractions because it is safe to go into labor. However, once she is in active labor, the contractions are 5-7 minutes apart she should drink and eat in order to have the strength to give birth. She should drink (Pochos M'Kshiu) 1 oz and if possible wait 9 minutes etc.. (If she anticipates a short labor, she should drink normally what she needs because it is very important not to give birth dehydrated).
22. If you are not sure if you need to drink and how much etc... always be lenient, better drink more than drink too little (it is a Sofek Pikuach Nefesh).

Section E: Havdalah

1. **You may drink water Motzei Yom Kippur before hearing Havdolah.** however, you should first say Boruch Hamavdil and then you can drink.
2. You do not say Boreh Minah B'somim in Havdolah unless it is also Motzoei Shabbos.
3. You do say Borah M'orai H'aish.

A G'mar Chasimah Tova

Hakodosh Boruch Hu should be Mekabel our T'filos and we should all have a year of health, Hazlocha, Simcha, Brocha, Parnossa and Nachas.

We should merit that Moshiach should come this year.