

**SUPER AVI**  
My Rosh Hashanah  
will never be the same

**HISTORY HIGHLIGHTS**  
The long story of  
the Jews of Spain

3 Tishrei 5777/2016  
Issue 630

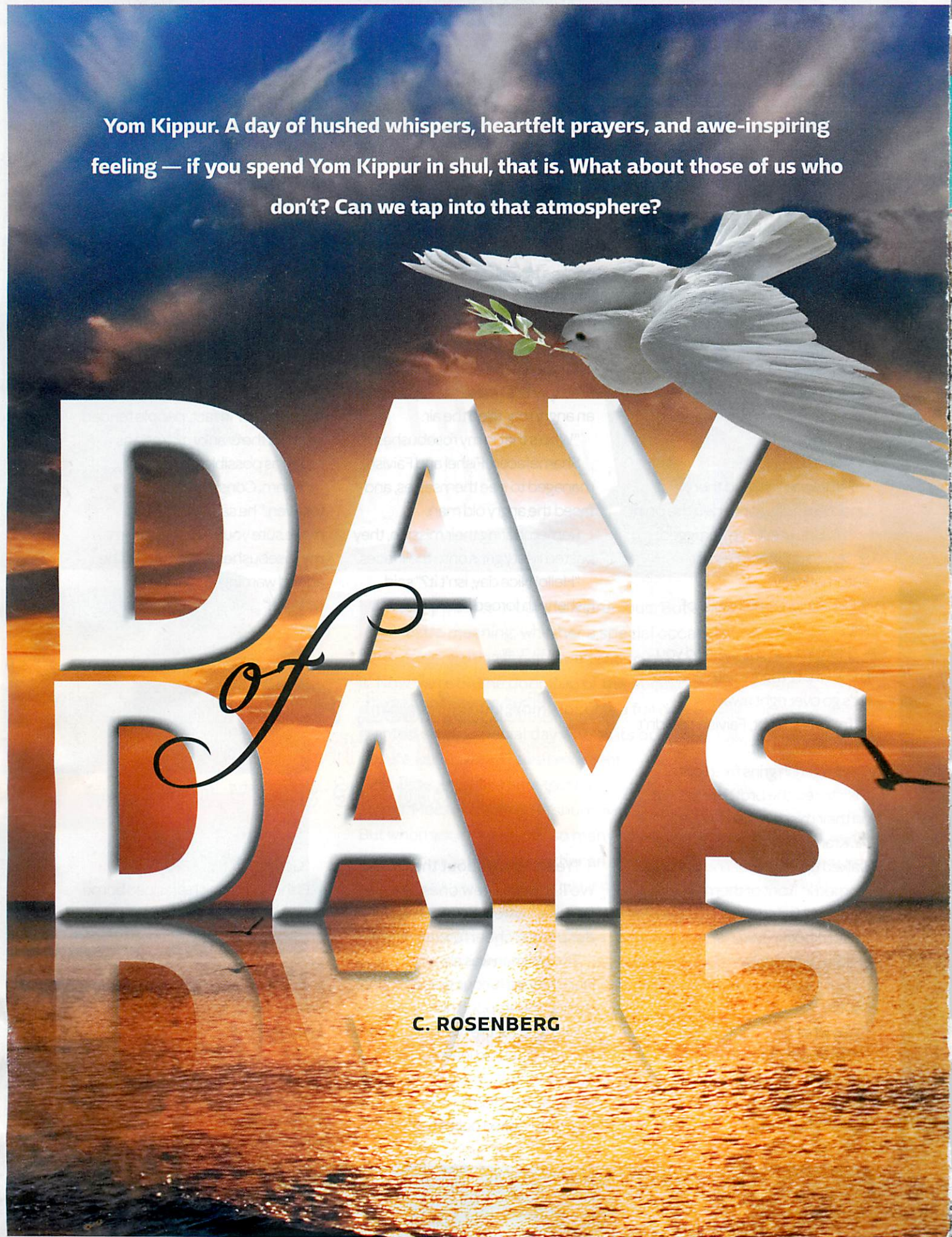
Mishpacha



LIFT  
me UP

SUPPLEMENT TO MISHPACHA  
JEWISH FAMILY WEEKLY

Yom Kippur. A day of hushed whispers, heartfelt prayers, and awe-inspiring feeling — if you spend Yom Kippur in shul, that is. What about those of us who don't? Can we tap into that atmosphere?



DAYS  
of  
DAYS

C. ROSENBERG

# In the Yom Kippur Spirit

**Y**ou watch your mother iron your father's snow-white kittel, but you know you won't be seeing much of him this Yom Tov; he'll be spending most of it in shul. Your mother will spend lots of time davening and perhaps, toward the end of the day, some time resting.

Though you've learned all about the importance of Yom Kippur, you may feel a bit bereft. Too young to spend all of Yom Kippur in shul, yet old enough to understand that this is indeed the holiest day of the year, you wonder how you can make the day meaningful. You don't want the day to pass in a mix of playing and noshing; you want to give yourself – and any younger siblings you'll be spending a lot of time playing with – the gift of a meaningful Yom Kippur.

**Here are some thoughts, ideas, and tips to help you feel the spirit of Erev Yom Kippur and Yom Kippur.**



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## PRECIOUS ENVELOPES

**W**e all want to grow and become better Jews. How can we do that? Where should we start?

The trick is to start with one small step – and to take that one small step. First, we need to choose something to work on. Maybe you'll choose to thank your mother for supper every day, or offer to prepare your siblings' snacks for school, or include a classmate who doesn't have many friends.

Or, it can be your first step in doing *teshuvah*. Think about things you've told yourself are "nothing," but that you really need to do *teshuvah* for. How many times does your mother have to remind you to get into pajamas? Does your teacher have to call your name during class because you're disturbing? Are you ever in a rush to make the school bus and forget to *bentsh* after breakfast?

But how can you make sure that you actually do it, and don't forget about it as soon as Yom Kippur is over?

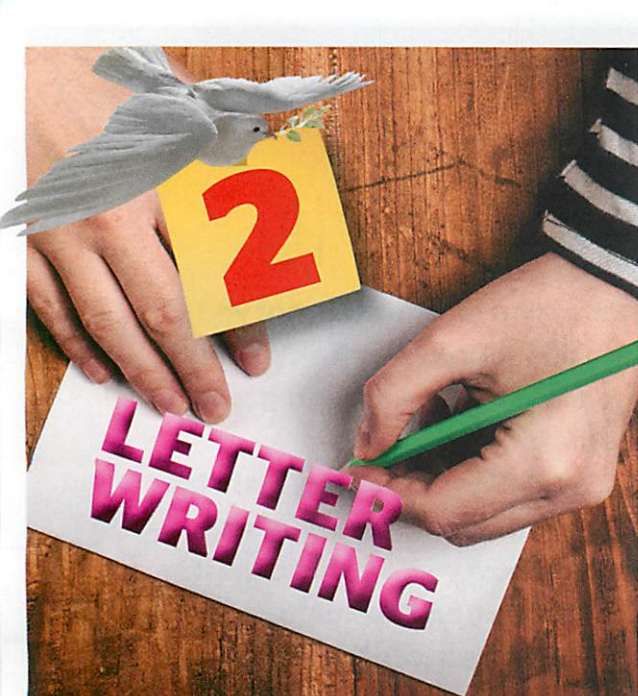
Mrs. Devorah Adler, a third-grade teacher who does

this with her students, tells us to send ourselves a letter! Take an empty envelope, write your name on the outside, and on a piece of paper, write down the step you're going to take (which we'll call your *kabbalah*), and place it inside the envelope. Once you write something down, it becomes so much more real, and you'll have an easier time remembering to do it.

Next, seal the envelope so its contents remain private, between you and HaKadosh Baruch Hu!

That's not all! To really make this meaningful, open up your sealed envelope on Rosh Chodesh Cheshvan, give yourself a mark on how well you did with this *kabbalah*, and reseal the envelope. Keep doing this each Rosh Chodesh, until you're getting fantastic marks. At that point, you may decide to take your *kabbalah* up another level.

Best of all, when you take out your envelope *next* year, before Yom Kippur, you'll see you *did* grow, just because of one small envelope!



**M**rs. Friedman often acts as a messenger for people who want to ask for forgiveness

from others they've hurt, and has shared many inspiring stories on the topic of *shalom* with listeners of the Chazak Hotline.

Many of the stories she relates are about people who were dealing with terrible difficulties in life such as childlessness, remaining unmarried at an old age, etc., who felt that it stemmed from the fact that they hurt someone in their younger years.

She says that a good Erev Yom Kippur activity is to write a letter of *mechilah*. "Don't wait for the problems to come," Mrs. Friedman cautions. "If you think you hurt someone, take care of it now. Erev Yom Kippur is an appropriate time to write a letter asking forgiveness from someone you may have hurt."

Be it a teacher, classmate, neighbor, or family member, many of us do owe someone an apology. Often, you'll hear feedback from friends or neighbors, or you may notice that someone who has been on good terms with you suddenly avoids you. Sometimes, it's easier to push away the feeling because it's uncomfortable to ask for forgiveness. But it's not worth it!

On the other hand, if someone asks you for forgiveness, try to be the one who forgives and forgets.

## See It, Do It

**T**here are many versions of the "Teshuvah, tefillah, u'tzedakah ma'avirin es roa hagezeirah" song. But how can we make sure it isn't just a song, that we really follow through on those actions?

A short while before Yom Kippur, the Stern family decorates handmade signs and puts together a collage from magazine cutouts on the concept of *teshuvah*, *tefillah*, and *zedakah*. Then they hang them all around the house where they'll see them often; in the playroom, next to the refrigerator, above the beds...

When a picture of a siddur stares down at you from above the kitchen table, you sure say your *brachos* with *kavanah*! And the word *teshuvah* in the playroom makes it so much easier for you to say "I'm sorry" to your sister for taking away her toy. The visual *pushke* winking at you from the bathroom mirror while you do your hair in the morning reminds you to drop in some coins.

Seeing those reminders all day can really bring the Erev Yom Kippur spirit into your life.

Then, when you almost slip down a steep flight of stairs, but catch yourself at the last minute, or drop your favorite china doll, yet it miraculously doesn't break, you know you've just been saved from a *gezeirah*!



## A Special Guest

**I**magine that a very special guest is visiting your home. You'll clean up, prepare an elaborate meal, put out the best plates and dinnerware, fold the napkins in a special shape, and so on. You want everything to look perfect for your guest.

How will your guest feel about all these beautiful preparations you've made for him? Thankful and appreciative, of course.

Mrs. Dina Sara Levine, who created *Kavanah Kards* to help adults have *kavanah* with their davening, explains that on Yom Kippur, Hashem is our special guest.

"We should set our 'davening table' beautifully," she says. "Show Him that you want to daven and spend time connecting with Him, and how happy you are that He is your special guest."

You can make *Kavanah Kards* of your own for your Yom Kippur davening. Decorate a small, bookmark-sized piece of hard paper with a pretty border. In the center, write down a thought or meaning of a specific *tefillah* you learned about in school this year (or last year, if you remember it). Then, place it in your siddur or *machzor* at the appropriate *tefillah*. Before davening that *tefillah*, take a quick peek for a more meaningful davening. After Yom Kippur you can keep enjoying the "kards" to keep Hashem close.

