

Kisharon Langdon

The Jewish Learning Disability
& Autism Community

YOM KIPPUR DAY OF ATONEMENT

SERVICE GUIDE



Yom Kippur

Yom Kippur is a very special Jewish day.
It is a day to stop and think.

We think about the things we have done.
We think about other people.
We think about G-d.

The main message



STOP



THINK



SAY SORRY



FORGIVE



TRY AGAIN

HOW WE DO IT



We pray

We talk to G-d.

We can pray with other people or alone.

We can use a machzor or say our own personal prayers.



We say sorry

Everyone makes mistakes.

We think about things we have done wrong.

We say sorry.



We forgive

We can ask other people to forgive us.

We can try to forgive people who have hurt us.



We try again

We think about how we can make better choices.

We can have a fresh start.



Fasting, for those who can

Many adults do not eat or drink on Yom Kippur.

Some people do not fast because they need to eat or drink to stay well.



We remember

We remember people we love who have died.



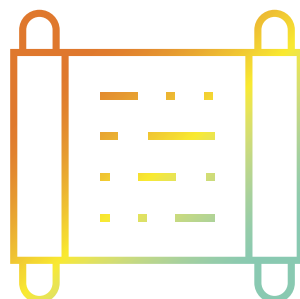
We hear the shofar

At the end of Yom Kippur, we hear the shofar.
The shofar is a special horn.

It tells us that Yom Kippur has finished.

THE SERVICE

KOL NIDREI EVENING SERVICE	WHEN IT HAPPENS	WHAT YOU WILL EXPERIENCE	LENGTH OF THIS PART OF SERVICE
The Synagogue is usually very busy for this service. Its very serious and solemn. Many men will wear white gowns, "Kittels", as a sign of purity.			
THE KOL NIDREI PRAYER Recited in a slow and solemn tune	Beginning of service	The synagogue is very quiet with people joining in with the soft singing. It's a very serious time.	 Medium
RABBI'S SERMON	Middle	The Rabbi will speak. This is often a time when an appeal is made for people to give charity to the chosen charities of the synagogue. You might find an appeal card on your seat.	 Short
AMIDAH SILENT PRAYER	Middle	One of the quietest periods. Everyone stands and prays individually. This would be a good time for a movement break if you need one.	 Long
CONCLUDING PRAYERS FOR KOL NIDREI	End	People join in to sing together.	 Short



SHACHARIT (MORNING SERVICE)	WHEN IT HAPPENS	WHAT YOU WILL EXPERIENCE	LENGTH OF THIS PART OF SERVICE
MORNING BLESSINGS	Beginning of service	Mostly quiet, but some singing.	Medium
SHEMA AND ITS BLESSINGS	Early on in service	Quiet prayer together with some singing.	Medium
AMIDAH	Middle	The main standing prayer. First said quietly, then repeated by the prayer leader. This is a very serious time where people will be very focussed on their personal prayer. If you feel restless, this would be a good opportunity to have a movement break in a different area of the synagogue in order not to disturb anyone.	 Long
READING OF THE TORAH	Middle	The Ark opens, the Torah is carried through the synagogue and read from the Bimah.	 Long
YIZKOR MEMORIAL PRAYER for those who have lost loved ones	Towards the end of this section of the service	Very quiet and serious, some people might be emotional. Many people go out if they haven't lost a loved one.	 Short

MUSSAF	WHEN IT HAPPENS	WHAT YOU WILL EXPERIENCE	LENGTH OF THIS PART OF SERVICE
AMIDAH	Beginning	The main standing prayer. First said quietly, then repeated by the prayer leader. If you feel restless, this would be a good opportunity to have a movement break in a different area of the synagogue in order not to disturb anyone.	 Long During the repetition, there will be some singing.
AVODAH TEMPLE SERVICE	During repetition of Amidah	During this part of the service, many people will kneel on the floor. Only do this if you feel comfortable doing so.	Short
CLOSING PRAYERS	End of service	Some singing during this part of the service. Following the concluding prayers, many synagogues have a break.	 Short

MINCHA AFTERNOON SERVICE	WHEN IT HAPPENS	WHAT YOU WILL EXPERIENCE	LENGTH OF THIS PART OF SERVICE
This tends to be the least busy time in Synagogue during Yom Kippur			
READING OF THE TORAH – STORY OF JONAH	Beginning	The Ark opens, the Torah is carried through the synagogue and read from the Bimah. Story of Jonah is read. You might want to read the English in the Chumash.	 Medium
AMIDAH	Middle	The main standing prayer. First said quietly, then repeated by the prayer leader. If you feel restless, this would be a good opportunity to have a movement break in a different area of the synagogue in order not to disturb anyone.	 Medium

NEILAH CONCLUDING SERVICE	WHEN IT HAPPENS	WHAT YOU WILL EXPERIENCE	LENGTH OF THIS PART OF SERVICE
This is the last part of the service, following an intense day. We have a final opportunity to pray and ask for forgiveness for our sins.			
AMIDAH	Beginning	The main standing prayer. First said quietly, then repeated by the prayer leader. Final opportunity to ask for forgiveness. If you feel restless, this would be a good opportunity to have a movement break in a different area of the synagogue in order not to disturb anyone.	 Long
AVINUH MALKEINU	Towards the end	Some of this prayer is said by the person leading with the congregation saying it in an undertone. The final verse everyone sings together with lots of energy. Yom Kippur is nearly over.	 Short
SHOFAR AND HAVDALAH	End	To mark the end of the service, there is a long sounding of the shofar. If needed, you might wish to wear ear defenders or step out of the Synagogue. Once the shofar has been blown, Havdalah is then recited. If you have fasted, you are now able to eat and drink.	  Short

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