

Complimentary

*The Chesed Fund Limited &
Project Ezra of Greater Baltimore, Inc.*

YOM KIPPUR CHECKLIST 5780/2019



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This checklist is dedicated in loving memory of Rabbi Reuven Bauman, ה"ע.

BALTIMORE START & END TIMES

Tuesday, October 8, 2019: Candle Lighting – 6:20 pm

Wednesday, October 9, 2019: Fast Ends – 7:20 pm (*Rabbeinu Tam* – 72 minutes – 7:50 pm)

For Zmanim (Halachic Times) in North America: 718-331-8463 • For Anywhere in the World: www.myzmanim.com

See inside for times
in other major cities!

IN ADVANCE

- ☐ Review your year spiritually
- ☐ Review your family's *minhagim*
- ☐ Review the Yom Kippur *davening*
- ☐ Review *Kitzur Shulchan Aruch* chapters 130-133 and other relevant summaries of *halachos*
- ☐ Ask forgiveness from family, friends, business associates, etc., especially if you have wronged them. Remember to calculate time zone differences
- ☐ Do *Hataras Nedarim* and *Tashlich*, if not yet done
- ☐ If your *minhag* is to *Shlug Kapparos* with chickens, find out time and location; if your *minhag* is to use money, prepare money
- ☐ Ask a doctor/rabbi regarding medications and other health and fast-related issues
- ☐ If medically needed, confirm that your schnapps cup is actually 1 oz.
- ☐ Clean and prepare *tallis* and *kittel*
- ☐ Clean and prepare white clothing (if that is your *minhag*)
- ☐ Prepare Yom Kippur *machzorim* (as well as bookmarks and other supplemental books or *kavanah* enhancers, such as *Tehillim* and *Viduy* booklets)
- ☐ Write owner's name in *machzorim*, *seforim*, etc.
- ☐ Iron clothing
- ☐ Prepare your *shofar* for end of fast (if applicable)
- ☐ Prepare card with names of your family and people for *mi shebeirachs*
- ☐ Check what time *Yizkor* will be said and arrange for a babysitter, if necessary

- ☐ Buy seats and confirm their locations, including for women and children

- ☐ Pay off donation pledges and/or debts

- ☐ If you regularly have caffeine, slowly decrease caffeine intake several days before Yom Kippur to avoid headaches

- ☐ Ask your doctor about Easy Fast Pills or caffeine suppositories, available at local Jewish supermarkets and pharmacies

- ☐ Prepare food for after the fast

- ☐ If nursing, consider pumping milk and storing it for the day of Yom Kippur and the day after. Also consider using formula

- ☐ Begin hydrating approximately 36 hours before Yom Kippur begins

- ☐ Buy new toys to be given to children on Yom Kippur



- ☐ Visit the library for new books
- ☐ Arrange for babysitting and play dates
- ☐ For safety, arrange to walk back home in a group after *davening*, especially at night
- ☐ Prepare rooms for guests, including linens, towels, Shabbos lamp, blow-up mattresses, guest baskets, and *negel vasser*
- ☐ If necessary, purchase a memory foam mat for standing comfort
- ☐ Purchase *yahrzeit* candles
- ☐ Purchase Shabbos spray as an alternative to baby wipes
- ☐ Prepare non-leather shoes for adults and children
- ☐ Print out your shul's Yom Kippur schedule; check whether there is a different time for *Shacharis* on Erev Yom Kippur, as well as an early *Mincha*
- ☐ Prepare smelling salts and cloves
- ☐ Post reminder signs near sinks to wash fingers only up to the knuckles
- ☐ *Shlug Kapparos*
- ☐ Eat and drink the entire day in order to fulfill the *mitzvah* (as well as to remain properly hydrated)
- ☐ Avoid alcoholic beverages and soda
- ☐ Avoid salty or spicy foods
- ☐ Load up on water as well as electrolyte infused water, sports drinks, and/or diluted orange juice
- ☐ Load up on whole grains, carbs, vegetables, fruits, and a little protein
- ☐ Eat fruit, especially berries and melons, to help your body retain water
- ☐ Prepare easy and filling meals and snacks for your children
- ☐ Check if the *eruv* is up
- ☐ Check the weather forecast
- ☐ Prepare lightweight clothing to wear
- ☐ Confirm babysitters and play dates
- ☐ Make sure your car is parked in a space where it will not get ticketed or towed
- ☐ Call family and friends to wish them a good Yom Tov
- ☐ Verbally forgive individuals who may have hurt you
- ☐ Discuss/determine any pledges you plan to make or *aliyos* you want to buy
- ☐ Emergency service personnel should do their usual pre-Shabbos preparations
- ☐ Charge cell phones and any pertinent electronic devices and turn them off

■ EREV YOM KIPPUR

- ☐ Cook the *Seudah HaMafsekes* (including *kreplach*, if that is your *minhag*)
- ☐ Give extra *tzedakah*
- ☐ Go to the *mikvah*
- ☐ Daven *Shacharis* and *Mincha* early, if possible; include *Viduy* at *Mincha*
- ☐ Do *Hataras Nedarim* and *Tashlich* if not yet done

- ☐ Prepare food, books, and games for kids
- ☐ Open sealed bags, packages, tissue boxes, diapers, baby items, etc.
- ☐ Put away *muktzeh* toys
- ☐ Visit cemetery; be sure to bring an appropriate *sefer* for specific Erev Yom Kippur *tefillos*
- ☐ Set your alarm clock for the morning
- ☐ Set timers
- ☐ Turn on regular lights, night lights, and outdoor lights
- ☐ Turn off/on security alarm and bypass switches
- ☐ Lock doors and windows as it is known that people are in shul most of the day
- ☐ Remove tags from new garments and dry cleaning
- ☐ Turn off fridge and freezer lights and electrical devices; set ac or heat and turn on fans
- ☐ Take care of any pet needs
- ☐ Water plants
- ☐ Check all pockets (including coat, jacket, pants, etc.) for *muktzeh*, or for any items if there is no *eruv*
- ☐ Prepare food for after the fast if not done yet
- ☐ Set the table and eat the *Seudah HaMafsekes*
- ☐ After the *Seudah HaMafsekes*, cover the table with a white tablecloth, if that is your *minhag*
- ☐ Make sure everyone is bathed and dressed early for Yom Tov
- ☐ Give the *Birchas HaBonim*/Blessing of the Children (remember time differences if they are away – Israel is 7 hours ahead of EST)
- ☐ Prepare all candles; be sure candles are stable and a safe distance from drapery, flammable items, and children
- ☐ Light *yahrzeit* candles for departed family members, any customary candles, and an additional *yahrzeit* candle to be used to light the *Havdalah* candle
- ☐ Light candles and say the *bracha* of *L'Hadlik Ner shel Yom HaKippurim* and add the *bracha* of *Shehecheyanu*
- ☐ Be sure to follow a doctor/rabbi's advice regarding taking medications on Yom Kippur
- ☐ If you must eat on Yom Kippur due to health reasons, prepare proper measurements/*shiurim* of food
- ☐ Remember, the *mitzvah* of raising children is as important as *davening* in shul all day
- ☐ Plan low energy activities to keep your children entertained during the fast
- ☐ Check relevant last minute e-mails and news updates. Visit BaltimoreJewishLife.com
- ☐ Turn off phones, computers, electronics, and motion-activated devices (e.g., dashcams)
- ☐ Remove gold jewelry
- ☐ Remove leather shoes
- ☐ Brush your teeth
- ☐ *Daven Tefilla Zakah*



- ☐ VERBALLY STATE THAT YOU ARE TAKING ON THE HOLINESS OF YOM KIPPUR SEVERAL MINUTES BEFORE SUNSET
- ☐ Baltimore candle lighting is at **6:20 pm**. For *zmanim* (halachic times) in North America call 718-331-8463. For anywhere in the world visit www.myzmanim.com.

BRING TO SHUL

- ☐ Hat, *tallis*, *tallis* bag, and *kittel*
- ☐ *Machzorim* (as well as bookmarks and other supplemental books or *kavanah* enhancers, such as *Tehillim* and *Viduy* booklets)
- ☐ *Shofar*, if applicable
- ☐ House keys
- ☐ Sweater, light jacket, and/or rain coat, if necessary
- ☐ Measured *shiurim* of food, if you must eat on Yom Kippur due to health reasons
- ☐ Smelling salts and cloves
- ☐ Card/list with names of family and people for *mi shebeirachs*
- ☐ Food, books, and games for children, as appropriate
- ☐ *Shtender(s)*, if allowed
- ☐ Cloth for bowing/*Kor'im*
- ☐ Memory foam mat, if necessary
- ☐ Any health-related items needed (epi pen, inhaler, glucose meter, nitroglycerin, Benadryl, oxygen, etc.)
- ☐ Tissues
- ☐ Reading glasses



- ☐ Reflector belt to wear to and from shul
- ☐ If you drive to shul, place your keys in a designated safe area in shul

YOM KIPPUR

- ☐ Wash only up to your knuckles when washing for *Netilas Yadayim*
- ☐ Wear lightweight clothes to avoid perspiring and causing your body to lose water
- ☐ Daven well, fast well, and do *teshuva*
- ☐ Practice techniques to keep your mind off hunger
- ☐ If you feel weak, smell cloves, cinnamon, or smelling salts
- ☐ Take a nap during the shul break time
- ☐ Read the story of *Yonah*
- ☐ Make the most of children's naptime by *davening* or taking a nap
- ☐ Give children new toys to play with
- ☐ Check on family, friends, elderly, or home-bound neighbors

MOTZOEI YOM KIPPUR

- ☐ *Kiddush Levana*
- ☐ Bring home all Yom Kippur items from shul
- ☐ For *Havdalah* use the extra candle lit before Yom Kippur to light the *Havdalah* candle
- ☐ Baltimore fast ends at **7:20 pm**
(7:50 pm for those who keep *Rabbeinu Tam*)
- ☐ Begin building the *succah* and purchase a *lulav* and *esrog*, if not done before Yom Kippur
- ☐ Put away *tallis*, *machzorim* and any other Yom Kippur items
- ☐ Check your shul's schedule to see if *Shacharis* is earlier than usual the next day

BREAKING THE FAST

- ☐ Drink several glasses of water and eat a light or normal-sized meal
- ☐ Eat moderately
- ☐ Avoid pastries, salty foods, and soda
- ☐ Stretch and take a short walk
- ☐ Do not eat too late at night
- ☐ Drink more water before you go to sleep

PERSONAL CHECKLIST

Add your own items to the list.
If any of them could be helpful to others,
please e-mail them to
info@chesedfund.com
for inclusion in next year's checklist.

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*The Chesed Fund and Project Ezra
wish you and your family a
G'mar Chasimah Tova!*

FAST START AND END TIMES

Times are based on *myzmanim.com*.

Check with your local rabbi to determine if times may be different in your specific area.

Cleveland, OH	6:39 PM	7:37 PM
Far Rockaway, NY	6:08 PM	7:06 PM
Lakewood, NJ	6:10 PM	7:07 PM
Miami, FL	6:42 PM	7:34 PM
Monsey, NY	6:08 PM	7:07 PM
Norfolk, VA	6:20 PM	7:16 PM
Philadelphia, PA	6:14 PM	7:11 PM
Pittsburgh, PA	6:33 PM	7:30 PM
Savannah, GA	6:42 PM	7:36 PM
Seattle, WA	6:16 PM	7:19 PM
Teaneck, NJ	6:08 PM	7:07 PM
Toronto, Canada	6:28 PM	7:28 PM
Washington, D.C./ Silver Spring, MD	6:22 PM	7:19 PM
Washington Heights, NY	6:08 PM	7:06 PM

For Rabbeinu Tam, add 30 more minutes.



At the tender age of 35,
Rabbi Reuven Bauman, ר"ע, sacrificed his
life saving the lives of his *talmidim*.

This young, vibrant, and loving husband,
father, *rebbe*, and friend made the
ultimate sacrifice.

To contribute to the Bauman family, visit
www.charidy.com/baumanfamily or
www.rayze.it/Bauman.

You can also send a check to:
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YBM Alumni Association C/O Elly Hoberman
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Leah Zecharya bas Shulamis, שתחי, Yechiel ben Miriam Bluma, שידחי, and Chana bas Frayda, שתחי.

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410-358-0000

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718-705-5000

To bring this checklist to your community, please contact Frank Storch at
410-340-1000 or info@chesedfund.com.

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Project Ezra of Greater Baltimore, Inc. is dedicated in memory of M. Leo Storch, ע"ה.

This guide contains divrei Torah and therefore should be placed in shaimos after use.

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