

Yom

Kippur



The Israeli experience
from Maya and Dana,
the Shinshinoit!

Yom Kippur is a very special day of the year.

It is a day when we clean ourselves of our sins, concentrate on ourselves and consider ourselves, think about how we can improve and make the coming year better than the last one.

In Israel, Yom Kippur, there are no cars on the roads, all the shops and places of commerce are closed, there are no television programs so that even if you do not fast / go to synagogue, you feel the atmosphere of this day. Almost all the young people come out and meet with their friends in the evening. When you go out, you see so many people out there, from babies to old people, all walking without telephones, just talking, and playing with each other. People play box games with their families and read books.

We wanted to bring you the perspective of Israelis (young and old) about this day, how it makes them feel, from their point of view. Therefore, we have included quotes that we have gathered from people in Israel, sharing what they feel.

In addition, there are a few Israeli songs that we added, that speak about forgiveness, in Hebrew and with an English translation.

We wish you an easy and useful fast!

**Quotes that we have gathered from people in Israel, sharing what
they feel
about Yom Kippur in Israel:**

- Nothing (2)

-A day of reckoning (2)

- Not much

-An opportunity to do teshuva (private repentance) and to complete the entire Jewish community

-A day and a half to meet friends, go to the beach and ride a bicycle at night

-Day of cleaning. A day of forgiveness for the past and good receipts for the future

-A day when for a change, all the people of Israel agree on one thing and respect for the other. Even if you do not fast yourself, you feel uncomfortable eating public or using electricity.

-Think about everything that happens during the year if I were to act differently

-For me it is a day of quiet and time for thoughts. A time of soul searching, and thoughts of how to be better.

-A day to think about the last year.

-Introspection

-A day of fasting and tradition

-Connection, to the people, to myself, to quiet.

-An atmosphere that belongs only to Yom Kippur, from a real feeling in the air. Of course bicycles, lots of kids, family, and fun with friends without interruption of screens. Dad reads a newspaper, a fainting mother in the room ... brothers who tease me because they are not yet the age of fasting. And beyond suffering.. fun..

-Go out on Yom Kippur eve with friends to stay in the tribe until late and play box games

-Hang out with friends at night and reminisce about the past.

-Religious coercion

-Atmosphere of family , disengaging from everything outside and talking to friends about a lot of things. We feel the fast together and the disengagement from the technology is soothing.

-Yom Kippur is for me silence, silence, introspection, soul-searching and no less, that terrible war of 1973, when I was only 7 years old, the sirens, the commotion, the fear, the panic.

-A day when you can open everything that the heart has to your whole environment.

-A visit to the synagogue once a year on Yom Kippur

-1973.

-Quiet

-Introspection

-Fast

-Tradition

-Two days with the family

-A day of calm and quiet

-Yom Kippur for me is a time for yourself, to disconnect from the screens for a moment, to disconnect from the world, and to think. In addition, in my opinion Yom Kippur is a challenge. You are testing the limits of your ability.

-Fast, ride a bicycle, go to synagogue and play box games with friends because no one touches the smartphones and the television.

-Yom Kippur for me is a hard day; we suffocated from fasting it suffocated!!!!
Messiah come

-A day of silence, without cars. Of family time, and meeting with friends in the neighborhood. A day of reading books and talking to people.

-A day in which everyone is together and there is no pressure, a kind of detachment from one day from everyone's reality, and they concentrate only on having fun with one another

-Not very much. I do not attach much importance to it, perhaps because I am not religious and there are many things in religion that contradict my beliefs as a person. Of course I respect people who choose to fast on this day, but also a bit angry at the religious coercion that prevents me from watching television programs and so on ...

-Self-examination with myself and the Creator of the Universe

-A holy day for most people

-Tradition, union

-A day of holiness and atonement for the deeds we did, a day of forgiveness and deep self-understanding. Especially a day of thoughts

-Nothing, a day sucks

-A special day, a fast, approaching God

-A day of atonement for sins

-The holiest day of the year, a day of soul searching and general quiet. Lots of thoughts about last year and what you regret that you did or someone you hurt and you regret it.

-Quiet. No cars. Unity. White

-Atonement for sins and sins committed by the course of the year and forgiveness for others.

-A day of pause, introspection. A communal experience. External quiet

-A day of unity through quiet

-Yom Kippur is a tradition for me, especially to rest and think

-A day to clean up, you have time with your family and friends really and without phones

-A day to clean up, you have time with your family and friends really and without phones

-The atmosphere of the sacred, quiet, pure, of a fresh and clean beginning.

-All of them have a common denominator - fasting together, it's hard for everyone together.

-The holiest day of the year

-A day that makes it clear to all of us that the law of a person traveling on the road during the fast is condemned as a desecrator of Shabbat in public during the time of the Sanhedrin.

-Learning for history

מתי כספי - "סליחה"

Matti Caspi- "forgiveness"

I do not know what to say
I did not want to hurt.
The day that was over
I have no way of return.
Remove anger from your heart
And forgive
Do not kill a child inside you
He is yours, after all.

Even the promise,
Her strength, too,
Her spirit, too,
If you had your hand
On my neck,
I was no longer ashamed
I asked for forgiveness.

A wise man would have been saved
And I know you'll go.
A stupid man with a bitter lesson
Hope you'll forgive.
Remind me of the grace of my youth
My faith
Here lies fragments,
Come and heal me.

The promise,
Its power,
Her spirit.
If you had your hand
On my neck she puts down
I was no longer ashamed
I asked for forgiveness.

I do not know what to say
I did not want to hurt
The day that was over
I have no way of return

לא יודע מה לומר
לא רציתי להכאיב.
את היום שכבר נגמר
אין לי דרך להשיב.
הסירי כעס מליבך
ונסי למחול
אל תכי ילד בקרבך
הוא שלך למרות הכל.

גם ההבטחה,
גם כוחה,
גם רוחה,
לו היית את כף ידך
על צוארי מניחה,
לא הייתי עוד מתבייש
שביקשתי סליחה.

איש חכם היה נשמר
ויודע שתלכי.
איש טיפש עם לקח מר
מקווה שתסלחי.
זכרי לי חסד נעורי
את אמונתי
כאן מולך מוטלים שברי,
בואי ואחי אותי.

את ההבטחה,
את כוחה,
את רוחה.
לו היית את כף ידך
על צוארי מניחה
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לא רציתי להכאיב
את היום שכבר נגמר
אין לי דרך להשיב.

Yehudit ravitz

SLICHOT



Bata elai et einai lifko'ach,
Vegufcha li mabat
Vechalon ure'i,
Bata kelaila haba el ha'oach
Lehar'ot lo bachoshech et kol hadvarim.

Velamad'ti: Shem
Lechol ris vetziporen
Ulechol sa'ara babasar hechasuf.
Vereiach yaldut,
Rei'ach devek va'oren
Hu nicho'ach leilo shel haguf.

Im hayu inuyim -
Hem hifligu eilecha.
Mifrasi halavan el ha'ofel shelcha.
T'neni lalech, ho t'neni lalech
Lichro'a al chof haslich.

FORGIVENESS

You came to me, to open my eyes.
To me your body was a view,
A window and a mirror.
You came as night comes to the owl
To show him, in the darkness, all things.

And I learned: There's a name
For each eyelash and fingernail,
And for every hair on the exposed flesh.
And the scent of childhood,
The scent of paste and pine,
Is the night aroma of the body.

If there were torments -
They've sailed towards you.
My white sail into your darkness.
Allow me to go, oh allow me to go
And kneel on the shore of forgiveness.

Ninet Tayeb

YEMEI SLICHAH

Tachat or hasahar
Bein pirchei hatza'ar
Kol boded alah
Mesarev legavoha
Derech lo nigmeret
Regel mish'torechet
Tza'adah kaved
Mam'shichah lanu'a.

Yamim shel slichah higi'u
Ketz hake'ev kvar karov
Velo pashut le'ehov
Bachutz shaket venidmeh she-
Yesh od sikui shetach'lof
Tagid li mah yihyeh hasof.

Ananim gavoha
Maf'sikim lidmo'a
Ru'ach ne'imah
Shir aviv hevi'ah.

Kotzim shel ye'ush bein k'taleicha
G'delim befra'ut mis'vivcha
Chosmim et hasha'ar shelcha
Ve'yesh od kochav shetalui sham
Me'ir be'oro he'ayef
K'mo chelev ner shemitkalef
Mitkalef, mekaveh.

DAYS OF FORGIVENESS

Beneath the moonlight
Among the flowers of sorrow
A lonely voice rose
Refusing to grow taller
An endless way
A lumbered leg
It's step is heavy
Continues moving

Days of forgiveness have come
An end to the pain is near
And loving is not simple
It's quiet outside and it seems that
There's still a chance you'll pass by
Tell me what it's going to be

Clouds high up
Stop shedding tears
Pleasant wind
Brought a spring song with it

Thorns of desperation between your walls
Grow wildly around you
Blocking your gate
And there's still a star hanging there
Shining in its tired light
Like a peeled candle wax
Peeling, hoping.

Avihu Medina

ADON HASELICHOT

Adon haselichot
bochen levavot
goleh amukot
dover tzedakot

Chatanu lefaneicha
rachem aleinu.
(x2)

Hadur benifla'ot
vatic benechamot
zocher b'rit amo
choker kelayot

Chatanu lefaneicha
rachem aleinu.
(x2)

Male zakiyut
nora tehino
tzone'ach avonot
oneh be'etzavot

Chatanu lefaneicha
rachem aleinu.
(x2)

LORD OF FORGIVENESS

Master of Forgivings
examiner of hearts
the revealer of depths
speaker of justice

We have sinned before You,
have mercy upon us
(x2)

Glorious in wonders
great in consolations
remembering the covenant of his nation
investigating innihilation

We have sinned before You,
have mercy upon us
(x2)

Full of gaining
his entreaty is awesome
drops evils to the ground
answers sorrows

We have sinned before You,
have mercy upon us
(x2)

Beit Habubot

SHIR BE'IPARON

Al tishkach lis'moach gam bechelki
ve'al timna miliv'kot kshe'atzuv
tenatzel ad tom kol od atah tamim
til'mad levater ve'al tevater al hachaim.

Ki bachaim hakol over
mita'uyot lamad vehishtaper
mah shekolcha hap'nimi omer, zo ha'emet shelcha
lo, lishlo'ach zo lo chulshah
n'tzor ahavah bedarkecha
veda, et kol hasovev otcha.

Al telech bedarko shel acher
ve'al tichna lechulshot shebaguf
sa be'ul bak'tefaim itanut
veta'amin veta'amin, rak ta'amin.

Shebachaim hakol over...

SONG IN A PENCIL

Do not forget to rejoice in my own part
And do not stop crying when sad
Use it as long as you're innocent
.learn to compromise and do not compromise on life

Because in life everything passes
From mistakes learned and improved
What your inner voice says is your truth
No, forgiving is not a weakness
Save love on your own way
.And know, everything around you

Do not follow the path of another
And do not surrender to weaknesses in the body
He bore the burden with firm shoulders
.And believe and believe, just believe it

... In life everything passes