

## HOSTING GUIDE

# YOM KIPPUR BREAK FAST MEAL

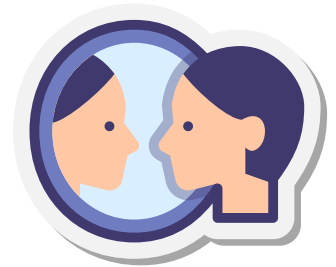
**Break Fast is the meal at the end of Yom Kippur, the Day of Atonement.**

This meal got its name because Yom Kippur is a fast day, a day when many choose to abstain from food and regular routines. While this may seem like a form of punishment, it's really not. This tradition allows us to focus on our spiritual lives rather than our physical needs.

Whether you choose to honor this day by fasting and attending synagogue services or unplugging from social media and spending time in nature, gathering at the end of Yom Kippur for a meal can be a meaningful way to reflect on the themes of the day with your family or community.

### **Cheshbon HaNefesh | A Time to Reflect**

Yom Kippur is a day of great introspection. It's a special time to pause, take a personal accounting of the past year, think about what you did well, and reflect on times when you missed the mark and could have done differently. It's also an opportunity to think about the new year to come, and how you can begin fresh with the intention of having a better, healthier, and more vibrant year ahead.



In Hebrew, this process of looking inward is called *Cheshbon HaNefesh*, which means “an accounting of the soul.”

**As you prepare to end Yom Kippur, ask yourself or those around you:**

- Name a moment when you were personally proud of yourself from this past year.
- Talk about a time when you feel like you missed the mark, a time you wish you had behaved differently, or something you wish you could have done differently.

### **Teshuvah | Returning to Our Best Selves**

In Jewish tradition, the process of repairing that brokenness is called *Teshuvah*. *Teshuvah's* literal translation is "returning," it's returning to our best selves, returning to the values that guide us. As part of the process of *Teshuvah*, of returning, we need to identify the practices that are missing in our lives.

**Ask yourself or those around you:**

- In the new year, what practices, actions, or rituals you want to return to or start anew?

## BLESSINGS

# YOM KIPPUR BREAK FAST MEAL

Having taken the time to reflect on the year that has passed and how to do better in the year ahead, here are some blessings you can use to start your Break Fast meal.

### Blessing Over the Challah

While many Ashkenazi Jews (Jews of Eastern European descent) end their Yom Kippur fast with bagels and lox (smoked salmon), Jewish communities across the world have a variety of other foods that are customarily part of the break fast meal. Jews from Iraq begin their meal with date-filled cookies, Jews from Morocco include a traditional stew made with lentils, lemon, cilantro, and chicken, and Persian Jews drink *faloudeh seeb*, a sweet combination of shredded apples in a light rosewater syrup.

**Many meals include some sort of bread. Whether it's challah, bagels, or pita bread, it's customary to start with the blessing over bread as part of ending the fast on Yom Kippur.**

*Baruch atah, Adonai Eloheinu melech haolam,  
hamotzi lechem min haaretz.*

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם  
מִן הָאָרֶץ.

Blessed are You, Eternal God, Sovereign of all, who brings forth bread from the earth.

### Shehecheyanu

**The Shehecheyanu is a blessing said the first time something new is done each year. It's a blessing of thanks for being able to arrive at this special moment in the year and in life.**

*Baruch atah, Adonai, Eloheinu melech haolam,  
shehecheyanu v'kiy'manu v'higianu laz'man hazeh.*

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ  
וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

Blessed are you, Eternal God, for giving us life, sustaining us, and enabling us to reach this season.