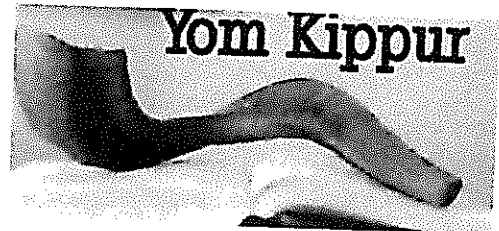


# Yom Kippur Services



## Supplement for Youth and Families

### Thoughts on *Teshuvah*

On *Yom Kippur*, we acknowledge that we have not been able to fully turn from our bad ways. We turn to God for mercy and ask for a clean slate so that we can begin again. This is called doing *teshuvah*.

*Teshuvah* means returning to the right path. It means not just a change of heart but a change of actions as well.

There are four steps to doing *teshuvah*:

- admit that what was done was wrong.
- feel sorry about it.
- ask forgiveness.
- promise not to do it again.

How can you know if you are sincere in your *teshuvah*? The answer is that if you have the opportunity to do the same thing, you will not do it again. Can you think of a time you did something wrong but did not do it again when you had the chance?



### **Beruriah and the Robbers**

There were once some robbers who lived in Rabbi Meir's neighborhood. Because they caused so much trouble, Rabbi Meir prayed that they would die. His wise and learned wife, Beruriah, told him that this kind of prayer should not be permitted. "It is better to pray that these wicked people change their ways," she said, "and then there won't be wickedness." Rabbi Meir did pray for them and they stopped their wickedness.

### Children's AI Chet: (from Kveller)

- Asked "are we there yet?" when we were told the timing five minutes ago.
- Bit people, even those "love bites."
- Called people names.
- Dropped things on the floor, instead of putting them where they belong.
- Expected to get our way immediately.
- Fought with our classmates or siblings.
- Grabbed, without asking first.
- Hit, instead of using our words.
- Interrupted when we can wait patiently or say "excuse me."
- Jumped on furniture when it's against the rules or not safe.
- Kicked people.
- Laughed when someone was sad.
- Made a mess and refused to help clean it up.
- Said "No!" just for the sake of saying "no!"
- Opened something without permission.
- Did not say Please when asking for something.
- Was not Quiet when someone was talking or sleeping or on the phone.
- Ran inside a building or ran into a driveway without looking.
- Didn't say "Sorry" when we hurt someone.
- Took something without asking permission.
- Left our Underwear on the floor instead of putting it where it belongs.
- Visited someone's house, but did not act like a good guest.
- Wrote on something that we're not supposed to write on: walls, books, floor, furniture.
- Was eXhausted, but resisted bedtime.
- Said "Yuck" to the Zucchini without trying it first.

### Silent Devotion

On *Yom Kippur*, an eight-year-old boy, seated next to his father in the synagogue, was reading the prayers very softly. His father gently whispered to him:

"Son, I can't hear you praying."

"I wasn't talking to you," the boy replied in a firm voice.

## **I Did It! I'm Sorry!**

*I did it! I'm Sorry!*  
*Next year I'll be good.*  
*I'll try to be better,*  
*and do what I should.*

*There's no one to blame.*  
*The fault was all mine.*  
*Forgive me,*  
*I won't do the same things next time.*

I ate all the cake Mama saved for our guests.  
I broke her blue vase and I left a big mess.  
I cried, kicked and screamed till I got my own way  
I didn't clean up my old clothes for twelve days.  
I erased the great novel that Daddy was writing.  
I frightened the cat with my scratching and biting.  
I gossiped and told tales I knew weren't true.  
I happened to fill Suzie's slippers with goo.

*I did it! I'm Sorry!*  
*Next year I'll be good.*  
*I'll try to be better,*  
*and do what I should.*

*There's no one to blame.*  
*The fault was all mine.*  
*Forgive me,*  
*I won't do the same things next time.*

I ignored the advice of my parents and teachers.  
I jumped on the bed like some wild, crazy creature.  
I knew it was wrong, but it seemed like such fun.  
I lied *just a bit* when they asked what I'd done.  
I misbehaved terribly during the year.  
I nagged at my parents and drove them to tears.  
I organized protests to close down the school.  
I pushed when they told me quite clearly to pull.

*I did it! I'm Sorry!*  
*Next year I'll be good.*  
*I'll try to be better,*  
*and do what I should.*

*There's no one to blame.*  
*The fault was all mine.*  
*Forgive me,*

*I won't do the same things next time.*

I Quacked like a duck while the teacher was talking.  
I Ranted and raved with cacophonous squawking.  
I Said I would do things but never did do 'em.  
I Told tales of lost homeworks and doggies that chew 'em.  
I Used Tammy's toys that she said not to touch.  
I Vanished before I could help very much.  
I Walked, uninvited, through Mrs. Katz' courtyard.  
I X-ed out the "F"s from my last year's report card.  
I Yelled till I made all the neighbors' ears sore.  
I Zoomed on my bike 'cross the fresh-painted floor.

*I did it! I'm Sorry!*

*Next year I'll be good.*

*I'll try to be better,*

*and do what I should.*



## **A Lesson at the Doorway**

Rabbi Elijah spent much time trying to persuade the rich people in Lodz to help the poor people in that town. Sadly, some had to be coaxed to donate money.

One bitter winter, there were many poor people who could not afford to buy coal to keep warm. Rabbi Elijah decided he would pay a visit to Kalman Poznansky, the richest Jew in Lodz.

Kalman Poznansky was not pleased to hear that Rabbi Elijah was at his door. He guessed that the rabbi wanted a donation and Kalman was not eager to part with his money. Still, he felt it was his duty to greet the rabbi.

As soon as Kalman Poznansky opened the door, Rabbi Elijah began to talk non-stop about every topic under the sun. On and on he went as Kalman shivered from the cold temperature and freezing wind.

Finally, when his teeth began to chatter, Kalman asked the rabbi if they could continue the discussion inside. When they were seated, Kalman Poznansky then asked Rabbi Elijah why he wanted to talk to him at the doorway instead of in his comfortable warm house.

The rabbi explained that he had indeed come to ask for *tzedakah*. If he had made his request inside, Kalman would not have understood about the sufferings of the poor.

Kalman said to himself, "I have been in the freezing cold for only a few minutes. Imagine how hard it is for those who have to endure this cold all winter." And so, he gave Rabbi Elijah an extra-generous donation.