

# Venture into Yom Kippur



## TEN FAST FACTS!

1. "Yom Kippur" means Day of Atonement. Atonement means apologizing and trying to repair wrongs.
2. [A story in the Torah](#) says that shortly after the Israelites committed a sin of worshipping an idol, Moses went to the top of Mt. Sinai and prayed for forgiveness. The day they were forgiven (the 10th of Tishrei) was to be known as the Day of Atonement—Yom Kippur.
3. Yom Kippur is the most solemn day in the Hebrew calendar.
4. Some Jews make donations or volunteer their time in the days leading up to Yom Kippur. This is seen as a way to end the calendar year with good deeds.
5. [Yom Kippur marks the end of the 10 Days of Awe](#), a period of introspection and repentance that follows [Rosh Hashanah](#), the Jewish New Year.
6. [Healthy adults are instructed to fast](#) (not eat) on Yom Kippur. The fast is believed to cleanse the body and spirit, not to be a punishment.
7. The main theme of Yom Kippur is apology. During the holiday all thoughts are supposed to be centered on this theme.
8. [It is traditional to wear a tallit, or prayer shawl, at all times in the synagogue on Yom Kippur](#); this is the only time during the year when the *tallit* is worn in the evening.
9. During Yom Kippur, there are many different services throughout the day. [The very last one \(Neilah\) ends with a long blast of the shofar.](#)
10. [It is customary, after Yom Kippur ends, to immediately begin planning the construction of the sukkah](#), to be used for the holiday of Sukkot, which follows in just five days.