Yom Kippur

Tradition: Judaism
September 27, 2020

Yom Kippur is the Jewish Day of Atonement that concludes an intensive ten day period of personal and communal self-examination.

Prayer services include extensive opportunities to help the individual repent of sins by altering conduct, readjusting values, and setting things right for the year to come.

Central to Yom Kippur observance is fasting (no eating or drinking).

Campus Climate Considerations, some celebrating the holiday are...

- ✓ fasting
- ✓ traveling
- ✓ managing family expectations/obligations
- ✓ busy with holiday preparations/rituals

Student accommodations might include:

Assignment modifications, Excused absences, Other Accommodations (ask your classes!)

Work-Restricted?

Jewish observance begins at sundown before the full day of the holiday. Traditionally no work is done during this time including driving which can result in time away from campus. In addition to fasting, some Jews will avoid bathing, brushing their teeth, wearing perfume/cologne, and engaging in sexual relations.

What’s on the menu?

Yom Kippur is a fast day so there is no eating or drinking. Emphasis is placed on the meal before the fast and the meal after the fast which may include bagels, lox, and tuna salad.

Greet your neighbor!

G’mar Chatimah Tova Which literally means “A good final sealing” as the emphasis is being sealed in the Book of Life for a good year.

What is the mood of this holiday?

(we realize that holidays are multilayered and complex; we are simply checking off a few moods to give people a tiny sense of the overall tone of the day)

- ✓ Celebratory
- ✗ Mournful
- ✗ Fun
- ✓ Reflective
- ✓ Serious

This fact sheet is part of DU’s new Religious Inclusivity Initiative. It is designed in consultation with scholars and practitioners and is meant as a practical go-to ‘beta’ resource, not a comprehensive or definitive presentation of any religion or holiday. Want to recommend a change? Want to suggest another holiday to feature? Contact Profs. Sarah Pessin & Andrea Stanton at cjs@du.edu

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