



YOM KIPPUR

## ARE YOU DOING TESHUVA?

ל"ה teach us that Yom Kippur brings us forgiveness with Teshuva. It is important for us to show Hashem (and ourselves) that we really want to change—to grow in our lives. Therefore, it is important to undertake more initiatives (*kabolas*) for the coming year. Here are some simple yet

B'Ezras Hashem effective kabalos for you to choose from.

Remember, the Torah tells us **ובחרת בחיים**—Choose Life.

Incredibly, Hashem puts our lives in our own hands.

He treats us as we treat others—and as we treat ourselves.

### PRACTICAL KABALOS FOR THE COMING YEAR

#### **ובחרת בחיים – Choose Life**

*Please choose from the following Kabalos b'li neder, which are suitable and within your reach.*

#### **Bain Adam L'Makom**

- Have Kavana in the first two p'sukim of Sh'ma
- Bentch slowly from a bentcher
- Keep a brief diary of your mitzvos/aveiros at the end of the day
- Learn at least one Halacha daily
- Have Kavana in the first B'racha of Shemone Esrai
- Avoid talking politics/sports/business or about people at the Shabbos Table
- Say Asher Yotzar with Kavana at least once a day
- Refrain from reading secular newspapers
- Say Modim with Kavana for all the goodness given by Hashem
- Establish a seder in learning before going to work
- Daven all three tefilos with a minyan
- Begin learning Hilchos Shabbos from any sefer

#### **Bain Adam L'Chaveiro**

- Make a list of cholim and say Tehillim every day for them
- Speak courteously ("Hello", "Please", "Thank you", "Good Shabbos") to your family and strangers
- Help a single with a shidduch
- Especially guard your tongue from Lashon Horah for at least one designated hour a day
- Do a Chesed that nobody knows about once a day
- Avoid making a sharp, angry or witty remark at least one time a day
- Stand up for Rabbonim/parents/elders
- Compliment someone at least once a day
- Compromise with others/judge others favorably at least once a day
- Give Tzedakah every time you raise your voice or speak Lashon Horah
- Learn the Halachos of Bein Adam L'Chaveiro (Bikur Cholim, Shmiras Halashon, Nichum Aveilim, etc.)

**For more information, please call (718) 253-5497**