

## Mark Your Calendar for Yom Kippur, the Day of Atonement

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Just before the sun sets on October 8, all over the world, Jewish people will gather in their homes to light a candle that will burn for 25 hours. Yom Kippur, or the Day of Atonement, is the holiest day of the year in Judaism. Occurring just a few days after Rosh Hashanah, the Jewish new year, Yom Kippur is a time to reflect on the mistakes of the past, to promise not to repeat them again, and to ask for forgiveness from God. While most spend the day fasting and in prayer, you can still find your own unique way to mark this day.

### Take Time to Reflect on Your Resolutions

Remember that list of resolutions you made back in January? Have you accomplished any in the last ten months? Even if the answer is no, you still have three more months until the new year!

Maybe you haven't accomplished any of your resolutions, but instead accomplished something else. Think back to a time this year where you felt proud of yourself. What about a time you wished you did something differently? As you reflect, try not to dwell on the mistakes, but recognize them and use them as a tool for moving forward.



### Attend a Temple Service

Take part in the services of one of the most ancient of all religions and learn more about the faith that serves as the root of both Christianity and Unificationism. Although you don't have to be a practicing Jewish to attend a service on Yom Kippur, you may need a ticket to ensure that you'll have a seat. Reach out to [your local synagogue](#) to find out if there is still space for guests. If you do end up going, you may find that the prayers and songs spoken in Hebrew provide a meditative space for you to connect to the divine.



### Give to a Local Charity

The Jewish believe that in order to receive forgiveness for their sins, they must donate to charity. But with so many charities to choose from, you may have a hard time deciding which one. Since Thanksgiving is just around the corner, consider donating locally by finding a nearby church that is collecting money or goods for the holidays. If you're feeling up to it, ask your local church pastor if you can work together to organize a canned food drive for the fall season.