



*Kahal B'raira /*  
community of choice

Congregation for Humanistic Judaism

# YOM KIPPUR

FAMILY BREAK FAST

Welcome everyone. Let's start off with a song

## Song: Heenay ma tov

Heenay ma tov u-ma nayim  
Shevet akhim gam ya-khad

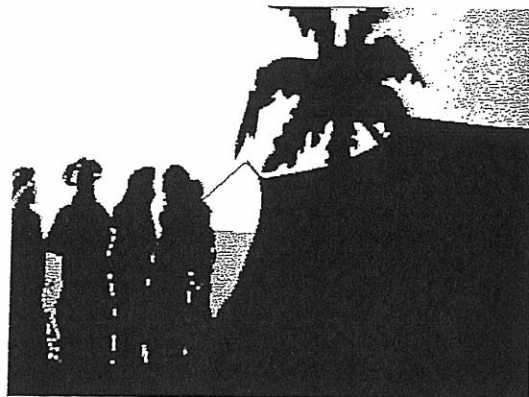
הִנֵּה מְטוֹב וְיָמָה בְּעַיִם  
שֵׁבֶת אַחִים גַּם יַחַד

Reader: That's a lot of words in Hebrew. Whatever do they mean? One of the words is "tov" which you've heard when people say "mazel tov" - good luck. "Tov" means "good," and we put "ma" in front to mean "how good." The word "nayim" means "pleasant." And "heenay" means "look and see" or "behold!" So the first line reads

Heenay - look and see!  
Ma tov - how good  
Oo ma nayim - and how pleasant

The second line has these words:

Shevet - to celebrate  
Akhim - brothers and sisters  
Gam ya-khad - all together



So the whole song says

Look and see how good and pleasant it is  
When brothers and sisters celebrate together

Now let's sing it again.

Heenay ma tov u-ma nayim  
Shevet akhim gam ya-khad

הִנֵּה מְטוֹב וְיָמָה בְּעַיִם  
שֵׁבֶת אַחִים גַּם יַחַד

Reader: What does this have to do with us? Are we all brothers and sisters?

We don't all have the same parents, but when we come together like this we are all part of a family. We're part of the family of Kahal B'raira, and that is part of the family of Jewish people all over the world.

So maybe we *are* brothers and sisters, at least for a while. What are we celebrating? We're celebrating the end of Yom Kippur - The Day of Atonement. To atone for something you did means to feel sorry for it, and to try to make it right. Maybe you remember this morning when we all got together and thought about how each and every one of us does things we might feel sorry about. I'll bet you're saying to yourself - "We already did that. Do we have to do it again?"



Reader: The answer is no - and yes! We've come together to celebrate the end of the eight days where Jews like us all over the world take time to think about how we've behaved during the last year. In a few minutes we'll have a break fast. That's a meal people eat after fasting. Some adults like to fast on Yom Kippur as a way of remembering how the year has gone and what they want to do differently next year. Why do we make such a big deal about this?

Reader: The most important thing that we believe is the importance of thinking about the results of what we do. Before we steal the last piece of cake, we think about whether it was being saved for someone else. Before we get up and leave our toys on the floor we think about what will happen if someone steps on them. Before we make fun of people, or play a trick on them, we think about how they will feel. Before we agree to do someone a favor that we really