

The Youth Weekly

YOM KIPPUR 5787

EmPower thru Torah

<u>Erev</u>	<u>Yom</u>	<u>Kippur</u>	<u>Yom Kippur</u>
Sunday	20 Sept		Monday 21 Sept
Shacharit:	7.45am		Shacharit: 9.00am
Mincha:	3.00pm		Yizkor
Candle lighting:	no		Musaf Service
later than	5.53pm		Ne'ilah: 5.25pm
Fast commences:			Ma'ariv & Fast
before	5.53pm		Concludes: 6.49pm
Kol Nidrei:	6.15pm		

YOM KIPPUR IN 30 SECONDS

Yom Kippur is the day the Torah sets aside for kapparah, atonement, and teshuvah, returning to Hashem.

The Torah calls it Shabbat Shabbaton, a “Shabbat of complete rest,” and Mikra Kodesh, a sacred day.

We stop ordinary work, fast, and spend much of the day in tefillah.

We say Vidui, confession, several times. During Musaf we retell the special Yom Kippur service of the Kohen Gadol in the Beit HaMikdash. At Mincha we read Yonah, and the day closes with Ne'ilah and the final shofar.

Its holiness comes from what the day is for:

"On this day atonement shall be made for you, to purify you." Vayikra 16:30

START WITH ONE THING

Yom Kippur can feel like a lot.

The tefillot are long. Some of the Hebrew is unfamiliar.

There are melodies, Torah readings, stories, customs and moments when everyone else seems to know what is happening.

Meaning can start with one thing.

Listen carefully to one prayer. Notice one line in the Vidui. Follow the Torah reading.

Ask why everyone bows during the Avodah. Read Yonah with your children. Sing a melody you recognise.

You do not have to take in the whole day at once.

This newsletter is here to give you a few places to stop, understand a little more, ask a question, or start a conversation with someone next to you.

Pick something that catches your attention and stay with it for a while.

**One meaningful moment can be enough to make the day
feel different.**

YOM KIPPUR
for Children & Teens
Mon 21 Sept 2026

10:30am | Ages 0-3 + 4-8
Three children playing with blocks

11:15am | Ages 9-12
An open book

Kids Lunch during Drasha
under Bar/Bat Mitzvah age
A brown lunch bag and an apple

1:00pm | High School Program
Three people talking

4:55pm | Primary School Program:
Get Ready for Ne'ilah
A landscape with a sun and path

PLUS FOR KIDS

3-5 | RLH Playground
for parent-supervised play
A playground slide

6-12 | Afternoon
Hangout + Games
A chessboard

WE'D LOVE TO MEET YOU

Yom Kippur can feel meaningful, moving, and sometimes a little overwhelming, especially if you are new or visiting.

Please introduce yourself, ask someone for directions or guidance, or simply stop for a schmooze.

Our community would be very happy to meet you and help you feel at home at PHC.

Inside this YOM KIPPUR edition

Yom Kippur in 30 Seconds • Rabbi Dan on the Haftarah • Rabbi Rosner on trying again • Teen dive deeper • Yonah comic + family learning • Seder HaAvodah comic • Yom Kippur Journey Map • Coming Home • RLH Early Learning • What's next at PHC? • Puzzles + games



WHAT DOES FASTING CHANGE?



Every Wednesday evening at PHC, Rabbi Dan leads Kollel Tanach, a weekly journey through the books of the Nevi'im, the Prophets.

Recently, the Kollel reached **Yeshayahu chapter 58**. That chapter has a special place on Yom Kippur: **it is part of the Haftarah we read on Yom Kippur morning.**

Its subject could hardly be more direct.

The people are fasting. They are praying. They are seeking Hashem. **Yet Yeshayahu asks whether the fast is changing anything beyond the day itself.**

The same people who are fasting continue to argue, mistreat workers and ignore people in need.

Rabbi Dan explained that sometimes it can be easier to suffer than to change. Fasting is difficult, but discomfort by itself does not change the way we live.

Yeshayahu describes the fast Hashem wants to see reflected in our actions:

fight injustice, free people from oppression, feed the hungry, provide clothing and stop turning away from people who need us.

Then the chapter gives a different picture of what religious life can produce. Light can shine in the darkness. A person can become a "repairer of broken walls," someone who brings healing where there has been damage.

That is why this Haftarah belongs so naturally on Yom Kippur.

We spend the day fasting, praying and asking Hashem for forgiveness. Yeshayahu asks what happens when the fast is over.

What could I change so that my religious practice also changes how I treat people?

"A repairer of broken walls"
Yeshayahu 58:12

Join Kollel Tanach



Our Yom Kippur article this week grew out of Kollel Tanach with Rabbi Dan.

Join us on Wednesday evenings for Tanach learning, Rabbi Dan's teaching, and the chance to learn in chavruta, paired learning, with Rav Aviel.

Wednesdays • 6:15pm • PHC

WAIT... YOM KIPPUR IS A HOLIDAY?

Yes.

Yom Kippur is a fast, but it is very different from Tisha B'Av.

Tisha B'Av is a day of mourning for tragedies in Jewish history, especially the destruction of the Beit HaMikdash.

Yom Kippur is one of the Torah's holy days. The fasting is part of the day's mitzvah of **עינוי-ינוי**, setting aside physical comforts so we can focus on teshuvah, tefillah and our relationship with Hashem.

That is why the mood is serious, but it also carries hope, joy and excitement.

The Mishnah even lists Yom Kippur among the happiest days of the Jewish year, because it is a day of forgiveness and renewal.

TRYING AGAIN COUNTS

Based on a Yom Kippur lesson by Rabbi Shalom Rosner

During Vidui, confession, on Yom Kippur we repeat the words:

עַל חַטָּא שְׁחַטְאנוּ לְפָנֶיךָ

"Al chet shechatanu lefanecha..."

"For the sin we have committed before You..."

Many people gently pound their chest as they move through the list of sins.

Then a line comes up that feels very familiar.

You remember saying it last Yom Kippur too.

Elsewhere in the Yom Kippur prayers, Hashem is called:

סֶלֶחַן לְיִשְׂרָאֵל וּמַחֲלֵן לְשִׁבְטֵי יִשְׁרָאֵל

"the Forgiver of Israel and the Pardoner of the tribes of Yeshurun."

A teaching from the Ruzhiner Rebbe notices the unusual words solechan u'machalan. The extra nun can describe a continuing trait, something a person characteristically does.

Hashem is described here as One whose way is to forgive.

TEEN DIVE DEEPER

DO WE CONFESS THE SAME THING AGAIN?

Based on Yoma 86b

There is a surprising argument in the Gemara about old mistakes.

One opinion says that **if someone confessed a sin on one Yom Kippur**, changed, and did not repeat it, **they should not keep confessing it every year.**

Mentioning it again is compared to returning to something that should have been left behind.

Rabbi Eliezer ben Yaakov disagrees.

He says **there can be something praiseworthy about remembering it**, quoting the words:

"For I know my transgressions and things I have done wrong, and my sin is always before me."

Again, and again.

When we recognise the same Al Chet as last year. We return knowing that forgiveness is part of how we describe Hashem.

The Mabit, Rabbi Moshe ben Yosef Trani, adds another idea.

Teshuvah may still have value even when the work is incomplete.

A person may have begun to regret, change or leave a habit behind while still having more work to do.

So hearing the same words again this year does not make last year meaningless.

It tells us that some of the work is still ours to do.

Yom Kippur gives us another chance to take it on and try again.

What is one small change you genuinely want to make beyond Yom Kippur?



Which makes us think:

Should we keep bringing old mistakes back into Vidui?

Perhaps remembering an old failure can keep us humble and aware of how far we have come. Perhaps constantly reopening it can make it harder to move on.

The discussion in the Gemara leaves us with something to reflect:

When does remembering a mistake help you change, and when is it time to leave it behind?

Why do we read Yonah on Yom Kippur?

A story about teshuvah, compassion and a second chance.



Why Yonah on Yom Kippur?

At Mincha on Yom Kippur we read Yonah because it shows that people can change, and Hashem cares when they do.

Comic idea:
Josh Sebbag

FAMILY LEARNING

WHEN DOES “SORRY” BECOME TESHUVAH?

The people of Nineveh fast, pray and ask Hashem for forgiveness. Then the Navi tells us what Hashem notices:

“וַיֵּרָא הָאֱלֹהִים אֶת־מַעֲשֵׂיהֶם כִּי־שָׁבוּ מִדְרָכָם הָרָעָה וַיִּנָּחֵם הָאֱלֹהִים עַל־הָרָעָה אֲשֶׁר־דָּבַר לַעֲשׂוֹת־לָהֶם וְלֹא עָשָׂה.”

“God saw their deeds, that they had turned from their bad ways.”
Yonah 3:10

Chazal, our sages, use Nineveh to teach that fasting only means something when it leads to real change.

Yonah then struggles with what happens next. Hashem accepts Nineveh’s teshuvah and spares the city, but Yonah is still upset.

That gives us 2 questions to think about:

1. Why can it be difficult to believe that somebody has really changed?
2. Why do you think Hashem wanted Yonah to care about Nineveh too?

Teshuvah asks us to change. It can also ask us to make room for someone else’s change.

Where Did the Kohen Gadol Go?

The Yom Kippur service in the Beit HaMikdash

On Yom Kippur, the Kohen Gadol begins the holiest service of the year.



He confesses and prays for atonement for himself and for Am Yisrael.



Now he goes where no one else may enter.



Inside the Kodesh HaKodashim



The people bow all the way down when they hear Hashem's Name.



The Kohen Gadol comes out in peace, and the people rejoice.



SAME PEOPLE
SAME PRAYERS
A BRIGHTER
TOMORROW



Why do we still say Seder HaAvodah?

In Musaf, we carefully retell the Yom Kippur service of the Beit HaMikdash. Our tefillah stands in place of the Avodah, and we relive that holy day together.



מֵרָאָה כָּהֵן - Mareh Kohen

After the Avodah we sing Mareh Kohen, a piyut describing the beautiful sight of the Kohen Gadol emerging safely from the holy service.

"How wondrous was the sight of the Kohen Gadol as he emerged in peace."

A PIYUT FOR THE DAY FROM EVENING TO EVENING

יעלה תחנונינו

Ya'aleh Tachanuneinu opens the Selichot said after Maariv on Yom Kippur night in many communities.

Its structure quietly traces the whole day:

יְעֹלֶה... מֵעֶרֶב

May it rise... from the evening

וַיָּבֹא... מִבֹּקֶר

May it come... from the morning

וַיֵּרָא... עַד עֶרֶב

May it be received... by evening"

Yom Kippur itself is described in the Torah in exactly that way:

"From evening to evening you shall keep your Shabbat." Vayikra 23:32

So the piyut follows us from the opening night of Yom Kippur, through the morning, and towards Ne'ilah.

The peak of the piyut comes in the final line:

וַיֵּרָא אֵלֵינוּ עַד עֶרֶב

"And may He appear to us by evening."

Until now, the piyut has asked that our prayer, forgiveness and redemption should rise, arrive and be accepted.

But in the final line, something changes.

It is no longer the answer that we hope will "appear."

It is Hashem Himself.

That is where the journey from evening to evening is heading: not only towards an answer to our prayers, but towards closeness to Hashem.



WHAT'S NEXT AT PHC?

PICK SOMETHING TO COME BACK FOR

SUKKOT AT PHC Youth at PHC

FIRST DAYS OF SUKKOT

Thu 24 Sept – Sun 27 Sept

THU 24 SEPT

Family Sukkot

4:30pm

Early Supper & Sukkah Decorating

FRI 25 SEPT

Yom Tov (First Days of Sukkot)

Children's Service

6:00pm (approx.)

SAT 26 SEPT

Sukkot Day 1

Children's Services

Sept-Dec Birthday blessings and special Kiddush

SUN 27 SEPT

Sukkot Day 2
Bnei Akiva Youth Takeover

9:00am
Come lead a part! Celebrate Sukkot together! Youth lunch included

SHEMINI ATZERET & SIMCHAT TORAH

Sat 3 Oct – Sun 4 Oct

SAT 3 OCT

Shemini Atzeret

Children's Services
Special activities for ages 0 – High School

SUN 4 OCT

Simchat Torah

Kids' activities
Interactive Hakafot
Special activities for ages 0 – High School



Mitzvah site



PHC tefilah app

Weekly in PHC

Learning. Connection. Community. Shabbat.

MONDAY & TUESDAY



EmPower Thru Learning

Kindy – High School

Monday
4:00 PM Kindy – Year 2
5:15 PM Year 3 – Year 4

Tuesday
4:00 PM Year 4 – Year 6
5:15 PM High School



WEDNESDAY



Tanach Shiur

with Rabbi Dan

Group Learning with Rav Aviel



THURSDAY



Pizza Parasha

High School
6:30 PM – 7:45 PM
Learning, food and great company.



SHABBAT MORNING



Children's Services

During Shacharit (Shabbat Morning)

A warm, engaging space for kids to connect with tefillah and friends.



thephc youth

Have an idea? Share it with Rav Aviel

0480 440 883

empower@thephc.com.au

COMING HOME THE QUESTIONS CHANGED



7"03

Doron Sheffer had already reached places most young basketball players only dream about.

He grew up in a secular Israeli home, became one of Israel's leading basketball players, starred at the University of Connecticut and, in 1996, **became the first Israeli selected in the NBA draft**. He chose to return to Israel and played for Maccabi Tel Aviv, winning championship after championship.

Then, in 2000, at only 28 and still at the height of his career, Doron announced that he was leaving professional basketball. There was no injury forcing him out. **Doron said he felt tired and saturated with the game**. During the warm-up before one match, he suddenly knew he had reached the end.

For the next 2 years, life looked very different. He travelled the world, went through a painful divorce and became a father.

Far from the basketball courts that had organised his life for years, he began thinking seriously about what came next. Then, in 2002, Doron was diagnosed with cancer.

He recovered after treatment, but the experience changed how he thought about his body, his health and the life he wanted to live. His connection to Judaism also developed gradually.

There were times when he put on tefillin and then stopped. He learned Torah and stopped. He began keeping Shabbat and stopped. Later, after marrying Talia, they began keeping Shabbat, kashrut and other mitzvot together. Doron later described the process simply: "It wasn't a decision made in one day or one minute."

He also returned to basketball. During those comeback years he began putting on tefillin more regularly, saying Tehillim and learning more Torah. He eventually finished his professional career in 2008.

Today, Doron lives in Amirim in the Galil with Talia and their 5 children. He teaches, writes and runs workshops about health, responsibility, crisis and change while using basketball as a main tool.

Doron's coming home included several beginnings, stops and returns.

Teshuvah can happen gradually. We may try, struggle, stop and return again later.

**Sometimes the first change is simply becoming willing to ask:
What kind of life do I want to live now?**



This Week at RLH Early Learning

From Beresheet to Rosh Hashanah
Several weeks ago, the children in K3 learned about Beresheet and the 7 days of Creation. Each child created artwork for one day, and together their pieces became a classroom exhibition.

For Rosh Hashanah, the children took their artwork home to celebrate the birthday of the world, with a reminder to try to bring their very best into the year ahead.

At RLH, Jewish learning becomes something children can create, experience and take home with them.



Looking for early learning for your child?
Jewish learning and excellent early education,
together at RLH.
Come and see RLH for yourself.

Book a visit or get in touch:
28 Freedman Road, Menora
(08) 9271 4757
director@ruthlandauharp.com
ruthlandauharp.com

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AARON'S ENIGMAS

7"03

Can you solve all 7 riddles?

Work your way from Gan Katan all the way to Gaon.
Solve every riddle correctly and tell all 7 answers to Aaron
Levine or Isaac Jacobs to receive a prize!

Gan Katan

I make one loud sound when Yom Kippur is almost finished.
You heard me many more times on Rosh Hashanah.
What am I?

Carmel School

1. The day before yesterday I was 17. Next year I will be 20. How is that possible?
2. My name means "locking", but I have no key. I arrive as Yom Kippur is coming to an end. What am I?

Pizza Parsha

1. I begin the Yom Kippur night service. I sound more like a declaration than an ordinary prayer, and I speak about promises and vows. What am I?

Lamdan/Scholar

1. What 8-letter English word can lose 4 letters and still sound the same when the remaining letters are read aloud?
2. Two of us stand together and look almost the same. A lottery gives us very different journeys: one for Hashem, and one towards the wilderness.

What are we?

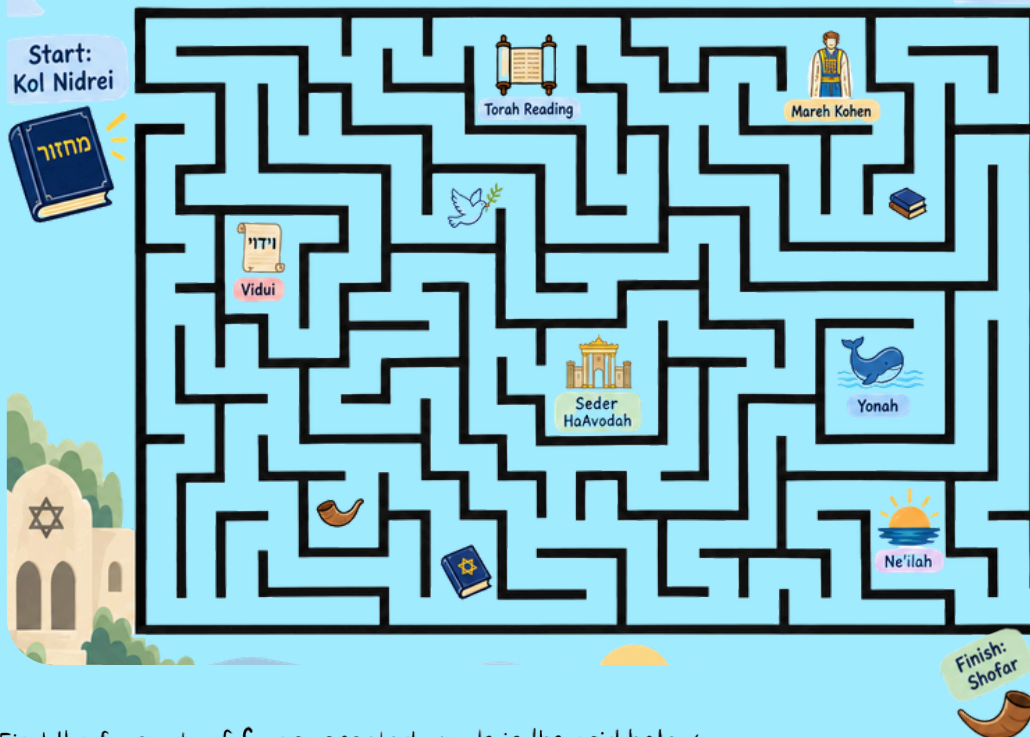
Gaon

1. Two people are in a horse race where the owner of the last horse to finish wins. They are both moving as slowly as possible. A stranger whispers 2 words to them, and suddenly they race as fast as they can.

What did he say?

Yom Kippur Maze

Can you find the path from Kol Nidrei to the final shofar?



Crack the Kippur Code!

Each symbol stands for a letter. Can you decode the Yom Kippur words?

CODE KEY

★ = A ● = E ▲ = F ◆ = G
♥ = I ■ = N ○ = O + = P
✍ = R ▼ = S ♦ = T ☾ = U
✕ = V ✿ = Y ☀ = H

1. ▲ ★ ▼ ◆ _____
2. + / ★ ✿ _____
3. ♥ ■ ☾ ✿ _____
4. ✿ ○ ■ ★ ☀ _____
5. ▲ ○ / ◆ ♥ ✕ ● _____

Find the four sets of four connected words in the grid below.

Flag	Turn	Macaroni	Forgive
Flect	Day	Noise	Lie
Cow	Pray	Pent	Socks
Fast	New	Aton	Glove

WHAT FOUR?

Yom Kippur Edition
By Sari Kopitnikoff • @thatjewishmoment

EXAMPLE
APPLE • PEAR • BANANA •
ORANGE → FRUIT



thephc youth

Yom Kippur Edition #1:
Holy: Day, Cow, Socks, Macaroni
Activities of the Day: Pray, Fast, Aton, Forgive
Re: Flect, Turn, New, Pent
White: Lie, Noise, Glove, Flag

Have an idea? Share it with Rav Aviel

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