



# Kaparot

*Kaparot is an ancient ritual we do in preparation for Yom Kippur. Kaparot can be done any time between Rosh Hashanah and Yom Kippur. We ask God that if we were destined to be the recipients of harsh decrees in the New Year, may they be transferred to the money used in the ceremony which is destined for tzedakah, charity for those in need.*

## **RECITE THREE TIMES:**

Children of Humanity who sit in darkness and the shadow of death, shackled in affliction and in chains of iron --- Hashem will bring them out of darkness and the shadow of death, and will break open their shackles. The fools— afflicted because of their sinful ways and their wrongdoings. Their soul loathes all food and they reach the gates of death --- they cry out to Hashem in their distress; Hashem saves them from their afflictions. Hashem sends forth A word and heals them; Hashem delivers them from their graves. Let them thank Hashem for this Divine kindness, and for Hashem's wonders to humanity. If there will be for someone even one interceding angel out of a thousand accusers, to speak of their uprightness in their behalf, then Hashem will be gracious to them and say: Redeem them from going down to the grave; I have found atonement.

## **WHEN RECITING THE VERSES BELOW, PASS THE MONEY DESIGNATED AS TZEDAKAH OVER YOUR HEAD THREE TIMES.**

*Someone doing the ceremony for themselves:*

This is my exchange, this is my substitute, this is my expiation. This money shall go to tzedakah and I shall proceed to a good, long life and peace.

*Someone doing the ceremony for their children or someone else:*

This is your exchange, this is your substitute, this is your expiation. This money shall go to tzedakah and you shall proceed to a good, long life and peace.