



# הוועד לעניני הדת

## RELIGIOUS COUNCIL

United Mashadi Jewish Community of America

### *COVID Yom Kippur Guidelines*

Rabbi Eliyahu Ben-Haim  
(Co-Chair)

Mr. Nissim Bassalian  
(Co-Chair)

Mr. Robert Livi  
(Secretary)

Rabbi Mordechai Kohanim  
Rabbi Yosef Bitton  
Rabbi Joshua Maroof  
Rabbi Adam Sabzevari  
Rabbi Mosheh Aziz

Mr. Shmuel Livian  
Mr. Louis Ebrani  
Mr. Morris Aziz  
Mr. Mehrdad Kohanim  
Mr. Besalel Ben-Haim  
Mr. Jonathan Hazghiyani  
Mr. Moshe Enayatiyan

9/23/2020

To our dear Mashadi Community:

In light of the current outbreak, the following religious guidelines been approved by our Rabbanim and Religious Council for Yom Kippur this year. The following guidelines are for this year only and not meant to be extended to other years.

**Those in quarantine:** We must stress that those who must be in quarantine should not attend minyanim or any other gatherings on Yom Kippur. This applies whether one tests positive or has symptoms himself, or whether someone in the household tested positive or has symptoms. Those who must be in quarantine must stay home until the end of their quarantine period.

**Fasting:** Those who have tested positive but have no symptoms at all should fast just like every year.

If one is ill or has symptoms, they should consult their physician and rabbi before Yom Kippur to see if they can complete the fast or not. When instructed by a doctor and/or rabbi to eat on Yom Kippur, one should proceed as follows:

1. Eat a portion of food up to 1 fl oz (the volume of food which fits into a plastic 1 oz. liquor shot cup). After finishing the first portion, wait ten minutes and then eat a second portion up to 1 fl oz. One may do this (eat 1 fl oz., wait ten minutes, eat fl 1 oz.) as needed until he is strong enough to continue fasting.
2. If one needs to drink: Drink 1 fl oz. of water or any liquid, then wait 5 minutes and drink 1 oz. again and so forth. Once a person feels strong enough to continue fasting, he should continue fasting.
3. In case of an emergency or a possible life-threatening situation (for example: hypoglycemia, passing out, dehydration, etc.) and these small portions are not be enough, one should drink or eat whatever necessary.

**Hatarat Nedarim:** Our custom is to use three judges (Kohen Levi and Yisrael), and the three judges should be sitting together in one location. The listeners may fulfill Hatarat Nedarim by listening either in person or by following via Zoom or video conference. Those listening in person should be careful to wear masks and social distance at all times.

**Kapparat:** We encourage everyone to do Kapparat for themselves using money, and then giving the money to tzedakah. The following is the text for Kapparat with money for one who is doing it for himself/herself:

זֶה חֲלִיפְתִּי, זֶה תְּמוּרָתִי, זֶה כְּפָרְתִּי. זֶה הַכֶּסֶף יֵלֵךְ לְצִדְקָה וְאֲנִי אֵלֵךְ לְחַיִּים טוֹבִים  
אֲרַכֶּם וְלִשְׁלוֹם:



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**Men's Mikveh:** Due to potential exposure, men are discouraged from attending a Mikveh facility before Yom Kippur this year. Please ask one of the community Rabbanim how to proceed if you wish to use the Mikveh before Yom Kippur.

**Prayer Services:** Based on Rav Ben-Haim's guidance, we are recommending a shorter prayer service compared to previous years. The Gabbayim of each minyan will receive recommended guidelines from the Religious Council.

Those above the age of 65 or immunocompromised are advised to speak with their physician before attending synagogue on Yom Kippur.

If anyone has any questions, please speak with your healthcare provider and one of our Rabbanim before the holiday. We pray that Hashem should accept all of our prayers during these holy days and keep the world healthy and safe for the upcoming year.

Sincerely,  
The Religious Council