

*Samuel Field Y Adult Center*  
**The Customs Of The High Holidays**

### **Customs For Yom Kippur-5**

#### **Placing Grass On The Floor Of The Synagogue Before Yom Kippur**

Moredechai (R. Mordechai b. Hillel, a descendent of the Ra'aviyah (R. Eliezer b. Yoel HaLevi), was one of the great Rabbis of Germany (Ashkenaz) at the end of the Tosafot period. Born circa 1240, R. Mordechai was martyred in 1298 with his wife (daughter of R. Yechiel of Paris) with their five children in Nurenberg, Germany.)

R. Chiya the son of R. Huna said: I saw that Abaye and Rava when praying , etc. I interpret that statement to mean that they were praying in a place where the floor consisted of stone. When they prostrated themselves, they turned their heads to the side so that they would not appear to be bowing even though they were not performing a complete prostration. I heard that because of that concern, it is the custom before Yom Kippur to place grass all over the floor of synagogues because during the services on Yom Kippur, those present bow during the prayer leader's recital of the paragraph that begins: V'Ha'Kohanim V'Ha'Am.

#### **Customs Concerning The Clothes To Wear On Yom Kippur**

- Men wear a Kittel
- Men a Talis Throughout Yom Kippur
- Women do not wear gold jewelry
- Men and Women do not wear red clothing

#### **Yom Kippur As Sadie Hawkins Day**

Taanis 26b-R. Shimon b. Gamaliel said: there never were among the Jewish People greater days of joy than the fifteenth of Av and Yom Kippur. On these days the daughters of Jerusalem used to walk out in white garments which they borrowed in order not to put to shame any one who had none. All these garments required ritual dipping. The daughters of Jerusalem came out and danced in the vineyards exclaiming at the same time: young man, lift up your eyes and see who you choose to be a wife for yourself. Do not set your eyes on beauty but set your eyes on good family. Grace is deceitful, and beauty is vain; but a woman that fears the Lord, she shall be praised. And it further says, give her of the fruit of her hands; and let her works praise her in the gates.

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*Class Presented By Abe Katz, Founding Director,  
The Beurei Hatefila Institute-[www.beureihatefila.com](http://www.beureihatefila.com)*

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