

## Aseres Yimei Teshuva

- If zachreinu, mi chamocho, etc. that are added in shemona esrei are forgotten, don't repeat Shemona Esrei
- If Hamelech Hamishpat was forgotten, don't repeat Shemona Esrei
- Since it's a machlokes about the above Halachos, be very careful not to forget to say them
- If Hamelech hakadosh was forgotten, shemona esrei is repeated
- Those that are lenient to eat bakery bread that's baked by non Jews during the year should be strict during these days to only eat bread baked by a yid
- If it would take more than eighteen minutes to get bread baked by a yid then the other bread is allowed
- Cakes, cookies, pretzels etc. should be considered like bread
- Pasta does not have to be pas yisroel
- Cereals are not considered like bread and can be eaten
- If you eat chalav stam then there's no special reason to eat chalav yisroel
- We should try and do better than normal during these days and it's not considered faking
- Many say הרחמן הוא יחדש עלינו את השנה הזאת in birchas hamazon until Yom Kippur
- Try and be very careful in Hilchos Shabbos this week, especially not to talk about subjects that shouldn't be spoken about on Shabbos
- If you don't normally eat melave malka try and eat it on this Motzai Shabbos

## Kaparos

- If necessary, two or more males can use one male chicken and females a female chicken
- Pregnant women should use two chickens, a male and female
- It's best not to use maaser money for kaparos
- If you're paying extra because it's going to tzedaka, the extra can be taken from maaser
- Kaparos can be done using fish
- Many have the minhag to do kaparos with money