

KITZUR HALACHOS

ASERES YIMEI TESHUVA | R' TZVI YAAKOV STEIN

DAVENING

- If Hamelech Hakadosh was forgotten, Shemona Esrei is repeated.¹
- If Zachreinu, Mi Chamocha, etc. that are added in shemona esrei are forgotten, don't repeat Shemona Esrei.²
- If Hamelech Hamishpat was forgotten, don't repeat Shemona Esrei.³
- Since it's a Machlokes about the above Halacha, be very careful not to forget to say them.
- Avinu Malkeinu can be said when davening alone.⁴

EATING

- 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 Jew.⁵
- If it would take more than eighteen minutes to travel to get bread baked by a Jew then the other bread is allowed.⁶
- Cakes, cookies, pretzels etc. should be considered like bread.⁷
- Pasta does not have to be Pas Yisroel.⁸

- Cereals are not considered like bread and can be eaten.⁹
- If you normally eat Chalav Stam then there's no special reason to only eat Chalav Yisroel.
- We should try and do better than usual during these days and it's not considered faking.
- Many say *איתנו את השנה הזאת* in Birchas Hamazon until Yom Kippur.¹⁰
- Try to 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 to eat on this Motzai Shabbos.

KAPAROS

- If necessary, two or more males can use one male chicken, and females a female chicken.¹¹
- Pregnant women should use two chickens, a male and female.¹²
- It's best not to use maaser money for kaparos.¹³
- If you're paying extra because it's going to tzedaka, the extra can be taken from maaser.¹⁴
- Kaparos can be done using fish.¹⁵
- Many have the minhag to do kaparos with money.¹⁶

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| 1. שולחן ערוך (אורח חיים סימן תקפב סעיף א) | 9. קובץ הלכות (פרק כב סעיף ב) |
| 2. שולחן ערוך (אורח חיים סימן תקפב סעיף ה) | 10. מטת אפרים (סימן תרב סעיף א) |
| 3. רמ"א (אורח חיים סימן קיח סעיף א) | 11. משנה ברורה (סימן תרה סעיף קטן ג) |
| 4. מטת אפרים (סימן תקפד סעיף יד) | 12. רמ"א (אורח חיים סימן תרה סעיף א) |
| 5. שולחן ערוך (אורח חיים סימן תרג סעיף א) | 13. קובץ הלכות (פרק כג סעיף ט) |
| 6. משנה ברורה (סימן תרג סעיף קטן א) | 14. קובץ הלכות (פרק כג הערה טו) |
| 7. רמ"א (יורה דעה סימן קיב סעיף ו) | 15. משנה ברורה (סימן תרה סעיף קטן ד) |
| 8. מסורת משה (חלק ב יורה דעה אות מד) | 16. משנה ברורה (סימן תרה סעיף קטן ב) |