

It is an ancient custom on Erev Yom Kippur (or the days in between Rosh Hashana and Yom Kippur to perform Kaparot with a chicken, or alternatively with money. The value of the chicken or the money is given to Tzedaka (Charity).

**Step 1: Read the following in the language of your convenience**

Children of man who sit in darkness and the shadow of death, bound in misery and chains of iron—He will bring them out of darkness and the shadow of death, and will sunder their bonds. Foolish sinners, 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 the Lord in their distress; He saves them from their afflictions. He sends forth His word and heals them; He delivers them from their graves. Let them thank the Lord for His Kindness, and [proclaim] His wonders to the children of man. If there be for a man [even] one interceding angel out of a thousand [accusers], to speak of his uprightness in his behalf, then He will be gracious to him and say: Redeem him from going down to the grave; I have found expiation [for him].

בְּנֵי אָדָם יוֹשְׁבֵי חֹשֶׁךְ וְצִלְמוֹת אֲסִירֵי עֵינַי וּבְרִיחַ :  
 יוֹצִיאֵם מִחֹשֶׁךְ וְצִלְמוֹת וּמוֹסְרוֹתֵיהֶם יִנְתַּק :  
 אֱלֹהִים מִדְרַךְ פִּשְׁעֵם וּמַעֲוֹנוֹתֵיהֶם יִתְעַנּוּ : כָּל-אֶחָד  
 תִּתְעַב נַפְשָׁם וַיִּגְעוּ עַד-שַׁעַר מוֹת : וַיִּזְעַקוּ אֶל-  
 יְהוָה בְּצַר לָהֶם מִמִּצְקוֹתֵיהֶם יוֹשִׁיעֵם : יִשְׁלַח דְּבַר  
 וְרַפְּאֵם וַיִּמְלֹט מִשְׁחִיתוֹתֵם : יוֹדוּ לַיהוָה חֶסֶד  
 וּנְפִלְאוֹתָיו לְבְנֵי אָדָם : אֲמִישׁ עָלָיו מִלֶּאךְ מִלִּין  
 אֶחָד מִנֵּי-אֶלֶף לְהַגִּיד לְאָדָם יִשְׂרָאֵל : וַיִּחַנְנוּ וַיֹּאמֶר  
 פְּדֵעָתִי מִרְדַּת שֵׁת מִצְּאֵתִי כִּפֹּר :

**Step 2: Turn the chicken or money around your head 3 times while reciting the following:**

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

זֶה תַּלְפִּיתִי • זֶה תְּמוֹרָתִי • זֶה כִּפְרָתִי  
 זֶה הַכֶּסֶף יֵלֵךְ לְצַדָּקָה וְאֲנִי אֵלֶךְ לְחַיִּים טוֹבִים אֲרוּכִים וּלְשָׁלוֹם

**Repeat Step 1 & 2 - 3 Times**

**PLEASE FILL OUT THIS FORM**

Individual's Hebrew Name	Father's Hebrew Name	Mother's Hebrew Name	Last Name	Amount of Kapara
1				
2				
3				
4				
5				

Address: \_\_\_\_\_ City: \_\_\_\_\_  
 Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Payment**  
 Credit Card (Visa/MasterCard/Amex)  Cheque made payable to 'Chabad Lubavitch of Alberta'  Cash  
 Amount: \$ \_\_\_\_\_  
 Name on Card: \_\_\_\_\_ Card Number: \_\_\_\_\_  
 Expiry Date: \_\_\_\_\_ / 20\_\_\_\_ Cardholder's Signature: \_\_\_\_\_  
 Date: \_\_\_\_\_

The above amount that we are contributing should be a Kapara atonement for all people mentioned above, and this will merit us a good long life and peace. Amen.