

# SWEET TASTE OF TORAH

Although adults afflict their beings by not eating or drinking on the Day of Atonement/Yom Kippur, we encourage parents to allow their children to participate in this day's instruction on their level of willingness/ability. A child can strive to miss 1 or 2 meals, or perhaps afflict their being by not eating dessert on this day.

You can explain to your child that the purpose of today is to be at one with Yahweh, and to realize that He alone sustains us with physical and spiritual food.

If you are doing this lesson on another day you can give your children Kosher Goldfish to enhance the lesson.

