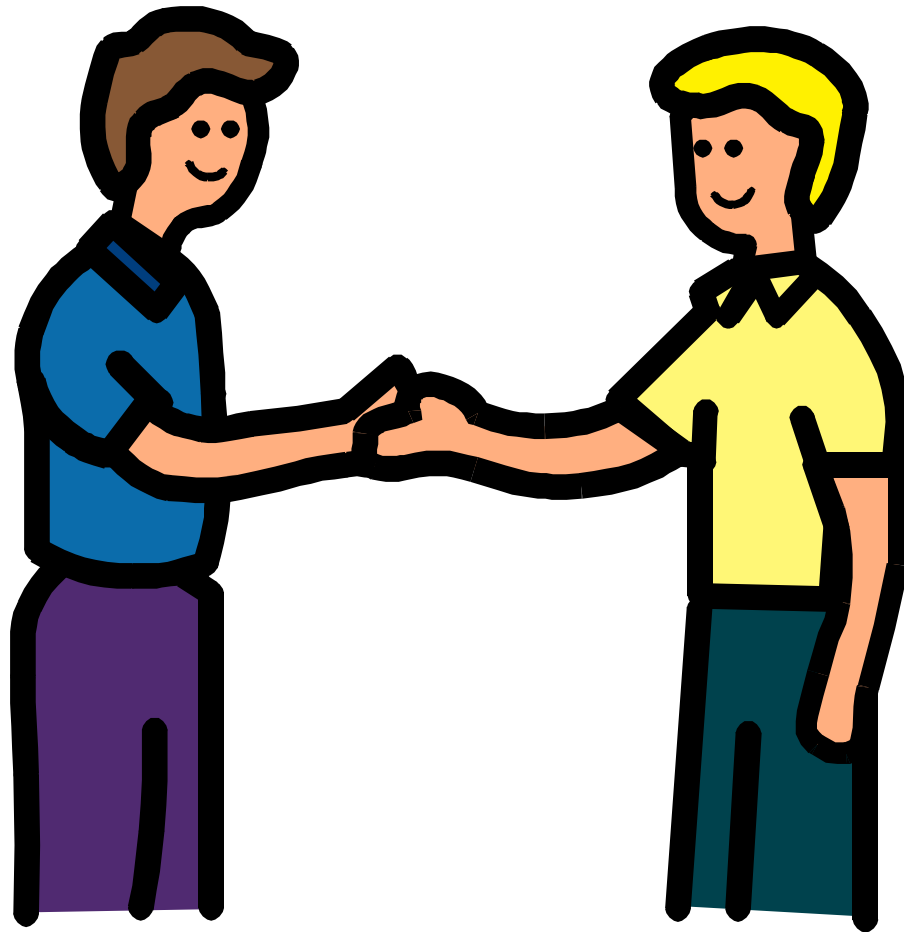
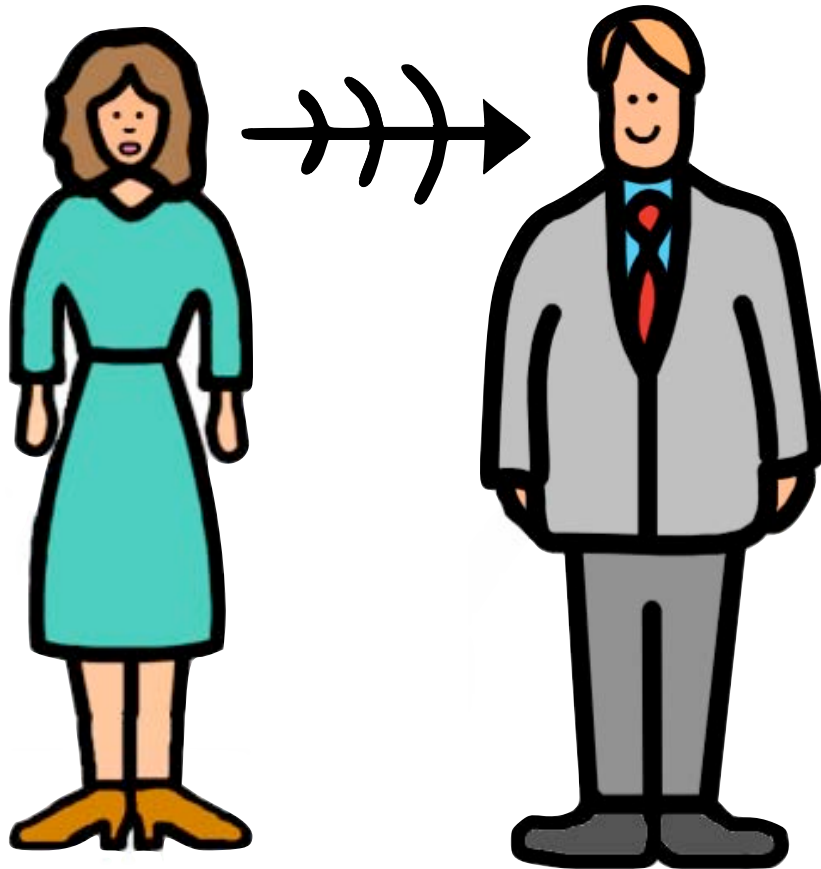


# People Say “Have an Easy Fast” on Yom Kippur



There will be many people at temple. People who know each other may wave or shake hands.



A lot of people at temple will say "have an easy fast."  
When people say "have an easy fast" they mean: *I know you are not eating today, and I hope you don't feel too uncomfortable.*

If I see a person I know I can try to say "have an easy fast."