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Often referred to as the "Day of Atonement," this is the holiest day in the Jewish calendar. The focus of the holiday is on repentance and final atonement before God before the books of life and death are sealed. As part of this atonement adult Jews who are physically able are required to fast for the entire day and abstain from other forms of pleasure. Most Jews will attend prayer services for much of the day on Yom Kippur. At the end of Yom Kippur, Jews who have atoned consider themselves absolved of their sins from the previous year, thus beginning the new year with a clean slate and a renewed sense of purpose to live a more moral and just life in the year to come.

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