

YOM KIPPUR

YOM KIPPUR: WHEN TO START

Yom Kippur: Starting Fast

Yom Kippur fasting starts with candle lighting for women and at least 7 minutes before sunset for men.

Yom Kippur: Delaying Start Past Candle Lighting

Lighting the candles starts the holiday of Yom Kippur. If you want to start the holiday later, you must:

- Make a condition when lighting candles that you are not yet starting the holiday (by saying “I am lighting Yom Kippur candles but not starting Yom Kippur until 7 minutes before sunset”-this may only be done in urgent situations) and
- Omit the she'hecheyanu blessing at candle lighting. Men say she'hecheyanu later (in *kol nidre*).

NOTE Women then say she'hecheyanu at least 7 minutes before sunset! (One may not make a condition for she'hecheyanu!)

NOTE If a woman lit candles for Yom Kippur more than 7 minutes before sunset (as is normally done at 18 or even 40 minutes before sunset), but made a condition (*tenai*) that she would still eat or do melacha until somewhat later, she must still stop eating and doing melacha by no later than 7 minutes before sunset.

YOM KIPPUR: WHAT TO WEAR

Yom Kippur: What To Wear: Leather Shoes

You may not wear leather shoes on Yom Kippur.

Yom Kippur: What To Wear: Kittel for Men

All married men should wear a kittel on Yom Kippur during all prayer services (this is a universal custom). Some men do not wear a kittel during the first year of marriage.

YOM KIPPUR: IF YOU MUST EAT

Yom Kippur: No Kiddush If You Must Eat

If you must eat on Yom Kippur (for health reasons), **do not** make kiddush and do not use two loaves of bread, even if Yom Kippur coincides with Shabbat.

Yom Kippur: Birkat HaMazon If You Must Eat Bread

If you must eat a meal including at least 1.3 fl. oz. (39 ml, or 1/6 cup) of bread on Yom Kippur, say birkat ha'mazon afterward. Add ya'aleh v'yavo (and if Yom Kippur coincides with Shabbat, also add retzei).

YOM KIPPUR: WASHING

Yom Kippur: Washing To Remove Tum'a

On Yom Kippur (as on Tish'a b'Av), if you must wash your hands to remove:

- Tum'a: You may wash your hands only up to the knuckle that connects your fingers to the rest of your hand (thumb: second knuckle; fingers: third knuckle).
- Dirt from your hand: You may wash wherever the dirt is on your hand.

YOM KIPPUR: PRAYERS

YOM KIPPUR: TORAH READING

Yom Kippur: Torah Reading: Forbidden Relationships

On Yom Kippur, at mincha, we read in the Torah about forbidden relationships to remind ourselves that even on the holiest day of the year, we may be subject to temptations and sins.

YOM KIPPUR: BOWING

Yom Kippur: Bowing for Musaf Alenu

For how to bow at Yom Kippur Musaf Alenu, see [Waist-Bowing and Knee-Bowing](#).