

# 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.