

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](#).