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.

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