



*Have an easy fast!*

# Yom Kippur

Jewish

[yom ke-poor](#) 

Yom Kippur is the most holy and solemn day of the Jewish Calendar. It marks the end of ten days known as the High Holy Days. These days begin with Rosh Hashanah. Between Rosh Hashanah and Yom Kippur observers seek forgiveness between themselves and others. On Yom Kippur observers seek forgiveness from God.

## Date

- Observed in September or October nine days after the first day of Rosh Hashanah.
- Jewish holy days begin and end at sundown.
- Dates may vary depending on how one observes.
- Check the [Calendar Index](#) for Religious Holidays during the current academic year for the exact date.

## Greetings

None for non-Jewish people. Depending on tradition, Jewish people might say, "Have an easy fast" to one another.

## Common Practices and Celebrations

- Fasting for 25 hours.
- Attending the High Holy Day services at synagogue, where a ram's horn is blown.

## Common Dietary Restrictions

- Fasting for 25 hours.

## Impact to U-M Community

- Avoid scheduling important academic deadlines, events, or activities on this date. Jewish students and employees may be fasting all day and at synagogue.
- Expect that observers will not attend meetings or communicate during this time.
- Link to [U-M Guidance Regarding Conflicts](#).

## U-M Campus Resources

- [Maize Pages - Jewish](#), U-M
- [Association of Religious Counselors](#), U-M

## Information Sources

- [Yom Kippur](#)

**Photo credit:**

iStock/tomertu



This collection of information sheets on major holidays and cultural events is a joint partnership of the School of Information staff, the Office of Diversity, Equity, and Inclusion, and the Office of the Provost. Facts have been vetted by U-M's Association of Religious Counselors (ARC), and other campus groups. Public feedback is welcome; please email [DEIHolidayFacts@umich.edu](mailto:DEIHolidayFacts@umich.edu).