SHABBAT: DINNER

SHABBAT: DINNER: SHALOM ALEICHEM AND EISHET CHAYIL

Shalom Aleichem and Eishet Chayil

A widespread (but not universal) custom before <u>kiddush</u> is to sing "<u>Shalom Aleichem</u>"; many men also sing " Eishet Chayil."

SHABBAT: DINNER: BLESSING THE CHILDREN

Blessing the Children

A widespread custom is for parents to bless their children before <u>kiddush</u> on Friday night. See <u>Blessing</u> the <u>Children/Birkat HaBanim</u>.

SHABBAT: DINNER: KIDDUSH

SHABBAT: DINNER: EATING BEFORE KIDDUSH

Eating a Full Meal before Shabbat

See Appetite for Shabbat Dinner.

Eating from Start of Shabbat until Kiddush

Once <u>Shabbat</u> begins for you—either at sunset or before (such as if you lit <u>Shabbat</u> candles)--you may not eat or drink before hearing <u>kiddush</u>.

NOTE Women and girls may make *kiddush* anytime after lighting candles.

SHABBAT: DINNER: HOW TO DO KIDDUSH

How To Do Shabbat Evening Kiddush

To fulfill the two requirements for *Shabbat* evening *kiddush*:

- 1. Say, or hear, the Shabbat evening kiddush blessings/segments:
 - <u>Borei pri ha'gafen</u> (on wine or grape juice only), OR
 <u>Ha'motzi</u> (on two <u>challot</u> if you have no wine or grape juice, as <u>chamar medina</u> is not permitted for <u>Shabbat</u> evening <u>kiddush</u>. See <u>Challot</u> for <u>Evening Kiddush</u>) AND
 - Mekadeish HaShabbat.
- 2. Establish a *halachic* "meal" (*kovei'a se'uda*) by either:
 - Drinking 4 fl. oz. (119 ml) of wine (or grape juice) within 30 seconds, OR
 - Eating at least 1.9 fl. oz. (56 ml) of bread or *mezonot* of any type (within 4 minutes) shortly after saying or hearing *kiddush*.

NOTE For evening *kiddush*, the custom is to go straight to the meal without delay (with no *mezonot* or snacking first). *B'di'ayad* if you snacked, it is still OK.

What To Drink for Shabbat Dinner Kiddush

Wine (or grape juice) is the only drink permissible for Friday evening (or <u>Jewish festival evening</u>) <u>kiddush</u>. If you do not have wine or grape juice with which to make evening <u>kiddush</u>, see <u>Challot</u> for Evening <u>Kiddush</u>.

Challot for Evening Kiddush

To use two *challot* for *kiddush* instead of wine:

- Wash hands and say blessing *al netilat yadayim*.
- Say kiddush but substitute ha'motzi for borei pri ha'gafen.
- As soon as you finish saying *kiddush*, eat the bread as normal.

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