

# HAVDALA: BEVERAGE

## Which Havdala Beverage

Wine or grape juice is the preferred beverage for havdala, but any common beverage (chamar medina) that is drunk for social reasons is acceptable.

**NOTE** Wine from birkat ha'mazon of se'uda shlishit may be used for havdala EXCEPT if the meal was a sheva brachot and as long as the wine was not drunk from at the meal.

## How To Fill the Havdala Cup

For havdala, pour at least a revi'it (4 fl. oz., or 119 ml) for enough wine (or other beverage being used) to overflow the cup. This is a non-binding custom, not a halacha.

**REASON** Doing so is a symbol of blessing (siman bracha) that we are so rich that the wine or other drink that we spill is not important. Don't overflow your cup if you are using wine from a shmita year!

## How To Hold the Havdala Cup (and Spices)

Hold the havdala wine (or other beverage) in right hand when saying the beverage blessing (then switch and hold the spices in the right hand for the spices blessing).

## How Much Havdala Beverage To Drink

To be able to say the after-blessing, you must drink at least 4 fl. oz. (119 ml) from the havdala cup within 30 seconds.

If you drink only 2 fl. oz. (59 ml), you will fulfill the commandment of havdala but you will not be able to say any after-blessing.

## Havdala: Who Drinks the Beverage

**For men:** No one should drink the havdala beverage except the person saying havdala. This is a non-binding custom, not a halacha.

**For women:** This custom does NOT apply to women. Women who say havdala for themselves may give their havdala beverage to someone else to drink.

**NOTE** During the Nine Days, the person saying havdala may drink the wine.

## Havdala Beverage: Standing or Sitting

Sitting or standing while drinking wine from havdala (or kiddush) is a non-binding custom, not a halacha.

## Drops of Havdala Wine above Eyes or in Pockets

Putting drops of havdala wine above your eyes or in your pockets is a non-binding custom, not a halacha.