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 overfill 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 overfill 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*.

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