JEWISH FESTIVALS: MEALS

INTRODUCTION TO JEWISH FESTIVALS: MEALS

Introduction to Jewish Festival "Eating a Meal" Requirements

We are required to eat two meals on *Jewish festivals*, each preceded by *kiddush*, one in the evening and one in the morning. For both meals for each *Jewish festival* day (and all three meals on *Shabbat*), say *ha'motzi* over two complete loaves of bread, each of which is at least 1.3 fl. oz. in volume.

NOTE Girls and women are not required to eat any meals (that is, including bread or *matza*) on *Jewish festivals* except the *Passover seder*. However, if a woman, or girl at least *bat mitzva* age, wants to eat bread, she should use two loaves, just as men do. This is *halacha*, not a custom. Also, girls and women may not fast on any festival day so even if they do not eat bread or *matza*, they must eat some food.

Source of Saying *Jewish Festival Kiddush*

Some kiddushes are commanded by the *Torah* (*d'oraita*); the others are from *Chazal* (*d'rabanan*), as follows:
Kiddush d'Oraita

- First night of *Jewish festivals*
- Night of seventh day of *Passover*
- Night of *Shmini Atzeret*.

Kiddush d'Rabanan

- First day of *Jewish festival*
- Second night of *Jewish festival*
- Second day of *Jewish festival*
- Seventh day of *Passover*
- Eighth night of *Passover*
- Eighth day of *Passover*
- *Shmini Atzeret* day
- Night and day of *Simchat Torah*.

Source of *Jewish Festival Kiddush* Location

Saying *Jewish festival kiddush* at the place where you will eat your meal is a *rabbinical* (*d'rabanan*) enactment.
Jewish Festival Kiddush-Meal Quantities: Evening

- For evening *kiddush* for a first-night (*d'oraita*) *Jewish festival*, a minimum of 4 fl. oz. (119 ml) of wine must be blessed on and at least half must be drunk.
- For evening *kiddush* for a second-night (*d'rabanan*) *Jewish festival*, a minimum of 3.3 fl. oz. (99 ml) of wine must be blessed on and at least 2.0 fl. oz. must be drunk.
- For the evening meal, as on the first two *Shabbat* meals and for all required *Jewish festival* meals, a minimum of 1.9 fl. oz. (56 ml) of bread must be eaten within four minutes.

Eating Requirements for *Jewish Festival* Morning *Kiddush*

There are two separate eating requirements during the daytime. They may be combined (say/hear *kiddush* and start the main meal right away) but are often done separately (say/hear *kiddush* and then eat some light foods and beverages; the main meal is eaten later in the day).

NOTE Since eating and drinking requirements on all morning *kiddushes* (both *Shabbat* and *Jewish festivals*)

are *d'rabanan*, the required beverage amount for morning *kiddush* is only 3.3 fl. oz. (99 ml) instead of the *d'oraita* 4 fl. oz. (119 ml) (which is required for *kiddushes* for *Shabbat* evening and all first-night *Jewish festivals*).

- Morning *kiddush* requires a *halachically* legal "meal" with these elements:
    - Blessing on a minimum of 3.3 fl. oz. (99 ml) of wine (or other beverage),
    - Someone's drinking at least half the beverage, followed by
    - Eating at least 1.3 fl. oz. (39 ml, or 1/6 cup) of some type of *mezonot* within four minutes.

      NOTE If you drink at least 3.3 fl. oz. (99 ml) of wine within 30 seconds, you do not need to eat *mezonot*.

      NOTE You do not need to drink the wine or other *kiddush* beverage to fulfill "establishing a meal." You may hear *kiddush* and then simply eat the required amount of bread or *mezonot*. This applies to *Shabbat* or *Jewish festivals*, evening or morning.

  The *kiddush* "meal" does not have to satiate.

- The real meal (*kovei'a se'uda)* requires eating at least 1.9 fl. oz. (56 ml) of bread (or *matza* during *Passover*!) within four minutes. It must include enough food to satiate.

  NOTE You can simultaneously fulfill the requirement to "establish a meal" and to "eat a meal" by eating one (the same) piece of bread.

JEWISH FESTIVALS: KIDDUSH

JEWISH FESTIVALS: KIDDUSH: WHO MAY MAKE

Jewish Man or Woman Making Kiddush

Any adult Jew, male or female, may say *kiddush* for him/herself and, as long as he/she still needs to say *kiddush* for him/herself, may include any other Jews of any age or gender.
Any Jewish male, 13 years old or older, may say *kiddush* for anyone else, either gender and any age, even if he has already fulfilled his personal requirement of saying *kiddush*.
Any Jewish female, 12 years old or older, may say *kiddush* for any other females but not for men, except that on the 2 *Passover seder* nights, a Jewish female who is at least 12 years old may even say *kiddush* for men, if the men are not able to say it for themselves. (Women may also say *kiddush* for men on *Shabbat* evening).

REASON Any person who is obligated to fulfill the *mitzva* of *kiddush* may say it for another person**.** It is questionable whether women are obligated to say (or have said for them) *Jewish festival* morning *kiddush*.

JEWISH FESTIVALS: KIDDUSH: WHAT TO DRINK

Ideal Kiddush Beverage: Wine/Grape Juice

Wine (or grape juice) is the ideal and proper beverage for *kiddush* (and *havdala).*

REASON It is considered to be a prestigious beverage.

Jewish Festival Night Kiddush Beverage

Wine (or grape juice) is the only drink permissible for *Jewish festival* (or Friday) evening *kiddush*. See *Challot* for *Kiddush*, below, if you do not have wine or grape juice with which to make *Jewish festival (*or *Shabbat)* evening *kiddush*.

JEWISH FESTIVALS: KIDDUSH: HOW MUCH TO POUR

Jewish Festivals: Kiddush: Pour Revi'it

As on *Shabbat*, the minimum volume of *kiddush* beverage on which you may say *Jewish festival kiddush* (or *havdala*) is a *revi'it*:

- 4 fl. oz. (119 ml) for *d'oraita* cases such as the first night of *Jewish festivals* (or *Shabbat* evening) *kiddush*, and
- 3.3 fl. oz. (99 ml) for *d'rabanan* cases such *Jewish festival* lunch and evening/daytime meals on the second *Jewish festival* day (as well as *kiddush* for *Shabbat* lunch).

Jewish Festivals: Kiddush: How High To Fill the Cup

Ideally, fill your *kiddush* cup to just above the rim, even if the cup is larger than 4 fl. oz. (119 ml). Don't make the cup overflow.

NOTE If you did not fill the *kiddush* cup to the rim, it is still OK.

Jewish Festivals: Kiddush: Diluting Wine

There is no need to dilute wine before drinking it.

Jewish Festivals: Kiddush: If Not Enough Wine

If there is not enough wine (or grape juice) for *Jewish festival* (or *Shabbat) kiddush* and *havdala:*

- Set aside the first cup for *havdala*. Then, if there is one more cup,
- Use it for the morning *kiddush*.

Jewish Festivals: Kiddush: Challot for Kiddush

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

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

JEWISH FESTIVALS: KIDDUSH: CUP & WINE BOTTLES

Your Own Kiddush Cup

If you want to drink *kiddush* wine, you may either hold your own cup of wine (or grape juice) during *kiddush* or receive wine or grape juice from the *kiddush* leader's cup.

Kos Pagum

Kos pagum means either:

1. "Physically damaged or broken drinking utensil": You may not use such a cup for *kiddush l'chatchila*.
   OR
2. Cup of wine, grape juice, or any beverage that has been drunk from. This beverage may not be used for a *kos shel bracha* until at least a small amount more of some beverage has been added.

Uncovered Wine Bottles/Cups

You do not need to close the wine bottle or cover the other wine cups while the first of several people says *kiddush*, whether on *Shabbat* or *Jewish festivals.*

Washing Wine Glass

There is no need to wash a clean wine glass before using it for *kiddush*.

JEWISH FESTIVALS: KIDDUSH: HOW MUCH TO DRINK

Jewish Festivals: Kiddush: Drinking Cheekful

As on *Shabbat*, the minimum total volume of *Jewish festival kiddush* beverage that must be drunk--usually by the *kiddush*-maker (*mevareich*) but it may even be several people combined--is a cheekful (*m'lo lugmov*)—considered to be 2 fl. oz. (59 ml) within 30 seconds.

NOTE If no one drinks the *kiddush* beverage, the commandment to say or hear *kiddush* has not been fulfilled.

NOTE Although you must drink at least a cheekful to fulfill *kiddush*, you must drink at least 4 fl. oz. (119 ml) within 30 seconds in order to say the after-blessing.

JEWISH FESTIVALS: KIDDUSH: WHEN TO SPEAK OR DRINK

When You May Speak after Kiddush

You may speak, even without having drunk anything yourself, once:

- The leader (*mevareich*) has said *Jewish festival* (or *Shabbat*) *kiddush* for other people, and
- At least 2 fl. oz. (59 ml) of the wine (or other appropriate beverage) over which *kiddush* was made has been drunk.

When You May Drink after Kiddush

You may drink your own beverage as long as:

- The leader (*mevareich*) has said *Jewish festival* (or *Shabbat*) *kiddush* for other people, and
- At least 2 fl. oz. (59 ml) of the wine (or other appropriate beverage) over which *kiddush* was made has been drunk.

JEWISH FESTIVALS: KIDDUSH: WHEN TO SAY BLESSING AGAIN

JEWISH FESTIVALS: KIDDUSH: BOREI PRI HAGAFEN AFTER DRINKING KIDDUSH WINE

Jewish Festivals: Kiddush: Drinking Kiddush Wine and then Drinking Later in Meal

If you drank any amount of *kiddush* wine (or grape juice), you do not say *borei pri ha'gafen* over wine or grape juice later in the meal (but you may have to say *ha'tov v'ha'meitiv* if the wine is better than the *kiddush* wine).

Jewish Festivals: Kiddush: Borei Pri HaGafen after Drinking Kiddush Wine and Hesech Da'at

If you said or heard the blessing *borei pri ha'gafen*, finished drinking had *hesech da'at*, and then want to make a new blessing over the remaining wine in the cup, see Borei Pri HaGafen: Saying Again.

NOTE Although you may say a new *borei pri ha'gafen* on wine (or grape juice) that you left off drinking and returned to finish after *hesech da'at*, you may do so only as a simple blessing, not as *kiddush* (for how to make *kiddush* on same wine, see next *halacha*).

Jewish Festivals: Kiddush: Making New Kiddush after Drinking Kiddush Wine

To say *borei pri ha'gafen* as a new *kiddush* on the same wine, you must add at least one drop of new wine to the cup, if you have drunk any of the wine directly from that cup.

JEWISH FESTIVALS: KIDDUSH: BOREI PRI HAGAFEN AFTER NOT DRINKING KIDDUSH WINE

Jewish Festivals: Borei Pri HaGafen after Not Drinking Kiddush Wine

You must say *borei pri ha'gafen* if you want to drink wine (or grape juice) after you heard *kiddush* and then:

- Spoke without drinking any amount of *kiddush* beverage, and/or
- Spoke before the *kiddush* leader drank at least 2 fl. oz. (59 ml) of wine (or grape juice) from his cup, and/or
- Heard someone make *kiddush* over a *she'hakol*, even if you drank from that cup.

JEWISH FESTIVALS: KIDDUSH: STANDING OR SITTING

Kiddush Standing or Sitting

Standing or sitting while drinking wine or other beverage for *kiddush* (or *havdala)* is a non-binding custom, not a *halacha*.

JEWISH FESTIVALS: TWO LOAVES (LECHEM MISHNEH)

JEWISH FESTIVALS: TWO LOAVES (LECHEM MISHNEH): WHAT TO USE

Bagels for HaMotzi

You may use two bagels for the two loaves (*lechem mishneh*), even though they are already sliced most of the way through, if you can pick up each bagel by its slightly smaller half and the larger half does not fall off.

Crackers for HaMotzi

The minimum volume of a cracker or crispbread (such as Ryvita or Wasa) that may be used for *lechem mishneh* is 1 oz. (30 ml).

Other Foods for HaMotzi

You may not substitute other foods for the two loaves (*lechem mishneh).* You may not, for example, use two apples or two cans of fish.

JEWISH FESTIVALS: TWO LOAVES (LECHEM MISHNEH): HOW MUCH MAY BE MISSING

How Much Challa May Be Missing

Less than 1/48th missing is still considered a whole loaf. So if you only have two *challot* (or other loaves of bread) for a *Jewish festival*, you might be able to use one loaf twice:

- Wash your hands,
- Say *ha'motzi*,
- Cut off a piece that is less than 1/48th of the loaf, and
- Eat it.

REASON You may consider the remainder of that loaf as still being a full loaf and you may re-use it for your *Jewish festival* morning meal.

NOTE If you have pieces of bread or other *mezonot*, you may:

- Cut off less than 1/48th of the loaf,
- Eat the additional pieces of bread to make a total of at least 1.9 fl. oz., and then
- Re-use the same loaf for *Jewish festival* morning.

JEWISH FESTIVALS: TWO LOAVES (LECHEM MISHNEH): HOW TO COVER

White Challa Cover Above and Below

As on *Shabbat*, on *Jewish festivals* you should place a white cover above and another below the *challot* to remind us of the layers of dew and "*mun*" in the desert that the Israelites ate for 40 years.

JEWISH FESTIVALS: TWO LOAVES (LECHEM MISHNEH): HOW TO WASH AND BLESS

How To Wash for HaMotzi

To view all *halachot* related to washing for ha'*motzi*, see HaMotzi: Washing Hands.

JEWISH FESTIVALS: TWO LOAVES: (LECHEM MISHNEH): WHAT HAMOTZI COVERS

What HaMotzi Covers

See Which Foods HaMotzi Covers.

JEWISH FESTIVALS: TWO LOAVES (LECHEM MISHNEH): HOW TO CUT

Mark the Challa

Mark in the bread with a knife where you will cut before *ha'motzi*.

NOTE It is customary to just make a mark on the *challa*. You may cut almost all of the way through, but you must be able to pick up the bread by the small end and have it hold the big end up.

Cut Upper Loaf for Jewish Festivals

For *Jewish festivals*, cut the upper loaf at night and day.

JEWISH FESTIVALS: TWO LOAVES (LECHEM MISHNEH): SALT

Why Dip Challa in Salt

Before eating bread (at any time, not just on *Shabbat* or *Jewish festivals*), the bread should be dipped in some salt. This makes it taste better and makes it like a sacrifice (which had salt added to it).

NOTE You may sprinkle salt on the bread instead, but *kabbala* recommends dipping.

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