SHABBAT: MEALS

INTRODUCTION TO SHABBAT: MEALS

Introduction to Shabbat: Meals

Three *Shabbat* Meals

We are required to eat three *Shabbat* meals, as a *rabbinic* (*d'rabanan*) enactment to enjoy *Shabbat* (*oneg Shabbat*). The first *Shabbat* meal must be at night and the remaining two must be during the day (the third meal must be eaten after *halachic* midday). Friday night dinner and the first meal on Saturday are preceded by *kiddush*. For the first two *Shabbat* meals, say *ha'motzi* over two complete loaves of bread, each of which is at least 1.3 fl. oz. in volume. For the third meal, the ideal is to use two complete loaves of bread, but the requirement of eating the third meal can also be fulfilled by eating any food other than salt or water.

Source of Saying *Shabbat Kiddush*

- Saying *kiddush* on *Shabbat* night is a commandment from the *Torah* (*d'oraita*).
- Saying *kiddush* on Saturday morning is a *rabbinical* (*d'rabanan*) enactment.

NOTE If you did not say Friday night *kiddush*, you must say that version of *kiddush* on *Shabbat* morning and it is then a requirement from the *Torah* (*d'oraita*). Do not begin with *va'yechulu*; instead, begin with *borei pri ha'gafen* and say the second blessing of *kiddush*.

Source of *Kiddush* Location

Saying *kiddush* at the place where you will eat your meal is a *rabbinical* (*d'rabanan*) enactment.

***Shabbat Kiddush*-Meal Quantities: Evening**

- For evening *kiddush*, a minimum of 4 fl. oz. (119 ml) of wine must be blessed on and at least half must be drunk.
- For the evening meal, as on *Shabbat* lunch and all required *Jewish festival* meals, a minimum of 1.9 fl. oz. of bread must be eaten within four minutes.

***Shabbat Kiddush*-Meal Quantities: First Meal on Saturday**

Shabbat day first meal has two separate eating requirements. 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 *mezonot*; 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.

1) **Morning *kiddush* requires a halachically legal "meal" with these elements:**
   a) Blessing on a minimum of 3.3 fl. oz. (99 ml) of wine (or other beverage),
   b) Someone's drinking at least 2 fl. oz. of the beverage, followed by
   c) Eating at least 1.3 fl. oz. (39 ml, or 1/6 cup) of some type of *mezonot* (or bread) 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.

NOTE If you have not fulfilled the requirements for *kiddush*, you may not eat other foods, such as fruit or

fish at a *kiddush*.

2) **The real meal (*kovei'a se'uda*) of *Shabbat* lunch requires eating** at least 1.9 fl. oz. (56 ml) of bread (or *matza* during Passover!) within four minutes. It should 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.
For details on fulfilling the first two meals' requirements, see *Shabbat: Kiddush*.

***Shabbat*: Eating a Meal Requirement: Third Meal**
For details on fulfilling the third meal's requirements, see *Shabbat*: Third Meal (Se'uda Shlishit).

SHABBAT: KIDDUSH

SHABBAT: KIDDUSH: REQUIREMENTS

Shabbat: Kiddush: Requirements
To do *Shabbat kiddush*,

- Say, or hear, the *Shabbat kiddush* blessings/segments, and
- "Establish a meal" (*kovei'a se'uda*).

For details, see How To Do *Shabbat* Evening *Kiddush* or How To Do *Shabbat* Daytime *Kiddush*.

NOTE There is never any requirement on an indvidual to drink *kiddush* wine (except at the Passover *seder*), but the *kiddush* wine must be drunk by one or more persons.

To fulfill *kiddush* requirements of "establishing a meal," you need not drink the wine or grape juice (but someone must drink it). Instead, you may hear *kiddush* and then simply eat the required amount of bread or *mezonot* (see above). This applies to *Shabbat* or *Jewish festivals*, evening or morning.

SHABBAT: KIDDUSH: WHO MAY MAKE

Jewish Man or Woman Making Kiddush
As on *Jewish festivals*, any adult Jew, male or female, may say *kiddush* for him/herself and also include any other Jews of any age or gender.

REASON Any person who may fulfill the *mitzva* of *kiddush* may say it for another person.
NOTE Women are obligated to say (or have said for them) *Shabbat* morning *kiddush*.

SHABBAT: 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 Wine is considered to be a prestigious beverage.

Diluting Kiddush Wine
There is no need to dilute wine before drinking it.

SHABBAT: KIDDUSH: HOW MUCH TO POUR

Pour Revi'it for Shabbat Kiddush
As on *Jewish festivals*, the minimum volume of *kiddush* beverage on which you may say *Shabbat kiddush* (or *havdala*) is a *revi'it*, as follows:

- 4 fl. oz. (119 ml) for *d'oraita* cases such as *Shabbat* (or first-day *Jewish festival*) evening *kiddush*, and
- 3.3 fl. oz. (99 ml) for *d'rabanan* cases such as *kiddush* for *Shabbat* lunch.

How High To Fill Shabbat Kiddush 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 it to the rim, it is still OK.

If Not Enough Wine

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

- Set aside the first cup for *havdala*; then, if there is one more cup,
- Use it for the morning *kiddush*.
- See How To Do *Shabbat* Daytime *Kiddush* and How To Do *Shabbat* Evening *Kiddush* .

SHABBAT: KIDDUSH: CUP & WINE BOTTLES

Shabbat: Your Own Kiddush Cup

As on *Jewish festivals*, if you want to drink *kiddush* wine, you may hold your own cup of wine (or grape juice) during *kiddush* or receive wine or grape juice from the *kiddush* leader's cup, but neither is required.

Shabbat: Kos Pagum

Do not use a *kos pagum* for *kiddush*. *Kos pagum* means either:

- “Physically damaged or broken drinking utensil": (You may not use such a cup for *kiddush l'chatchila*), OR
- 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 to the existing beverage.

Shabbat: 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.*

Shabbat: Washing Wine Glass

There is no need to wash a wine glass before using it if it is already clean.

Shabbat: Pouring Back Wine

You may pour excess wine from *kiddush* back into the bottle as long as there is more wine already in the bottle than what you are pouring back and as long as the bottle has been *toveled*.
If there is less wine in the bottle than in your glass, you must pour at least one drop of wine from the bottle into your wine glass or cup before you pour it back into the bottle.

SHABBAT: KIDDUSH: HOW MUCH TO DRINK

Drinking Cheekful for Shabbat Kiddush

As on *Jewish festivals*, the minimum total volume of *Shabbat kiddush* beverage that must be drunk--usually by the *kiddush*-maker (*mevareich*) but it may even be by several people combined--is a cheekful (*m'lo lugmov*), as follows:

- 2 fl. oz. (59 ml) within 30 seconds of beginning to drink for *d'oraita* cases such as *Shabbat* evening *kiddush* (as well as first-night *Jewish festival kiddush* and all havdalas), and
- 1.7 fl. oz. (50 ml) within 30 seconds of beginning to drink for *d'rabanan* cases such as *Shabbat* lunch *kiddush* (as well as first-day *Jewish festival* lunch *kiddush* and all second-day *Jewish festival* kiddushes).

NOTE If no one drinks the *kiddush* beverage, a blessing was made in vain (*bracha l'vatala*), and the commandment to say or hear *kiddush* has not been fulfilled.

SHABBAT: KIDDUSH: WHEN TO SPEAK OR DRINK

When To Drink or Speak after Kiddush

Once the leader (*mevareich*) has said *kiddush* for other people and someone has drunk at least 2 fl. oz. (59 ml) of wine (or other appropriate beverage) over which *kiddush* was made, you may:

- Speak, even without having drunk anything yourself.
- Drink.
- Eat.

SHABBAT: KIDDUSH: WHEN TO BLESS AFTER KIDDUSH

When You Must Say the Kiddush Blessing after Hearing Kiddush

You must say the blessing on wine if you:

- Heard *kiddush*, then
- Spoke, and
- Now want to drink some wine, even from the cup over which *kiddush* was made.

NOTE If you heard someone make *kiddush* over a *she'hakol* beverage and you drank from that cup, you must say *borei pri ha'gafen* before drinking wine or grape juice later in the meal.

SHABBAT KIDDUSH: STANDING OR SITTING

Shabbat: Kiddush: Standing or Sitting

Various customs apply to whether to stand or sit during *kiddush* (or *havdala*). Follow your tradition.

SHABBAT: TWO LOAVES (LECHEM MISHNEH)

SHABBAT: TWO LOAVES (LECHEM MISHNEH): WHY TWO LOAVES

Shabbat: Two Loaves: Double Portion

The two loaves of bread on *Shabbat* reminds us of the double portion of *mun* we received in the desert. Even though one portion would have been eaten by *Shabbat* morning, we still use two loaves in the morning and two for *se'uda shlishit* as a reminder of the miracle.

SHABBAT: TWO LOAVES (LECHEM MISHNEH): WHAT TO USE

HaMotzi: Bagels

You may use two bagels for the two *Shabbat* loaves (*lechem mishneh*) even though they are already sliced most of the way through.

HaMotzi: Crackers

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).

HaMotzi: Other Foods

You may not substitute other foods for the two loaves (*lechem mishneh).*

EXAMPLE You may not use two apples or two cans of fish.

SHABBAT: TWO LOAVES (LECHEM MISHNEH): WHOLE LOAVES

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 *Shabbat*, you might be able to use one loaf twice, as follows:

- 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 *Shabbat* 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. (56ml), and then
- Re-use the same loaf for *Shabbat* morning.

SHABBAT: TWO LOAVES (LECHEM MISHNEH): HOW TO COVER

How To Cover the Challot

See How To Cover the *Challot*.

SHABBAT: TWO LOAVES (LECHEM MISHNEH): HOW TO WASH FOR

How To Wash for HaMotzi

See HaMotzi: Washing Hands.

Shabbat: Two Loaves: What HaMotzi Covers

See HaMotzi: Which Foods HaMotzi Covers.

SHABBAT: TWO LOAVES (LECHEM MISHNEH): WHICH TO CUT

Friday Night: Cut Lower Challa

On Friday night, hold the two *challot* together, one on top of the other, but cut the lower one (for *kabbalistic* reasons).

Saturday Morning: Cut Upper Challa

On Saturday morning, cut the upper *challa* of the two *challot*. (For *Jewish festivals*, cut the upper loaf at night and day.)

SHABBAT: TWO LOAVES (LECHEM MISHNEH): HOW TO CUT

Mark the Challa

Mark the bread with a light cut before saying *ha'motzi*. Then make the real cut in the same place.

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 up the big end.

SHABBAT: TWO LOAVES (LECHEM MISHNEH): SALT

Why Dip Challa in Salt?

Before eating bread (at any time, not just on *Shabbat* or *Jewish festivals*), dip the bread in some salt.

REASON #1 Salt makes the bread taste better and it is more prestigious for blessing.

REASON #2 Salting the bread makes it like a sacrifice (which had salt added to it).

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

SHABBAT: TWO LOAVES (LECHEM MISHNEH): WHEN TO EAT OR SPEAK AFTER HAMOTZI

Eating or Speaking after HaMotzi

If someone said *ha'motzi* for you, you should wait until he or she eats some of the *challa* before you eat.

NOTE This is an issue of respect and courtesy (*derech eretz*) and not a *halachic* issue. However, you may not speak until after you have eaten some of the bread--any amount is sufficient.

SHABBAT: DINNER

SHABBAT: DINNER: SHALOM ALEICHEM AND EISHET CHAYIL

Shalom Aleichem and Eishet Chayil

A widespread (but not universal) custom before *kiddush* is to sing "*Shalom Aleichem*"; 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 *kiddush* on Friday night. See Blessing the Children/Birkat HaBanim.

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

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:

- *Borei pri ha'gafen* (on wine or grape juice only), OR
  Ha'motzi (on two *challot* if you have no wine or grape juice, as *chamar medina* is not permitted for *Shabbat* evening *kiddush*. See *Challot* for Evening *Kiddush*) 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'avad* 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 *Jewish festival evening*) *kiddush*. If you do not have wine or grape juice with which to make evening *kiddush*, see *Challot* for Evening *Kiddush*.

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.

SHABBAT: LUNCH

SHABBAT: LUNCH: EATING BEFORE KIDDUSH

EATING BEFORE SHABBAT SHACHARIT

Eating before Making Shabbat Kiddush

You may eat non-*mezonot* and non-bread food before praying *Shabbat shacharit* and without making *kiddush* , in order to avoid hunger or hypoglycemia (low blood sugar).

Women and Minimum Prayer before Saying Shabbat Kiddush

The minimum prayer that a woman should say on *Shabbat* (or *Jewish festival)* morning before saying *kiddush* and eating some food is *birchot ha'shachar*.

EATING AFTER SHABBAT SHACHARIT

Eating Only after Fulfilling Shabbat Kiddush Requirements

Once you have said the *amida* of *Shabbat shacharit*, you may not eat any food until you have said (or heard) *kiddush* and finished *kiddush* requirements by either:

- Drinking at least 4 fl. oz. (119 ml) of wine/grape juice, or
- Eating at least 1.3 fl. oz. (39 ml, or 1/6 cup) of *mezonot* or bread.

Eating before Shabbat Midday

Don't fast on *Shabbat* (except *Yom Kippur*!) past *halachic midday*:

- If you will not finish *shacharit* before *halachic midday*, you should eat or drink earlier in the day, even before you begin *shacharit*—water can be sufficient for this purpose.
- If you will finish *shacharit* but not *musaf* by *halachic* midday:
    - Finish *shacharit*,
    - Make *kiddush*,
    - Eat some *mezonot*, and then
    - Return to say *musaf*.

SHABBAT: LUNCH: HOW TO DO KIDDUSH

How To Do Shabbat Daytime Kiddush

There are two requirements for *Shabbat* daytime *kiddush:* Say or Hear *Kiddush* Segments/Blessings and Establish a *Halachic* Meal (*kovei'a se'uda*):

1. Say or Hear *Kiddush* Segments/Blessings

You must say, or hear, the *Shabbat* daytime *kiddush* segments/blessings and someone must drink at least 2 fl. oz. (59 ml) of the *kiddush* beverage:

- **Say or Hear *Kiddush* Segments/Blessings**
    - ***Torah* segment(**s): *V'shamru bnei Yisrael* (even beginning from *al kein*).
    - **Blessing over at least 3.3 fl. oz. (99ml) of drink:**
        - ***Borei pri ha'gafen*** (if on wine or grape juice), OR
        - ***She'hakol nihiyeh bi'dvaro*** (if on other beverage/*chamar medina*).

NOTE For Saturday (or *Jewish festival*) lunch and *havdala*, you may use any beverage (*chamar medina*) commonly drunk for social purposes (not just for thirst) in the country in which you are saying *kiddush*. The ideal is to use wine or grape juice.

- **Drink at Least 2 fl. oz. (59 ml) of the *Kiddush* Drink**

This amount may be drunk by one person or by several people together.

2. Establish *Halachic* Meal (*Kovei'a Se'uda*)

You must establish *a halachic* meal (*kovei'a se'uda*) shortly after saying or hearing *Shabbat* morning *kiddush* by either:

- **Drinking Wine**--at least 4 fl. oz (119 ml) of wine (or grape juice) within 30 seconds, OR
- **Eating Bread/*Mezonot***--at least 1.3 fl. oz. (39 ml, or 1/6 cup) of bread or *mezonot* within four minutes.

NOTE The second half of making *kiddush*, "establishing a meal" (*kovei'a se'uda*), can be fulfilled simultaneously when you fulfill the subsequent, separate *Shabbat* requirement for "eating a meal" but in that case, you must eat 1.9 fl. oz. of bread.

NOTE If you make, or hear, *Shabbat* morning *kiddush* on any beverage except wine or grape juice, you must also eat at least 1.3 fl. oz. (39 ml, or 1/6 cup) of bread or *mezonot* within four minutes to establish the *kiddush* meal. If you do not want to eat bread or *mezonot*, only drinking at least 4 fl. oz. (119 ml) of wine (or grape juice) within 30 seconds will fulfill all the *kiddush* requirements.

NOTE If you have not fulfilled the *kiddush* requirements, you may not eat other foods, such as fruit or fish at a *kiddush*.

NOTE Once you have heard *kiddush* and either eaten the required bread or *mezonot* or drunk the required 4 fl. oz. of wine or grape juice, you do not need to say or listen to *kiddush* again if you eat your actual meal later (except if you need to say *kiddush* for other people who have not yet heard or said *kiddush*).

SHABBAT: SECOND MEAL

How To Fulfill Eating Shabbat Second Meal

You must eat a second meal on *Shabbat* (or *Jewish festival*) day with at least 1.9 fl. oz. (56 ml, 1/4 cup) of bread--even if you already said *ha'motzi* but ate less than 1.9 fl. oz. of bread at *kiddush*.

NOTE Ideally, begin your second meal before halachic midday. But you may eat your second meal anytime after *shacharit* and before sunset.

SHABBAT: TORAH AT THE TABLE

Torah at the Table

Saying some *Torah* at each meal--anytime bread is eaten and at least two people are eating--is a custom but not a *halacha*. But, *Torah* can be said anytime!

Shir HaMa'alot as Torah

Saying *shir ha'ma'alot* before *birkat ha'mazon* fulfills the custom to say *Torah* at the meal.

SHABBAT: THIRD MEAL (SE'UDA SHLISHIT)

SE'UDA SHLISHIT: WHAT TO EAT

What To Eat for Se'uda Shlishit

Ideally, fulfill the commandment of a third meal *(se'uda shlishit)* by:

- Washing hands,
- Saying the *ha'motzi* blessing over two *challot*, and
- Eating at least the minimum amount (1.9 fl. oz., or 56 ml) of bread.

You may, however, fulfill the requirements of *se'uda shlishit* by eating any solid food which gives nourishment—as long as you can say the after-blessing and have eaten at least 1.9 fl. oz. (56 ml) of that food.

NOTE If you ate some food after completing your *Shabbat* day meal (the second meal of *Shabbat*) and after *halachic* midday, you can consider that to be your *se'uda shlishit*, even if you did not intend it to be when you ate it.

SE'UDA SHLISHIT: WHEN TO EAT

When To Eat Se'uda Shlishit with Bread

The ideal is to wash hands and say *ha'motzi* for *se'uda shlishit* before sunset. However, you may still say *ha'motzi* for *se'uda shlishit* until 2 minutes before dark (*tzeit ha'kochavim*) if you have not yet eaten your *se'uda shlishit*. Once you have begun your meal before sunset, you may continue until long after dark.

When To Eat Se'uda Shlishit without Bread

If you are eating a snack without bread, you must finish eating and say the after-blessing by at least 2 minutes before dark.
If you washed and ate bread, you may continue your meal even after dark.

Latest Time You May Eat on Shabbat

If you finished eating (and saying *birkat ha'mazon/bracha acbrona* for) a full meal or even a snack that you intended to constitute your *se'uda shlishit*, you may not eat any more once the sun has set on Saturday until after you have made or heard *havdala*.

NOTE If you did not intend for the food to constitute your *se'uda shlishit*, see When To Eat *Se'uda Shlishit* with Bread or When To Eat *Se'uda Shlishit* without Bread, above.

Eating Se'uda Shlishit before Mincha

If you will not have time to start *se'uda shlishit* after *mincha* but before sunset, you may eat *se'uda shlishit* before *mincha*.

NOTE Eating *se'uda shlishit* before *mincha* is preferable to beginning eating *se'uda shlishit* after sunset.

SE'UDA SHLISHIT: WHO MUST EAT

Who Must Eat Se'uda Shlishit

Women, as well as men, are required to eat *se'uda shlishit.*

SE'UDA SHLISHIT: BIRKAT HAMAZON

Wine from Se'uda Shlishit Birkat HaMazon

If you recite *birkat ha'mazon* after *se'uda shlishit* over a cup of wine, you may only drink the wine if the meal ended before sunset.

NOTE Wine from *birkat ha'mazon* of *se'uda shlishit* that ended after sunset may be used for *havdala* EXCEPT if the meal was a *sheva brachot* meal.

REASON The bridegroom, bride, and leader may drink the wine--and one of them must drink the wine!--as part of the seven blessings, even though they were recited after sunset.

MELAVE MALKA

Eating Melave Malka a Halacha

Eating something for the *melava malka* on Saturday night is a *halacha*, not a custom.

Melave Malka Shir HaMa'alot until Midnight

Say shir ha'ma'alot until midnight *(halachic chatzot)* if you eat a meal with bread after *Shabbat* is over, but only if the meal is eaten as a *melave malka*.

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