



Managing Your Mitzvos Class # 6

Kiddush of Shabbos Morning:

1. It is a Rabbinic Mitzvah to recite Kiddush on Shabbos morning.
2. The morning Kiddush consists simply of the blessing “Borei P’ri Hagofen.” It is customary to preface the blessing with the two paragraphs from the Torah “Veshamru...” and “Zachor as Yom...” which ends with “Al Kein Bairach...” It is incorrect to preface the blessing only with the phrase “Al Kein Bairach...”
3. The Mitzvah to recite Kiddush can be fulfilled either at home or in Shul.
4. Adults are forbidden to eat or drink anything, even water before fulfilling their Kiddush obligation. Children under Bar/Bat Mitzvah are permitted to eat before Kiddush.
5. The Kiddush obligation of Shabbos morning does not take effect until after one has davened *Shacharis*.
6. Since one is forbidden to eat or drink any food other than water before davening, it is not yet possible to make Kiddush. Consequently, the Kiddush obligation of Shabbos morning does not take effect until after one has davened *Shacharis*.
7. Since one is not obligated to make Kiddush before davening, one is permitted to drink water before davening. Tea and coffee are also permitted.
8. **It is strictly forbidden to leave the sanctuary to recite Kiddush for oneself, while the services are still running. “Kiddush clubs” and the like are totally contrary to the letter and spirit of the law in regards to prayer and Shabbos observance.**
9. A weak person who must eat something before davening must first recite Kiddush. Since a weak person is permitted to eat before davening [because of his illness], the obligation to make Kiddush has already taken effect for him, and he must therefore make Kiddush before eating.
10. After davening *Shacharis*, one is obligated to make Kiddush even if he had not yet davened *Mussaf*. Thus, **one may not even drink water after *Shacharis* before reciting Kiddush.**
11. One who recited Kiddush after *Shacharis* before *Mussaf* may not eat a complete meal, since he must first daven *Mussaf*.
12. Women who do not daven in Shul and do not want to wait to eat until their husband’s come home, should say their prayers at home and then make Kiddush
13. It is preferable to use wine for Kiddush. However, one who prefers beer or whiskey to wine, may substitute it, being careful to use a cup that contains the volume of at least 3.2 ounces, and preferably 4.42 ounces; of which he must consume a cheekful. Some authorities rule that when whiskey is used, it is permissible to use a whiskey glass.
14. If no wine, beer, or whiskey is available, other drinks such as milk, orange juice, apple juice, soda, tea, or coffee may be used, rather than bread.
15. When making Kiddush on beverages other than wine, one recites the blessing “Shehakol Nih’yeh Bidvaro.”
16. One who recited Kiddush may recite it again to exempt others.
17. All other requirements that were mentioned regarding the Friday night Kiddush in terms of size of cup, how much to drink, covering the Challahs, etc. apply to the Shabbos morning Kiddush.

Kiddush Where One Eats:

1. Kiddush is valid only when it is followed by a meal. This involves the following two conditions:
 - The Kiddush must be recited where the meal is to be eaten.
 - The meal must be eaten immediately after Kiddush.
2. Generally, Kiddush is recited at the table which the meal will be eaten. However, if one wishes to make Kiddush in one part of the room and eat in another part of the room, he may do so, provided he has this in mind at the time of the Kiddush.
3. One should eat immediately after the Kiddush. However, a minor delay to allow for getting ready for the meal is not considered an interruption.
4. For the Kiddush to be valid, it is necessary for both the person who recites Kiddush and the one who listens to it consume a least a Halachik measure of an olive [1-1 ¾ ounces or 29-50 cc] of bread, cake, or other food made from the five species of grain, namely wheat, barley, spelt, oats, and rye. This amount must be consumed within a 2-9 minutes, preferably within the shorter period.
5. Even if one partakes of large quantities of other foods or beverages, if he does not eat a Halachik measure of one of the five grains, the Kiddush is not valid.
6. When attending a Kiddush reception in Shul one should bear in mind the following:
 - You must hear the Kiddush as it is recited. You must at least hear the entire blessing on the wine.
 - Make the appropriate blessings before and after you eat your food. The Rabbi's Kiddush only discharges your obligation of making Kiddush and the blessing for wine. Any food or drinks that you partake of require the appropriate blessings for them.
 - Eat a complete Halachik measure of cake or other grain product within the correct time span.
 - Do not eat at the Kiddush if you do not plan on eating the appropriate Halachik measure.
 - Do not overindulge in what one eats. In certain cases one would actually be required to wash, say the *Motzei*, and recite *Birchas Hamazon*, even if one did not actually eat bread.
 - One should preferably eat and drink while sitting down.
 - If you eat the required amount of food at the Kiddush, you have fulfilled your morning Kiddush obligation. Therefore, you are not required to repeat Kiddush at home before eating lunch. Those who wish to be stringent should recite Kiddush again before lunch.
 - You are still required to eat a meal at home, where you will eat bread and say *Birchas Hamazon*.
 - Try not to become satiated at the Kiddush so that you will retain an appetite for the meal.

