



Managing Your Mitzvos Class #3 – Kiddush

Kiddush:

1. After sunset on Friday evening [or as soon as one accepts the Shabbos before sunset], it is forbidden to eat or drink until Kiddush is said. Minors are permitted to eat prior to Kiddush.
2. It is customary to sing “Shalom Aleichem” and “Aishes Chayil” after everyone has gathered around the Shabbos table. It is also customary to bless one’s children. [See Artscroll Siddur pages 354 , 358]
3. The Kiddush should be recited as soon as possible to the onset of Shabbos. [Artscroll page 360.] Therefore, a person should say Kiddush as soon as he comes home from Shul. [even when one prays early, such as in the summer]
4. When saying the Kiddush, one has to have in mind to fulfill the Torah command of, “Remember the Shabbos day to keep it holy.” If he fails to have this in mind, he has to repeat the Kiddush – for reciting the Kiddush is a Mitzvah that one fulfills with his thoughts.
5. When saying the Kiddush we should think how we are exalting Hashem and pledge to observe His commandments, resting on Shabbos because on that day He ceased from all his work.
6. One should say the Kiddush with joy in his heart, happily testifying to the fact that Hashem created the heaven and earth. When this testimony is given in a cheerful frame of mind, Hashem will forgive one’s transgressions.
7. When saying the Kiddush, one should joyfully concentrate on the following thought: Hashem created me and chose me to be a member of his nation. He has favored me by giving me the holy Shabbos.
8. Kiddush must be recited over wine. Although it is preferable to use wine, grape juice is also permitted. Only wine whose blessing is “Borei Pri Hagofen” may be used for Kiddush.
9. It is a Mitzvah to use red wine. If none is available, one should use the best type of wine in his possession. A preferred white wine takes precedence over a red wine of lesser preference.
10. One who dislikes both wine and grape juice may use bread for the Friday night Kiddush.
11. Preferably, one should not use cooked wine for Kiddush unless the wine is superior to the others which are available. It is advisable to use cooked wine if one is having non-Jews eating at the table.
12. Leftover wine from the Kiddush cup should not be poured back in the bottle. If you wish to pour it back into the bottle, you must first pour a little more wine from the bottle into the Kiddush cup, and then pour it all back into the bottle.
13. The Kiddush cup must contain the volume of at least 3.2 ounces, and preferably 4.42 ounces.
14. The Kiddush cup should be rinsed inside and out, even if it is clean.
15. It is customary to pour three drops of water into the bottle before pouring the wine into the goblet.
16. Some have the custom to fill the Kiddush to overflowing. Some say not to. To satisfy both opinions, some people hold the cup at an angle, so it overflows on its side, while the other side shows an empty space.
17. When saying the Kiddush, the cup should be held in one’s right hand. Both hands should not be used. There are different customs regarding how to hold the Kiddush cup. Some place the cup on the outstretched five fingers. Others hold the cup in the palm and surround it with their five fingers.
18. It is customary to place a plate beneath the cup to prevent the wine from spilling on the tablecloth.
19. There are different customs about one’s position during Kiddush:
 - Stand for the entire Kiddush. At the end of Kiddush, one sits down to drink the wine.

- Sit for the entire Kiddush
 - Stand for the first half of the Kiddush, and sit before saying the blessing of “Borei Pri Hagofen” and the balance of the Kiddush.
20. One should look at the Shabbos lights when beginning to say the Kiddush. When saying the blessing on the wine and the next paragraph one should gaze at the Kiddush cup.
 21. The Challahs should be placed on a board and covered during Kiddush. It is preferable to have them covered while the blessing of “Hamotzei” is also said.
 22. All breads, Challahs, rolls, etc. on the table(s) should be covered during Kiddush.
 23. After the Kiddush has been said, a minimum of a cheekful of wine must be consumed. Preferably the person who recites the Kiddush should drink this amount. If the person making Kiddush can not drink that much, someone else can drink that required amount.
 24. If one makes Kiddush for others, it is desirable that each participant partake of the Kiddush wine. They need not make their own blessing for the wine, as long as they don’t speak between the blessing and their drinking. When distributing the wine it should be in one of these ways:
 - After making Kiddush, but before drinking the wine, he should pour some wine from the Kiddush wine into a second cup. [care should be taken that at least 3-4 ounces remain in the Kiddush cup] He should then pour from the second cup into the cups of all the participants.
 - He should drink a cheekful from the Kiddush cup and then pass it around to the participants.
 25. If one has a large number of guests, one may pour separate cups of wine to all the participants before he makes Kiddush. The guests should not partake of their wine before the host drinks from the Kiddush cup.

Exempting Others from Kiddush:

1. One may fulfill his Kiddush obligation by listening to someone else’s recital provided that the person who makes the Kiddush has in mind to exempt the listener and the listener has in mind to be exempted.
2. It is therefore proper for the head of the household to remind his family before Kiddush to have in mind to fulfill their Kiddush obligation with his Kiddush.
3. When a group of people are assembled for Kiddush, it is preferable that one person recites the Kiddush for all of them rather than each one recite it separately. For this reason, it is customary that the head of the household recites Kiddush on behalf of everyone.
4. The reciter should say each word loudly and clearly for all to hear.
5. One who has already made Kiddush over wine may repeat it to exempt others who can not do so themselves.
6. The listener must be silent and attentive and make every effort to hear each word of the entire Kiddush. They should not sing or hum along the Kiddush with the reciter.
7. Two or more people should not say Kiddush simultaneously, as the listeners can not hear two voices at the same time.
8. The listener must answer Amen to each of the blessings. One should not say “Baruch Hu U’varuch Shemo.”
9. The listener is exempted by all blessings pronounced by the reciter. Therefore, he may drink the wine without saying a blessing on it himself.
10. The listener should know the translation of the Kiddush. If he does not, the Kiddush is valid provided it was said in Hebrew. Nevertheless, it is advisable to explain the meaning of the Kiddush to all those that are unfamiliar with the Hebrew language.
11. A wife or other female adult family member may exempt the head of the household, if he is unable to make Kiddush.
12. A child under Bar / Bat Mitzvah may never exempt an adult.
13. These same laws apply to exempting others with the Hamotzei blessing for the Challah.