



MESIBOS SHEL SHABBOS

WITH RABBI MORDECHAI Z. HECHT

קידוש ליל קידוש · KIDDUSH

~Cup(s) of wine Friday Night~

Every Friday Night we make Kiddush. Be it at home or in Synagogue. We take a cup of wine, or grape juice or other 'special drinks of the land' and we recite a special blessing. This practice is one of the most beautiful and meaningful ways in which we usher in the holy day of Shabbos.

Kiddush, literally means to separate, designate and sanctify, which is what we are doing in this practice. Clearly signifying that this day is different than all the other days of the week.

Ancient custom has it, as is brought in the letter of Rabbeinu Ovadyah Yarei Bartenura of Italy and then Jerusalem, to his Father, that the Jews of Egypt and all Arab countries in 1487-1488 would drink (6) or (7) cups of strong, undiluted wine each Friday night in celebration of Shabbos and would wish each other "Brocha V'Refuah -Blessing and good health" & "Brocha V'chaim - Blessing and Life".

Nowadays practically speaking we only drink one cup of wine when we make Kiddush, as most people don't drink that much wine, (unlike the Passover seder where we drink (4)). However Shabbos is a day of rest after all and a day of rejoicing, so we do find things in our tradition that we do to add to our joy, this being one of them.

Kiddush on a cup of wine actually in turn accomplishes three things 1. Designating and sanctifying the day in a unique and special way. 2. Helps us increase in joy, and 3. Serves as 1 of the 100 blessings every Jew should attempt to recite every day of the week. There is a 4th component to the Kiddush and this is, it serves as the key and permission slip to the meal. One may not eat on Shabbos before reciting this Kiddush on a cup. Furthermore, the Kiddush and the meal should be eaten in the same place, same location and even same room if at all possible. So what we do is, we make Kiddush, we wash our

hands, as we would traditionally any day of the week for bread and then we eat bread - and serve the meal. Some codifier's are of the opinion that if one drinks a good amount of wine such as a *re'viis* – appx. 2.9oz – 4.2oz. that is the meal and they fulfil their full obligation. Some hold, one should drink an additional *re'viis* and this would be deemed a *seudah* – a meal of Shabbos. Perhaps, explaining why the Jews in Arab lands drank so much – it was their meal, sort of. Still others hold you may consider fruit the meal, which in fact was practice in the time recorded above as well. Yet others hold a meal means bread etc. and one should Make Kiddush and eat bread etc. and only then are we fulfilling our full obligation.

What is most interesting is that if you look closely at the Shabbos prayers, as we always should, you will notice we sanctify the day multiple times in our prayers yet our sages established that also do so on a cup of wine referring to the verse, "a cup of salvation you shall lift" - as Shabbos is such an awesome day – it is like a day of salvation similar to the days of Moshiach.

Actionable lesson: Invite guests to your Shabbos table, serve good (only kosher) wine, drink up, eat a hearty meal and remember to make a blessing before and after and get ready for an awesome week ahead. And when you lift your cups for Kiddush, think about ushering in the greatest salvation of all the coming of Moshiach – and era of which our sages say is: "an era that will be entirely like Shabbos." Imagine that.