

A GUIDE TO KIDDUSH

קידוש



FOR HUMANISTIC JEWS

Kiddush means sanctification or literally “setting apart” and is traditionally recited over wine on Friday night or before a special Jewish holiday.

There are many traditional ways to perform Kiddush and here I will present the method performed by Ashkenazim and Sephardim. The wording, however, is Humanistic and does not mention God.

Kiddush does not have to be said in Hebrew and it is acceptable to say it in English or any other language, although Hebrew is usually preferred. From the time the sun sets on Friday night (or once the candles are lit), until after kiddush, one does not eat or drink anything.

The procedure is as follows:

1. The table is set with both hallot (friday night bread) on the table, and are usually covered (many LGBT+ Jews do not cover them as a reminder of the freedom of being out of the closet). Here is a hallah recipe, and click here for a Sephardic recipe. Ethiopians use Dabo bread; click here for a recipe.
2. Use a special cup that is reserved only for kiddush. Fill the cup to the rim to symbolize full joy.
3. Use any special wine of grape juice. Preferably one you do not use at any other point in the week (shabbat food and drink is usually special).

4. Kiddush is made on behalf of everyone present, so only one person recites it.
5. There are different customs regarding whether one stands or sits while making kiddush. If you don't have a family custom, the choice is yours! Just be consistent from week to week. You can start creating a home tradition.
6. Those present answer "Amen" after the blessing of the wine ("peri hagefen"), and after the concluding blessing that follows.
7. We do not speak between the saying of a blessing and the action being blessed, and so nobody speaks until they have had a sip of the wine or grape juice. The person reciting kiddush

should remind everyone of this beforehand.

8. After the person reciting kiddush finishes the blessing they distribute it to everyone else, but if you like you can distribute it beforehand. The reciter should have their share first followed by everyone else.
9. The reciter raises their glass and says the following (in English):
“The sixth day: And on the seventh day we complete the labour we perform. And we refrain on the seventh day from all the labour which we perform. And we bless the seventh day and sanctify it, for we then refrain from all our labour which we have to do.” (In Hebrew) “Yom

Hashishi. Vatechal bayom hashevi'i
hamelachah asher ne'estah.
Vatishbot bayom hashevi'i kol
hamelachah asher ne'estah.
Nevarech et yom hashevi'i
vanekadesh oto ki vo shavatnu
mikol-hamelachah asher baḥarnu
la'asot."

10. They then say (in English)
"Attention Friends" (in Hebrew)
"Savri ḥaverim veḥaverot" and
pause for a second.
11. The glass is raised higher.
12. Reciter continues: (in English)
"Blessed is the light in life and
blessed is the fruit of the
vine" (in Hebrew) Baruch ha'or
baḥayyim uvaruch peri hagefen"
13. Everyone says Amen.

14. Reciter continues (in English)
“Blessed are you our lights and our ancestors, who blessed us with their traditions with love and took pleasure in us. With love they have given us this sacred sabbath as an inheritance and in memory of creation. That day is also the first of a sacred convocation, a memorial of the exodus from the narrow places. For we have chosen it and it distinguishes us along with all the peoples of the world, and in love and favour we sanctify the sabbath. Blessed are you friends, who distinguish the Sabbath.” (in Hebrew) “Beruchim atem orénu vehorénu mekaymei aménu, asher kidshunu bimsorotéhem veratzu

vanu. Veshabbat kodshénu be'ahavah uveratzon hinḥilunu, zikaron lema'asé reshít. Ki hu yom teḥilah lemikra'i kodesh, zecher litzi'at mitzrayim. Ki anu vaḥarnu ve'anaḥnu kidashnu 'im kol ha'amim, veshabat kodshénu be'ahavah uveratzon hinḥilunu. Beruchim atem ḥaverim, mekadshé hashabbat!"

15. Everyone says Amen.
16. We then drink our wine or grape juice.
17. Now we wash our hands.
18. The hallah is raised in both hands.
19. The reciter says the following: (in English) "Blessed is the light in humanity and blessed are those who bring forth bread from the

earth” (in Hebrew) “Baruch ha’or
ba’adam uveruchim hamotzi’im
lehem min ha’aretz”

20. Everyone says Amen.

21. Reciter breaks a piece of hallah
for themselves and then breaks
more pieces and distributes them
to everyone else who then eats
their piece (Ashkenazim cut the
hallah and Sephardim break it
with their hands).

22. There is a custom to dip the
hallah piece in salt to remind us
of the bitterness of life.
Moroccans dip it in sugar to
remind us of the sweetness of
life.

23. Now we all wish each other
Shabbat Shalom and shake hands
or hug.

24. Usually a meal is served.

The tune according to the Western Sephardic tradition can be heard by [clicking here](#) and for the Ashkenazi tune [click here](#).

Here is a video on the traditional kiddush: <https://www.youtube.com/watch?v=TAmPl3tYe4k&t=60s>

Happy experimenting!

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