

## Summary from previous week

- When making Kiddush, one takes the cup in both hands and then puts it into one's right hand and raises it a tefach (around 10 cm) above the table. One should hold the cup in one's stronger hand. It is proper to hold the cup by standing it on one's right palm, surrounded by the upright fingers of one's right hand.
- Friday night Kiddush starts with the words, "יִּוֵם הַשְּׁשִׁי וַיְכֹּוּל הַשְּׁמַיִם" since the initial letters of these four words make up the name of God.
- When reciting Kiddush one should look at the Shabbos candles and then the cup of wine. Those for whom Kiddush is being made should also glance at the lights and the cup.
- Kiddush should not be recited by heart but read from a siddur.
- The one reciting Kiddush should have in mind that he is fulfilling everyone's obligation. Similarly, those listening should have in mind that their obligation is being fulfilled through him. Nevertheless, if either of these stipulations is not met, they have fulfilled their obligation provided that they were collectively in position as a unit.
- Their obligations are not discharged if the person making kiddush expressly has in mind that he is not making kiddush for them or they expressly have in mind not to discharge their obligations by listening.

שמות פרק טז פסוק כב

וַיְהִי בַיּוֹם הַשְּׁשִׁי לְקַטֹּף לֶחֶם מִשְׁנֵה שְׁנַיִ הָעֹמֶר לְאַחַד וַיָּבֵאוּ כָּל נְשֵׂאֵי הָעֵדָה וַיִּגִּדּוּ לְמֹשֶׁה:

Exodus 16:22

It came to pass on the sixth day that they gathered a double portion of bread, two *omers* for [each] one, and all the princes of the community came and reported [it] to Moses.

תלמוד בבלי מסכת שבת דף קיז עמוד ב

אמר רבי אבא: בשבת חייב אדם לבצוע על שתי ככרות, דכתיב לחם משנה.

Babylonian Talmud Tractate Shabbat 117b

Rebbi Abba said: On the Sabbath it is one's duty to break bread over two loaves, for it is written, *lechem mishnah* (twice as much bread).

שמירת שבת כהלכתו נה:א

א. מצוה (א) לבצוע בכל סעודה של שבת (ב) ושל יו"ט (ג) על שני לחמים שלמים (ד), והוא הנקרא לחם-משנה (ה).

Shemiras Shabbos Kehilchaso 55:1

It is a Mitzvah to start each Shabbos and Yom Tov meal with two whole loaves, which are called *lechem mishneh*.

ב. הסועד כמה פעמים ביום, יכצע בכל סעודה על לחם-משנה (ו), אולם בסעודה השלישית בשבת (וכן אם אוכל סעודות נוספות) – בשעת הדחק די בלחם שלם אחד, וכן הדין אם סועד סעודות נוספות על שתי הסעודות שחייב לסעוד ביו"ט (ז).

Shemiras Shabbos Kehilchaso 55:2

Regardless of the number of times a day one eats, one should start each meal with *lechem mishneh*. Nevertheless, in case of difficulty, one whole loaf will suffice at the third Shabbos meal, at additional meals one has on Shabbos and at any meals one has on Yom Tov over and above the two obligatory meals.

ה. יקפיד לקחת ללחם-משנה לחמים שבכל אחד מהם יש לפחות כשיעור כזית (יג), ולכתחילה טוב שיהיה בהם לפחות כדי שכל אחד מן המסובים יטעם מן הלחם-משנה (יד). ולכן, מוטב לתת בליל-הסדר לפני כל אחד מן המסובים שלוש מצות, כדי שכולם יקיימו מצות הלילה כדין ויבצעו על לחם-משנה ויאכלו ממנו (טו).

Shemiras Shabbos Kehilchaso 55:5

One should make a point of taking, for *lechem mishnah*, loaves which are each at least a *kazayis* in size. It is also preferable that there should be a sufficient amount of bread to distribute to each of those around the table. Consequently, on seder night, it is advisable to give each of those around the table three matzos of their own. In this way, everyone will have *lechem mishneh* and will be able to perform the mitzva of eating matza in the proper way.

בוצע על (א) שתי [א] ככרות (ב) (שלימות), שאוחז שתיהן (ג) בידו (ד) <א> ובוצע (ה) א התחתונה. הגה: ודוקא בלילי שבת (ד"ע), אבל ביום השבת או בלילי יו"ט בוצע על העליונה (כל בו והגהות מיימוני פ"ח מהלכות חמץ ומצה), והטעם הוא על דרך הקבלה.

Shulchan Aruch Orach Chaim 274:1

**1** At the beginning of the Shabbos meal one should break bread over (1) two (2) (*whole*) loaves, holding them (3) in his hand (4) and breaking open (5) the lower loaf. *Gloss: This refers only to the Friday night meal; however, on the day of Shabbos or even on the night of Yom Tov, one should break open the upper loaf. The reason for this difference is based upon the Kabbalah.*