JEWISH FESTIVALS: SHACHARIT: EATING

JEWISH FESTIVALS: SHACHARIT: EATING BEFORE

Eating before Making Jewish Festival Kiddush

As on *Shabbat*, you may eat non-*mezonot* and non-bread food before praying *Jewish festival shacharit* and without making *kiddush*, in order to avoid hunger or hypoglycemia (low blood sugar).

Women and Minimum Prayer before Jewish Festival Kiddush

The minimum prayer that a woman should say on *Jewish festival* (or *Shabbat*) morning before saying *kiddush* and eating some food is *birchot ha'shachar*.

Eating before Jewish Festival Midday

As on Shabbat, don't fast on Jewish festivals (except Yom Kippur!) past halachic midday.

- If you will not finish *shacharit* before *halachic midday*, you should eat or drink earlier in the day, even before you begin *shacharit*—water can be sufficient for this purpose.
- If you will finish *shacharit*, but not *musaf*, by *halachic midday*:
 - Finish *shacharit*,
 - Make *kiddush*,
 - Eat some *mezonot*, and then
 - Return to say *musaf*.

JEWISH FESTIVALS: SHACHARIT: EATING AFTER

Eating Only after Jewish Festival Kiddush

As on *Shabbat*, once you have said the *anida* of *Jewish festival shacharit*, you may not eat any food until you have said (or heard) *kiddush* and finished *kiddush* requirements by either drinking 4 fl. oz. (119 ml) of wine/grape juice or eating at least 1.3 fl. oz. (39 ml, or 1/6 cup) of *mezonot* or bread.

© Copyright 2024 Richard B. Aiken | www.practicalhalacha.com