

HAVDALLAH

When the skies are dark and the stars appear, Shabbat is over and it is time for Havdallah, the prayer that ushers in a new week. Inhale the spices and enjoy the last taste of paradise. Gaze at the twisted candle, and meditate about how this day will brighten the coming week.

Original translation and commentary by Chief Rabbi Goldstein.

The
Shabbat
Project

1. MAKE HAVDALLAH

TILL WE MEET AGAIN Havdallah is the moment we bid farewell to Shabbat. We contrast the specialness of the day we have had with the ordinariness of the week to come. We take with us the holiness and inspiration of Shabbat as we enter the week ahead. The introductory verses to the blessings of Havdallah refer to the strength and light that comes from faith in G-d.

On Shabbat, we reconnect with G-d, and when it departs, we take with us the newfound moral clarity and joy that comes from our connection to G-d. Shabbat influences the week in two directions... the three days following Shabbat draw on the holiness of the experience had, and the three days leading up to the new Shabbat draw on the energy and excitement of what is to come. Shabbat stands as a pillar of strength, light and inspiration at the centre of our week.

WHAT YOU NEED

- Kiddush cup
- Wine or grape juice
- A multi-wicked candle or two single candles that can be placed together
- Spices

STEP-BY-STEP

1.

Raise the Kiddush cup filled with wine with your dominant hand

Here is G-d of my salvation

I will trust and will not fear,

The strength and praise

of G-d has been for

me a salvation.

And you will draw water in joy,

from the springs of salvation.

To G-d is the salvation,

on your nation is your

blessing, selah.

G-d of hosts is with us,

the G-d of Jacob is a fortress

of strength for us, selah.

The G-d of hosts,

fortunate is the one

who trusts in you.

G-d will save,

the King will answer us

on the day that we call.

To the Jews there was light,

happiness, joy and honour -

so too may it be for us.

I will lift up a cup of salvation

and call out in the name of G-d.

הִנֵּה אֵל יְשׁוּעָתִי,

אֲבִטֵּחַ וְלֹא אֶפְחָד,

כִּי עֲזִי וְזִמְרַת יְיָ

יְיָ-וְהוֹדוֹ, וְיִהְיֶה

לִי לִישׁוּעָה.

וְשָׁאֲבֶתֶם מַיִם בְּשִׂשׂוֹן,

מִמַּעַיְנֵי הַיְּשׁוּעָה.

לְיְיָ-וְהוֹדוֹ הַיְּשׁוּעָה,

עַל עַמְּךָ בִּרְכָתְךָ

סְלָה.

יְיָ-וְהוֹדוֹ צְבָאוֹת עִמָּנוּ,

מִשְׁגֹּב לָנוּ אֵל-הִי

יַעֲקֹב סְלָה.

יְיָ-וְהוֹדוֹ צְבָאוֹת,

אֲשֶׁרִי אָדָם

בָּטַח בְּךָ.

יְיָ-וְהוֹדוֹ הַיְּשׁוּעָה,

הַמֶּלֶךְ יַעֲנֵנוּ

בְּיוֹם קִרְאֵנוּ.

לַיהוּדִים הָיְתָה אוֹרָה

וְשִׂמְחָה וְשִׂשׂוֹן וִיקָר.

כֵּן תִּהְיֶה לָנוּ.

כּוֹס יְשׁוּעוֹת אֶשָּׂא,

וּבְשֵׁם יְיָ-וְהוֹדוֹ אֶקְרָא.

Hinei el y'shu-ati,

evtach v'lo ef-chad,

Ki ozi v'zimrat yah

Ado-nai, va-y'hi

li lishu-ah.

Ushav-tem mayim b'sason,

mima-ah-y'nei hay'shua.

L'Ado-nai hay'shu-a,

al am'cha vircha-techa,

selah.

Ado-nai tz'va-ot imanu,

misgav lanu elohei

ya-akov selah.

Ado-nai Tz'va-ot,

Ashrei Adam

Botei-ach Bach.

Ado-nai Hoshi-ah,

Hame-lech Ya-aneinu

V'yom Kareinu.

La-y'hudim Ha-y'tah Orah

V'simcha V'sason Vikar.

Kein Tih-yeh Lanu.

Kos Y'shu-ot Esah,

Uv'sheim Ado-nai Ekrah.

**SHABBAT
INFLUENCES THE
WEEK IN TWO
DIRECTIONS.**

With the permission of my
masters, rabbis and teachers:

Blessed are You,
Lord our G-d, King
of the Universe,
Who creates the fruit
of the vine.
(Amen)

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סַבְרֵי מַרְנָן
וְרַבָּנָן וְרַבּוֹתַי:
בְּרוּךְ אַתָּה יְיָ-וֵה, *Savri Maranan*
אַל-הֵינוּ מֶלֶךְ, *V'rabanan V'rabotai:*
הָעוֹלָם, *Baruch Atah Ado-nai,*
בוֹרֵא פְרִי *Elo-heinu Melech*
הַגֶּפֶן. *Ha-olam,*
[אַמֵּן] *Borei Pri*
[Amen] *Hagafen.*

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2.
Transfer the cup to
your weaker hand
3.
Lift the spices with
your dominant hand
and say the following
blessing before
smelling the spices

Blessed are you, Lord
our G-d, King of the Universe,
Who creates different types
of fragrances.
(Amen)

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בְּרוּךְ אַתָּה יְיָ-וֵה, *Baruch Atah Ado-nai*
אַל-הֵינוּ מֶלֶךְ הָעוֹלָם, *Elo-heinu Melech Ha-olam,*
בוֹרֵא מִיְּנֵי *Borei Minei*
בְּשָׂמִים. *V'samim.*
[אַמֵּן] *[Amen]*

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4.
Smell the spices and
pass them around for
everyone to smell



5.
Put the spices down
6.
Someone present
raises the candle
7.
Recite the following
blessing with the wine
in your weaker hand
8.
Switch off the lights
9.
Hold your fingernails
up to the candle-light
so that you can see
the light's reflection
in them

Blessed are you, Lord
our G-d, King of the Universe,
Who creates the lights of fire.
(Amen)

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בְּרוּךְ אַתָּה יְיָ-וֵה, *Baruch Atah Ado-nai,*
אַל-הֵינוּ מֶלֶךְ הָעוֹלָם, *Elo-heinu Melech Ha-olam,*
בוֹרֵא מְאוּרֵי הָאֵשׁ. *Borei M'orei Ha-eish.*
[אַמֵּן] *[Amen]*

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10.
Now transfer the cup of
wine to your dominant
hand once more, for
the final blessing

11.
Drink most of the wine

12.
Extinguish the flame
by pouring the rest of
the wine over it

Blessed are you, Lord
our G-d, King of the Universe,
Who separates between
holy and ordinary,
between light and darkness,
between Israel and the nations,
between the seventh day
and the six days of work.
Blessed are You, Lord
Who separates between
holy and ordinary.
(Amen)

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Some have the custom
to dip their fingers
into the wine that has
extinguished the flame
and then place their
fingers on their eyelids
and in their pockets

בְּרוּךְ אַתָּה יְיָ-וֵה, *Baruch Atah Ado-nai,*
אַל-הֵינוּ מֶלֶךְ הָעוֹלָם, *Elo-heinu Melech Ha-olam,*
הַמְבַדִּיל בֵּין *Hamavdil Bein*
קֹדֶשׁ לְחוּל, *Kodesh L'chol,*
בֵּין אוֹר לְחֹשֶׁךְ, *Bein Ohr L'choshech,*
בֵּין יִשְׂרָאֵל לְעַמִּים, *Bein Yisra-el La-amim,*
בֵּין יוֹם הַשְּׁבִיעִי *Bein Yom Hash'vi-i*
לְשִׁשֶּׁת יְמֵי הַמַּעֲשֶׂה. *L'sheishet Y'mei Hama-aseh.*
בְּרוּךְ אַתָּה יְיָ-וֵה, *Baruch Atah Ado-nai,*
הַמְבַדִּיל בֵּין *Hamavdil Bein*
קֹדֶשׁ לְחוּל. *Kodesh L'chol.*
[אַמֵּן] *[Amen]*

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