

The Complete Guide  
to Sharing Shabbat

# Havdalah



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All content has been adapted from the 'ShabbatUK Home Companion 2015' which was adapted from "Tribe Bench and Sing 2014" including the English translation by **Rabbi Lord Jonathan Sacks** (taken from the Authorised Daily Prayer Book) and the commentary by **Living and Learning** at the United Synagogue and **Rabbi Daniel Rowe**. The Companion was produced and published by **JAM Events**.

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**Designed by:** Richard Herman, Arta Creative Solutions Ltd

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**Special thanks to:** The International Shabbos Project

After Shabbat or Yom Tov has ended we perform Havdalah over a cup of kosher wine or grape juice. At the end of Shabbat we also use spices and a special Havdalah candle. The first paragraph is not said on the evening after a festival. (It is usually said by a man, but if none is present, a woman should say it.)

# הנה אל ישועתי

אבטח ולא אפחד, כי עזיז זומרת יהי יהוה,  
ויהי ליל לשועה. ושבתם מים בששון, ממעני  
הישועה. ליהוה היושעה, על עמק ברכתך סלה.  
יהוה צבאות עמנו, משגב לנו אלהי יעקב סלה.  
לייהודים היתה אורה ושמחה, וששון ויקר, כן  
תהייה לנו. כוס ישועות אשה, ובשם יהוה אקרא.

## Hineih Eil Y'shu'ati

evtach v'lo afchad, ki ozi v'zimrat Yah,  
vy'hee li lishu-ah.Ushavtem mayim b'sasson, mi-ma-ainei  
hy-shua. La-Adonai hy-shua, al am'cha virchatecha selah.  
Adonai tz'va-ot imanu misgav-lanu Elohei Ya-akov selah.  
Ly'hudim hy-ta orah v'simcha v'sasson vikar, kein  
tih-yeh lanu. Kos y'shu-ot essa uvsheim Adonai ekra.

**When saying Kiddush for others add the words in brackets:**

(סְבִּרִי מַרְאָנוֹ וּרְבָנָנוֹ וּרְבָתוֹתֵי)

ברוך אתה יהוה אלהינו מלך העולם, בורא פרי  
הגפן.

(Savri maranan, v'rabanan, v'rabotai)

Baruch Atah Adonai Eloheinu Melech ha-olam, borei p'ri  
hagafen.

**Put the cup down and lift the spices:**

ברוך אתה יהוה אלהינו מלך העולם, בורא מיני  
בשמים.

Baruch Atah Adonai Eloheinu Melech ha-olam, borei minei  
v'samim.

**The leader smells the spices and passes them to everyone to smell.**

ברוך אתה יהוה אלהינו מלך העולם, בורא מאורי  
האש.

Baruch Atah Adonai Eloheinu Melech ha-olam, borei m'orei  
ha-eish.

**Lift up the candle. Those close enough to the candle put their hands up to it so that they can see the light reflected  
on their fingernails. Lift the cup again:**

ברוך אתה יהוה אלהינו מלך העולם, המבדיל  
בין קודש לחול, בין אויר לחשך, בין ישראל  
לעמים, בין יום השביעי לששת ימי המעשה.  
ברוך אתה יהוה, המבדיל בין קודש לחול.

Baruch Atah Adonai Eloheinu Melech ha-olam, hamavdil  
bein kodesh l'chol, bein ohr l'choshesh, bein Yisrael  
la-amim, bein yom hashvi-i l'sheishet y'mei hama-aseh.  
Baruch Atah Adonai, hamavdil bein kodesh l'chol.

# Havdala

It's never easy to say goodbye.

As Shabbat departs and we transition into another work week, we feel a tinge of sadness that we are letting go of something special.

Shabbat provides us with an oasis of tranquillity in an otherwise hectic and frenetic world, but like all good things it has to come to an end.

However we don't just let it go without marking the occasion. The Havdala ceremony is one of the most rich and beautiful mitzvot and is the perfect bridge between Shabbat and the coming week.

We start off with a selection of verses beginning with "Hinei E-I yeshuati", "Behold God is my salvation, in Him I shall trust and not be afraid." The subsequent verses continue in a similar vein, as we place our trust in Hashem. These verses are meant to provide us with a sense of confidence and to imbue us with strength and confidence to face the new week ahead.

We continue with a multi-sensory experience, making blessings on wine, spices and the candle. The blessings correspond to our mouths (wine), noses (spices) and eyes (light), rising up through the body, and then reaching the peak with the final blessing that describes the difference between that which is holy and mundane - between Shabbat and the rest of the week. These subtle differences which are not readily apparent to the untrained mind, are things we can only perceive after a Shabbat where we have experienced that difference.

After Havdala many have the custom to sing songs of faith and longing for Eliyahu Hanavi and Mashiach. Perhaps this is because as we usher out Shabbat we are expressing our longing for the yom she kulo Shabbat, day of everlasting Shabbat of the world to come.



Behold, God is my salvation. I will trust and not be afraid. The Lord, the Lord, is my strength and my song. He has become my salvation. With joy you will draw water from the springs of salvation. Salvation is the Lord's; on Your people is Your blessing, Selah. The Lord of hosts is with us, the God of Jacob is our stronghold, Selah. For the Jews there was light and gladness, joy and honour – so may it be for us. I will lift the cup of salvation and call on the name of the Lord.

**When saying Havdalah for others add:**

Please pay attention, my teachers, colleagues and friends:

Blessed are You, Lord our God, King of the Universe, who creates the fruit of the vine.

**Put the cup down and lift the spices:**

Blessed are You, Lord our God, King of the Universe, who creates the various spices.

**The leader smells the spices and passes them to everyone to smell.**

Blessed are You, Lord our God, King of the Universe, who creates the lights of fire.

**Lift up the candle. Those close enough to the candle put their hands up to it so that they can see the light reflected on their fingernails.**

**Lift the cup again:**

Blessed are You, Lord our God, King of the Universe, who distinguishes between sacred and secular, between light and darkness, between Israel and the nations, between the seventh day and the six days of work. Blessed are You, Lord, who distinguishes between sacred and secular.

**The leader now drinks the wine or grape juice.**



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