

The Complete Guide to Sharing Shabbat

Havdalah



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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.)

הִנֵּה אֵל יְשׁוּעָתִי *Hineih Eil Y'shu'ati*

אֲבִטַח וְלֹא אֶפְחָד, כִּי עֲזִי וְזִמְרַת יְהוָה,
וַיְהִי לִי לִישׁוּעָה. וּשְׁאֵבֹתֶם מַיִם בְּשִׁשׁוֹן, מִמַּעַיְנֵי
הַיְשׁוּעָה. לִיהוָה הַיְשׁוּעָה, עַל־עַמְךָ בְּרַכְתָּךְ סֵלָה.
יְהוָה צְבָאוֹת עֲמָנִי, מִשְׁגַּבְלֵנוּ אֱלֹהֵי יַעֲקֹב סֵלָה.
לַיהוּדִים הָיְתָה אֹרֶחַ וּשְׁמִחָה, וְשִׁשׁוֹן וִיקָר, בֶּן
תַּהֲיֶה לָנוּ. כּוֹס יְשׁוּעוֹת אֲשָׂא, וּבִשְׁם יְהוָה אֶקְרָא.

When saying Kiddush for others add the words in brackets:

(סַבְרֵי מָרְנָן וְרַבְנָן וְרוֹבוֹתֵי)
בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְרִי
הַגֶּפֶן.

(Savri maranan, v'rabanan, v'robotai)
Baruch Atah Adonai Eloheinu Melech ha-olam, borei p'ri
hagafen.

Put the cup down and lift the spices:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִינֵי
בְּשָׂמִים.

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

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

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מְאוּרֵי
הָאֵשׁ.

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:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמְבַדֵּיל
בֵּין קֹדֶשׁ לְחֹל, בֵּין אֹר לְחֹשֶׁךְ, בֵּין יִשְׂרָאֵל
לְעַמִּים, בֵּין יוֹם הַשְּׂבִיעִי לְשִׁשִּׁת יְמֵי הַמַּעֲשֶׂה.
בְּרוּךְ אַתָּה יְהוָה, הַמְבַדֵּיל בֵּין קֹדֶשׁ לְחֹל.

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 “Hineih E-l 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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