



A Guide to the Havdalah Ceremony



JewishBoston

Havdalah—the Hebrew word for “separation”—is a ceremony that marks the end of the sacred time of Shabbat and ushers in the new week. When darkness has fallen on Saturday night and three stars are in the sky, we conduct the multi-sensory Havdalah ceremony, singing blessings and using wine, fragrant spices (*besamim*), like cloves or cinnamon, and a special multi-wick Havdalah candle (or two candles held together) to mark this transition.

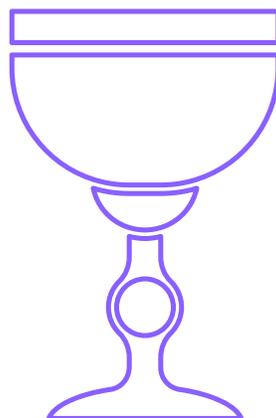
We say a prayer over an overflowing cup of wine, a symbol of joy and blessings, to sanctify the moment, and we smell the spices to revive our spirits after the departure of the happiness of Shabbat. Then, by the light of the Havdalah candle, we examine our hands and fingernails to fully appreciate the power of fire to subdue darkness.



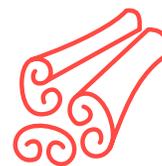
- 1** Gather your multi-wick Havdalah candle, *besamim* and kiddush cup of wine or grape juice. Light the candle. If you are able to do so, stand during the ceremony.



Havdalah candle



Kiddush cup



Spices (*besamim*)

2

Recite the following Havdalah text:



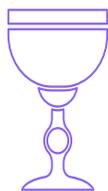
הִנֵּה אֵל יִשׁוּעָתִי אֲבֹטָח וְלֹא אֶפְחָד
כִּי עֲזִי וְזִמְרַת יְהוָה יִי וְיִהְיֶה לִּי לְיִשׁוּעָה:
וּשְׂאֵבֶתֶם מַיִם בְּשִׂשׁוֹן מִמַּעַיְנֵי הַיִּשׁוּעָה:
לִּי הַיִּשׁוּעָה עַל עַמְּךָ בְּרִכָּתְךָ סֵלָה:
יִי צְבָאוֹת עֲמָנוּ מִשְׁגָּב לָנוּ אֱלֹהֵי יַעֲקֹב סֵלָה:
יִי צְבָאוֹת, אֲשֶׁרִי אָדָם בּוֹטָח בְּךָ:
יִי הוֹשִׁיעָה, הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קִרְאָנוּ:
לְיִהוּדִים הַיְתֵה אֹרֶחַ וְשִׂמְחָה וְשִׂשׁוֹן וִיקָר:
כֵּן תִּהְיֶה לָנוּ:
כּוֹס יִשׁוּעוֹת אֲשָׂא וּבְשֵׁם יִי אֶקְרָא:

Hinei El yeshu'ati, evtach v'-lo efchad. Ki ozi ve-zimrat Yah Adonai, vayhi li liyshu'a. Ush'avtem mayim b'sason mi-ma'y'nei ha-yshu'a. L'Adonai ha-y'shu'a, al amkha virkhatekha selah. Adonai tz'vaot imanu, misgav lanu Elohei Ya'akov selah. Adonai tz'vaot ashrei adam boteakh bach. Adonai hosheea, ha-Melech ya'aneinu b'yom kor'einu. La-Yhudim hayta orah ve-simcha ve-sason viykar, ken tihyeh lanu. Kos yeshu'ot esa uvshem Adonai ekra.

Behold, God is my unfailing help; I will trust in God and will not be afraid. God is strength and song, my Deliverer. With joy shall you draw water out of the wells of salvation. God alone is our help; may God bless God's people. God of the universe is with us; the God of Jacob is our protection. There was light and joy; gladness and honor for the Jewish people. So may we be blessed. I will lift the cup of salvation and call upon God's Name.

3

Recite the blessing over the wine, holding the kiddush cup up for everyone to see.



בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגָּפֶן:

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

Blessed are You, Adonai our God, Ruler of the universe, Creator of the fruit of the vine.

If others are present at the Havdalah ceremony, they answer this blessing with "Amen."

4

Put the kiddush cup down and pick up the *besamim* to recite the blessing. Pass the spices around, making sure everyone has a moment to smell the sweet aroma. Recite the following blessing:



בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִיְי בְּשָׁמִים:

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



Blessed are You, Adonai our God, Ruler of the universe, Creator of many kinds of spices.

If others are present at the Havdalah ceremony, they answer this blessing with "Amen."

5

Hold the Havdalah candle high while everyone looks at their hands and fingernails by its light, and recite the following blessing:



בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מְאוֹרֵי הָאֵשׁ:

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

Blessed are You, Adonai our God, Ruler of the universe, Creator of the fire's light.

If others are present at the Havdalah ceremony, they answer this blessing with "Amen."

6

Recite the concluding blessing, then lift the kiddush cup again, sit and take a sip. The candle is then extinguished by dunking it into the kiddush cup or into a dish with the remaining grape juice or wine.



בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמְבַדִּיל בֵּין קֹדֶשׁ
לְחֹל, בֵּין אֹר לְחֹשֶׁךְ, בֵּין יִשְׂרָאֵל לְעַמִּים, בֵּין יוֹם
הַשְּׁבִיעִי לְשֵׁשֶׁת יָמֵי הַמַּעֲשֶׂה, בָּרוּךְ אַתָּה יי, הַמְבַדִּיל בֵּין
קֹדֶשׁ לְחֹל:

Baruch ata Adonai, Eloheinu Meleekh ha-olam, ha-mavdil bein kodesh l'chol, bein or-le'choshekh, bein Yisrael la-amim, bein yom ha-shevi'i l'sheshet y'mai ha-ma'aseh. Baruch ata Adonai, ha-mavdil bein kodesh l'chol.

Blessed are You, Eternal our God, Ruler of the universe, Who distinguishes between the sacred and the profane, between light and darkness, between Israel and other people of the world, between the seventh day and the six days of the week.

If others are present at the Havdalah ceremony, they answer this blessing with "Amen."

7

End Havdalah by wishing each other a good week (shavuah tov!) and singing special songs.



הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל, חַטָּאתֵינוּ הוּא יִמְחֹלֵנוּ
וְכַסְפֵּנוּ (וְשָׁלוֹמֵנוּ) יִרְבֶּה כַּחֹל, וְכַכּוֹכָבִים בַּלַּיְלָה:

Hamavdil ben koshesh l'chol, chatoteinu hu yimchol, zareinu v'chaspeinu yarbeh kachol, v'chakochavim balailah.

May the One who distinguishes between the holy and the ordinary pardon our sins; multiply our offspring and our possessions as grains of sand and as the stars at night.



Shavuah tov!
May you have a peaceful and good week
between now and next Shabbat!



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