

Havdalah is Hebrew for “separation” and refers to the verbal declaration made at the end of Shabbat or a Jewish holiday. Havdalah is intended to require a person to use all five senses: feel the cup, smell the spices, see the flame of the candle, hear the blessings and taste the wine.

Havdalah marks a transition back into “everyday time.” It’s the most beautiful--and most distilled--of all Jewish traditions. No meal, no prayer service. A few minutes of spirit served straight up. With light, fragrance, a sweet sip, and a shout-out to Elijah the Prophet, the upshot of Havdalah is that we begin a new week believing in the best possible future – a good way to start the week.

SET UP

Set up is easy. You need:

A cup of grape juice or wine (a Kiddush cup is customary, but any cup will do)

Pleasant-smelling spices (in a jar, from the garden, in a spice box – however your family prefers)

A multi-wick candle (a braided Havdalah candle or any two candles with wicks held together)

MAKE HAVDALAH

To create the right mood, it is nice to lower the lights or turn them off completely, so the flames of the Havdalah candle can cast their spell.

Each person has a “job”--one holds the lit candle, one holds the spices, and another holds the cup of grape juice or wine.

Havdalah candle

There are at least 2 wicks in a Havdalah candle, and they have to be close enough to almost but not quite touch. In short, you have a torch, a sturdy light for the working



Spices

The spices commonly used are cloves, cinnamon or cardamom (**Cardamom** is a spice made from the seedpods of various plants in the ginger family) they are kept in a special decorated B'Samim box. A Havdalah mix is made with cinnamon chips, orange peel, rosebuds, cloves,



Wine - It is customary to fill the Havdalah cup until it overflows its rim. This is symbolic of the overflowing cup of blessings we wish for in the upcoming week; then you put the candle out in the rest of the wine.



Questions for Class discussions:

- 1, What are the 5 senses of Havdalah
2. Why does the Havdalah candle have more than one wick?
3. What does Havdalah mean?
4. After you say the prayer for wine do you drink it?
5. What do you say at the end of Shabbat?
6. How many stars need to be in the sky?

Match the prayers

1. *Barukh ata Adonai, Eloheinu Melekh ha-olam, ha-mavdil bein kodesh l'chol, bein or-le'choshekh, bein Yisrael la-amim, bein yom ha-shevi'i l'sheset y'mai ha-ma'aseh.*
Barukh ata Adonai, ha-mavdil bein kodesh l'chol.

2. *Barukh ata Adonai, Eloheinu Melekh ha-olam, borei peri ha-gafen.*

3. *Barukh ata Adonai, Eloheinu Melekh ha-olam, borei m'orei ha-eish.*

4. *Barukh ata Adonai, Eloheinu Melekh ha-olam, borei minei v'samim.*

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

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

C) 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. Blessed are You, Who distinguishes between the sacred and the profane.

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

1 with

2 with

3 with

4 with