CELEBRATE A NEW WEEK

Havdalah – separation – is the tradition which separates Shabbat from the rest of the week. On Shabbat we are given a greater capacity to experience the fullness of our lives. During Havdalah, we send off this heightened awareness with sweetness and light as the sun goes down on Saturday night.

TO GET YOU STARTED:

(See blessings on back side. Feel free to use these or create your own.)

1. Light a braided Havdalah candle.
2. Raise a full cup of wine (or juice) and recite the blessing – but don’t drink yet!
3. Say the blessing for the spices and enjoy their sweet fragrance.
4. Hold the candle up and say the blessing for light.
5. Say the blessing for marking the separation of Shabbat from the rest of the week.
6. Take a sip of wine.
7. Dip the candle into the wine, listen to the beautiful noise to mark the end of Shabbat and the start of the week.
8. Have a good week. Shavuah tov!
BLESSING FOR THE WINE
Baruch atah, Adonai Eloheinu, melech ha-olam, borei p’riy ha-gafen.
We pause to celebrate the Source of All Life and the creation of the fruit of the vine.

BLESSING FOR THE SPICES
Baruch atah, Adonai Eloheinu, melech ha-olam, borei minei v’samim.
We pause to celebrate the Source of All Life and the creation of all types of sweet fragrances.

BLESSING FOR THE CANDLE
Baruch atah, Adonai Eloheinu, melech ha-olam, borei m’orei ha-eish.
We pause to celebrate the Source of All Life and the creation of the light of fire.

BLESSING OF SEPARATION
Baruch atah, Adonai Eloheinu, melech ha-olam, ha-mavdil bein kodesh l’chol, bein or l’choshech, bein Yisrael la’amim, bein yom ha-sh’vi’i i’sheishet y’mei ha-ma’asei. Baruch atah Adonai, ha-mavdil bein kodesh l’chol.

In the Presence of the Infinite, we are grateful for the ability to make meaningful distinction between holiness and the mundane, between light and dark, between the stunning diversity of all people, between Shabbat and the rest of the week. We give thanks to the Source of All Life for this gift.