

# Shabbat Home Companion



Melbourne Hebrew Congregation  
ק"ק שארית ישראל

סְעוּדַת לַיִל שַׁבָּת

## HAVDALAH

### הַבְּדֵלָה

When the stars come out on Saturday night, Shabbat is over.

To signify this we make a Havdalah, 'distinction'. With this 2500-year-old short service we bridge the divide between Shabbat and the rest of the week. Just as we drank wine at the beginning of Shabbat to taste its essence so we now drink it at the end to establish its difference.

Shabbat has been a spiritual soul-day, so we now smell some spices to revive us after the loss of that extra soul. It is traditional to hold up our outstretched fingers in front of the flickering flames of the multi-wicked candle after the blessing has been said. This focuses us on returning to a life where we live by the work of our hands. The flames also remind us that making and harnessing fire is essential to the growth of human civilisation. According to tradition at the end of the first Shabbat in history, Adam and Eve were given the wisdom of fire-making just after their eviction from the Garden of Eden. We relive that moment every week.

The end prayer of Havdalah separates between sacred and ordinary, light and dark, Jew and non-Jew, and between Shabbat and the next six days. This highlights the understanding of distinction which is essential in living a Jewish life. Shavua tov, have a good week!



Please look after your SHABBAT HOME COMPANION especially because it contains holy Hebrew names for G-d



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## HAVDALAH

### הַבְּדֵלָה

At the end of Shabbat, fill a cup with wine, take some spices and light a braided candle. Hold the cup of wine and say:

הגה אל ישועתי אֶבְטַח וְלֹא אֶפְחֹד,  
כִּי עֲזֵי וְיִמְרוֹת יְהוָה יִחוּהוּ. וְהִי לִי לִישׁוּעָה.  
וְשִׂאֲבַתְּהֶם מִיּוֹם בְּשִׁשׁוֹן, מִמְּעוֹנֵי הַיְשׁוּעָה.  
לַיהוָה הַיְשׁוּעָה, עַל עַקְבֵּךְ בְּרַכְתֶּךָ כֶּלֶךָ.  
יְהוָה צְבָאוֹת עִמָּנוּ מִשְׁנֵב לָנוּ אֱלֹהֵי יַעֲקֹב כֶּלֶךָ.  
יְהוָה צְבָאוֹת אֱשָׁרֵי אֲדָם בְּמַחֵךְ כָּךְ.  
יְהוָה הוֹשִׁיעֵנִי, הַמַּלְאָךְ יַעֲגִנְנִי בַיּוֹם קָרָאנִי.  
לַיהוָה יִתְהַדָּם הַיְהוָה אֲזָרָה וְשִׁמְחָה, וְשִׁשׁוֹן וְיִקָּר,  
בֶּן תְּהִיָּה לָנוּ.  
כּוֹס יִשְׁעוֹת אֶשָּׂא, וְבִשְׁם יְהוָה אֶקְרָא.  
כִּכְרֵי מִרְגָּן וְרַבְּנָן וְרִבְוֵי

ברוך אתה יי אלהינו מלך העולם.  
בנרא פרי הגפן.  
Take hold of the spices and say the following blessing, then everyone smells the fragrance of the spices:

ברוך אתה יי אלהינו מלך העולם.  
בנרא מיני בשמים.

Raise the braided candle and say the following blessing:

ברוך אתה יי אלהינו מלך העולם.  
בנרא מאורי האש.

Holding the cup of wine, say:

ברוך אתה יי אלהינו מלך העולם.  
המבדיל בין קדש לחול בין אור  
לחושך בין ישראל לעמים, בין יום  
השביעי לששת ימי המעשה. ברוך  
אתה יי המבדיל בין קדש לחול.

Drink from the cup of wine.

Behold! G-d is my salvation, I shall Trust and not fear – For G-d, HASHEM, is my might and my praise – and He was a salvation for me. You can draw water with joy, from the springs of salvation. Salvation is HASHEM'S, Upon Your people is Your blessings, Selah. HASHEM, Master of legions, is with us, A stronghold for us is the G-d of Jacob, Selah. HASHEM, Master of legions, praised is the man who trusts in You. HASHEM save! May the King answer us on the day we call. For the Jews there was light, gladness, joy and honour – So may it be for us. I will raise the cup of salvations, and I shall invoke the Name of HASHEM.

Blessed are you – the Lord our G-d, King of the universe, who creates the fruit of the vine. Blessed are you – the Lord our G-d, King of the universe, who creates various kinds of spices. Blessed are you – the Lord our G-d, King of the universe, who creates the lights of the fire. Blessed are you – the Lord our G-d, King of the universe, who makes a distinction between the sacred and the profane, between light and darkness, between Israel and the other nations, between the seventh day and the six working days.  
Blessed are you – the Lord, who makes a distinction between the sacred and the profane.

