Havdalah means separation. It is the ceremony which separates Shabbat from the rest of the week. During the service, all five senses are stimulated creating a spiritual and climatic finale to the Sabbath, and setting the tone for a peaceful week ahead. As we say the Havdalah prayers and embrace the coming week, we think back over the last 24 hours of Shabbat and consider what has made them special. Whether they were spent with friends or family, or alone in reflection, we are grateful for the chance to rest, recuperate and refresh our minds and souls.

The first act of creation was the creation of light. As we begin a new week of creation, we do so by creating light for ourselves. Just as fire can be used for productive or destructive means, we hope that we will choose to use creation only for good in the coming week.

The service starts with the lighting of the candle. The cup of wine brings us the sense of taste and represents overflowing joy. May we feel sweetness, peace and happiness in the week to come.

The Havdalah candle evokes the senses of sight; through watching its dancing flame, and touch; from the feel of its heat. As we bless the candle it is customary to extend your hands towards it to feel its warmth and appreciate its beauty.

The smell of the spices is the extra soul we have felt within us during this special Shabbat. As its smell lingers, it revives our senses, reminding us that another Shabbat is only six days away.

The Havdalah candle is extinguished in the saucer of wine, awakening the final sense of sound and bringing our service, and Shabbat, to a close.

Brachot Havdalah (Debbie Friedman)

1. Baruch ata Adonai eloheynu melech ha'olam
   Borei p'ri hagafen, borei p'ri hagafen (CHORUS)
   Blessed are You Adonai our God, Ruler of the universe, Creator of all the spices.

2. Baruch ata Adonai eloheynu melech ha'olam
   Borei miney b'samim, borei miney b'samim (CHORUS)
   Elijah the prophet, Elijah the Tishbite, Elijah, Elijah, Elijah, Elijah ha'giladite (CHORUS)
   Elijah, Elijah the prophet, Elijah the Tishbite, Elijah
   Eliyahu ha'navi (CHORUS)

3. Baruch ata Adonai eloheynu melech ha'olam
   Borei m'orei ha-eish, borei m'orei ha-eish (CHORUS)
   The Havdalah candle is extinguished.
   The sun sinks, darkness comes upon us, our Shabbat ends. Do not turn from us, O God.
   Remember us for life and peace, for that is to come.

4. Baruch ata Adonai eloheynu melech ha'olam
   Hamavdil bein kodesh l'chol, hamavdil bein kodesh l'chol (CHORUS)
   Kol e-Chad O-heiv motzei Shabbat! Everybody loves a Saturday night!

The Havdalah candle is extinguished.

Shavua Tov. May your week be one of peace and joy!