

4 MAKE HAVDALLAH

HAVDALLAH

→ Raise the Kiddush cup filled with wine with your dominant hand

Hine El Y'shu-ati Evtach V'lo Ef-chad, Ki Ozi V'zimrat Yah Ado-nai,
Va-y'hi Li Lishu-ah. Ushav-tem Mayim B'sason Mima-ah-y'nei Hay'shuah.
LaDo-nai Hay'shu-a Al Am'cha Vircha-techa, Selah. Ado-nai Tz'va-ot
Imanu, Misgav Lanu Elohei Ya-akov, Selah. Ado-nai Tz'va-ot, Ashrei
Adam Botei-ach Bach. Ado-nai Hoshi-ah Hame-lech Ya-aneinu
V'yom Kareinu. La-y'hudim Ha-y'tah Orah V'simcha V'sason Vikar.
Kein Tih-yeh Lanu Kos Y'shu-ot Esah, Uv'sheim Ado-nai Ekrah.

Savri Maranan V'rabanan V'rabotai:
Baruch Atah Ado-nai, Elo-heinu Melech Ha-olam, Borei Pri Hagafen.
[Amen.]

- Transfer the cup to your weaker hand
- Lift the spices with your dominant hand and say the following blessing before smelling the spices
- Smell the spices and pass them around for everyone to smell

ברוך אתה יהוה, אלהינו מלך העולם, בורא מיני בשמים.
[Amen.]

Baruch Atah Ado-nai Elo-heinu Melech Ha-olam, Borei Minei V'samim.
[Amen.]

- Put the spices down
- Someone present raises the candle
- Recite the following blessing with the wine in your weaker hand
- Switch off the lights
- Hold your fingernails up to the candle light so that you can see the candle light reflection in them

ברוך אתה יהוה, אלהינו מלך העולם, בורא מאורי האש.
[Amen.]

Baruch Atah Ado-nai, Elo-heinu Melech Ha-olam, Borei M'orei Ha-eish.
[Amen.]

- Now transfer the cup of wine to your dominant hand once more, for the final blessing
- Drink most of the wine
- Extinguish the flame by pouring the rest of the wine over it

ברוך אתה יהוה, אלהינו מלך העולם, המבריל בין
קדש לחול, בין אור לחושך, בין ישראל לעמים.
בין יום השביעי לששת ימי המעשה, ברוך אתה יהוה,
המבריל בין קדש לחול.
[Amen.]

Baruch Atah Ado-nai, Elo-heinu Melech Ha-olam, Hamavdil Bein
Kodesh L'chol, Bein Ohr L'choshech, Bein Yisra-el La-amim,
Bein Yom Hash'vi-i L'shiset Yמי המעשה. Baruch Atah Ado-nai,
Hamavdil Bein Kodesh L'chol.
[Amen.]

- Some have the custom to dip their fingers into the wine that has extinguished the flame and then place their fingers on their eyelids and in their pockets

THE THIRD MEAL

The comprehensive table guide

The Shabbat Project

1 WASHING HANDS

Seudah Shlishit, the Third Meal, is the final meal eaten before Shabbat comes to an end. As the sun ebbs away, the mood becomes reflective as we savour Shabbat's last moments.



STEP-BY-STEP:

1. Remove all barriers between your hands and the water, including rings
2. Hold the washing cup in your right hand, fill it with water from the cold tap, that has not yet been used by someone else to wash
3. Transfer the cup into your left hand and pour the water twice (some do it three times) over your right hand
4. Switch hands and repeat by pouring water twice (some do three times) over your left hand
5. Say the blessing
6. Dry your hands
7. Do not speak until you have eaten a piece of challah



BLESSING AFTER WASHING HANDS

ברוך אתה יהוה, אלהינו מלך העולם, אשר
קדשנו במצוותיו וצוננו על נטילת ידים.
Baruch Atah Ado-nai, Elo-heinu Melech Ha-olam, Asher
Ki-d'sha-nu B'mitzvotav V'tzivanu, Al N'tilat Yadayim.

2 →

HAVDALLAH

TURN SHEET OVER FOR BIRKAT HAMAZON

Kinei Olam.
V'nism'cha Bach, Maheir Ehov, Ki Vah Mo-ed, V'chanenu
Et Sukkat Sh'lomechah, Tra-ir Eretz Mik'vodachah, Nagilah
Nah Val Tir'alam. Higelel Nah Ufros Chavivi Alai,
Mheirah B'tif-eret Uzzechah, Eileh Cham'dah Libi, V'chusah
Ahuvachah, Ki Zeh Kamah Nishof Nishag'fti, Lit-ot
Vatik Ye-hemu Nah Rachamechah V'chusah Nah Al Bein
Az T'chazel V'tirapei, V'ha-y'tah Lah Simchat Olam.
Anah El Nah R'fah Nah Lah, B'har-ot Lah No'am Zivzechah,
Hadur Na-eh Ziv Ha-olam, Nafshi Cholat Ahavatechah.
Ye-e-rav Lo V'didotechah, Mifosef Tzuf'chol Ta-am.
Yarutz Avd'cha K'mo Ayal, Yishtachaveh El Mul Hadarechah,
V'vid Nefesh Av Harachaman, M'shoch Avd'cha El R'zonechah.

VIDD NEFESH

Y'mei Cha-yai V'shavti B'veit Ado-nai Lorech Yamim.
Roshi, Kosi R'vayah, Ach Tov Vachessed Yrd'funt Kol
Ta-aroch L'yanai Shulchan Naged Tzor'rai, D'ishanta Vashemen
Shiv'cha Umishantechah Heimah V'nachamuni.
Gam Ki El-leich B'gei Tzalimavet, Lo Trah Rah Ki Atah Imadi,
Nafshi V'shovet V'ancheini V'mag'lei Tzedek L'ma-an Sh'mo.
Bihor Desheh Yarbizeini, Al Mei M'nuchot V'na-haleini.
Mizmor L'David, Ado-nai Ro-lo Echasar.

MIZMOR L'DAVID

Once again, we have the opportunity to add spirit to our meal by singing with our family, friends and guests. The Bal Hatanya describes melody as the pen of the soul, expressing the soul's desire for closeness to G-d in a way that words cannot.

3



ברוך אתה יהוה, אלהינו מלך העולם,
המבריל בין קדש לחול, בין ישראל לעמים.
[Amen.]

Baruch Atah Ado-nai, Elo-heinu Melech Ha-olam,
Hamotzi Lechem Min Ha-arez. [Amen.]

BLESSING ON BREAD

1. The leader should have in mind that he is saying the blessing on behalf of everyone at the table
2. Hold up the two challahs
3. Say the blessing
4. Those around the table should answer "Amen"
5. Cut the challah into pieces
6. Sprinkle with salt
7. The leader should eat the first piece
8. Pass around the table for everyone to enjoy

STEP-BY-STEP:

G-d provided for the Jews in the desert, by giving them manna to eat. On Fridays, a double portion of manna would appear in preparation for Shabbat. The miracle of manna was extraordinary, it provided us with sustenance both physically and spiritually.

3 SING SOME SONGS

2 MAKE HAMOTZI

