

# INTRODUCTION TO HAVDALA

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Havdala is said after Shabbat, Jewish festivals, Rosh Hashana, and Yom Kippur. Shabbat havdala is more extensive than after Yom Kippur and Jewish festivals.

Shabbat havdala consists of:

1. **Beverage:** Wine, Grape Juice, or Chamar Medina

Wine is always the preferred beverage for all havdalas because it is prestigious.

2. **Spices**

The extra soul we are given on Shabbat leaves after Shabbat is over, so we sniff a pleasant odor to cover for that loss.

3. **Flame**

The Shabbat havdala flame commemorates that Adam HaRishon (the first man) created fire after the first Shabbat.