

Havdalah Project

STOP & SMELL THE ROSES

Passport to Peoplehood

Jews are a multicultural people who live around the world.

Big Ideas

1. We celebrate Havdalah on Saturday night after shabbat to infuse the coming week with joy and sweetness.
2. The Ethiopian Jewish community add a great deal of 'spice' to the mix that is the contemporary Jewish world.
3. A variety of spices from Africa, Asia, and Europe remind us that Jews are a multicultural people who live around the world.



Havdalah is a Hebrew word meaning "separation," remembering the differences between Shabbat and the rest of the week. Take a deep breath. Consider the possibilities. We smell the spices, or Besamim in Hebrew, during Havdallah to infuse the coming week with joy and sweetness.

For thousands of years, the Jews of Ethiopia lost contact with the global Jewish community. Despite their isolation, the Beta Israel remained faithful to the laws of the Torah and Jewish traditions. Like Jews in other countries, they also adapted their culture to reflect that which was familiar to them. Spices like cardamom, cloves and cinnamon became part of Ethiopian life. These spices are joined with other global spices to create besamim. This is a reminder of the many traditions that the Beta Israel brought with them when they left Ethiopia that enrich the lives of Jews around the world.

Havdalah Project



Be'chol Lashon's Besamim Project draws on the ancient tradition of Havdallah, making besamim spice sachets to raise awareness of an inclusive, multicultural global Jewish people.

Materials

Organza sachets

6 Baskets, bowls or jars (one for each spice)

6 Spoons

6 Spices (see the description on page 3 and the order information on page 4)

Spice Labels (after page 5, are 2 pages of labels to print, preferably in color)

Tablecloth (optional)

Havdalah Blessings (page 5)

Instructions

To prepare the project, line up baskets, bowls or jars on a table and fill with spices. Place a label in front of each one, as well as a spoon. Explain the background and context of the project by read the introductions above or relay the ideas in your own words. If for a festival, create a sign all or some of the information above.

Give each participant a sachet and allow them to move along the line of spices with the instruction to put in a little from each kind that they like. Tradition teaches that we need at least two different spices but does not put a limit on the number. Note: They should only fill up the sachet half way with the spices of their choice, allowing for easy closure and more successful final product.

Spices



Cardamom

Cardamom has an intense, slightly sweet flavor and is used in both sweet and savory recipes. The seeds, oils,

and extracts of cardamom have been used in traditional medicine for centuries. Ethiopian recipes often use black cardamom, however, black cardamom differs in taste, smell and size to its smaller green cousin. Origin: India, Ethiopia, Guatemala, Malaysia and Tanzania.



Cinnamon

Cinnamon has been in use by humans for thousands of years—as early as 2,000 B.C. It was even mentioned in the Old Testament as an ingredient in anointing oil. Its

name derives from the Hebraic and Arabic term amomon, meaning “fragrant spice plant.” Cinnamon was once so highly prized that wars were fought over it, and traders concocted elaborate myths to conceal its source. Origin: Sri Lanka, Ethiopia, Brazil, the Caribbean, India, Indonesia, Vietnam, China and Burma.



Star Anise

Obtained from the star-shaped fruit of a small evergreen tree, star Anise’s licorice flavor plays a key role in the slow-cooked dishes that

characterize Eastern Asian cuisine. The seeds are sometimes chewed after meals to aid digestion. Cardamom Origin China, India, and most other Asian countries.



Cloves

Cloves are used in cuisines around the world and have been cultivated since 200 BC. The Latin root means 'nail' because the buds

resemble small irregular nails in shape. In Britain during the 17th and 18th centuries, cloves were worth at least their weight in gold, due to the high cost of importation. Cloves are used in Indian Ayurvedic medicine, Chinese medicine, and western herbalism and dentistry. Origin: Indonesia, Mexico, Kenya and Sri Lanka.



Lavender

The name “lavender” comes from the Latin root lavare, which means "to wash."

Lavender was frequently used in baths to purify

the body and spirit. Additionally, this herb has been used as a remedy for a range of ailments including insomnia, anxiety, depression and fatigue. Origin: Cape Verde and the Canary Islands, Europe across to northern and eastern Africa, the Mediterranean, southwest Asia to southeast India.



Rose Petals

The rose the according to fossil evidence, is 35 million years old. Garden cultivation of roses began some 5,000 years ago, probably in China. The Greeks called the

genus Rosa, “the king of flowers.” Many wild roses have a strong sweet scent. Origin: Northern Hemisphere (Alaska to Mexico), Northern Africa (are not desert or tropical rainforest).

Spices

Discussion Questions



1. Smell the different spices. Do the different besamim sachets smell the same or different? Do they smell familiar or new? Do the smells remind you of anything?

2. Why do you think that our tradition says we should include more than one spice to fulfill the mitzvah of besamim? What is gained when we put multiple elements together?

3. Mixing spices together to make a new smell is easy, but often bringing in new elements into Jewish life is hard. Why do you think it is hard to make change to tradition, even if it is drawing from another part of Jewish tradition?

4. What does the diversity of Jews mean for Jewish peoplehood? How does it challenge our sense of oneness? How does it strengthen it?

Resources

Organza sachets https://smile.amazon.com/yueton-Assorted-Organza-Drawstring-Pouches/dp/B01GPAW0LU/ref=pd_bxgy_201_2/136-6409702-8772565?

Lavendar https://smile.amazon.com/DriedDecor-com-French-Lavender-Dried-Buds/dp/B005LFQ5QW/ref=pd_sim_b2b_6/136-6409702-8772565?

Rose https://smile.amazon.com/bMAKER-Crafting-Included-Absolute-Essential/dp/B01F82OGHC/ref=pd_bxgy_201_img_3/136-6409702-8772565?

Cinnamon https://smile.amazon.com/Frontier-Cinnamon-CERTIFIED-ORGANIC-package/dp/B000WR2CBG/ref=pd_sim_b2b_30?

Cloves https://smile.amazon.com/Spicy-World-Cloves-Whole-Pound/dp/B00078N94O/ref=pd_bxgy_325_2/136-6409702-8772565?

Cardamom https://smile.amazon.com/Spicy-World-Green-Cardamom-Ounce/dp/B003CIAMLO/ref=pd_sim_b2b_6/136-6409702-8772565?

Star Anise https://smile.amazon.com/dp/B00ATJUSVI/ref=dp_cerb_2

Havdalah Blessings

Preparing for Havdallah

- A cup of wine or grape juice on a plate
- Sweet smelling spices
- A braided candle

Place the cup on the plate, and pour the wine or grape juice into the cup. Continue to pour until the wine spills over a bit onto the plate. Have the spices handy. Light the candle.

Grape juice or wine

Lift the cup of wine, say this blessing, but don't drink from the cup.

בְּרַחֵם אֱתָנוּ יְיָ אֱלֹהֵינוּ וְיִבְרַךְ אֶת הַיַּיִן וְאֶת הַפֶּתַח וְאֶת הַיַּד וְאֶת הַיָּדָיִם וְאֶת הַיָּדָיִם וְאֶת הַיָּדָיִם.

Baruch atah, Adonai, Elohaynu melech ha'olam, boray pri hagafen.

Blessed are You, Lord our God, King of the universe, Creator of the fruit of the vine.

Put the cup down.

Spices

Lift the spices, say this blessing while everyone sniffs the spices.

יְיָ אֱלֹהֵינוּ וְיִבְרַךְ אֶת הַיַּיִן וְאֶת הַפֶּתַח וְאֶת הַיָּד וְאֶת הַיָּדָיִם וְאֶת הַיָּדָיִם וְאֶת הַיָּדָיִם.

Baruch atah, Adonai, Elohaynu melech ha'olam, boray minay vesamim.

Blessed are You, Lord our God, King of the universe, Creator of the different spices.

Candle

Look at the candle, say the blessing, raise your hand to the light of the Havdallah candle, then curl your fingers over your palm and look at the light as it is

reflected off your fingernails and then at the shadow cast by your fingers across your palm.

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Baruch atah, Adonai, Elohaynu melech ha'olam, boray me'oray ha'aysh.

Blessed are You, God, our Lord, King of the universe, Creator of the fire's lights.

Havdalah

Drink the cup of wine, leaving enough to use to extinguish the flame.

בְּרַחֵם אֱתָנוּ יְיָ אֱלֹהֵינוּ וְיִבְרַךְ אֶת הַיַּיִן וְאֶת הַפֶּתַח וְאֶת הַיָּד וְאֶת הַיָּדָיִם וְאֶת הַיָּדָיִם וְאֶת הַיָּדָיִם.

Baruch atah, Adonai, Elohaynu melech ha'olam, hamavdil bayn kodesh lechol bayn or lechoshech bayn Yisrael la'amim bayn yom hashevi'i leshayshet yemay hama'aseh. Baruch atah, Adonai, hamavdil bayn kodesh lechol.

Blessed are You, Lord our God, King of the universe, who separates between the holy and the profane; between the light and dark; between Israel and the other nations; between the seventh day and the six days of the week. Blessed are You, God, who separates between the holy and the profane. Pick up the cup of wine and recite the following blessings.

The goal of this project is to celebrate Havdalah and the diversity of the Jewish people. Besamim means spices in Hebrew. A variety of spices from Africa, Asia, and Europe remind us that Jews live all over the world.

Lavender



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spirit. Additionally, this herb has been used as a remedy for a range of ailments including insomnia, anxiety, depression and fatigue. Origin: Cape Verde and the Canary Islands, Europe across to northern and eastern Africa, the Mediterranean, southwest Asia to southeast India.



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