



## Besamim (Spice Satchet)

Besamim (bi-sah-meem) are used every Saturday evening as part of the Havdalah service – the short service we perform to say goodbye to Shabbat. The simplest explanation is that Shabbat allows us to achieve a more spiritual state than usual. As we leave the delight of Shabbat and return to the work-a-day week, we smell the pungent spices to revive ourselves from our blissful Shabbat mood.

You can use any mix of dry fragrant spices.

- Cinnamon stick
- Whole cloves
- Whole allspice
- Cardamom pods
- Peppercorns
- Whole star anise
- Fennel seeds
- Dried citrus peel

Make a bundle from a few layers of cheesecloth and tie with string or ribbon.

