

FOLD

FOLD

MAKING A PERSONAL PRAYER

A HANDFUL OF LIGHT

Many people have the custom of holding out their hands and then drawing them in to cover their eyes. Some repeat the gesture of “drawing in” a number of times. Shabbat begins in darkness — a world without light, but then we open our eyes to its light. Anytime we make a rapid transition from darkness to light, our eyes are dazzled by the light. We symbolically create Shabbat’s brilliant radiance by moving from darkness to light. We follow this with an open-armed gesture of welcome as we draw into ourselves the light and warmth of Shabbat.

— Michael Strassfeld

WHEN CHILDREN ARE FAR AWAY

I have added another brief ritual to my candle lighting, a very private one... I decided that at candle lighting time each Friday night, I would let my thoughts dwell for a moment on each child, picture their faces and think about their lives. I once mentioned it to them, and now they all light candles on Friday night and think for a few moments about us.

— Blu Greenberg



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LIGHTING SHABBAT CANDLES

FOLD

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WELCOME TO SHABBAT CANDLE LIGHTING

Lighting a candle in the darkness is the most elemental human symbol of hope. When you light these candles, you reenact God's opening act of creation — "Let there be light." You also provide warmth — emotional as well as physical — for your home. Candle lighting sets this day apart; it creates sanctity and invites the Shekhina, God's maternal presence, to be your honored guest and sit at your table. For women, it reinforces a bond of memory between mother and daughter going back hundreds of generations. May this be a peaceful and loving Shabbat, for you and all who share your home.

INNER LIGHT

Everyone must know and understand that within burns a candle and no one's candle is identical with the candle of another and there is no human being without a candle. So everyone must know and understand that one is obligated to work hard to reveal the light of one's candle in the public realm for the benefit of the many. One needs to ignite one's candle and make of it a great torch to enlighten the whole world.

— Rabbi Abraham Isaac HaCohen Kook

HOW TO LIGHT SHABBAT CANDLES

LIGHT the candles.

(OPTION) COVER your eyes.

BLESS the candle lighting.

(OPTION) MAKE A PRAYER for your family and friends.

GREET all with the words, "Shabbat Shalom," and with the affection conveyed by a smile, a hand-shake, a hug or a kiss.

שַׁבַּת שְׁלוֹמִים

Shabbat Shalom

BACK TO THE FIRST LIGHT

When all work is brought to a standstill, the candles are lit. Just as creation began with the word, "Let there be light!" — so does the celebration of creation begin with the kindling of lights.

— Abraham Joshua Heschel, The Sabbath

BLESSING FOR LIGHTING

BLESSED ARE YOU, Adonai our God, Ruler of the Universe, who has sanctified us by commanding us to light the Shabbat candles.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מְלִךְ
הַעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר
שֶׁל שַׁבָּת.

Ba-rukh ata Adonai,
Elo-hei-nu me-lekh ha-olam,
asher ki-d'shanu b'mitz-votav v'tzi-vanu,
l'ha-d'lik ner shel Shabbat.

HEAR a melody of the blessing for lighting Shabbat candles at:
<http://www.shomreitorah.org/rituals.html>