

Shabbat Lighting

- ✦ *First light the candles.*
- ✦ *Then spread your hands out around the candles, drawing your hands inward in a circular motion three times to indicate the acceptance of the sanctity of Shabbat.*
- ✦ *You then cover your eyes and recite the blessing (found on the right panel).*
- ✦ *Uncover your eyes and behold the Shabbat lights.*
- ✦ *The time of lighting is considered especially propitious for praying to G-d for health and happiness. The prayer is readily acceptable because it is offered during the performance of this great mitzvah of lighting Shabbat candles.*

בָּרוּךְ אַתָּה ה', אֱ-לֹהֵינוּ מֶלֶךְ
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְנִצְוֵנוּ לְהַדְלִיק נֵר שַׁבַּת קֹדֶשׁ.

*Boruch Atoh Ado-noi
E-loheinu Melech Ho-
lom, Asher Kideshanu
Bemitzvosov,
Vitzivonu Lehadlik Ner
Shel Shabbat Kodesh.*

Blessed are You, G-d our
Lord, King of the universe,
who has hallowed us through
His commandments, and has
commanded us to kindle the
lights of the holy Shabbat.

FESTIVAL CANDLES

*Just as candles are lit in honor of Shabbat, so
are they lit in honor of the festivals. Various
blessings are recited on the different festivals.*

If you will observe the kindling of
the Shabbat lights; you will merit
to see the lights of the redemption
of the Jewish people.

—YALKUT SHIMONI; BEHAALOSCHO

PROJECT 470

Was established in blessed memory of the late
Rebbetzin Chaya Mushka ז"ל Schneerson,
esteemed wife of the Lubavitcher Rebbe. 470 is
the numerical value of the name Chaya Mushka.



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The Jewish
Woman's Guide
to Lighting

SHABBAT CANDLES

LET THERE BE LIGHT



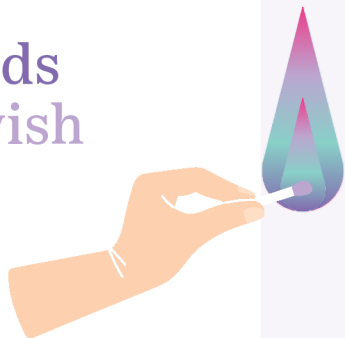
Peace descends upon the Jewish Home every Shabbat.

LIGHT IS BORN...DARKNESS RECEDES

The news of the day may tell of murder and mayhem, politics and pollution, disease and disaster—indeed the global catalogue of human misery. For ours is a threatening world. One in which the Jewish spirit is under constant assault by hypocrisy, injustice and rampant immorality.

But there is a Divine spark in each of us. And so, there is hope. For light is a compelling force which will always triumph over darkness.

FIRE TOUCHES WICK. Flame reaches upward. Another home is bathed in peace and holiness, in warmth and unity. A Jewish woman has invited the Shabbat Queen into her home.



The darkness of the day's headlines recedes, exiled by the peaceful glow of candles.

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It is truly a gift from on high. All that is good, all that is holy is symbolized—indeed realized—in the flickering light of the Shabbat candles:

Harmony in the home **Dedication to G-d,**
Torah and Mitzvot Triumph of good **Unending**
hope and faith in ultimate good

Tradition recounts the miracle of our matriarch Sarah, whose Shabbat candles burned from Friday eve to Friday eve. Our sages tell of our matriarch Rivkah, who lit Shabbat candles from the tender age of three.

Two millennia ago, the Holy Zohar declared that a woman kindling her Shabbat candles with joy in her heart brings peace on earth, long life to her loved ones, and is blessed with children who illuminate our world with Torah. And in our generation, the revered Lubavitcher Rebbe, Rabbi Menachem M. Schneerson, said:

“Let every woman—young girls included—add her holy light to illuminate the world shrouded in darkness and confusion.”

Lighting Shabbat candles is the historic responsibility of every Jewish wife and mother. But in our times their light is not enough...

Today we also need the holy flame of every Jewish girl in order to keep the forces of darkness at bay.

These are times when children look beyond home and hearth, in quest of their own identity and the desire to create a meaningful life for themselves.

Let them hold a candle all their own... Let them kindle a flame of their own... Let them bring their aspirations in sync with the Divine warmth of the Shabbat light.

Jewish Girls!

Your mothers need you. Your people need you. Your future as a Jewish woman cries out for you to enter its service now.

Jewish Mothers!

As soon as your daughter is old enough to recite the blessing, teach her to kindle her own Shabbat candle. Because darkness is all around us, and only you have the power to drive it away.

GUIDELINES & INSTRUCTIONS



A MARRIED WOMAN

customarily lights two candles and may add an additional one for each of her children.



SINGLE WOMEN

light one candle. As soon as a young girl can grasp the idea of Shabbat and can recite the blessing (approximately 3 years old) her mother should provide her with a candlestick and teach her to kindle the Shabbat lights.



THE CHILD

should light before her mother in case she needs assistance.



IT IS CUSTOMARY
to put a few coins in a 'pushka' (charity box) before lighting candles.

THE CORRECT TIME
to light the Shabbat candles is 18 minutes before sunset every Friday. Young girls should light just prior to this time.