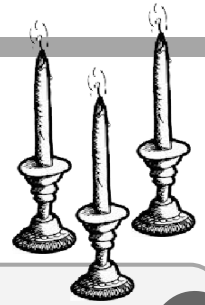


The Lesson:

Candle Lighting



Different from Weekdays Lighting the Shabbat candles welcomes the Shabbat into our home, bringing with it peace and relaxation — so different from the rest of the week.

.....

Zachor & Shamor The Shabbat candles are one of the rituals we do to ‘Remember the Shabbat’ to set up the spirit of Shabbat in our home.

.....

Body & Neshama *Body:* Candles always set a special mood. The Shabbat candles are a beautiful setting for the Shabbat meal. *Neshama:* We start Shabbat with the mitzvah of candle lighting; a mitzvah helps the Neshama connect with Hashem.

.....

Connect with Hashem Candle lighting is a mitzvah. All mitzvot connect us with Hashem.

Candle lighting introduces Shabbat spirit into the home

- The Rabbis taught us the special mitzvah of lighting a candle in honor of Shabbat. The candles introduce the Shabbat spirit into the home.

When to light candles

- Friday night at **sunset**, it is Shabbat, whether we welcomed it in or not. *(Some people have the mistaken notion that Shabbat begins after work on Friday, or whenever they light candles or start their meal.)* The Torah describes creation, "And there was evening, and there was morning, one day." Thus, according to Judaism, a new day begins in the evening, at sunset.
- Sunset is at different times of the day. In the winter, the sun sets earlier.
- We light candles **18 minutes** before sunset to make sure that we are ready for Shabbat just as Shabbat comes in. Since we cannot know the exact minute that Shabbat begins, the Rabbis instituted the idea of lighting candles 18 minutes before sunset as a buffer zone. (On Shabbat, we do not light fire Shabbat, so we light 18 minutes before sunset.)

Why we light candles for Shabbat

- In ancient times, people ate their last meal of the day before it was dark — mostly because fuel for light was expensive. Shabbat begins at sunset, so the Shabbat meal is eaten after sunset and light is needed to enhance the meal. Shabbat is supposed to be a time of **peace and tranquility** in the home; how much peace would there be if we couldn't see anything and we bumped into each other or into things?
Even though for the last 100+ years, we have electricity and we don't

need the light of the Shabbat candles, we light candles as it is a mitzvah. And the candles bring a sense of **spiritual peace** into the home.

As a matter of fact, the peace that the lights of Shabbat bring are so important that the rabbis said that if there is only enough money for lights or for wine for Kiddush, one should buy candles and make Kiddush over bread.

How many candles to light

- The original requirement is fulfilled by lighting one candle. Nevertheless, there is an ancient custom to light **two candles** – one corresponding to ‘Zachor’ and the other to ‘Shamor’.
The two candles also correspond to the husband and wife. More candles are added for each member of the family. (The world is brighter just because that family member exists.)

Where to light Shabbat candles

- The candles should preferably be lit in the room where the Shabbat meal will take place, so that it can be enjoyed during the meal.

Who lights Shabbat candles

- The sages designated the Shabbat candle lighting as a special mitzvah for women and girls of the household. It is the woman/ mother who sets the tone of the home, and it is her G-d given task to ensure that light and peace prevail in her home. However, men may also light Shabbat candles – especially those living without a woman in the house (ex: boys in college, etc.). Girls, starting from the age of 3, should light their own candles. It is a custom for the men and boys to watch as the wife and mother lights the candles.

How to light Shabbat candles

1. Light the candles with the right hand (the hand with which we do most mitzyot).
2. Hold out the hands and draw them closer toward the eyes. Do this 3 times.
3. Cover the eyes.
4. Say the blessing—L’Hadlik Ner Shel Shabbat Kodesh.
5. Finally, move the hands from the eyes and look at the candles and benefit from their light.
(When men light, they say the Bracha first and then light).
6. Say Shabbat Shalom or Good Shabbos to those around.

What should the Shabbat lights be made of?

- Shabbat lights can be candles, or oil & wick. The candle should be large enough to last several hours – through the Shabbat meal. (The main reason for the light of the candles is that we enjoy their light.)

Customs related to Candle lighting

- **Tzedakah** Give some Tzedakah before lighting candles. (This reminds us to consider the needs of others during great spiritual moments.)

- **Blessing the children** In some families, the parents bless their children after candle-lighting.
- When doing a mitzvah, it is a **special time to talk with Hashem**. (A mitzvah is a way of connecting with Hashem, so when we make this connection, it is a good time to talk to Him, and ask for whatever it is we want or need. Of course, we can talk to Hashem at any time.) Many people ask for health, happiness, or children.

Why do we use candles in Judaism?

- Candles symbolize **spirituality**. Spiritual things increase with use. When you use one candle to light another, the original candle remains bright; its light is not diminished by being shared. On the contrary, the two candles together enhance each other's brightness and increase light.
- From a candle, we learn: Light cannot be confined. If you light a candle for yourself, others can benefit from its light. If you light a candle for others, you can enjoy the light too. This is a symbol of **peace and togetherness**. The Shabbat candles should characterize all our actions; we should avoid self-centeredness and behave in a manner that is beneficial to all. We should also realize that when we do something for others, we enrich ourselves.

Candle lighting Facts

- **Why do we light Shabbat candles?**
The Rabbis gave us a mitzvah to help introduce the Shabbat spirit into the home – the special mitzvah of lighting a candle in honor of Shabbat.
- **When to light candles?**
Friday night at sunset, it is Shabbat, whether we welcomed it in or not. We light candles 18 minutes before sunset to make sure that we are ready for Shabbat just as Shabbat comes in. (It is forbidden to light fire on Shabbat, so we light 18 minutes before sunset.)
- **How many candles to light?**
The original requirement is fulfilled by lighting one candle. Nevertheless, there is an ancient custom to light two candles, referring to the 2 ways Shabbat is mentioned in the Torah. Some families also add a candle for each person in the family.
- **Why do we light candles for Shabbat?**
In ancient times, people ate their last meal of the day before it was dark – mostly because fuel for light was expensive. Shabbat begins at sunset, so the Shabbat meal is eaten after sunset and light is needed to enhance the meal. Shabbat is supposed to be a time of peace and tranquility in the home; how much peace would there be if we couldn't see anything and we bumped into each other or into things?



(Lighting Shabbat candles is a Mitzvah and we light the candles even though for the last 100+ years, we have electricity and we don't need the light from the Shabbat candles.)









- **Where do we light the Shabbat candles?**
The candles should preferably be lit in the room where the Shabbat meal will take place.
- **Who lights the Shabbat candles?**
The sages established the Shabbat candle lighting as a special Mitzvah for women and girls of the household. Even girls, starting from the age of 3, should light their own candles.
However, men may also light Shabbat candles – especially those living without a woman in the house (ex: boys in college, etc.).
- **What should the Shabbat lights be made of?**
Shabbat lights can be candles, or oil & wick. The candle should be large enough to last several hours – through the Shabbat meal.
- **How to light candles?**
 1. Light the candles with the right hand.
 2. Hold out the hands and draw them closer toward the eyes. Do this 3 times.
 3. Cover the eyes.
 4. Say the blessing.
 5. Finally, move the hands from the eyes and look at the candles and benefit from their light.
- **Did you know 1**
We wave our hands over the candles to bring the holiness of Shabbat into ourselves.
- **Did you know 2**
We cover our eyes so we do not enjoy the candles before reciting the blessing.
- **Did you know 3**
Once the sun sets we can no longer light the candles.
- **Did you know 4**
When we light the Shabbat candles, we bring the spirit of Shabbat into the home, even if it is not yet sunset. In this way we bring some of the weekday into Shabbat.



The Activities: Choose from these activities.







1. CANDLE LIGHTING

Objective: Students should understand how lighting candles enhances the Shabbos. And the hows of Candle lighting.

	EXPERIENCE THE SPECIALNESS OF CANDLES	<ul style="list-style-type: none"> • First sit in the dark. Then light the candles. • Followed by discussion about Shabbat Candles—according to lens. Use the ‘Candle Lighting facts’ cards. 	
	THE HOWS OF CANDLE-LIGHTING	<ul style="list-style-type: none"> • Watch quick video. • Re-enact the candle lighting. 	
	WHEN DOES SHABBAT BEGIN—1	<ul style="list-style-type: none"> • Quick activity to understand that Shabbat begins at sundown. 	
	WHEN DOES SHABBAT BEGIN—2	<ul style="list-style-type: none"> • Quick game, played like ‘Last Word’ to understand that Shabbat begins at sundown. 	

2. CRAFT

Objective: Create a craft that they can take home to light candles at home.

	CANDLESTICKS	<i>Ideas on page 40</i>	
	COLORED CANDLES	<i>Ideas on page 40</i>	
	CANDLE LIGHTING BRACHOT CARD	<i>Ideas on page 40</i>	



Candle lighting in Norway

STUDENT BOOK

Pages 8 & 9

1. These pages include some basic facts about Candle Lighting. These can be used as a review of what they learned.
2. They can practice reading the bracha for candle lighting.

What students can do on these pages:

- **In the empty starbursts**, students can write or draw some additional facts they learned about Candle Lighting.
- The teacher ask specific questions for the children to answer in the starburst:
 - Why are at least 2 candles lit in the home?
 - When should the candles be lit?
 - Where should the candles be lit?
- The students can write what they might pray for when the candles are lit in their home.
- **In the easel**, students can write or draw about the lens of the lesson.
- Or, they can write a summary about the country that they learned in connection with Candle Lighting (Norway).
- Or, they can glue in a picture of themselves lighting Shabbat candles.
- Or, they can glue in a picture of the candlesticks that they made in school.



Activities:

CANDLE LIGHTING

Objective: Students should know why we light Shabbat candles and how it brings in the spirit of Shabbat.

EXPERIENCE THE SPECIALNESS OF CANDLES



Prepare

1. Choose which [3.01.Candle lighting facts] are appropriate for your students. Print. Cut.
2. Place a beautiful tablecloth with the nicest candlesticks and candles on the table. Have enough candlesticks for all girls and boys – see below. (Explain to the students that on Shabbat, we use the best we have in the house – best tablecloths, table settings, etc.)
3. Make the room as dark as possible.
4. Bring food and drink, cups, plates, napkins.

Activity

1. Allow the students to eat and/ or drink in the dark. Then, light the candle. Light a few more throughout the discussion, bringing more and more light into the room.
2. **Discuss:** How do you feel at a meal with candles? Candles make it seem more special. Actually, candles are used in many parts of Jewish rituals. Candles symbolize spirituality. Spiritual things increase with use. When you use one candle to light another, the original candle remains bright. Its light is not diminished by being shared; on the contrary, the two candles together enhance each other's brightness and increase light.
3. **Discuss:** How is eating in candlelight different from eating in the dark? From a regular weekday, on-the-run dinner?
4. **Explain:** — According to lens —
5. In a fun way, read the Candle Lighting facts. Discuss each one. (See page 6 for ideas.)



- 3.01.Candle lighting facts
- Candles and candlesticks (for each student)
- Matches
- Beautiful table setting
- Food, drink, cups, plates, napkins



HOW TOS OF CANDLELIGHTING



Prepare

1. Preview the videos. Choose one for your class.
2. Print the [3.02.Bracha cards]
3. Prepare candle and candlesticks for every student.
 - Ask your rabbi if you should allow the boys to re-enact this mitzvah too.

Activity

1. Watch the video. Encourage the children to write down what they observe and any questions they may have.
2. Explain that this special mitzvah is given to women. Boys and husbands usually watch as the women in the house light the candles. But if there are no women in the house, men should light the candle. (Stress fire safety.)
3. In a fun way, read the Candle lighting facts. Answer any other questions.
4. In partners, students should re-enact the mitzvah. See 'Re-enactment ideas on page 6.



- 3.03.Candle Lighting (with Rabbi Jonathon Saks) OR 3.04.JLI - Candlelighting
- Candles & candlesticks—one per student. Matches.
- 3.02.Bracha cards



WHEN DOES SHABBAT BEGIN—1



Prepare

1. Print the [3.05.Shabbat Times] . Or preview PPT.
2. Familiarize yourself with www.fridaylight.org website.

Activity

1. Give out the cards. Explain that this is the candle lighting time for that city on 11/28/08. Ask each student to read when Shabbat begins in that place. Probe them to ask: "Why does Shabbat start at different times in different cities?" Ask them to look at the pictures and try to figure out if there is any similarity. They should notice the 'sunset' background.
2. **Explain:** Shabbat start-time correlates with sunset. The Torah describes creation, "And there was evening, and there was morning, one day." Thus,



Continued

according to Judaism, a new day begins in the evening, at sunset. Since we cannot know the exact minute that Shabbat begins, the Rabbis instituted the idea of lighting candles 18 minutes before sunset as a buffer zone. (It is forbidden to light fire on Shabbat, so we light 18 minutes before sunset, when Shabbat begins).

3. You can go to www.Fridaylight.org and check the candle lighting times for different cities. Compare the candle lighting time for one date in several cities.



- 3.05.Shabbat Times
- computer



WHEN DOES SHABBAT BEGIN—2



This game is played like 'Last Word'.

Prepare

1. Preview the PPT (or print pictures – 1 set per group)

Activity

1. **Discuss:** When does Shabbat begin? According to the Torah, the new day begins when the sun sets on the old day. So Shabbat begins when the sun sets on Friday. Every week that is a different time.
2. Show Shabbat candle lighting schedule in your local Chabad House calendar. This week Shabbat begins [time]. It is Shabbat whether we do anything or not.
3. Divide the class into small groups, in a fun way. (If using pictures and not the PPT, give each group a set of pictures.)
4. Teacher shows a picture on PPT. Students call out anything to do with that picture.
5. Set timer for 15—30 seconds. When the timer goes off, the teacher announces, "It's sundown. It's Shabbat."
6. Teacher asks the players who said the last word to tell it to the whole group. Whoever said the last word in each group, gets a point.

** Use a fun way to keep score.

** Play 5-6 rounds.



- 2.01.Our Busy Lives
- Local candle lighting calendar





CRAFT: CANDLESTICKS



Create family heirloom quality; use the highest quality materials that you can.

Provide a Shabbat candle lighting calendar www.fridaylight.org

- Inexpensive glass candlesticks, students can decorate with paint, beads, crystals, etc.
- Combine Elmer's glue and food coloring and paint on glass candlesticks.
- Clear glass candlesticks with Sculpey clay base.
- Gold leafing candlesticks
(make sure to put a foil/ metal piece if using wood candlesticks)
- Mosaic Tile in plaster
- Colored candles (with crayon shavings)
- (Candle lighting Bracha card)

Shluchim Office Sample