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Shabbat Candles

Light Up Your World





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We're putting an awful lot of power into a young girl's hands. It's called a Shabbat candle. If she knows how to use it and when and where to light it, you better watch out. One young girl with one little candle can light up an entire home. Maybe even an entire world.

Candle Power

Light has always been Jewish secret weapon #1. A little bit of light can scare away massive darkness. So when things get dark, the sages say, get to work making light. Spiritual light.

The first woman to harness spiritual light was Sarah—as in Sarah and Abraham, the first Jews. Her Shabbat candles, they say, burned straight through from Shabbat to Shabbat. All week long, they made everything in her home shine—everything they ate, everything they owned, everything they did. And she passed that power on to her great-granddaughters for all generations.

So when one Jewish girl lights a single candle just before sunset on Friday, saying a blessing and a little prayer, she's not alone. She's lighting together with Sarah, Rebecca, Rachel, Leah and all the Jewish



mothers and daughters for hundreds of generations. Now that's an awesome amount of light. You can bet that home will never again be the same.

A mother in Los Angeles

"When I light my Shabbat candles, I imagine the view from outer space. As darkness creeps around the face of the earth, I can see how little flames flash upward to consume it. First in New Zealand, then Australia and around the whole globe until Hawaii or Tahiti. Over a period of twenty-four hours, the world is never left in darkness."



The Zohar

"When a woman lights the Shabbat candles with joy in her heart, she brings peace into the world, health and happiness to her family, and is blessed with children who brighten the world."

The Rebbe

"Just as any candle reveals whatever is hidden in a dark room, so too the Shabbat candles reveal the G-dliness hidden in all things. Just as the light of the Shabbat candles bring peace between a husband and wife, so, too, they bring peace between G-d and His world."

Chaya, age 12

"Candles. Kewel."

7 Reasons Why Every Jewish Girl Should Light a Shabbat Candle

In 1974, the Rebbe, Rabbi Menachem M. Schneerson, began a campaign to get every Jewish girl to light a Shabbat candle. It's still going strong. Here are some of the reasons he gave for the campaign:

1. When there's more darkness, we need more light. Right now, there's a lot of darkness out there.
2. There are Jewish homes where no candle is lit. We need to light more candles to make up for them.
3. A young girl sees her candle spreading its light over the Shabbat table and she is filled with pride that lasts a lifetime.
4. Once upon a time, a girl didn't leave home until she married. Today, girls may live on their own for many years before marriage. Girls who never lit a candle at home often don't light when they leave.
5. It was originally the custom in many homes for all the women



and girls to light their own candles. Only during the First World War, when paraffin was strictly rationed, did this practice dwindle.

6. Little girls are fireballs of enthusiasm, experts at getting what they want. A girl gets all fired up about lighting a candle, a few weeks later the mother is lighting and soon the whole house is filled with light.
7. Lighting Shabbat candles brings us closer to the Time of Light for all the world, as the ancient Midrash says, “Keep the mitzvah of the Shabbat lights, and I will show you the lights of the times of Moshiach.”



Shabbat lighting

First light the candles then spread your hands out around the candles dreaming your hands inward in a circular motion three times to indicated the acceptance of the sanctity of Shabbat you then cover your eyes and recite the following blessing:

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שַׁבָּת קֹדֶשׁ.

Here's how it sounds:

Baruch Atah Ado-nai E-loheinu Melech ha'olam,
asher kideshanu bemitzvosav, vetzivanu le-had-lik
ner shel sha-bat ko-desh.

Here's what it means:

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.

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 prayed is readily acceptable because it is offered during the performance of this great mitzvah of lighting Shabbat candles.

Caution: *Shabbat candles must be lit before sunset. It is a desecration of the Shabbat to light candles after sunset.*

Note: *when lighting after the onset of a festival a pre-existing flame must be used to light the candles since it is prohibited to create a new fire by striking a match or lighter, Ect. However it is permissible to use or transfer fire from a flame burning continuously since the onset of the festival -such as a pilot light gas or a candle flame.*



Where to Find Out More:

For instructions and a schedule for your location, visit: www.chabad.org/calendar



