

A GUIDE TO CANDLE LIGHTING

THIS EVENING, AS YOU LIGHT CANDLES, YOU WILL BE USHERING IN THE LIGHT OF SHABBAT WITH MILLIONS OF JEWISH WOMEN ACROSS THE WORLD



STEP-BY-STEP:

1. First, light the two candles.
2. Some have the custom to circle their arms three times to “wave in the light”.
3. Cover your eyes with both hands and say the brocha:



THE BLESSING FOR CANDLE LIGHTING

בְּרוּךְ אַתָּה יְיָ-הוּ-ה אֱלֹ-הֵינוּ מֶלֶךְ	<i>Baruch Atah Ado-nai, Elo-heinu Melech</i>
הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ	<i>Ha-olam, Asher Kid'sha-nu B'mitzvotav</i>
לְהַדְלִיק נֵר שֶׁל שַׁבָּת.	<i>V'tzivanu, L'had-lik Ner Shel Shabbat.</i>

Take a moment to reflect on your week, to be present now and to welcome the quiet warmth brought into the world by the unique light of Shabbat.

Shabbat Candles in Auschwitz

Olga Fin

I was born and grew up in an Orthodox home in the USSR, in the Carpathian Mountains (before this place was Hungary). We lived a double life. At home one thing, and in the school something different. My parents were telling different stories about life before the war and during the war, specifically about the concentration camp. My mother was in two concentration camps. The first one was Auschwitz and the second one was Bergen-Belsen.

The barrack was lit every Friday night with these candles. They arrived in Auschwitz on the second day of Shavuot, and from that day they were counting the days to Shabbat. Every Friday she made two little candles from the margarine she saved and did not eat, and took some threads from the bottom of her dress and lit them.

My mother encouraged all the other women in the barrack to do the same, and they all did it, so the barrack was lit every Friday night with these candles. She never lost her faith, and even after the war she was a very religious lady. She claimed that she survived only due to her Shabbat candles.

When in 1972 my parents made aliyah, (moved to Israel), they went from house to house to teach the Russian Jews how to pray and how to light Shabbat candles. This was very important to my parents. I was taught from childhood how important Shabbat candles are.

Some women add this special prayer after fulfilling the mitzvah of lighting candles. Just as she is bringing light into her home to usher in Shabbat, she prays for her children to bring light and G-dliness into the world.



Y'HI RATZON PRAYER

יְהִי רָצוֹן לְפָנֶיךָ יְיָ-וְהָאֵל-הֵי

Y'hi Ratzon L'fanechah, Ado-nai Elo-hai

וְאֵל-הֵי אֲבוֹתַי, שְׁתַּחֲוֶינָה אוֹתוֹ

Vei-lohei Avotai, Sheh-t'chonein Oti

+ FOR DAUGHTERS + FOR SONS + FOR YOUR HUSBAND
 וְאֵת בָּנוֹתַי וְאֵת בְּנֵי וְאֵת אִשִּׁי
 + FOR YOUR MOTHER + FOR YOUR FATHER
 וְאֵת אִמִּי וְאֵת אָבִי

+ FOR YOUR HUSBAND + FOR SONS + FOR DAUGHTERS
 V'et Ishi V'et Banai V'et B'notai
 + FOR YOUR FATHER + FOR YOUR MOTHER
 V'et Avi V'et Imi

וְאֵת כָּל קְרוֹבֵי, וְתַתֵּן לָנוּ וּלְכָל יִשְׂרָאֵל חַיִּים
 טוֹבִים וְאֲרוּכִים, וְתַזְכְּרֵנוּ בְּזִכְרוֹן טוֹבָה,
 וּבְרָכָה, וְתַפְקְדֵנוּ בְּפִקְדוֹת יִשׁוּעָה וְרַחֲמִים,
 וְתַבְרַכְנוּ בְּרִכּוֹת גְּדוּלוֹת, וְתַשְׁלִים בְּתֵינוּ,
 וְתַשְׁכֵּן שְׁכִינְתְּךָ בֵּינֵינוּ, וְזַכֵּנוּ לְגִדְל בָּנִים וּבָנֵי
 בָּנִים, חַכְמִים וְנְבוֹנִים, אוֹהֲבֵי יְיָ-וְהָאֵל,
 יְדֹאֵי אֶל-הַיָּם, אֲנָשֵׁי אֲמָת, זֶרַע קִדְשׁ.
 בֵּי-הָאֵל-וְהָרִבִּים, וּמְאִירִים אֵת הָעוֹלָם בְּתוֹרָה
 וּבְמַעֲשֵׂים טוֹבִים, וּבְכָל מְלָאכַת עֲבוֹדַת הַבּוֹרָא.
 אֲנָא שְׁמַע אֵת תַּחֲנֻנֹתַי בְּעַת הַזֹּאת, בְּזִכּוֹת שָׂרָה
 וְרִבְקָה וְרַחֵל וְלֵאָה אִמּוֹתַי. וְהָאֵר נִרְנוּ
 שְׁלֵא יִכְבֶּה לְעוֹלָם וָעֶד, וְהָאֵר פְּנֵיךָ
 וְנִשְׁעָה, אָמֵן.

*V'et Kol K'rovai, V'titein Lanu Ul'chol Yisrael Chayim
 Tovim V'aruchim; V'tizk'reinu B'zichron Tova
 Uvracha; V'tifk'deinu B'fikudat Y'shua V'rachamim;
 Ut'varecheinu B'rachot G'dolot; V'tashlim Bateinu;
 V'tashkein Sh'chinatcha Beineinu. V'zakeini L'gadel
 Banim Uvnei Vanim Chachamim Un'vonim, Ohavei
 Ado-nai, Yirei Elo-him, Anshei Emet, Zerah Kodesh,
 Ba-Donai D'veikim, Um'irim Et Ha-olam BaTorah
 Uv'ma-asim Tovim, Uv'chol M'lechet Avodat Haborei.
 Anah Sh'-ma Et T'chinati Ba-eit Hazot, Bizchut Sarah
 V'Rivka V'Rachel V'Leah Imoteinu, V'ha-er Neireinu
 Shelo Yichbeh L'olam Va-ed, V'ha-er Panechah
 V'nivashei-ah, Amen.*

May it be Your will Lord, my G-d and G-d of my forefathers, that You show favour to me – (*my husband | my sons | my daughters | my father | my mother*) and all my relatives; and that You grant us and all Israel a good long life; that You remember us with a memory that brings goodness and blessing; that You consider us with a consideration of salvation and compassion; that You bless us with great blessings; that You make our households complete; that You cause Your Presence to dwell among us.

Privilege me to raise children and grandchildren who are wise and understanding, who love and fear G-d, people of truth, holy offspring, attached to G-d, who illuminate the world with Torah, good deeds, and with every labour in the service of the Creator.

Please, hear my supplication at this time, in the merit of Sarah, Rebecca, Rachel and Leah, our Mothers, and cause our light to illuminate that it be not extinguished forever, and let Your countenance shine so that we are saved. Amen.