



The Blessing for Shabbat Candles

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 following blessing:

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

Boruch A-toh Ado-noi
E-lo-hei-nu Me-lech
Ho-olom A-sheer Ki-de-sho-nu
Be-mitz-vo-sov
Ve-tzi-vo-nu Le-had-lik Ner Shel
Sha-bos Ko-desh.

*Blessed are You, Lord our G-d,
King of the universe, who
has sanctified us with His
commandments, and commanded
us to kindle the light 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 prayer is readily acceptable because it is offered during the performance of this great mitzvah of lighting Shabbat candles.

Married women should light two candles. Girls should light one candle starting at age 3. Candles should be lit before sunset in order not to desecrate the Sabbath. For exact time in your area, please contact your local Chabad-Lubavitch representative or go to www.shabbatpeace.com

Shabbat Candles
FOR PEACE

The candle-lighting blessing printed here is sacred.
Please do not discard or desecrate.

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Bring **peace** to
your home,
to **Israel**
and the
entire
world





Imagine if lighting Shabbat candles could bring peace to Israel and the world.

This would place enormous power in your hands and the hands of Jewish women everywhere. The idea is not as farfetched as it sounds. In fact it's not farfetched at all.

Because Shabbat candles – and the Jewish women and girls who light them – possess awesome power...

... **The power to have their prayers answered;**

... **The power to effect important changes in their lives;**

... **The power to bring peace into their homes, their communities, and the entire world.**

Think about your own experience with Shabbat candles – perhaps at your grandmother's house, at the

home of a friend, at a summer camp you attended as a child, at the Chabad House or Hillel when you were away at college. **Those candles had a magical effect...**

... Suddenly the chaos, the noise, the static of weekday activity melted away. An aura of peace and tranquility prevailed – an aura that is summed up in one word, "Shabbat."



Our great-grandmothers and great-great grandmothers have known this for thousands of years. Which is why candle-lighting has remained such a powerful and compelling tradition – a tradition you owe to yourself to maintain or rekindle.

Because candle-lighting is a time when Jewish women give free reign to their deepest hopes and aspirations. It is an auspicious time when these silent prayers are not only offered but also heard.

Indeed, the thoughts and prayers of

women – as they cover their eyes and make the blessing over the candles – **have mystical powers of their own.**

Can Shabbat candles bring peace to Israel?

The answer is 'Yes' – if millions of Jewish women around the world unite and focus their collective spiritual energy on bringing peace. Because such is the power of Jewish women whose prayers have affected the course of Jewish history for thousands of years.

Light candles this Friday evening, and every Friday evening, before sunset.

After making the appropriate blessing (see back panel) pause for a moment and think about what it is you wish for yourself, your loved ones, your world.

Bring peace into your home and help bring peace to all of Israel.

It is customary to give a coin or two to charity before lighting Shabbat candles.