

# 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-וְהוּא אֱלֹהֵי

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

וְאֵלֵי-הֵי אֲבוֹתַי, שֶׁתְּחַוֶּנּוּנִי אוֹתַי

*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, וְתִתֶּן לָנוּ וּלְכָל יִשְׂרָאֵל חַיִּים

*V'et Kol K'rovai, V'titein Lanu Ul'chol Yisrael Chayim*

טוֹבִים וְאֲרוּכִים, וְתִזְכְּרֵנוּ בְּזִכְרוֹן טוֹבָה

*Tovim V'aruchim; V'tizk'reinu B'zichron Tova*

וּבְרָכָה, וְתִפְקְדֵנוּ בְּפִקְדוֹת יִשׁוּעָה וְרַחֲמִים,

*Uvracha; V'tifk'deinu B'fikdot Y'shua V'rachamim;*

וְתִבְרַכְנוּ בְּרִכּוֹת גְּדוּלוֹת, וְתִשְׁלַם בְּתֵינוּ,

*Ut'varecheinu B'rachot G'dolot; V'tashlim Bateinu;*

וְתִשְׁכַּן שְׁכִינְתְּךָ בֵּינֵינוּ, וְזַכְנֵי לְגִדְל בָּנִים וּבָנֵי

*V'tashkein Sh'chinatcha Beineinu. V'zakeini L'gadel*

בָּנִים, חֲכָמִים וְנְבוֹנִים, אוֹהֲבֵי יְיָ-וְהוּא,

*Banim Uvnei Vanim Chachamim Un'vonim, Ohavei*

יְדֵאֵי אֱלֹהִים, אֲנֹשֵׁי אֲמַת, זְרַע קִדְשׁ.

*Ado-nai, Yirei Elo-him, Anshei Emet, Zerah Kodesh,*

בֵּי-הוּא וְדִבְקִים, וּמְאִירִים אֵת הָעוֹלָם בְּתוֹרָה

*Ba-Donai D'veikim, Um'irim Et Ha-olam BaTorah*

וּבְמַעֲשֵׂים טוֹבִים, וּבְכָל מְלָאכַת עֲבוֹדַת הַבּוֹרָא.

*Uv'ma-asim Tovim, Uv'chol M'lechet Avodat Haborei.*

אֲנֵא שְׁמַע אֵת תְּחִנָּתֵי בְּעַת הַזֹּאת, בְּזִכּוֹת שָׂרָה

*Anah Sh'-ma Et T'chinati Ba-eit Hazot, Bizchut Sarah*

וְרִבְקָה וְרַחֵל וְלֵאָה אֲמוֹתֵינוּ. וְהָאֵר נִרְנוּ

*V'Rivka V'Rachel V'Leah Imoteinu, V'ha-er Neireinu*

שְׁלֵא יִכְבֶּה לְעוֹלָם וָעֶד, וְהָאֵר פְּנֵיךָ

*Shelo Yichbeh L'olam Va-ed, V'ha-er Panechah*

וְנִשְׁעָה, אָמֵן.

*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.