

## SHABBAT CANDLE LIGHTING

At least 18 minutes before sunset on Friday, light your Shabbat candles. Draw your hands over the flames and toward yourself, bringing the peace and sanctity of Shabbat into your home and your life. Cover your eyes to recite the blessing.

Boruch A-toh A-do-noi E-lo-hei-nu Me-lech Ha-olom A-sher Ki-de-sha-nu Be-mitz-vo-tav Vi-tzi-va-nu Le-had-lik Ner Shel Sha-bat

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.

This *techina* / prayer is traditionally said by women after candle-lighting.

**יְהִי רָצוֹן** לְפָנֶיךָ, יְהוָה אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי, שֶׁתְּחַוֶּנּוּ אוֹתִי [וְאֵת אִישִׁי, וְאֵת בְּנֵי, וְאֵת בְּנוֹתַי, וְאֵת אָבִי, וְאֵת אִמִּי] וְאֵת כָּל קְרוֹבֵי; וְתִתֵּן לָנוּ וּלְכָל יִשְׂרָאֵל חַיִּים טוֹבִים וְאָרוּכִים; וְתִזְכְּרֵנוּ בְּזִכְרוֹן טוֹבָה וּבְרָכָה; וְתִפְקְדֵנוּ בְּפִקְדַת יְשׁוּעָה וְרַחֲמִים; וְתִבְרַכְנוּ בְּרִכּוֹת גְּדוּלוֹת; וְתִשְׁלַם בְּתִינּוּ; וְתִשְׁכַּן שְׂכִינְתְּךָ בֵּינֵינוּ. וְזַכְּנֵנוּ לְגִדּוֹל בָּנִים וּבָנֵי בָנִים חֲכָמִים וְנְבוֹנִים, אוֹהֲבֵי יְהוָה, יְרֵאֵי אֱלֹהִים, אֲנָשֵׁי אֱמֶת, זְרַע קֹדֶשׁ, בִּיהוּהוּ דְבָקִים, וּמְאִירִים אֶת הָעוֹלָם בְּתוֹרָה וּבְמַעֲשֵׂים טוֹבִים, וּבְכָל מְלָאכַת עֲבוֹדַת הַבּוֹרָא. אָנָּה שָׁמַע אֶת תְּחִנָּתֵנוּ בְּעַת הַזֹּאת, בְּזִכּוֹת שָׂרָה וְרִבְקָה וְרַחֵל וְלֵאָה אֲמוֹתֵינוּ, וְהָאֵר גְּרַנוּ שְׁלֵא יִכָּבֵה לְעוֹלָם וָעַד; וְהָאֵר פְּנֵיךָ וְנִשְׁעָה. אָמֵן.

May it be Your will *HASHEM*, my G-d and G-d of my forefathers, that You show favor 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 and long life; that You remember us with a beneficent memory 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 *HASHEM* and fear G-d, people of truth, holy offspring, attached to *HASHEM*, who illuminate the world with *Torah* and good deeds and with every labor 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.

Many have the custom to recite this prayer:

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שִׁיבִנָּה בֵּית הַמִּקְדָּשׁ בְּמַהֲרָה בְּיָמֵינוּ וְתֵן חֵלְקֵנוּ בְּתוֹרַתְךָ

Yehi Ratzon milfanecha Hashem Elokeinu Ve'lokey Avoteinu Sheyibaneh beit hamikdash bim'heirah b'yameinu v'tein chelkeinu b'torah-techa.

May the Holy Temple be rebuilt speedily in our days, and grant us our portion in Your Torah.