

HOW TO FRIDAYLIGHT

It starts with one light. You can add a candle for your mate and, if you are a mother, one for each child. Any girl over the age of three may (with a bit of help from mom) light a candle of her own.

Begin with a clean, uncluttered table on which to set your candle(s). You may use any kind of candles and candle holders that you choose. They may be scented or unscented, white or in colors.

Honoring the divine spiritual connection of lighting Friday night candles – an ancient Jewish ritual uniquely reserved for women – a Hebrew blessing is recited at the time of candle lighting, 18 minutes before sundown on Friday night.

Once the candle(s) are lit, close your eyes and, with hands gently moving above the flames, motion the warmth towards your face three times. Then, softly placing your hands over your eyes, pronounce the words that women across the globe have recited for thousands of years.

Uncover your eyes and feel the glow wash through every cell of your being, ushering in a moment of blissful inner peace.

Picture a million women like you, lighting FridayLight candles, all at the same time. Picture peace radiating across the globe.

THE BLESSING

HEBREW

Boruch A-toh Ado-noi E-lo-hei-nu Me-lech
Ho-olom A-sher –Ki-de-sha-nu Be-mitz-vo-sov
Vi-tzi-vo-nu Le-had-lik Ner Shel Shabbat Ko-desh

ENGLISH

Blessed are You, Lord, our God, King of the Universe,
who sanctifies us with his commandments,
and enjoins us to light the candles of Shabbat.

learn more at



fridaylight.org