

How-To Hanukkah

This Hanukkah, during difficult times, we lift up our ancestral tools of spiritual resilience and resistance. You may love our favorite winter holiday because of gifts and fried food. You may love that it's a reminder that human and religious freedom matter and that despair can only be defeated by our dedication to joy, justice, and collective liberation. This year we re-dedicate ourselves, face to face, flame to flame, to the power of peace, to hope and healing, lighting our path forward with courage and love.

- Spark Hope Now.
- Light up Peace.
- Repeat X8.
- Let There Be Light.

The Lab/Shul Ritual Team // 5785

1 → SPARK

Spark: in the Presence of the Infinite,
We treasure our sacred tradition
As we ignite this Hanukkah light.

ברוך אתה, הויה אלהינו, רוח העולם, אשר
קדשנו במצותיו וצונו להדליק נר של חנוכה.

**Baruch atah, Havaya/Adonai, Eloheinu,
ruach ha'olam, asher kidshanu b'mitzvotav v'tsivanu
l'hadlik ner shel Chanukah.**

INSIDER TIP#1

WINDOWSILL OR TABLETOP: DIM THE LIGHTS TO SPOTLIGHT THE HANUKKAH FLAMES, THEN RECITE/SING BLESSINGS AS YOU LIGHT FROM LEFT TO RIGHT. LET THERE BE LIGHT.

2 → HOPE

Hope: in the Presence of the Infinite,
we celebrate the hope and endurance of
our ancestors, generation to generation,
back then, right now.

ברוך אתה, הויה אלהינו, רוח העולם, שעשה
נסים לאבותינו ואמותינו בימים ההם בזמן הזה.

**Baruch atah, Havaya/Adonai Eloheinu,
ruach ha'olam, she'asah nisim la'avoteinu v'imoteinu
bayamim hahem baz'man hazeh**

Insider Tip #2

ONCE LIT, FOCUS YOUR GAZE ON A FLAME IN SILENCE FOR 10 SECONDS OR MORE. INCREASE TIME EACH NIGHT. MEET THE EYES OF YOUR ANCESTORS FACE TO FACE, ACROSS GENERATIONS.

3 → NOW

Now: in the Presence of the Infinite, we
pause with gratitude for the journeys that
have brought us to the here and now.

ברוך אתה, הויה אלהינו, רוח העולם,
שהחיינו וקיימנו והגיענו לזמן הזה.

**Baruch atah, Havaya/Adonai Eloheinu,
ruach ha'olam, she'he'cheyanu v'ki'manu v'hi'gianu
laz'man hazeh**

Insider Tip #3

RECITE THIS BLESSING ONLY ON THE FIRST TIME YOU LIGHT THIS YEAR. REFLECT ON AND SHARE ONE GRATITUDE FROM THIS PAST YEAR + ONE GOAL FOR THE NEXT. LET THERE BE LIFE.