

HANUKKAH CANDLE LIGHTING

HOW-TO KIT



Hanukkah 2020 is one for the ages! Whatever your reason for celebrating this season, Lab/Shul is here to help raise up the torch of hope and healing – fusing the flames of light with the darkness and manifesting the miracle of surviving and thriving in the midst of despair.

This Hanukkah let's **spark wonder now**, by co-creating sacred connections, gifting each other with care, committing to justice, frying joy, and firing up with love.

Enjoy our God-Optional Hanukkah blessings, here to help you spread the light in the window and on screen, flame to flame, heart to heart (repeat x8).



Love & Light,
The Lab/Shul Team

1

SPARK

A spark: in the Presence of the Infinite,
we treasure our sacred tradition
as we ignite this Hanukkah light.

ברוך אתה יי אלהינו רוח העולם אשר קדשנו
במצותיו וצונו להדליק נר של חנוכה

*Baruch atah Adonai Eloheinu ruach ha'olam
asher kidshanu b'mitzvotav v'tzivanu
l'hadlik ner shel Chanukah*

→ Insider Tip: Ready? Dim or turn off the lights to give the Hanukkah flames the spotlight. Take one deep breath together with everyone present. Recite or sing the blessing, then start to light from left to right and let there be light.

2

WONDER

A breath: in the Presence of the Infinite,
We celebrate the wonder of our ancestors' survival,
generation to generation, back then, right now.

ברוך אתה יי אלהינו רוח העולם שעשה נסים
לאבותינו ואמותינו בימים ההם בזמן הזה

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

→ Insider Tip: Use this ancient pyro-technology to bring more meaning to the night: Let your eyes focus gently on one of the flames for at least 30 seconds. Count colors, be surprised. Can you meet the eyes of your ancestors inside this flame, across the generations?

NOW

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

ברוך אתה יי אלהינו רוח העולם שהחיינו
וקיימנו והגיענו לזמן הזה

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

→ Insider Tip: Recite this blessing only for the first time you light this year. As you bask in the candlelight, take time to think of and share one gift you are grateful for from this past year, and one intention for the next. Honor the journey, be in this moment, light up the road ahead. Let there be life.

These original poetic translations reflect our commitment to a more modern, gender-neutral, and abstract understanding of prayer. They were created in 2019 by Rabbi Amichai Lau-Lavie, Shira Kline, Naomi Less, Rabbi Emily Cohen and Ezra Bookman.