

HOW-TO HANUKKAH

LAB/SHUL

EVERYBODY FRIENDLY
ARTIST DRIVEN
GOD-OPTIONAL

Our fave winter holiday might commemorate the triumph of minority rights or a superpowered jug of oil that lasted eight long nights against all odds. Or perhaps, the oldest reason for the season: lighting up midwinter nights with **friendly flames** of connection, sparking justice, giving hope, frying joy, and spreading love.

Whatever the ancient origin, whatever your igniting intention: **Spark Wonder Now**.

Spread local light and put your menorah in your window for all to see. Cast a **global glow** while digitally connecting with those around the world. Share the light (repeat x8)!

The Lab/Shul Ritual Team

1 → SPARK

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

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'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 → 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
לأבותינו ואמותינו בימים ההם בזמן הזה.

*Baruch atah, Adonai Eloheinu, ruach ha'olam,
she'asah nisim la'avoteinu v'imoteinu
bayamim ha'hem 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 INSIDE THE FLAME, ACROSS GENERATIONS.

3 → NOW

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