HOW-TO HANUKKAH

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.

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

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

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

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

The Lab/Shul Ritual Team

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.

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.

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.