HOW-TO HANUKKAH

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 dedication to life, love and collective liberation. Whatever your reason for this festive season, we invite you to light up these eight midwinter nights with intentions to illuminate justice, spread joy, honor heritage, and hold on to hope.

Spark Wonder Now.
Light up Peace.

Repeat X8.
Let There Be Light.

The Lab/Shul Ritual Team

1 → SPARK
Light: in the Presence of the Infinite, we treasure our sacred tradition as we light the Hanukkah candles.

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 → WONDER
Dedicate: in the Presence of the Infinite, we celebrate the wonder of our ancestors' survival, generation to generation, back then, right now.

Baruch atah, Havaya/Adonai Eloheinu, ruach ha'olam, she'asah nisim la'avoteinu v'imoteinu bayamim ha'em 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
Notice: in the Presence of the Infinite, we pause with gratitude for the journeys that have brought us to here and now.

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.