

HOW-TO HANUKKAH

LAB/SHUL

Hanukkah invites us to hold onto hope, return to repair (Tikkun), and rededicate ourselves to resistance and resilience. Inspired by our ancestors, this winter we shine a light on standing up for justice, dignity, and peace for all. Hanukkah means "dedication" — we're invited to ignite eight nights with dedication to our cherished values and dreams, replacing despair with repair, and connecting with the gifts of darkness and light.

**RETURN TO REPAIR. REKINDLE HOPE.
RAISE UP PEACE.**

~ The Lab/Shul Ritual Team // 5786



HANUKKAH | 5786 | חנוכה

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.