

THE STEINBERG EDITION
shabbat candles
THE JEWISH LIFE SERIES



Shabbat Candles: Who would have thought so much good could be accomplished with such a simple act?

The purpose of creation was for God to shine His light to the world. The original light of creation shone briefly in the Garden of Eden before it was hidden. When we light the Shabbat candles we restore the original light, with all its healing energy to the world. Now the power is in your hands... **Shabbat Candles: Bring Light to the World.**

1: Light two candles 18 minutes* before sunset on Friday. Wave your hands 3 times in front of your face to welcome in the shabbat and cover your eyes.

2: Make the blessing Say the blessing below (in hebrew or english) to welcome in the Shabbat.

Baruch Atah Ado-nai, Elo-heinu Melech Ha'Olam
Asher Kidishanu B'Mitzvotav, Vitzivanu L'hadlik Ner
Shel Shabbat.

ברוך אתה ה' אלוקינו מלך העולם אשר
קדשנו במצותיו וציונו להדליק נר של שבת

Blessed are you G-d, King of the World who has sanctified us with his commandments, and has commanded us to light the Shabbat Candles.

After making the blessing it is an especially favorable time to say a short prayer for your needs and desires and those of your family, loved ones, friends, and the world.

*To find out proper candle lighting time and for more detail go to jewishliferies.com/shabbat



Why Shabbat?

God created the world in six days and it was perfect... almost. The world lacked one thing to stay alive - a soul. On Shabbat, God ceased from creating and breathed soul into the world - giving life and endurance to all that had been created. By imitating God and resting on Shabbat we acknowledge God as Creator and in doing so we breathe soul into our lives.

The word Shabbat means 'to return' or 'to rest.' On Shabbat we return to ourselves and reclaim our potential. By observing Shabbat, starting with lighting the candles we bring primal life energy into our lives and all creation.

Shabbat: Let Your Soul Breathe and Expand...

SUNSET NEW ZEALAND



How Shabbat?

39 Creative Acts. Shabbat has a body (the details of its observance) as well as a soul (the spirit of its observance). We open ourselves to receive the revitalizing energy of Shabbat by refraining from what Jewish wisdom calls 'work'. Work in Jewish law is defined as 39 archetypal physical creative actions. In refraining from work we imitate God who ceased from his creating on this day and breathed soul into the world. *When we rest from work on Shabbat we create a space that allows the soul to infuse and nourish the body and all the actions that we performed during the six days of the week become blessed...* Shabbat. Transform Darkness into Light.



Every Step Counts.

Like mastering a musical instrument our growth can only take place in stages. While elucidating the complete observance of Shabbat is beyond the scope of this book, one can embrace the magic shabbat has to offer in a step by step manner. The first simple step may just be to light Shabbat Candles weekly. For more steps to take you can go to jewishliferies.com/shabbat.

Shabbat: The Source of all Blessing.



Shabbat is Everything

Shabbat is the point where body and spirit unite and heaven and earth become one. It is the source of all blessing. It is a world without boundaries. It is the connecting of all we do in the six days of the week with its higher source. It is a revelation of the miracle that all nature is. It is the renewal and source of our strength and our soul.

Shabbat. Reveal the Power of Your Soul. Bring Healing into the World.

JERUSALEM : TEMPLE MOUNT — WHERE HEAVEN AND EARTH KISS



Enjoy Yourself!

Shabbat is a day for the body as well as the soul and there is a requirement to give the body pleasure, this is done in part through the observance of three Shabbat meals. **Friday Night**. We start with **Shalom Aleichem** a song welcoming the special angels that escort us on Shabbat followed by **Aishes Chayil** a song in praise of the Sacred Feminine. We then make **Kiddush** (blessing the day over a cup of wine) and wash our hands and say **Hamotzi** (the blessing over (two loaves of) bread). **Shabbat day** we have another meal with **Kiddush** and **Hamotzi**. We eat a third meal **Shabbat afternoon** - (preferably with wine and bread but not required). Saturday night we say **Havdalah** (the ceremony marking the end of shabbat) and eat a special meal called '**Melave Malka**' which means escorting the (Shabbat) Queen.





The Jewish Life Series is the marriage of the ancient and the modern, the spiritual and the sensual and the celebration of the royal. We are an independent group of people who believe that there is something beautiful and relevant in Judaism for everyone. We produce outstandingly beautiful websites and books that show the wonder and love of Jewish wisdom and observance so that connecting to Jewish life becomes the simple pleasure it is really supposed to be...

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www.jewishlifeseries.com/shabbat

SIGN UP FOR WEEKLY SHABBAT CANDLE LIGHTING TIME REMINDERS SENT TO YOUR PHONE OR EMAIL ACCOUNT | SEE VIDEO 'HOW TO' READ ARTICLES ON SHABBAT AND SHABBAT CANDLES | VIDEO INTERVIEWS OF WOMEN WHO LIGHT SHABBAT CANDLES

THANKS TO AVIVA STEINBERG AND FAMILY FOR SPONSORING THIS BOOK
IN HONOR OF THE BAT MITZVAH OF ABIGAIL STEINBERG

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