

Candle Lighting

The Shabbat candles are lit 18 minutes before sunset every Friday evening. For exact candle lighting time in your area, [click here](#).

Married women should light at least two candles, corresponding to the two commandments of "Remember the Sabbath" (Exodus 20,8) and "Observe the Sabbath" (Deuteronomy 5,12), and may add an additional candle for each of their children. Single women traditionally light one candle (in deference to their mothers).

As soon as a young girl can grasp the idea of Shabbat and is able to recite the blessing (about three years old), her mother should teach her to light her own candle. The child lights her candle first, with her mother present in case she needs assistance.

It is customary to give some coins to charity before lighting the Shabbat candles.

The time of lighting is considered especially auspicious for praying to G-d for health and sustenance. These prayers are readily acceptable because they are offered during the performance of this great mitzvah.

Spread your hands around the flames and draw them inward, in a circular motion, three times indicating the acceptance of the sanctity of Shabbat. Then cover your eyes and recite the following blessing:

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת קֹדֶשׁ:

Transliteration:

Boruch A-toh Ado-noi E-lo-hei-nu Me-lech Ha-olam A-sher Ki-de-shan-nu Be-mitz-vo-
sov Ve-tzi-va-nu Le-had-lik Ner Shel Shabbat Ko-desh.

Blessed are You, Lord our G-d, King of the universe, Who has hallowed us through His commandments, and has commanded us to kindle the lights of the holy Shabbat.

Uncover your eyes and behold the Shabbat lights.

For exact Candle Lighting Times for Shabbat and Holidays for your location click on the link below:

<http://www.chabad.org/calendar/location.asp?AID=6226>