

# Lighting the Candles

Traditionally, just before sunset, we light at least two candles to welcome Shabbat. (Some families light one candle for each member of the family.) After lighting the candles, circle your hands over them three times, then cover your eyes and say:

בָּרוּךְ אַתָּה, ה' אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר  
קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

Baruch Atah, Adonai Eloheinu, Melech ha'olam, asher  
kid'shanu b'mitzvotav v'tzivanu l'hadlik neir shel shabat.

Blessed are You, Adonai our  
God, Ruler of the world, who  
makes us holy with Your  
mitzvot, and commands us to  
light the Shabbat candles.

