A Candle of My Own

Thoughts on Shabbos Candles by Girls Who Light Them

Compiled by
Lubavitch Womens
Organization

Illustrated by
Michoel Muchnik



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In honor of the

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This book is a collection of poems and compositions submitted by Jewish girls throughout the United States and Canada to the 1977 Composition Contest. Due to lack of space, only a sampling of the entries are printed herein, and in some cases only excerpts were used.

Published by
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Brooklyn, N.Y. 11213

נדפס בדפוס האחים גרויס
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Preface

Several years ago the Lubavitcher Rebbe, Rabbi Menachem M. Schneerson, שליט״א initiated a campaign to encourage more Jewish women and girls to light candles on Erev Shabbos and Yom Tov.

It was not a new thing that the Rebbe sought to do. Young Jewish girls have been lighting Shabbos candles since the time of our mother, Rivkah. In many homes the tradition has gone on without a break; in others the revival was accepted readily.

This book has been compiled to tell the story of the Shabbos candles "from the other side" that is to say, from the point of view of the girls who light them.

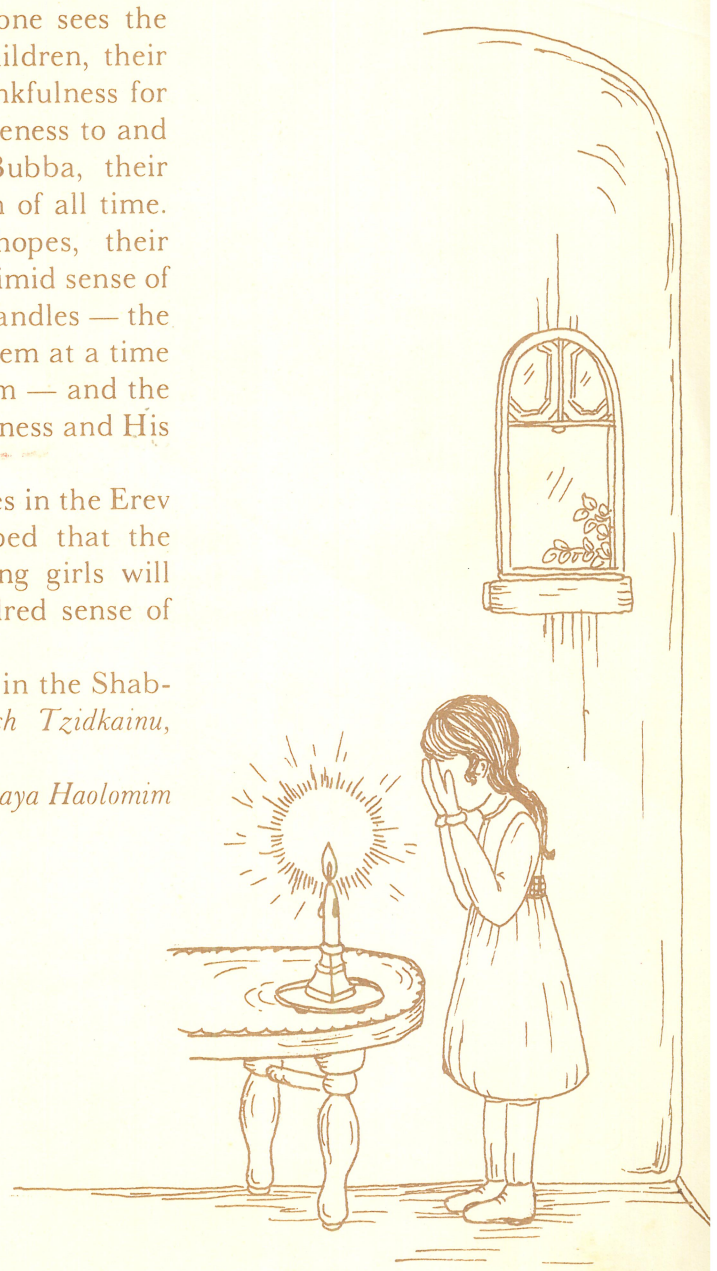
In these compositions sent in by girls from all corners of the land we can glimpse the wonder and the beauty of this special moment, when, as one girl writes, "I will uncover my eyes, and it will be Shabbos." Young Jewish girls are, after all, very special people. In these poems and stories, they portray one of the richest moments of a woman's life, and with an uncanny insight they express the true depth of the Jewish soul.

One cannot read these compositions without being moved, for at every point one sees the goodness of these pure-minded children, their sincere belief in Hashem and thankfulness for His blessings; their feelings of closeness to and understanding of Mother and Bubba, their sense of unity with Jewish women of all time. We overhear their whispered hopes, their prayers for health and peace; the timid sense of privilege to be lighting Shabbos candles — the feeling of being very close to Hashem at a time He has especially set aside for them — and the warm trust this fosters in His goodness and His Providence.

In the year 5737, we find ourselves in the Erev Shabbos of time itself. It is hoped that the profound simplicity of these young girls will kindle in Jews everywhere a kindred sense of trust and closness to Hashem.

And together may we all usher in the Shabbos with the coming of *Moshiach Tzidkainu*, speedily in our days.

Yom Shekulo Shabbos U'Menucha Lechaya Haolomim (Olam Haboh).



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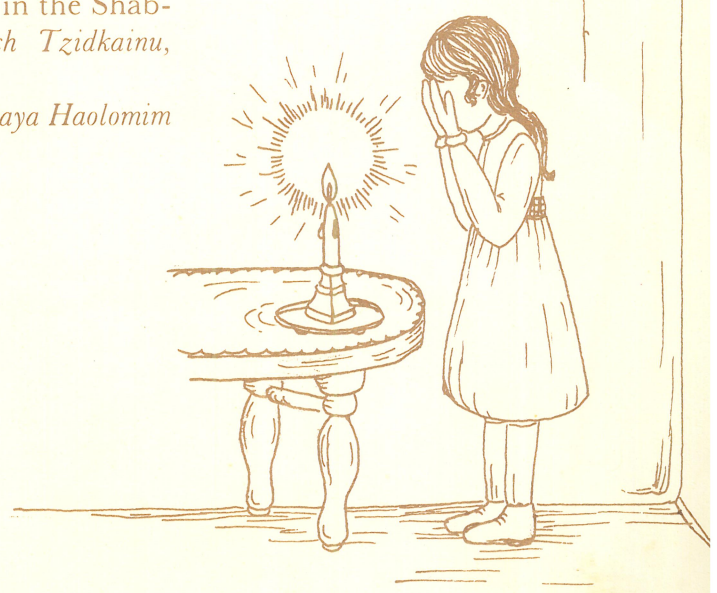
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The Lubavitcher Rebbe explains :

The Torah explains how Yitzchok decided to take Rivka as his wife, as follows:

"And Yitzchok brought her into his mother Sarah's tent, and took Rivka, and she became his wife; and he loved her: and Yitzchok was comforted after his mother."[2]

The connection which Yitzchok saw between Rivka and Sarah is explained by Rashi:

"And he brought her into the tent, and, behold, she was (like) Sarah, his mother! While Sarah was alive her Shabbos lights (miraculously) burned (in the tent) from one Friday to the next, there was always a blessing in the dough (a miraculous increase) and a (Divine) cloud continually hovered over the tent. Since her death all these had stopped. However, when Rivka came they reappeared."[3]

In other words, one of the three signs to Yitzchok that Rivka had special merit to be his wife was that she lit her own candle on Shabbos, and that it was blessed, just as his mother, Sarah's had been.

We see from this that Rivka Imenu (our mother) lit a Shabbos candle even before she was married. In fact, at that time, she was only three years old,[4] *and, as a minor, she was in no way obligated to fulfill the mitzvos.*

Furthermore, we know that Avraham fulfilled all the laws of the Torah,[5] *and he therefore must have lit the Shabbos candles himself every Friday from the day that his wife Sarah died.*

Nonetheless Rivka was not satisfied to participate in the candle-lighting of Avraham (even though he was an adult and obliged to fulfill mitzvos). Despite her youth, she herself lit the Shabbos candles.

The directive is clear. Not only should unmarried girls over Bas-Mitzva age (twelve years and up) light the Shabbos candles, but even little girls starting from three years of age should be educated and trained in the Mitzva of *Neiros Shabbos* — even when the mother or another adult member of the household is already lighting the candles. What can they accomplish through their candle-lighting? Look carefully at the narrative again: Although Abraham and Isaac lit candles every Friday, no miracle occurred. *Their* candles burned for the natural amount of time. But Sarah's candle and, later, the Shabbos lights of the three-year-old Rivka, burned miraculously for the entire week, from one Friday to the next.

Every daughter of our people is called "A daughter of Sarah, Rebecca, Rachel, and Leah." Every Jewish girl, even a three-year-old, inherits this wondrous power of illuminating the house through her candle lighting, for the entire week, till the next *Erev Shabbos*. True, the lights which Sarah and Rebecca kindled, lasted (by a miracle) *physically* and shed a physical light for the whole week; but the *inner* effect of today's children lighting the Shabbos candles is the same. Although we cannot see it with our flesh-and-blood eyes, the Shabbos candles lit by the Jewish daughter in our age fill the home with light all week long.

An additional point about the very young: When our sages teach that the world exists only in the merit of the breath of Torah-study,[6] they stress that this refers in particular to the "breath that is free of sin," the breath of the very young. How great then, must be the kindling of the Shabbos candles by "the hand that knows no sin," the hand of a *little* girl.

1. Discourse given Chayei Sarah 5735
2. Beraishis 24:67
3. ibid
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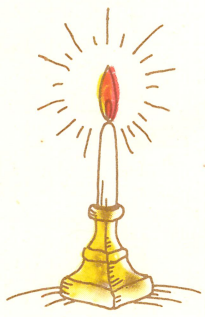
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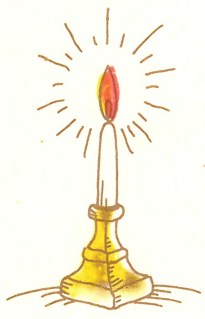
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. . . When I light the Shabbos candle it makes
me feel something special is coming —

a great joy is coming!

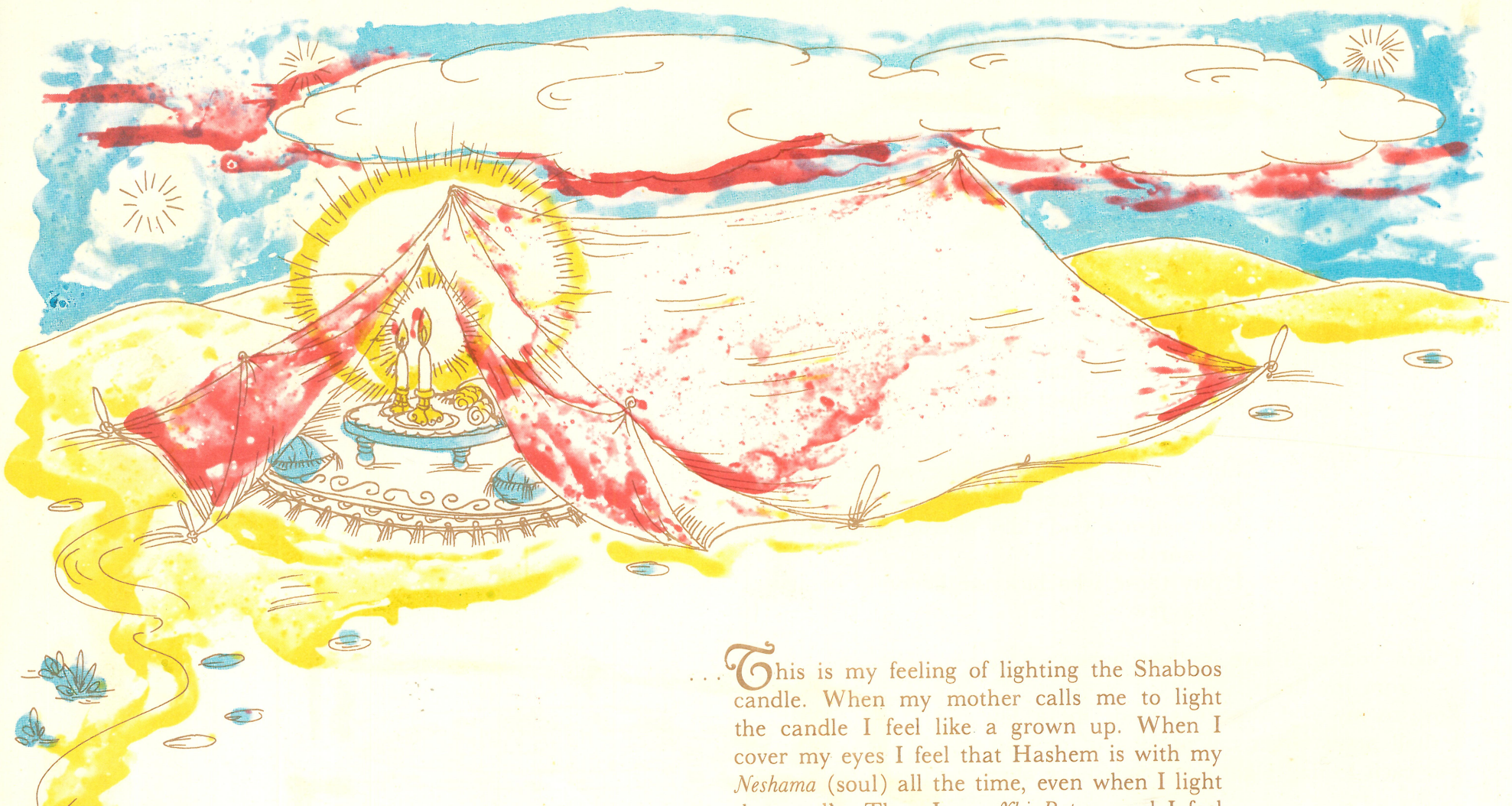
Joyce Rothwach, Age 8
Yeshiva Dov Revel, Queens, N.Y.



. . . When I light the Shabbos candle it makes
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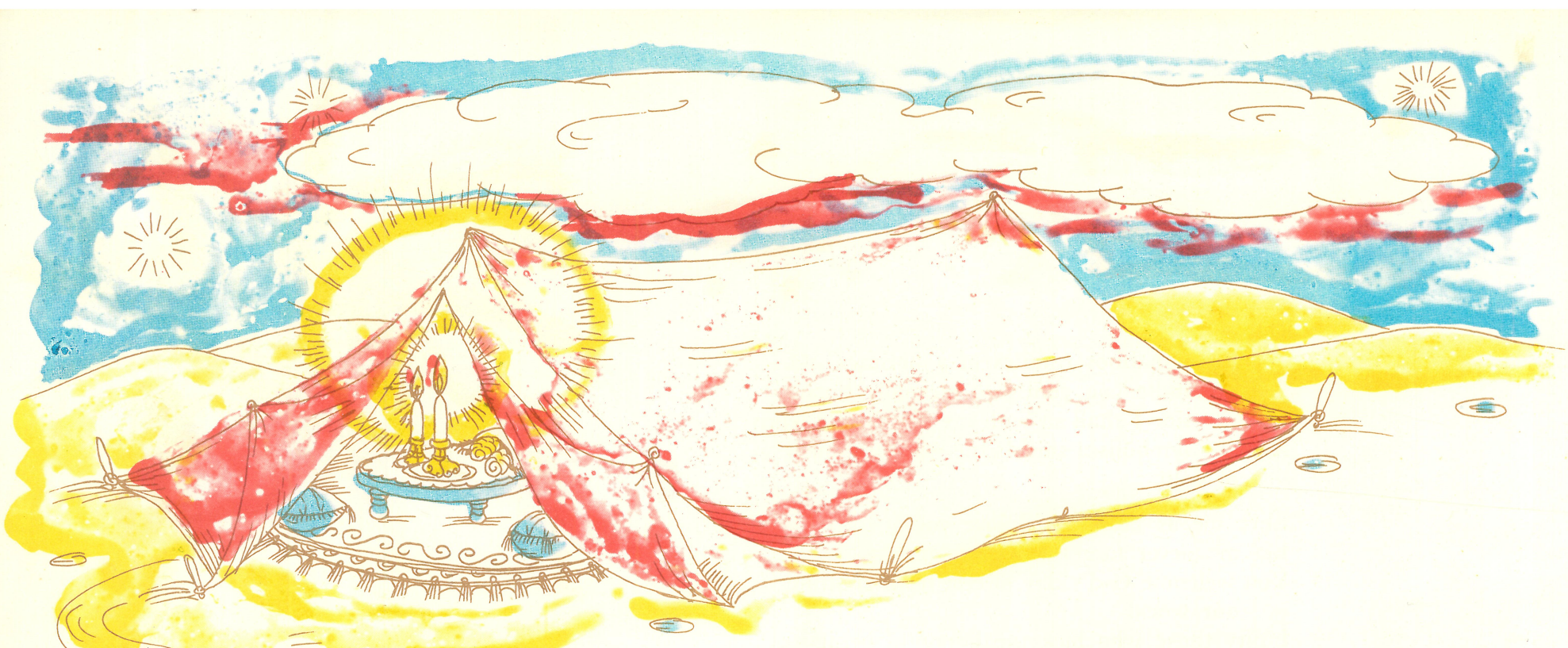
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. . . This is my feeling of lighting the Shabbos candle. When my mother calls me to light the candle I feel like a grown up. When I cover my eyes I feel that Hashem is with my *Neshama* (soul) all the time, even when I light the candle. Then I say *Yhi Ratzon* and I feel that someday I will be a real mother. Even like long ago in *Sarah Imenu's* tent there were three things *1. Challah, 2. Narois, and 3. Anan.* I feel that I am like *Sarah Imenu.*

Ettie Berman, Age 10
Yeshiva of B'klyn, B'klyn, N.Y.



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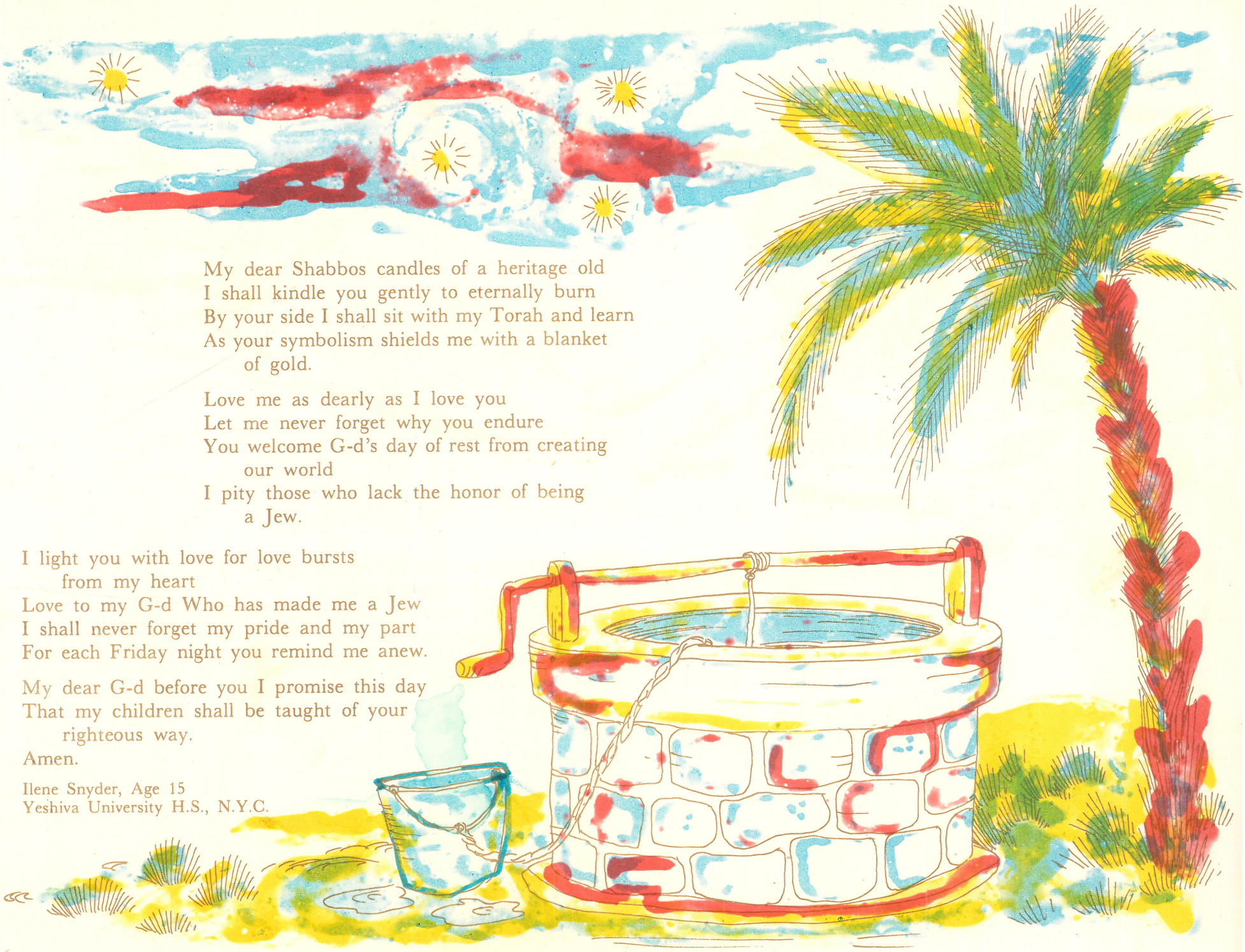
My dear Shabbos candles of a heritage old
I shall kindle you gently to eternally burn
By your side I shall sit with my Torah and learn
As your symbolism shields me with a blanket
of gold.

Love me as dearly as I love you
Let me never forget why you endure
You welcome G-d's day of rest from creating
our world
I pity those who lack the honor of being
a Jew.

I light you with love for love bursts
from my heart
Love to my G-d Who has made me a Jew
I shall never forget my pride and my part
For each Friday night you remind me anew.

My dear G-d before you I promise this day
That my children shall be taught of your
righteous way.
Amen.

Ilene Snyder, Age 15
Yeshiva University H.S., N.Y.C.



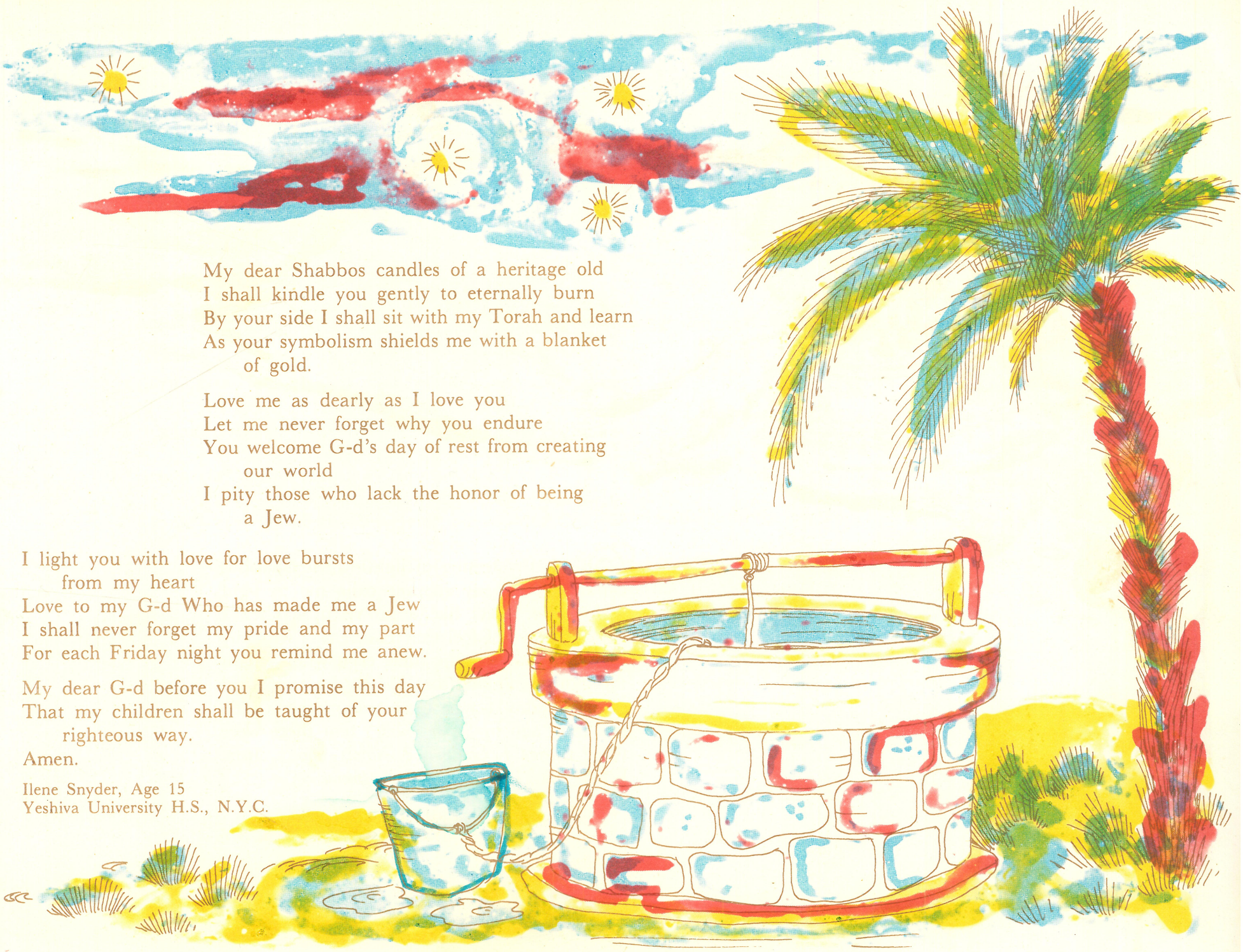
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At 5:11

The noise and lively bustle have been quickly
swept away,
At last now, all is ready, it is time to
end the day.
We gather by the table, peaceful, — Mother,
sister, I —
And see the sun has nearly dipped below the
evening sky.

A tiny match is scraped to life in Mother's
very hand,
I watch the bit of fire and feel my heart expand.
For there it is, a star, I think, in the world
of *galut* night.
The wine, a bottled ruby, sparkles back the
golden light.
Then in the swelling silence I ignite the
waiting candle,
I wait in lonely thought and feel the match,
too hot to handle.

Although my home around me is right there
and just the same,
It isn't real, no nothing is, except my little
flame.

As the candles and the people near form
cloudy, moving hazes,
I close my eyes and whisper low the timeless
ancient phrases.
I see a thousand thousand lights that start
the seventh day,
A thousand thousand women saying what I
say today.
My mother turns her face to me; her eyes
are bright with tears,
For now is when she tells Hashem her
grievances or fears.
I feel a tiny shiver at this miracle I've seen
And leave to welcome once again the lovely
Shabbos Queen.

Chana Bernstein, Age 15
Hebrew Inst. of L.I., L.I., N.Y.

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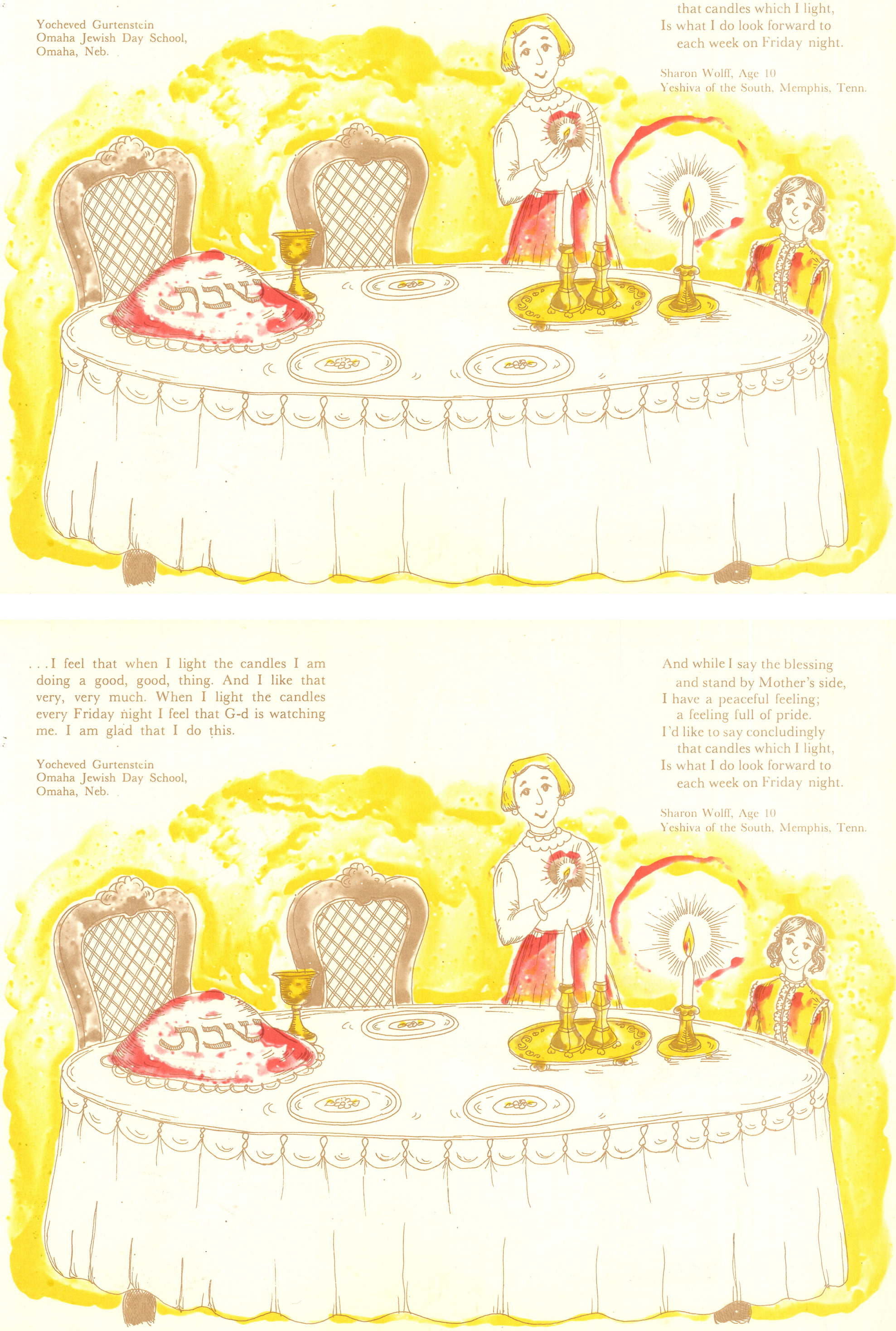
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. . .I feel that when I light the candles I am doing a good, good, thing. And I like that very, very much. When I light the candles every Friday night I feel that G-d is watching me. I am glad that I do this.

Yocheved Gurtenstein
Omaha Jewish Day School,
Omaha, Neb.

And while I say the blessing
and stand by Mother's side,
I have a peaceful feeling;
a feeling full of pride.
I'd like to say concludingly
that candles which I light,
Is what I do look forward to
each week on Friday night.

Sharon Wolff, Age 10
Yeshiva of the South, Memphis, Tenn.

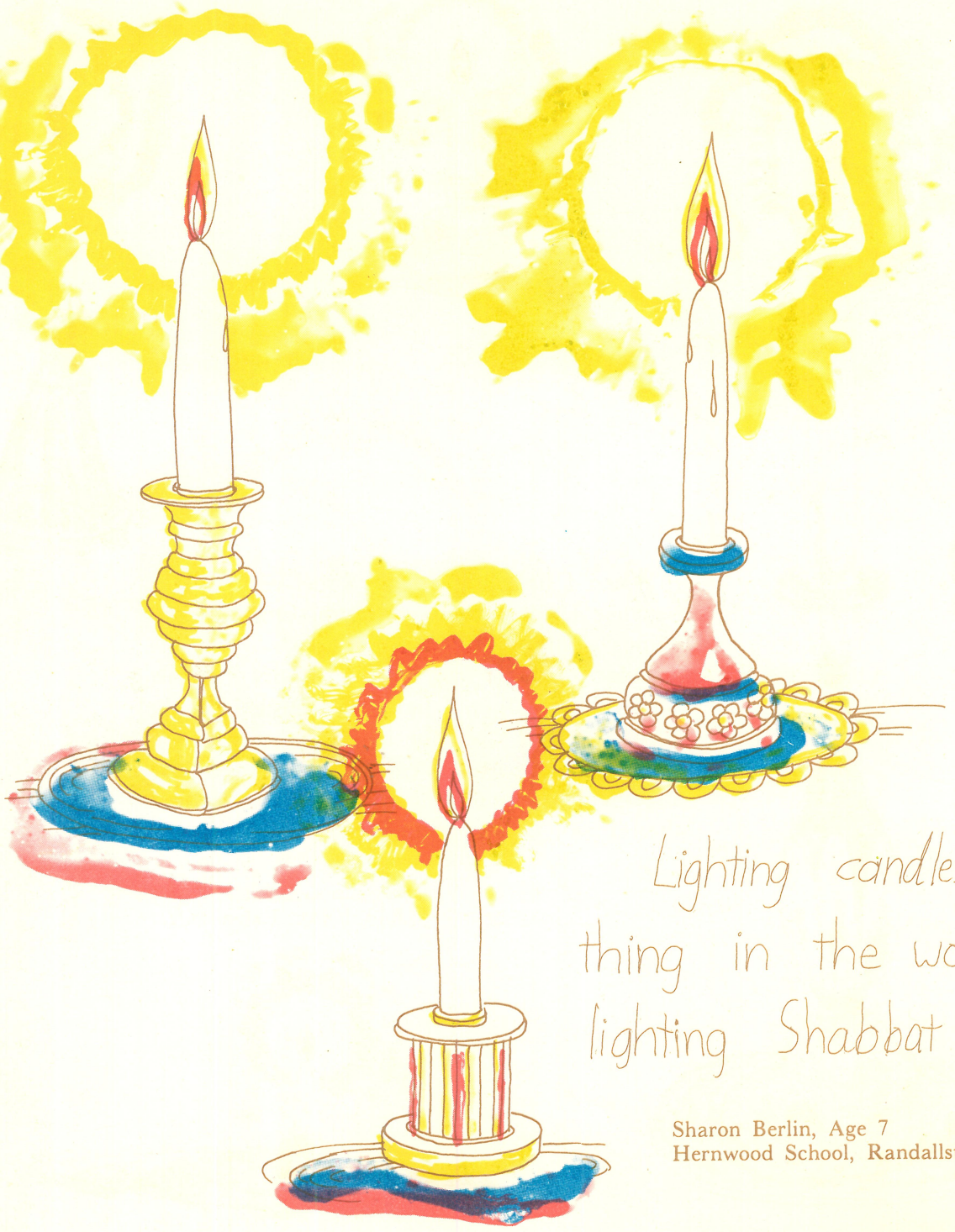


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. . . So here's some good advise: Light the Shabbos candles. (Believe me, Try it, you'll like it!)

Esther Sznicer, Age 9
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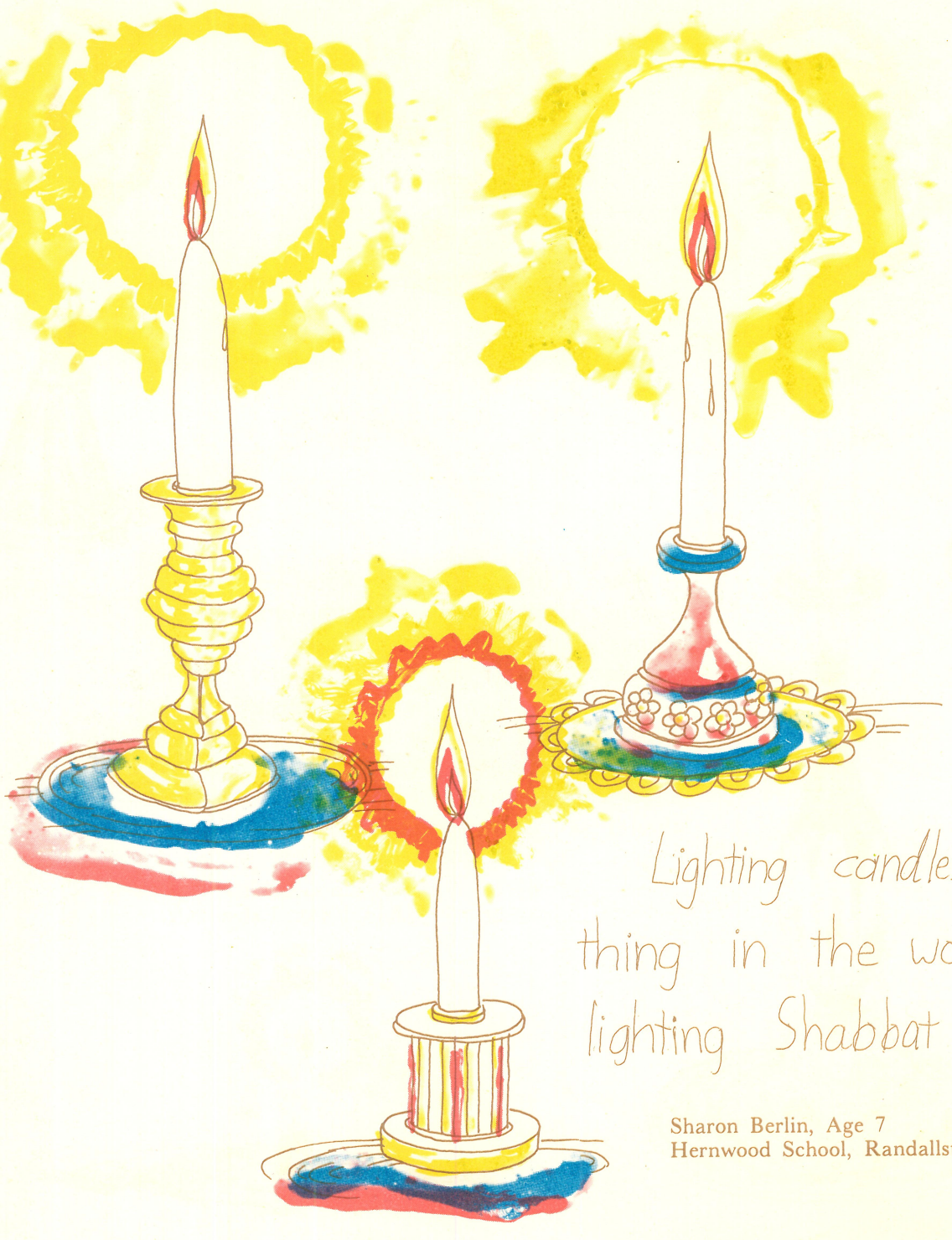


Lighting candles is the best thing in the world. I love lighting Shabbat candles.

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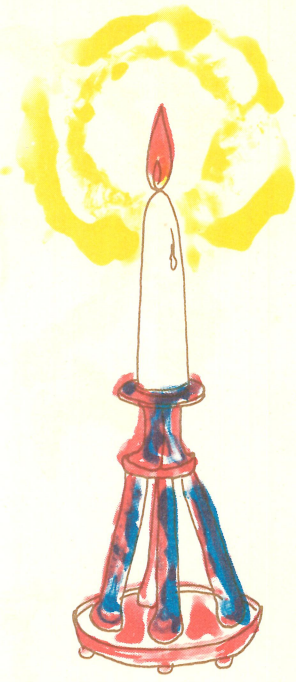


Each time I light the Shabbos candles, I think what happens then. The Shabbos Queen comes and lights up the world to a sparkle of joy. Hashem is everywhere. He knows what I think, He knows what I do. The light brighters up my heart.

Michelle Miliefsky, Grade 5
Lubavitcher Yesh. of Springfield, Springfield, Mass.







. . .When I light the candle I feel very happy, because I am doing a mitzvoh. One mitzvoh brings another mitzvoh.

Before I light my candle I give *Tzedoko* (charity) and then I light my candle. I make sure my sister does the same like me. I light my candle a little before my mother. My sister and me make the bracha out loud. And then I say *Good Shabbos* to my family.

Miriam Gansburg, Age 7
Bais Rivka, Bklyn, N.Y.

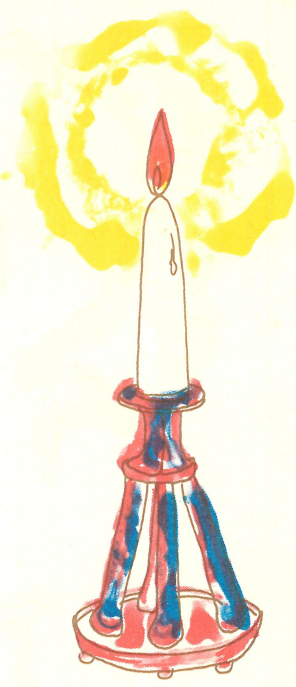


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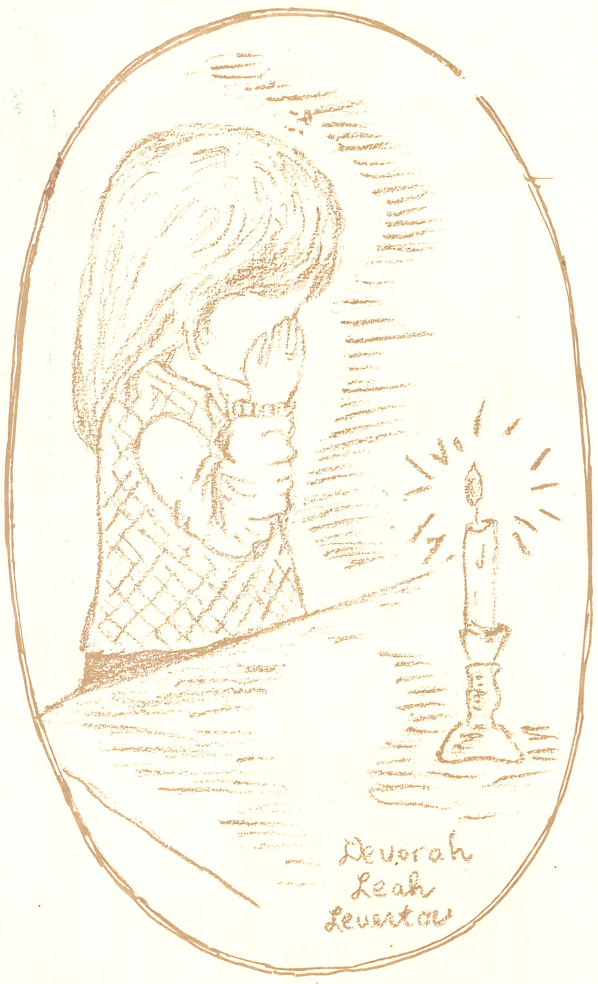
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The closeness I feel to Hashem upon lighting my Shabbos candles makes me unable to understand why anybody would want to pass up such an opportunity.

Abby Zippin, Age 15
Prospect Park Yeshiva H.S., Bklyn, N.Y.



. . . This is a custom handed down by Sarah and Rivkah whose candles would last from one Shabbos until the next. By kindling the Shabbos candles girls and women receive the Shabbos even before the men. Since they are or will be the foundation of the home they bring in Shabbos in the most beautiful way — by lighting candles of Shabbos. As the sages say "The greatest reward for a mitzvah is the mitzvah itself.

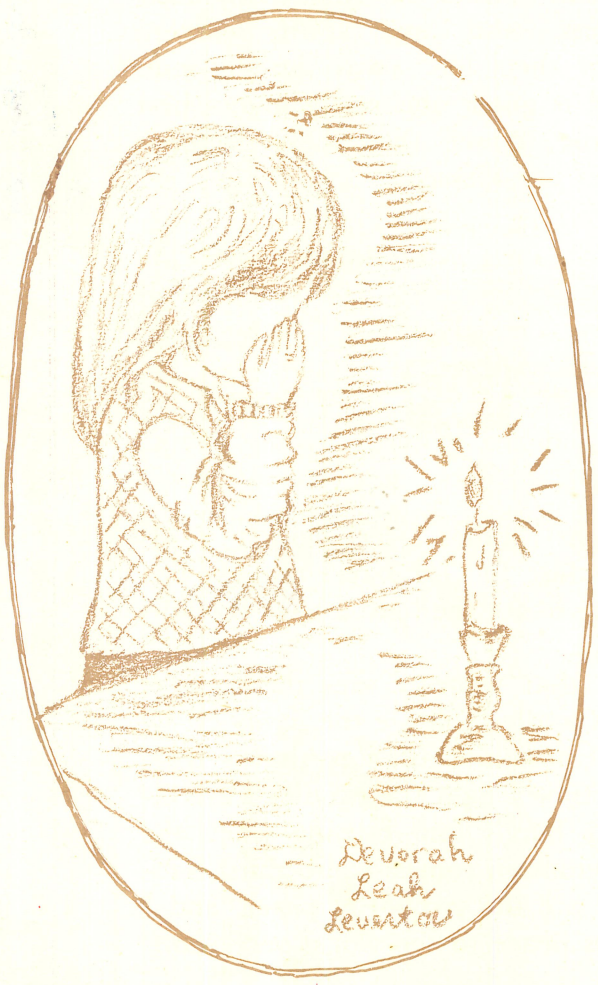
Rochel Creighton, Age 13
Beth Jacob H.S., Bronx, N.Y.

I say: look 'n, look at my little sister she is saying the ברכה of the Candles, You know how my little sister lights her Candles my Mother says one word and she says after her that's how she lights her Candle and she is only two years old. don't you think that this makes ה' happy?

Chana Pinson, Grade 2
Bais Rivkah School, Bklyn, N.Y.

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Abby Zippin, Age 15
Prospect Park Yeshiva H.S., Bklyn, N.Y.



. . . This is a custom handed down by Sarah and Rivkah whose candles would last from one Shabbos until the next. By kindling the Shabbos candles girls and women receive the Shabbos even before the men. Since they are or will be the foundation of the home they bring in Shabbos in the most beautiful way — by lighting candles of Shabbos. As the sages say "The greatest reward for a mitzvah is the mitzvah itself.

Rochel Creighton, Age 13
Beth Jacob H.S., Bronx, N.Y.

I say: look 'n, look at my little sister she is saying the ברכה of the Candles, You know how my little sister lights her Candles my Mother says one word and she says after her that's how she lights her Candle and she is only two years old. don't you think that this makes ה' happy?

Chana Pinson, Grade 2
Bais Rivkah School, Bklyn, N.Y.

. . .When I light Shabbos candles it makes me remember the first women that lit the Shabbos candles. When I light Shabbos candles it feels like those women are still alive. When I light Shabbos candles I say the blessing very carefully so I can try to figure out what it means.

Itka Tziporrah Coleman, Age 8
Savannah Hebrew Day School, Savannah Ga.

. . .In Germany, the 2nd World War, there lived a family by the name of Stern. It was a Jewish family so when the war broke out they went underground. They were afraid to be caught by the Nazis and brought to the concentration camp.

They went through many problems. The hardest was to get candles because they were scarce. They cut the candles in quarters so they would last longer. They were always scared that the Nazis were going to discover them. But when they lit the candles they just had a feeling Hashem was close to them and watching over them. The mitzvah of lighting the candles meant so much to them. They made an effort to keep Shabbos.

After 30 years Mr. and Mrs. Stern's daughter, who had gone through this, had married. This is a true story because the daughter who went through this is my mother.

Pnina Perl Kropveld Age 12
Chofetz Chaim Day School
Cincinnati, Ohio

As I cover my head and close my eyes
I think of the joy and the pain and the sighs
of my people before me
and their sorrows and woes,
And oppression caused by their many foes.
But happiness, also, and spirits content
Were part of their life, t'was heaven sent.
For our L-rd is good, and really knows best
He'll help me to see that these Sabbath candles are blessed.

Lisa Radin, Age 12
Cong. Nevey Sholom, Bowie, Md.

. . .When I light candles I feel close to G-d. When I feel close to G-d I feel that He has taken the time to see the light I have brought into the world.

People say that whoever sees the light of the Sabbath Candles will see the lights of the promised redemption. I am sure that is true, because everytime I light the candles I ask G-d to keep my family and I living when the promised redemption comes. I also think Sabbath Candles are the symbol of peace, and I hope it brings peace to the world very soon.

Annie Landa, Grade 5
Yeshiva Dov Revel, Queens, N.Y.

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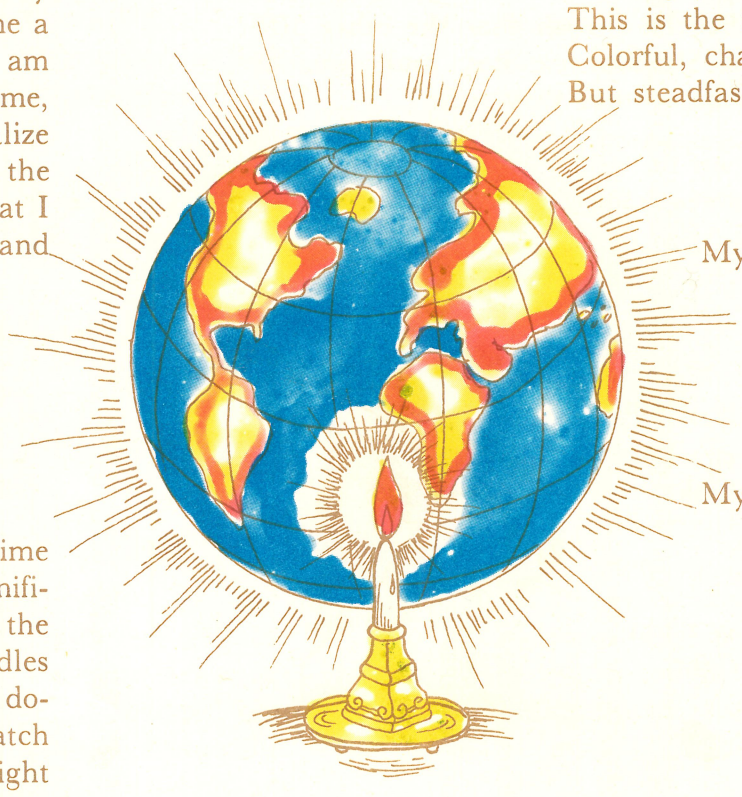
Shabbat Shalom

. . As sunset approaches on Friday evening, I stand near my mother and say the blessing over the candles. I feel a certain pride knowing that millions more are doing the same thing I am. I feel a close attachment to my G-d, my people, and the *Torah*. It gives me a very good feeling for I know that which I am doing will not only illuminate my own home, but the whole world also. Best of all, I realize that the lighting of the candles will bring the redemption closer; so, I can feel proud that I have taken part in bringing it nearer and nearer.

Blumie Alperowitz, Age 12
Akiba Academy, Dallas, Texas

. . . My Rebbe once taught me that everytime you light Shabbos candles, however insignificant it my seem, you are helping to make the world a little brighter. When I light candles every Friday night I think that I, by just doing something as simple as lighting a match and saying a blessing, am adding some light to this dark world. I feel as if I am someone special, Hashem's messenger maybe, called upon to do the pleasurable job of lighting Shabbos candles. And I think to myself that thousands of girls all over the world at that precise time are helping to make the world a lighter, brighter, place to live in. And isn't that a nice way to bring in the Shabbos?

Michelle Zierler, Age 12
Manhattan Day School, N.Y.C.



My match flares up.
As I touch it to my candle,
The wick explodes into glittering life.
In unity with all Jewish women,
I take joy in this kindling.
This is the fire of the Jewish soul,
Colorful, changing, bending
But steadfast, never to be broken.

My hands usher in G-d's holy day
— once for a Sabbath of joy
— once for a Sabbath of peace
and once more for a Sabbath of holiness.

My face hidden momentarily,
I thank G-d for this privilege.
Ashkenazi
Sfardi
Traditionalist
Liberal
Come together as one,
In this ancient honoring of
The Shabbat.

Our candles' glowing is reflected in our eyes.
Our hearts are warm.
We embrace,
Wishing each other a
Shabbat Shalom.

Abby Ruth Press, Age 13
Sleeping Giant J.H.S., Hamden, Conn.

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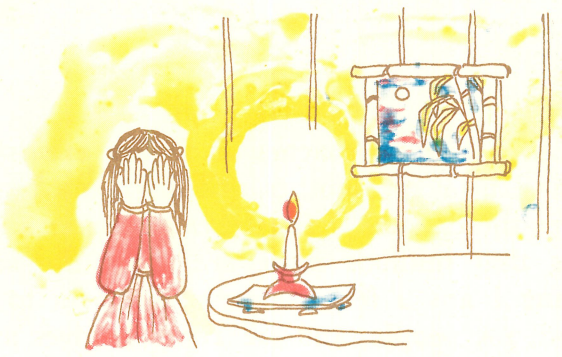
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. . . I feel that I'm close to Hashem and doing a mitzvah. My oldest sister Robin is 16 and goes to school in New York at Bais Rivkah High School. She's lighting Shabbos candles and I'm lighting Shabbos candles so I feel close to her. I'm doing something together with my mother and sisters, that also makes me feel good. I know 90% out of a 100% Jews are lighting Shabbos candles and while I say the Brocha I wish that the other 10% would light Shabbos candles, and someday when *Moshiach* comes they will.

Stacy Alevy, Age 10
Long Beach Hebrew Academy, Long Beach, Calif.



Do you like
the מצוה of lighting the Candles? My Mother
helps me to light the Candles. Pleas light the Candles.

Malkie Mangel, Age 6
Bais Rivka School, B'klyn, N.Y.

As Friday night is almost in,
The lighting of the candles is about to begin.

From generation to generation there is a link,
Lighting the candles may be it, I think.

Jewish women and girls everywhere,
In this holy Mitzvah have a share.

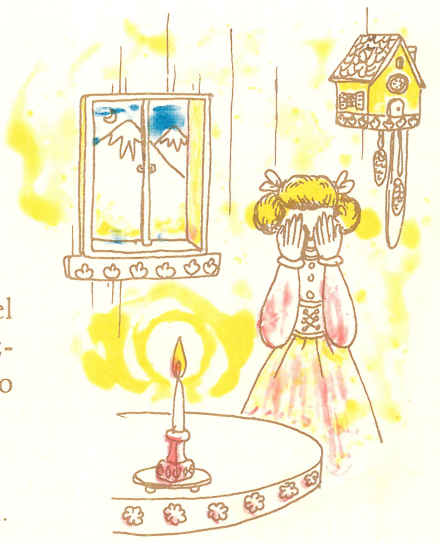
No matter where I might be on Friday night,
To light the candles is my special right,
And I am filled with warm delight.

Shoshana Pearlman
Providence Hebrew Day School, Providence, R.I.



. . . When I light the Shabbos candles I feel happy because I am keeping Hashem's mitzvah, and also I feel like a sister to those who are lighting the Shabbos candles.

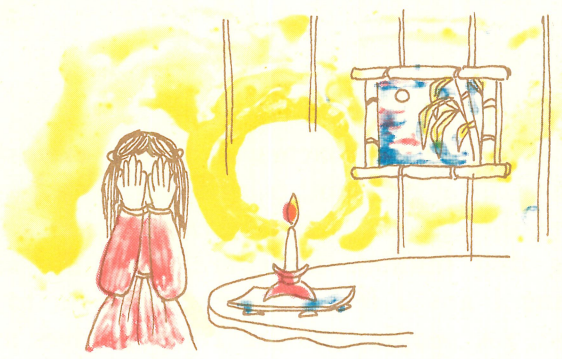
Chana Davids, Age 10
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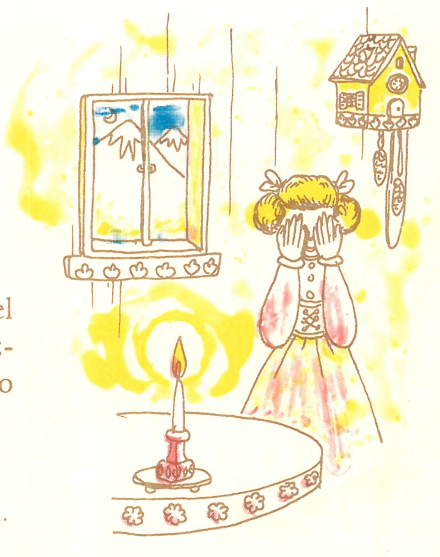
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Friday seems to be the busiest day of the week.

"Momma, what time is it?", I yelled from upstairs.

"Ten after. You've got ten minutes!"

"Five minutes?! Oh no!" I was drying my hair the fastest one could possibly imagine and thinking "thank G-d" that someone invented the blow dryer.

I quickly turned off my blow dryer and put it away. Then I stopped to think about what else I had to do before Shabbos started.

I ran downstairs, so fast that I almost tripped over myself, and fixed the refrigerator so the light would not turn on during Shabbos.

My two Shabbos candles were waiting for me in the dining room when I finished. I was staring at the clock when my mom called out, "It is time!"

I lit the candles. As I waved my hands over them three times, I felt the warmth of the flickering lights... not only was it a physical warmth, but a spiritual warmth that seemed to warm me up inside. I closed my eyes, covered them with my hands, and recited the bracha. After staring at the lights for a few moments, I greeted my family "Shabbat Shalom".

I sat down and closed my eyes, and thought of what I would be doing all Shabbos... singing zmirot, dancing, eating that fresh warm challah, and just plain relaxing. In other words, all the things I want to do during the busy week but never have the time to do. All week long there is always something to worry about.... the telephone is ringing, the television is on, someone has to go shopping...

Shabbos went by all too fast. The next thing I knew I was staring into the Havdalah light rather than the Shabbos lights. Now I looked forward, for...Shabbos will come again soon.

Sue Salton, Age 15
Niles West H.S., Lincolnwood, Ill.

...While I'm lighting the candles I feel important. I feel as if I'm the one who is in charge of making Shabbos start. When I light the candles in my house Shabbos starts. When the candles are lit they look beautiful! They make things look so nice and elegant. At camp, they arrange all the candles that the girls light into the letters of Shabbos. All the candles together like that make it look bright and cheerful.

Bluma Vann Age 11½
Yeshiva Rabbi Samson Raphael Hirsh
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I get a special warmth and inner glow when I light the Sabbath candles with my mother. The table is set with a beautiful white cloth, candlesticks and a delicious home-made challah my mother baked. Singing and chanting prayers for our blessings and health and asking G-d to give us strength, patience and forgiveness for the coming week makes me feel so lucky to be able to pray to G-d and to know that G-d is watching over me.

The Sabbath for me provides the rest and inner security from my hectic weekdays of school homework in Math, Science, English and Social Studies. It gives me something wonderful to look forward to from my complex day to day existence of school work where I can't pray or talk to G-d.

It also makes me feel closer to G-d because I am observing a Jewish tradition my Grandmother (she should rest in peace), always observed. The special feeling I have each Friday night when I light the Sabbath candles makes me feel personally proud to be born a Jew. Because in this special ceremony, by actually physically performing and participating makes me feel I am not an observer but an active participant.

I also know that when I marry a nice Jewish boy I will continue to light the Sabbath candles and teach my children to be G-dly.

Robin Lapes, Age 13
Emerson Middle School, NYC

As I close my eyes on Friday night after lighing Shabbos candles to say the Brocha I think of how lucky I am to be a Jew, and to be lighting these candles in a nice Jewish home. I think about Jews throughout history and how the Torah and its mitzvos have kept us together even through tragedies. Lighting Shabbos candles is a mitzva that has been kept almost since the creation of earth. Unfortunately there are Jews that are in foreign places where they are not allowed to light Shabbos candles. They depend on us in their minds to do it for them. Even worse there are Jews that are able to light Shabbos candles and for odd reasons don't. It's for them I am writing this composition to show them how important it is and how while doing this mitzva you can feel a special sense of warmth and peacefulness.

Some Rabbi's say that if every Jew were to light Shabbos candles on Friday night *Moshiach* will come. Now to light candles once every Friday night, in return for the peace of all Jews is not asking much.

So just try lighting candles, just once. Afterwards you will probably feel a nice warm feeling and will probably continue to light candles for more time to come.

Perhaps you will not experience the same feelings that I did but I'm sure the feelings you do experience will all be pleasant.

Faigy Rosenfeld, Age 13
Shulamith School for Girls, Bklyn, N.Y.

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. . . It feels nice to know that Jewish girls all over the world are saying the same prayers that I do. It feels like one big family. Past still remains along with the present.

Andrea Dresner
Flushing Jewish Center





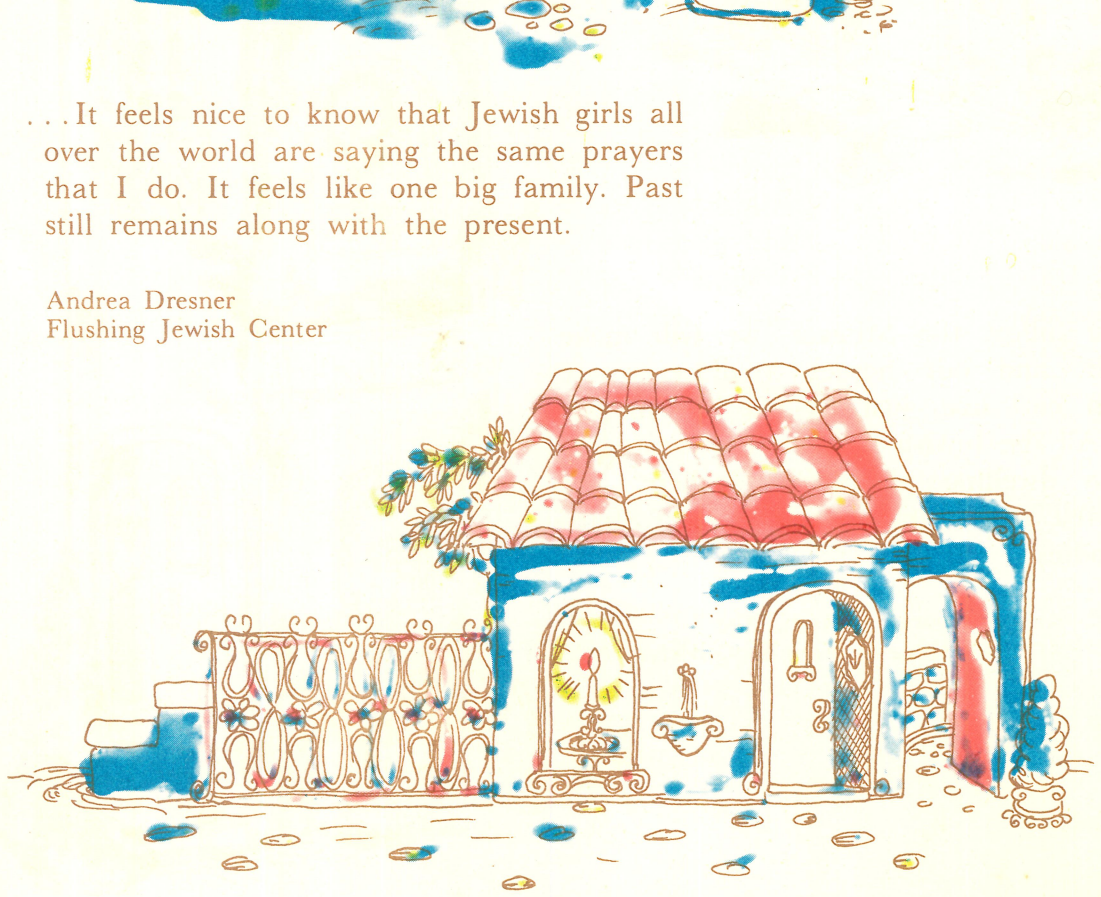
. . . I feel that I am with all the thousands of Jews all over the World. I feel closer to Judaism because of this. . .

Felicia Sharson, Age 14
Long Beach Hebrew Academy, Long Beach, Calif.



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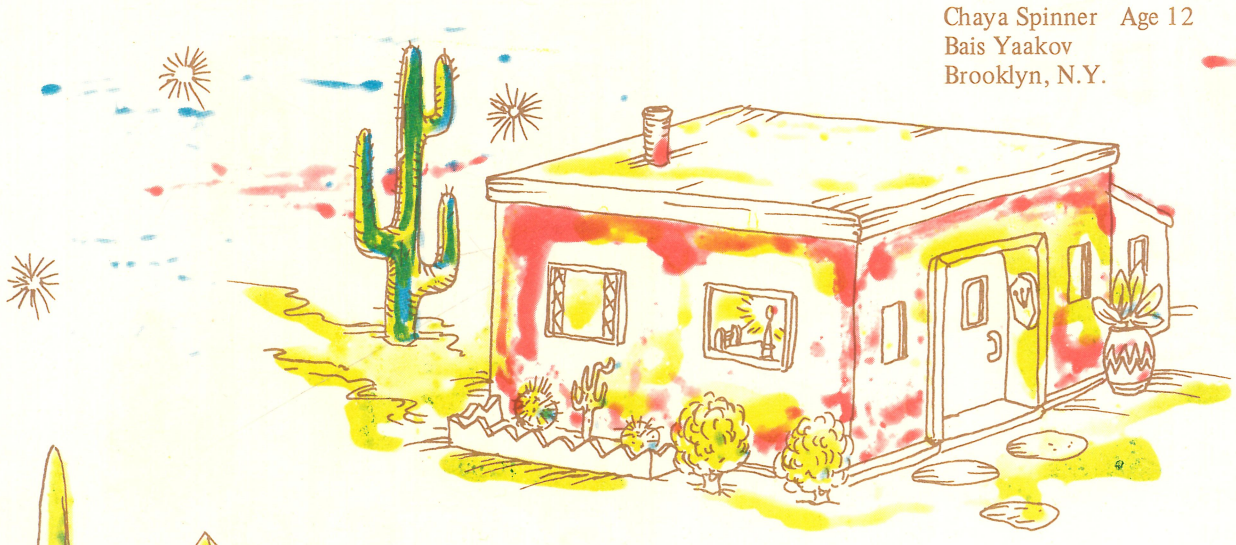


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. . .Thank you: If it wasn't for you I would never be lighting candles. You came to my bungalow colony two years ago and told us all about why we should light candles and from then on, I do.

Chaya Spinner Age 12
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Brooklyn, N.Y.





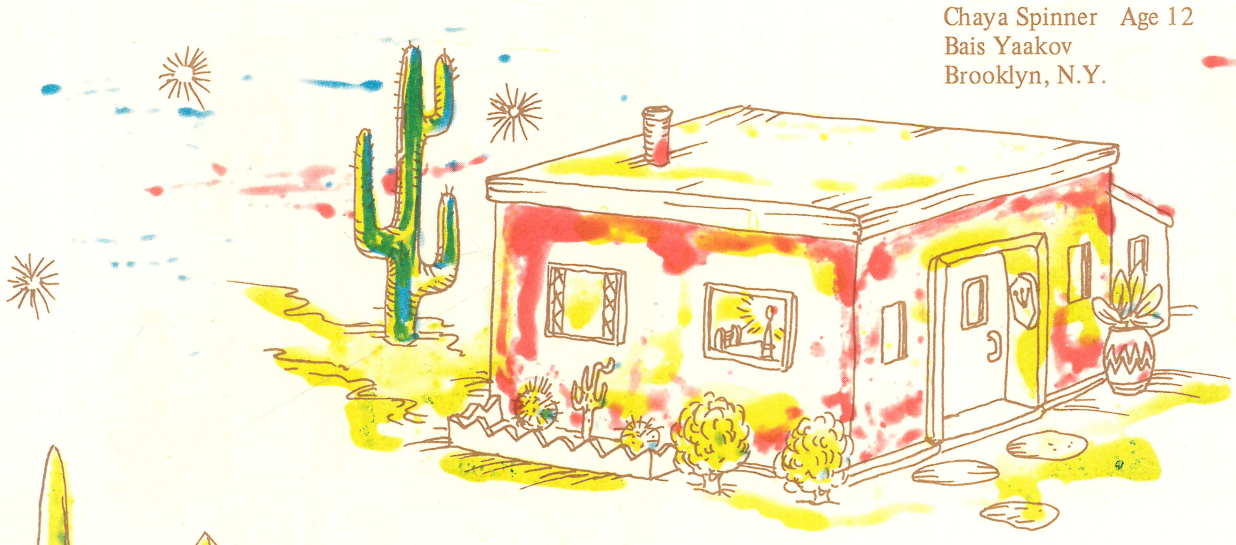


. . .If we follow the Mitzvos we will make ourselves and our homes a place where Hashem can live, just as we live in our house. All the Jewish people were created to make a dwelling place for Hashem. We should tell all our Jewish girls to light Shabbos candles.

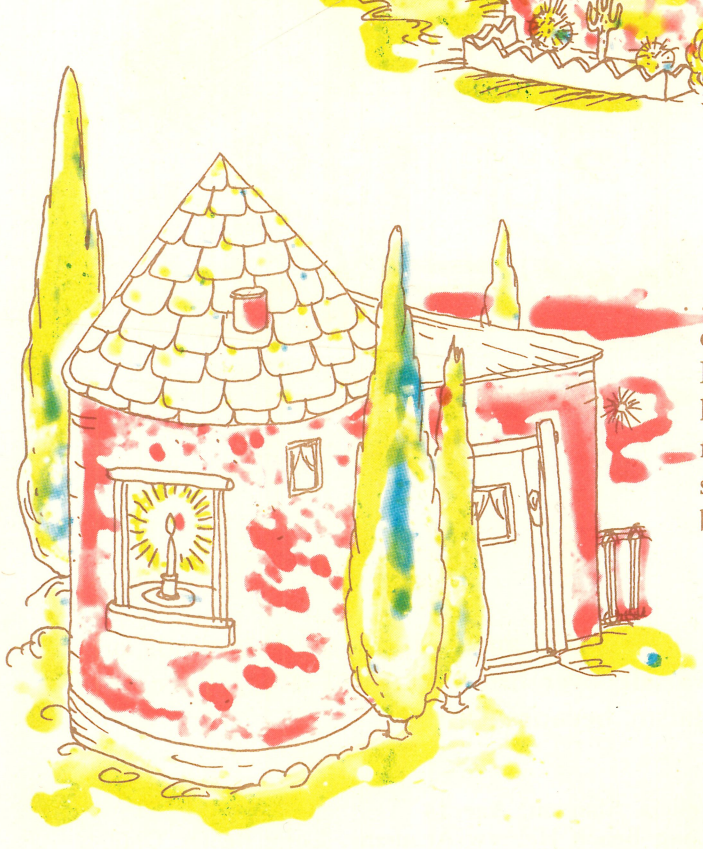
Devorah Chazen, Age 8
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All the Jewish girls
and their mommies
light the beauti ful
candles, not just now, but
all the years back, even
in the olden days, even
when I was not born, even
when my mother was
not born, when her mother
was just a little baby
and her grand mother
took care of her. And
even then the Shabbath
lights were beautiful
and lit up the house. So
I feel special.

The candles look very
beautiful when they light
up the whole house and
when the colors are
yellow and orange and

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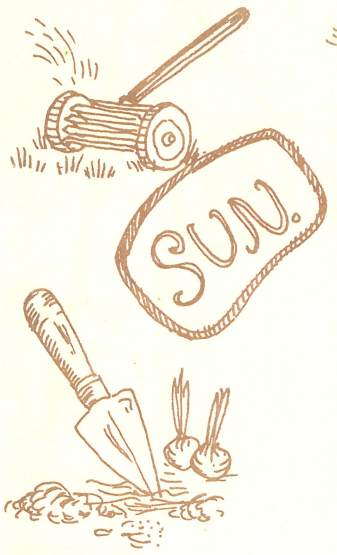
I feel special. I
feel grown up when I
lighT the Shabbath
candles. I love G-d
very much and thank
Him for giving me
beauTiful long hair. I
also thank G-d for
my mother and father
and brother.
Some mothers do not let
little girls light the
Shabbath candles, and
the kids get teased
when the mothers do it.
But my mother helps
me because I am a good
girl and deserve it.

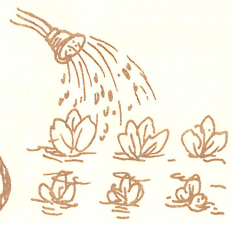
Karen Sue Bailes, Age 6
P.S. 209, Queens, N.Y.

red and pink, all beau-
Tiful lovely colors.

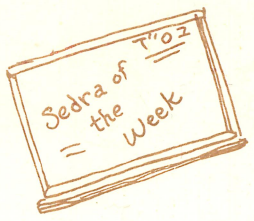
I feel special. I
feel grown up when I
lighT the Shabbath
candles. I love G-d
very much and thank
Him for giving me
beauTiful long hair. I
also thank G-d for
my mother and father
and brother.
Some mothers do not let
little girls light the
Shabbath candles, and
the kids get teased
when the mothers do it.
But my mother helps
me because I am a good
girl and deserve it.

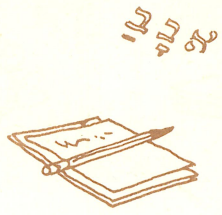
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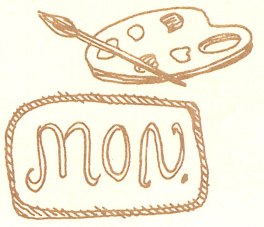








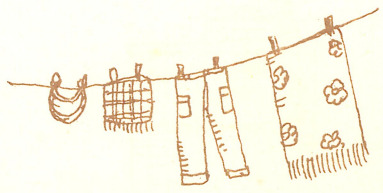




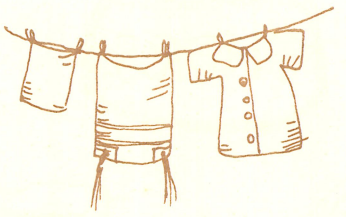
The Special Feeling I Have Each
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The Shabbos Candle.
Every day I hear the Same
Words Over and Over again
In the morning-Make Schnell
You Will Miss the bus- At Night-
hurry up- it is almost bed time.
But When Friday night-our Holy
Shabbos (comes)- it is So different
no more rushing-making Schnell
no more hurring-all is so quiet
and slow. I love that stillness
and Slowness. I light my candle
and Say the prayer to my
Self Slowly. When I Go fast I
Forget the words and I have to
begin all over again. I am sure
Hashem also likes it Slow because
then I Can Say every Word right.
After my prayer I ask Hashem
To Keep us all happy my Jewish
people all over the World and
to Keep our Holy land (Israel) safe

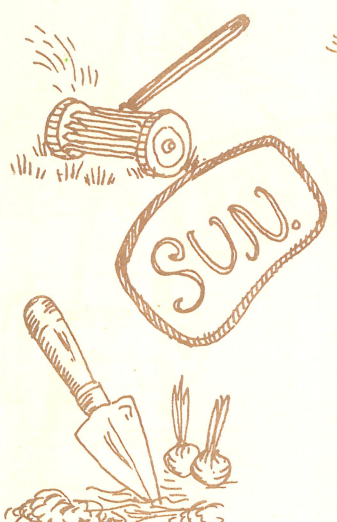


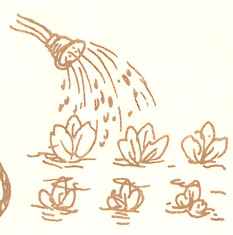






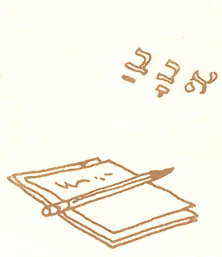


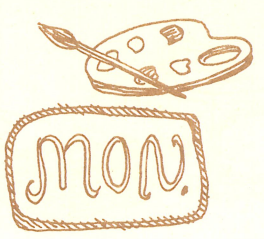






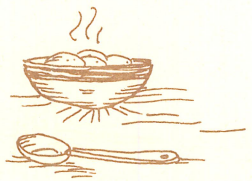


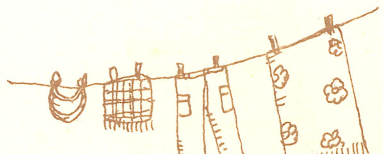




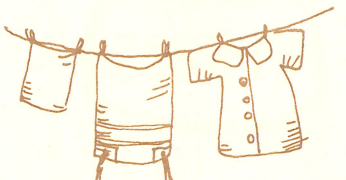
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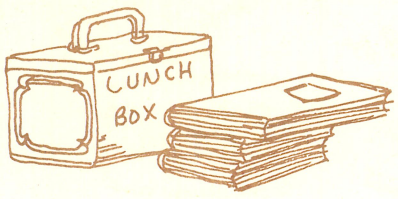




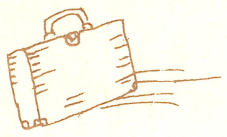


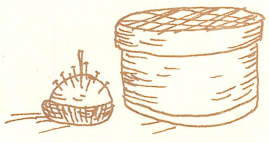




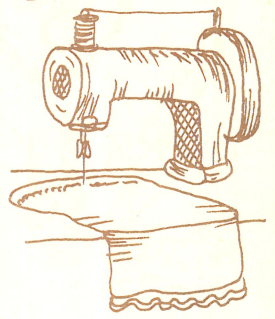






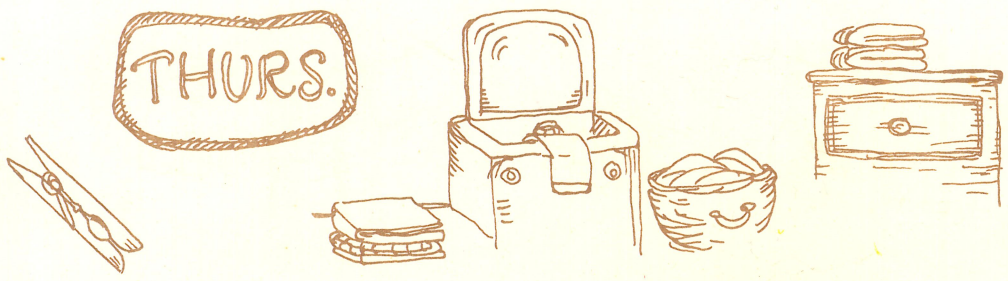


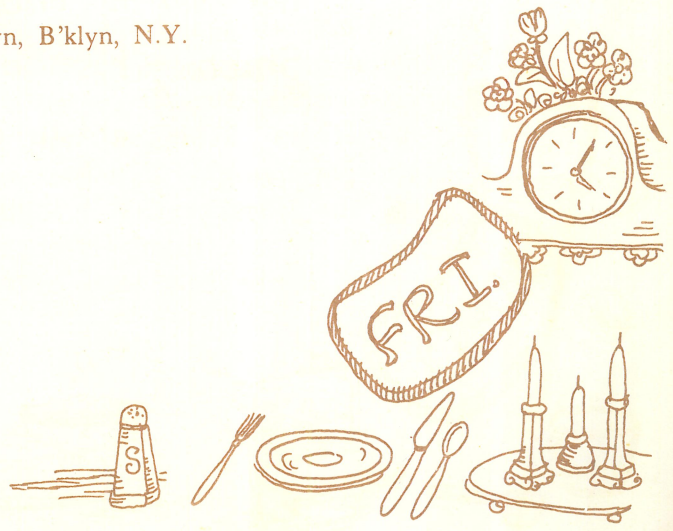


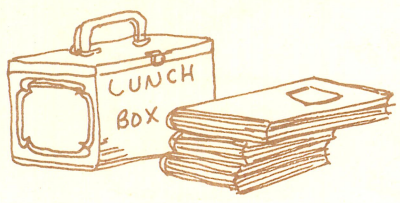


forever, When I get big, I Want to live there. Then I Say Amen and ask Him To Please Say Amen too. He is SO good and answers all our prayers for good, I must tell You that I feel Sad When Shabbos is over, Then I got to go back to Make Schnell and hurry up. I also must tell you that I think You are nice people. You gave me the Chance to light my Candle and feel So very good praying to Hashem. Thank you and may Hashem bless you to do good things for our people. Amen!!!

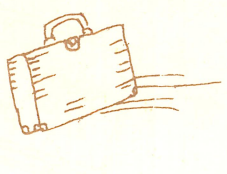
Devorah Raul Age 6
Bais Yaakov of B'klyn, B'klyn, N.Y.

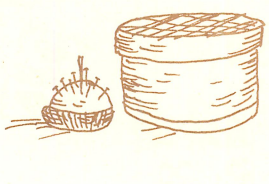




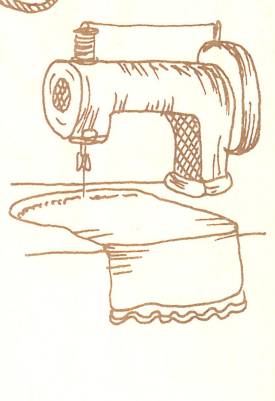






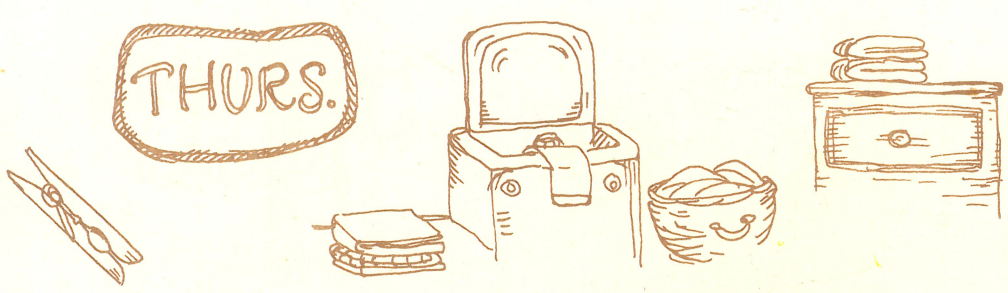


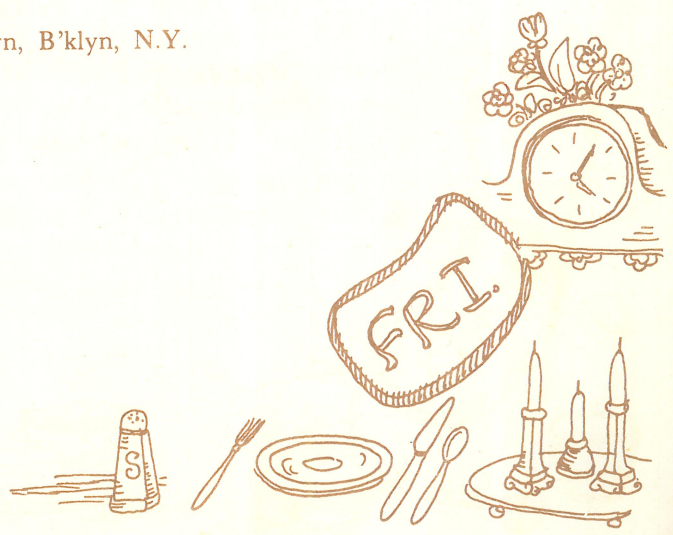




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Devorah Raul Age 6
Bais Yaakov of B'klyn, B'klyn, N.Y.





Candle lighting time on Friday night is my own special time: to think, to remember, and to observe. After rushing about for six days, running to school, doing homework, attending club meetings, and a million other things, I finally can stop for a while, catch my breath, and look around. At long last, my special time of the week has come.

I feel the closeness growing between my mother and myself as we arrange the candlesticks: my mother's small candlesticks and the girls' star-shaped holders. Standing in a semi-circle, the three of us welcome in the Shabbos together, chanting the blessing in unison. We always make sure to speak slowly, saying each word separately to catch the full glow. During the week, we often go our own ways with little time for each other; the flowing words seem to bond us together — bring us close to each other again.

Right after lighting is one of my most favorite times. This is when I get to say my own personal prayer — usually *very* informal. Sometimes I simply talk to Hashem, to whisper thoughts that have come to me during the week or that I think of at the moment. I also thank Hashem for the good events of the past week and for keeping my family and friends safe from harm. This time makes me calm down and sort out my thoughts; gives me a moment to organize the events of the week — pick out the good from the bad. That's why my prayer time after candle lighting is one of my favorite times of the week.

Between the time candles are lit and Kiddush is said is a quiet time, just perfect for thinking, remembering, dreaming. Gazing at the slowly melting candles, I conjure up scenes of other Shabbos nights, from the past, present, and even the future. How many other women, I think, have felt the serenity of the moment, have thought of past generations. My Bubba, at the very same moment as I, has kindled her Shabbos lights. I feel close to her, though she is far from me. Will my daughters someday dream of my candle lighting? This thought is very warming — it makes me feel good inside to think of it. Although only lasting a short time, this period between candle lighting and Kiddush is one I like to spend in remembering and dreaming.

Chava Gerber, Age 17
R.A. Millikan H.S., Long Beach, Calif.

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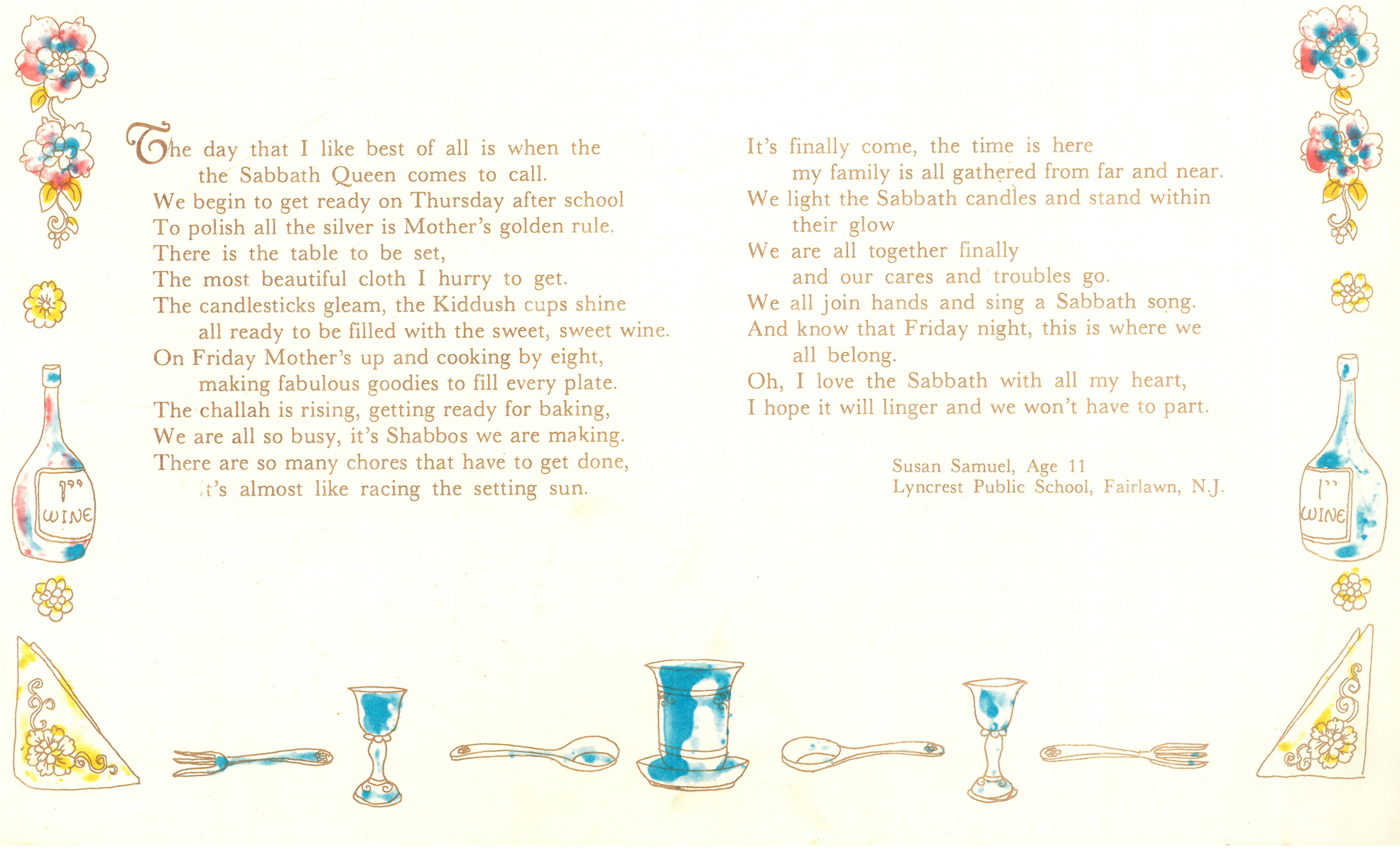
Chava Gerber, Age 17
R.A. Millikan H.S., Long Beach, Calif.



The day that I like best of all is when the
the Sabbath Queen comes to call.
We begin to get ready on Thursday after school
To polish all the silver is Mother's golden rule.
There is the table to be set,
The most beautiful cloth I hurry to get.
The candlesticks gleam, the Kiddush cups shine
all ready to be filled with the sweet, sweet wine.
On Friday Mother's up and cooking by eight,
making fabulous goodies to fill every plate.
The challah is rising, getting ready for baking,
We are all so busy, it's Shabbos we are making.
There are so many chores that have to get done,
it's almost like racing the setting sun.

It's finally come, the time is here
my family is all gathered from far and near.
We light the Sabbath candles and stand within
their glow
We are all together finally
and our cares and troubles go.
We all join hands and sing a Sabbath song.
And know that Friday night, this is where we
all belong.
Oh, I love the Sabbath with all my heart,
I hope it will linger and we won't have to part.

Susan Samuel, Age 11
Lyncrest Public School, Fairlawn, N.J.

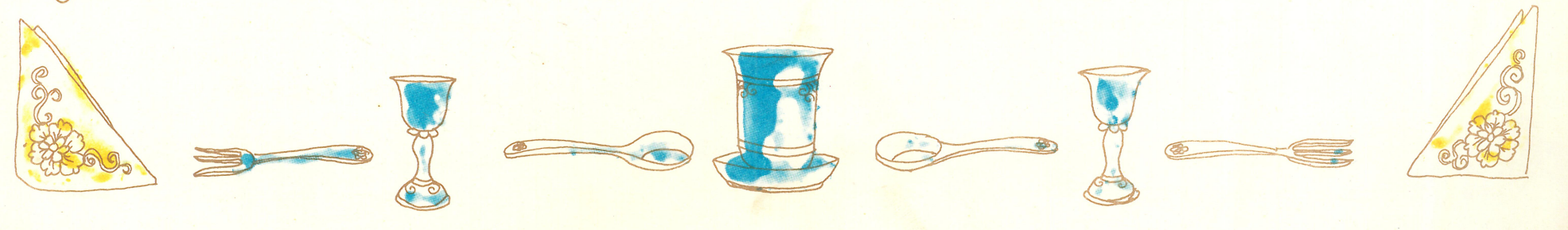


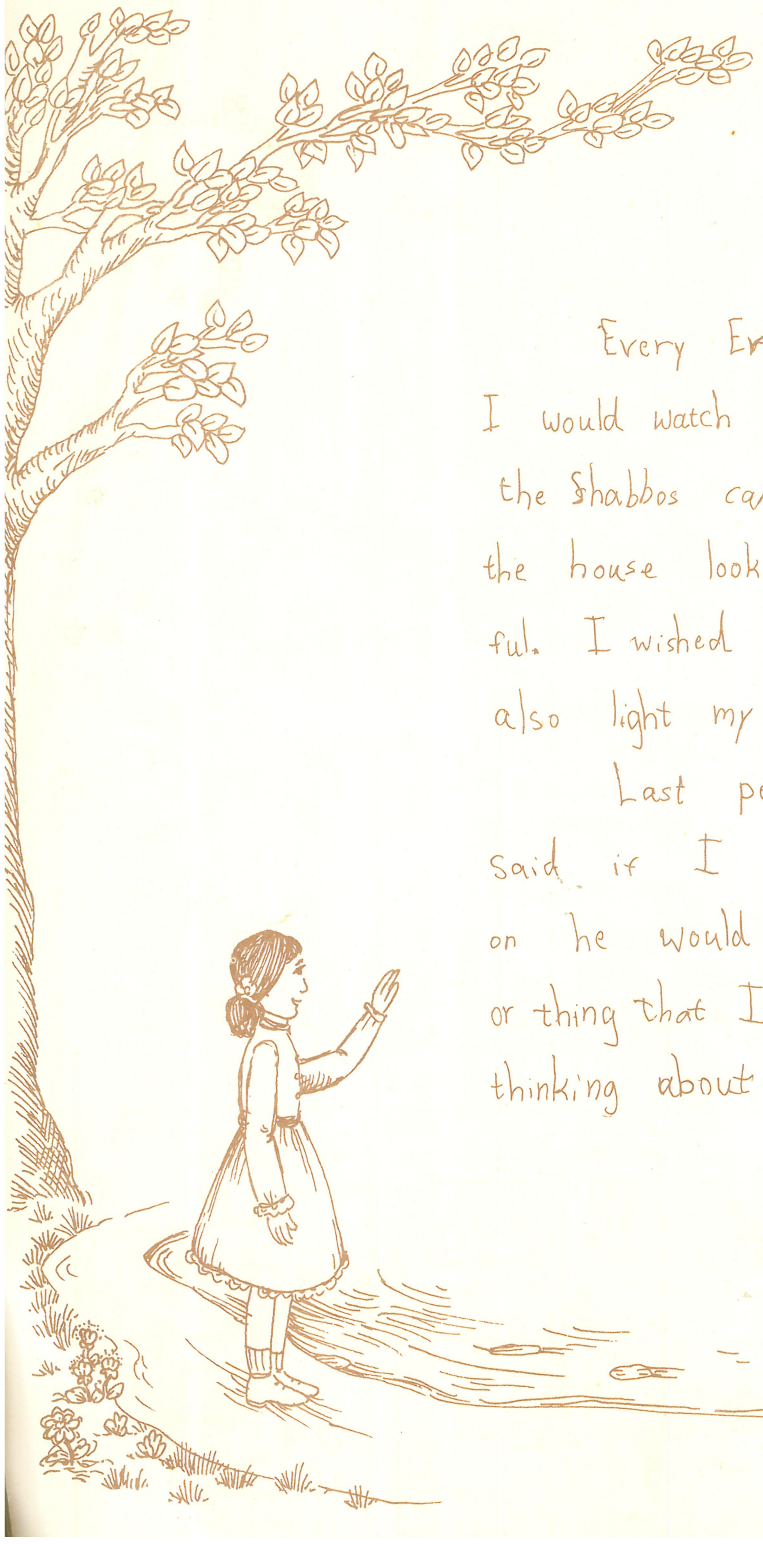


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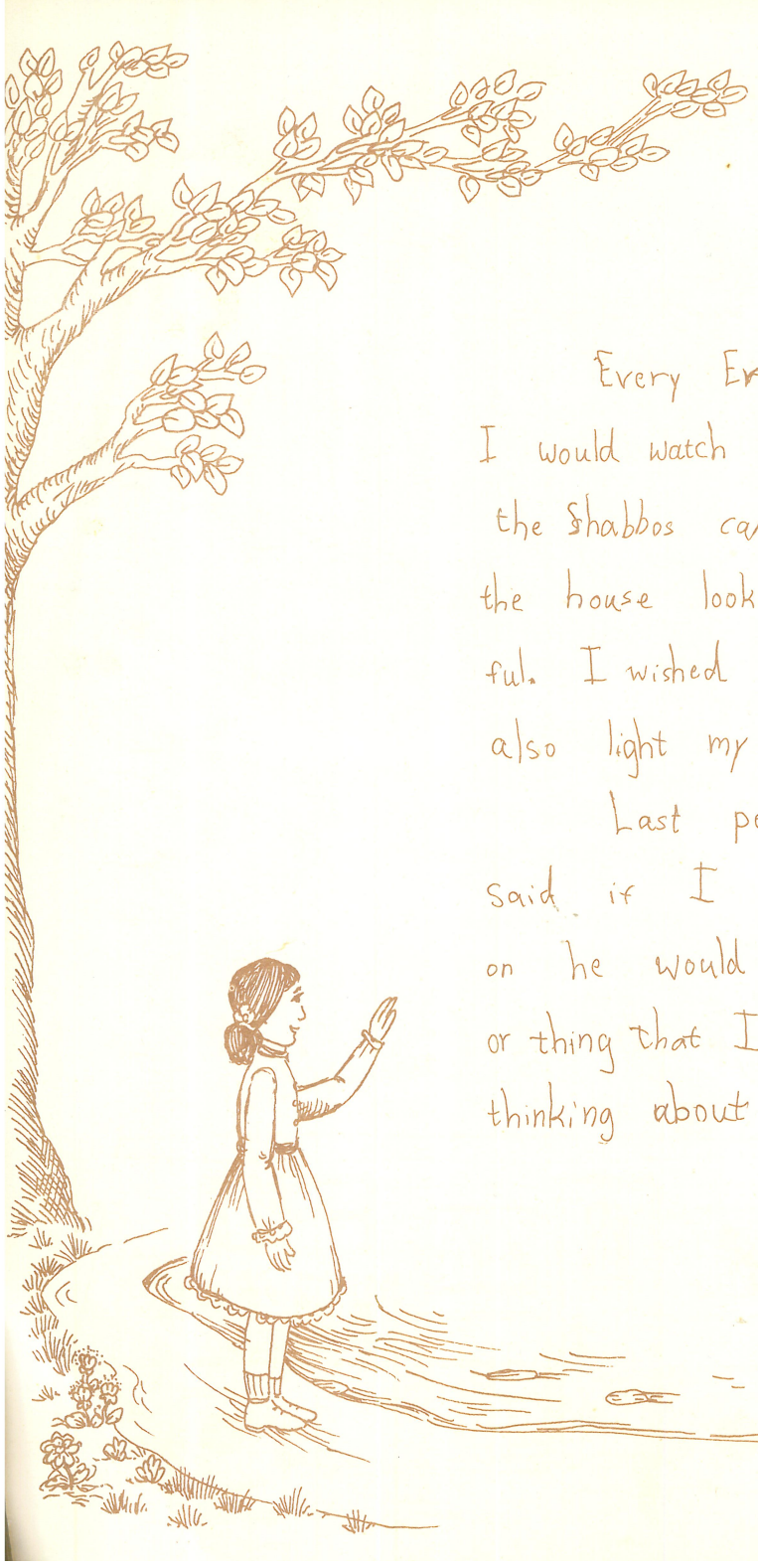
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My shabbos candle

Every Erev shabbos
I would watch my mother light
the shabbos candles. It made
the house look special and wonder-
ful. I wished that I could
also light my own shabbos candle.
Last pesach my father
said if I found the aphikom-
on he would buy me any toy
or thing that I wanted. After
thinking about what I wanted,
I asked him if I could light
my very own shabbos candle.
My father said that I would
have to wait until I was older
and had my own candle stick,
I wished for a candle stick,
One day I saw a mitzvah
truck parked near a store.
In the truck there were things
showing different mitzvos. When
I left the truck the man gave



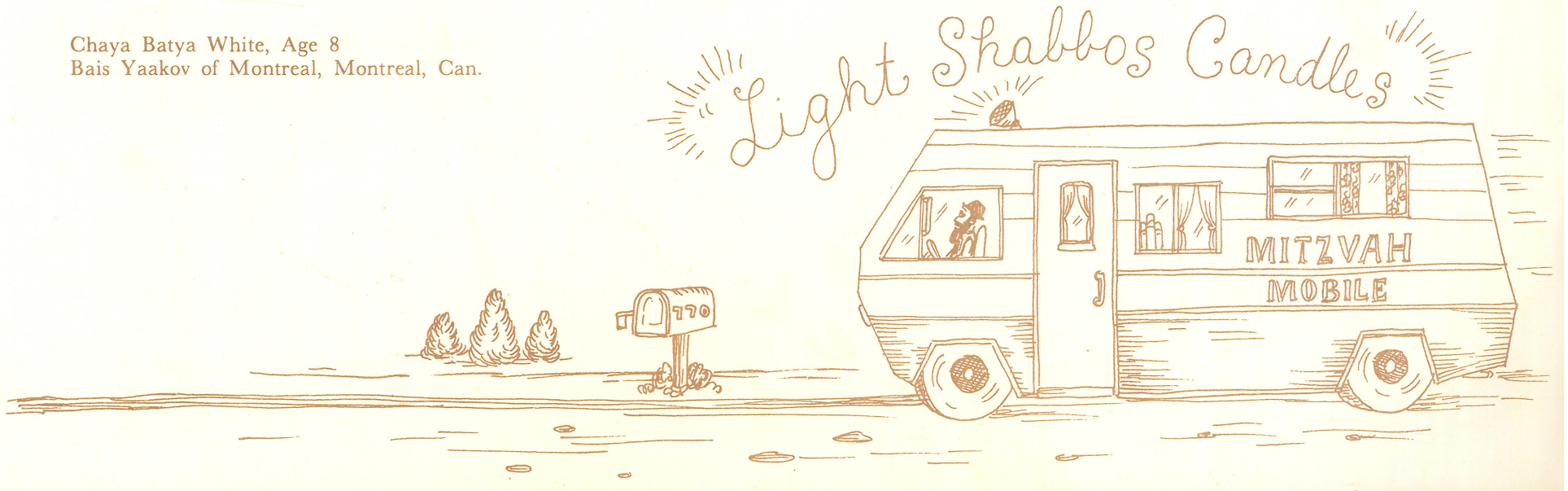
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In the truck there were things
showing different mitzvos. When
I left the truck the man gave

me a candle stick and candle.
"I was very excited!
My wish came true!
Now I light my
candle every Erev shabbos.
It makes me very proud that I
am a Jewish girl, because the
light makes the house shiny and
cheerful for the shabbos queen.

Chaya Batya White, Age 8
Bais Yaakov of Montreal, Montreal, Can.





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I am looking forward to a wonderful day,
Shabbat is coming straight this way.
The candle's colors bright, bright, bright,
They fill the room with light, light, light.
When I light my candle, I feel so proud
That I could sing and dance and laugh out loud.
When the candles go down,
They don't make a sound,
I won't be sad — I know next week,
Shabbat will again come around.

Devorah Leah Shimanowitz, Age 8
Bais Yaakov D'Rav Meir, Bklyn, N.Y.

. . .When I light Shabbos Candles I make a special wish. Sometimes it comes true. My mother makes a wish too. Her wishes always comes true. I get a special special feeling when I light Shabbos candles. My mother wishes that she should have good children and a good Shabbos. I also wish that I should have a good Shabbos and keep all the *Mitzvos*. When I grow up I want to have good children who learn Torah and do mitzvos.

Chana Gottesman, Age 7
Yeshiva of Hudson County, Hudson Cnty, N.J.

. . .When I light candles, I say a special prayer and I thank G-d for a good family, good home, and best of all a good mother.

I hope when I have children of my own they will feel this same way that I feel now because it's a beautiful feeling.

Cheryl Haar, Grade 5
Yeshivah Dov Revel, Queens, N.Y.

. . .When I light Shabbat candles I feel years ago, ladies lit Shabbat candles and now I am one of them. I am very happy I am a girl and not a boy because when I light Shabbat candles I help my mother bring in the Shabbat like ladies years ago did.

Elissa Schwartz, Age 7
Prospect Park Yeshiva, B'klyn, N.Y.

. . .Ever since I was three years old I lit the Shabbos candles. Now that I am six years old I still love lighting the Shabbos candles every Friday night. I am proud to do the mitzva that the *Rebbe Shlita wants us little girls to do. I love the shining Lichtelach* that make the room so bright.

Chana Blizinsky, Age 6
Bais Rivkah School, Bklyn, N.Y.

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Prospect Park Yeshiva, B'klyn, N.Y.

. . .Ever since I was three years old I lit the Shabbos candles. Now that I am six years old I still love lighting the Shabbos candles every Friday night. I am proud to do the mitzva that the *Rebbe Shlita wants us little girls to do. I love the shining Lichtelach* that make the room so bright.

Chana Blizinsky, Age 6
Bais Rivkah School, Bklyn, N.Y.

. . .When I light the Shabbath candles, I feel G-d is by my side and is protecting me every minute, every step I walk, and every breath I breathe.

Limor Cohen, Age 11
Yeshiva Dov Revel, Queens, N.Y.

. . .When I light the candles for Shabbos, I get a feeling that I am talking to G-d and He doesn't hear anybody but me. When I say the Brocho for the candles I ask for things that I want.

Ruth Hochman Grade 4
Yeshiva Dov Revel
Brooklyn, N.Y.

. . .When I light the "Shabbos Candles," I feel the freedom and peace of Shabbos coming in our home. They tell me that all the worry of the week is to be forgotten. Anything that was not completed does not matter any longer. The light reminds me that I'm lucky enough to be a free Jew to do Hashem's Mitzvahs.

Chasya Robinson, Age 10
Hebrew Academy of Suffolk Cnty, N.Y.

Through The Eyes of a Child

As the last Sabbath candle is lit,
the wonderment in the eyes of the
child glows. . . . .

As she stares at the flickering
flame, she visualizes her people,
doing the same ritual down through
the countless generations, like an
unbroken chain.

And she remembers those who have
laid down their lives for the
privilege of remaining Jewish.

The light given forth from the
candles seems to bathe the house
with peacefulness, and a feeling
that the Divine Presence is there.

And she ponders and thinks of how
truly unique the Jewish people are,
that throughout two thousand years
of wandering among strange peoples,
they alone remained pure and untouched
by alien gods and cults,
and always remebered the one G-d and
His promise to bring them home again.

A prayer of thanks comes from her
lips, thanks to the A-mighty for
making her part of this unbroken
chain, and a prayer of hope that
one day she will raise his children
to carry on the unbroken chain.

Andrea Greenbaum, Age 13
Bialik School, Bklyn, N.Y.

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Andrea Greenbaum, Age 13
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I am a princess, daughter of a great king,
Bas Yisroel is my name which I proudly sing.
As a princess I have obligations to keep to,
These I must do like every Torah Jew.
One of the special obligations or Mitzvos of mine
Is done once a week at a very special time.
Special preparations are required to be done
For my mother the queen is about to come.
The name of my mother is *Shabbos HaMalkah*
Otherwise known as *Me-ein Olom Haboh*
Because she only comes for a brief stay,
I must welcome her in a very special way.
Filial affection I would like to express
Shabbos candles must be in place of a caress,
Although the flames give hardly any heat
They warm the *Neshama* to the very deep
The light gives our eyes strength to see
What Hashem has done for you and me
When Shabbos candles are lit Friday night,
To the world is added a little light
But this light is just a spark of what should be.
Each girl saying a blessing in jubilee.
But it is a start. . . .

For what will soon come
To each and every single one
With each home glowing
While Bnei Yisroel will be growing
So for each house will be a flame
Every house will be the same.
Each girl making a blessing
And this should be. . . .
Bimheira Byomeinu, Omein

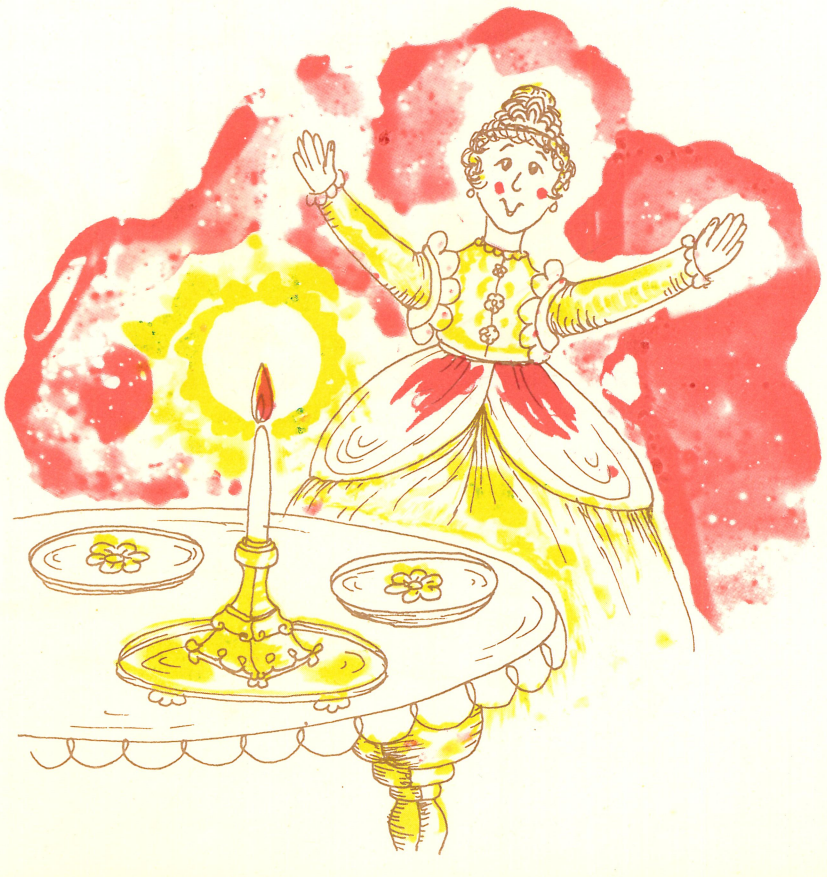
Miriam Epstein, Age 13
Hillel School of the Shore Area, Neptune, N.J.

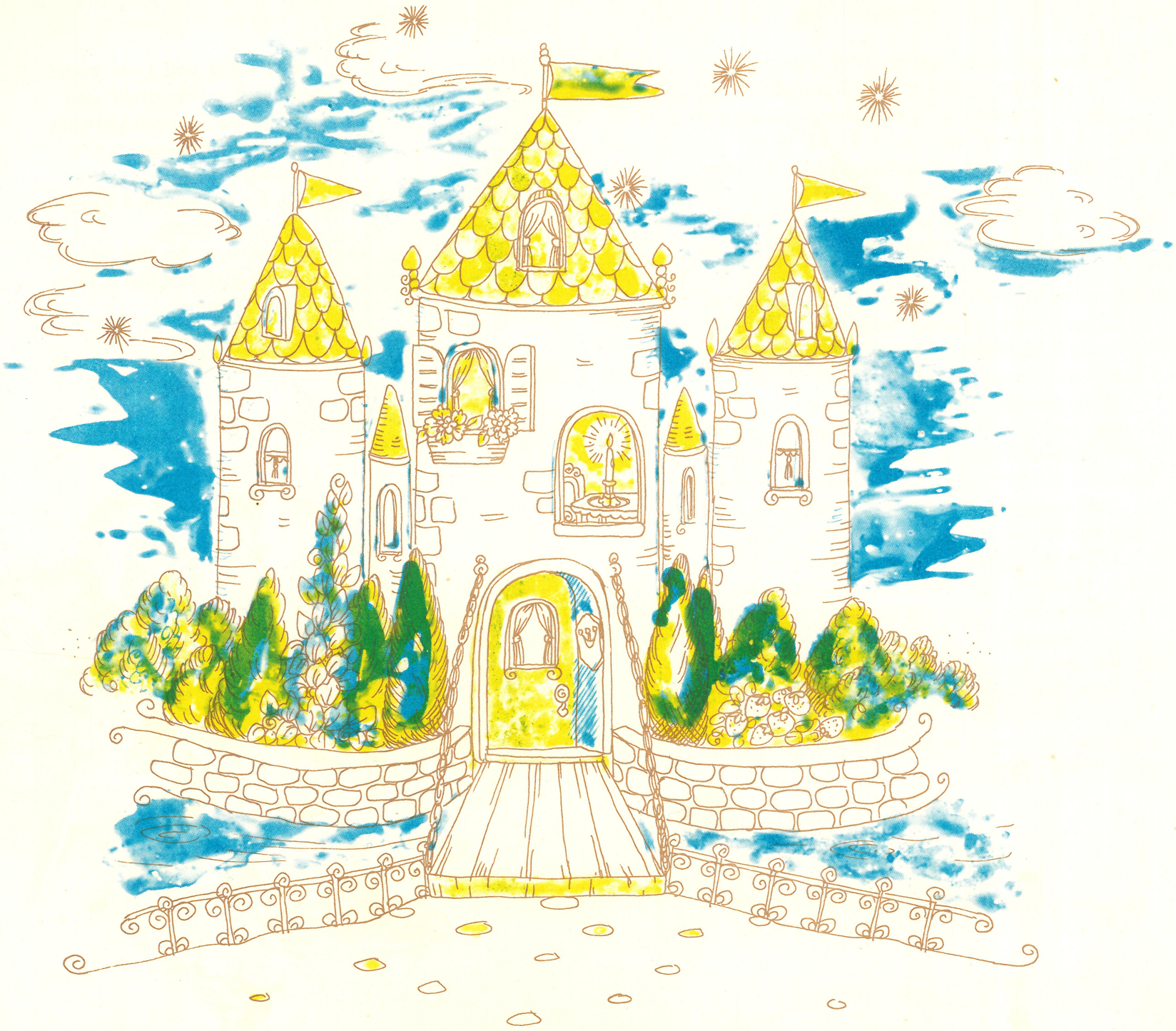


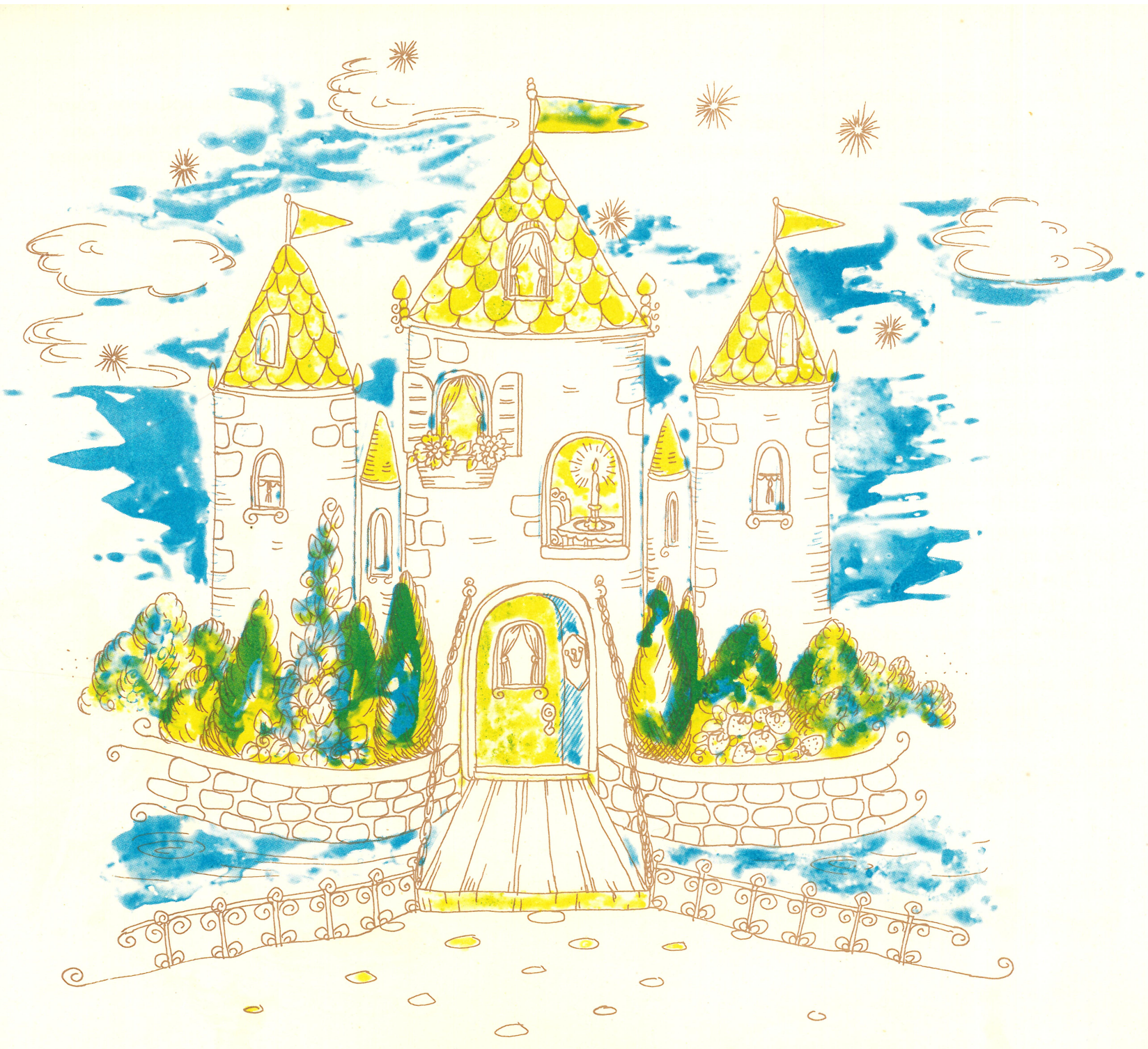
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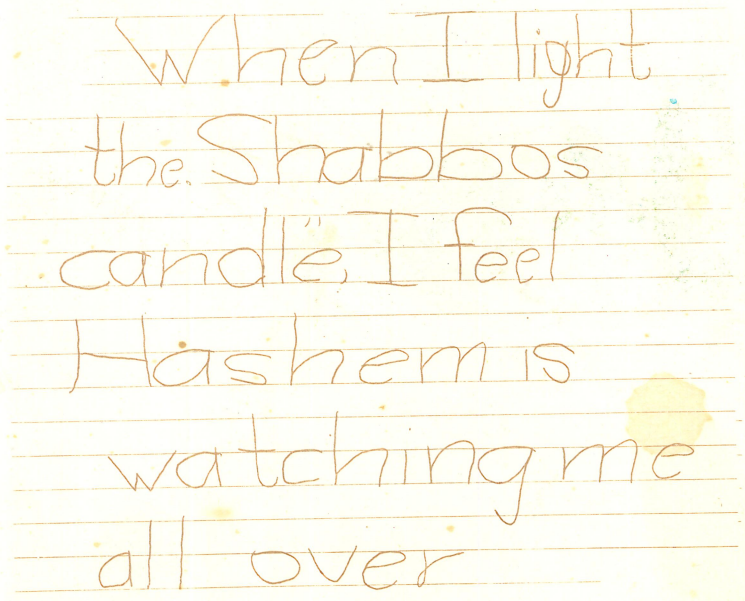


Every Shabbos night
The candles I light
When I see the flame, as the Shabbos Queen's
crown,
I know that she is around.

The candles seem to say
On that very day,
"Aren't you pleased,
For on Shabbos your life is eased?"

Shabbos is the day of rest.
It's the day that Hashem blessed.
So if your feelings proud be,
That's the way it is with me.

Elka Tikva Sacks, Age 10
Yesh. Rabbi Moses Solovetchik, Englewood, N.Y.

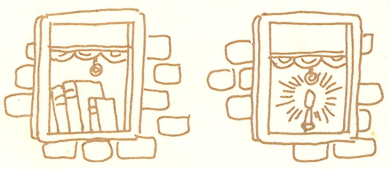


Danielle Stroli, Age 5
Bezalel Hebrew Day School, Lakewood, N.J.

When I light the Shabbos candles, I feel wonderful inside. I can almost imagine the Shabbos Queen hovering over me. The feeling of Shabbos creeps over me from head to toe. I feel good because I can light the Shabbos candles by myself, however when I was little I had to watch my mother light them. I'm glad that I can do the *Mitzvah* of lighting the Shabbos candle instead of watching someone else doing it.

Ever since we heard on the radio that all Jewish girls ages 3 and up should light the Shabbos candles I have been doing it. I still remember that exiting day when my mother and father decided that I could light Shabbos candles with my mother. I'm glad that they decided that, too, for now I know "that very special feeling you have each Friday night when you light the Shabbos candles."

Alisa Katz, Age 8
Yeshiva Rambam, B'klyn, N.Y.

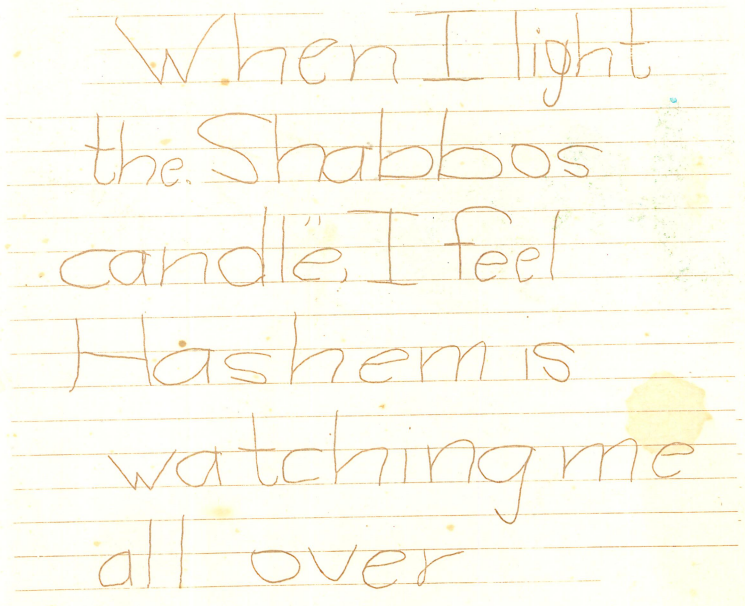


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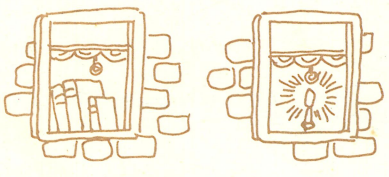


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"Batsheva .. put the records away, there is only 5 more minutes left until Shabbos," Mommy said.

"Can I go to Shul with Tattie," cries 4 year old Yaakov. "Not this week," says mommy.

The baby is crying, but everyone is rushing to get ready for Shabbos so no one pays attention to him.

"Did anyone see my hat brush," asks Tattie, But noone answers, "Did anyone see....

"I think it's in the toybox," says 5 year old Feige. "I was using it to brush my dolly's hair.

"Feige, please pick up the crayons, theres only 2 minutes left to Shabbos, shouts mommy. Why me, I always have to pick up the crayons, Yaakov was playing with them", says Feige.

Can I wear my new shoes" I ask. "They're for Shabbos," mommy exclaims. "Only this Shabbos, I won't get them dirty. "O.K." says mommy.

Mommy lets me hold the match all by myself now. I light the candle and make a Brocha. Then mommy lights the candle and covers her eyes. Everyone is quiet, even the baby stopped crying as we all watch the Shabbos candles glow. Everyone is happy because the שבת מלכתא is here.

I wish everyday was Shabbos!

Batsheva Feldman Age 7
Yeshiva of Brooklyn
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When I light Shabbat candles I feel good because this was the day G-d finished the world. On Shabbat people rest and I feel we can think of new ideas. Shabbat feels different from other days because of these reasons. Shabbat feels special to me because I like lighting candles. On Shabbat I eat challah. Challah is my favorate kind of bread.

Shabbat by Sarah Werner
Age 9 North Shore Jewish Center

When I'm at my BUBBIES
HOUSE you can be seen
in The street and fel-in
The AIR.
But way out here
IT'S hard TO FIND.
SO my candle DOES
ME Remind,
That you can be
every where.

Channie Slodowitz, Age 7
San Diego Hebrew Day School,

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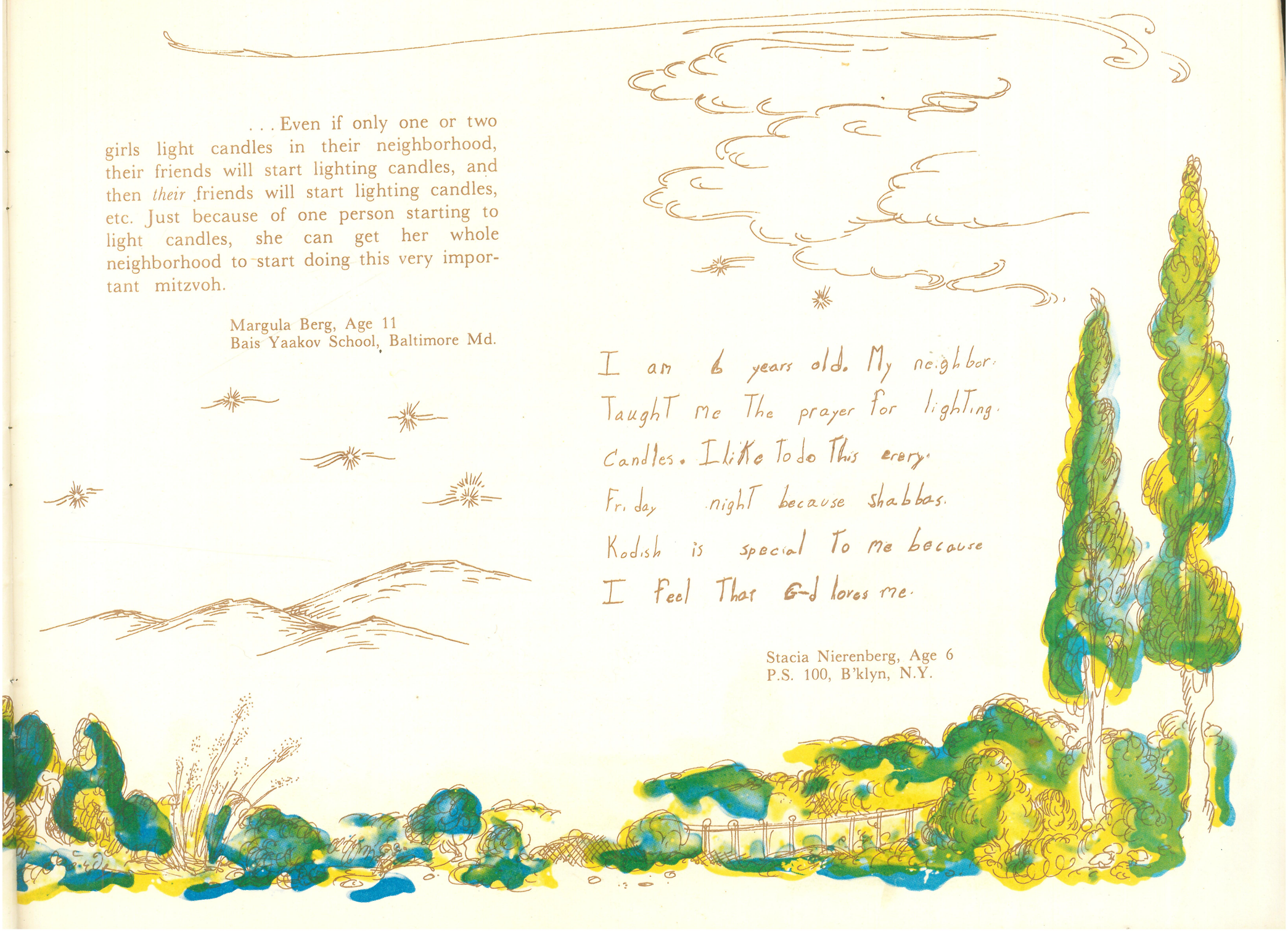
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. . . Even if only one or two girls light candles in their neighborhood, their friends will start lighting candles, and then *their* friends will start lighting candles, etc. Just because of one person starting to light candles, she can get her whole neighborhood to start doing this very important mitzvoh.

Margula Berg, Age 11
Bais Yaakov School, Baltimore Md.

I am 6 years old. My neighbor
TaughT me The prayer for lighTing
Candles. I liKe To do This erery
Fri. day nighT because shabbas.
Kodish is special To me because
I Feel Thar G-d loves me.

Stacia Nierenberg, Age 6
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I suppose that everyone has one event in the daily and weekly routine of their lives that really isn't routine at all. If you were to ask what mine was, I would have to tell you that it's the moment when, with the light of a candle, I bring in the new Shabbos.

All week long, I do my daily chores, at home and in school; I watch as people rush to and fro doing whatever it is that people rush to and fro to do. Life proceeds at its "normal" hectic pace for six full days, without a pause to sit and wonder what it's all about.

And then comes the *Moment*. The moment in which I raise the lighted match, and watch the wick as it first crumples, flickers, then bursts into full flame. My imagination bursts into flames as well, as I ponder the fact that all over the world, thousands — no, *millions* — of women and girls are stopping their work, halting the frantic motion of daily life, and are bringing light into the world.

The Queen of England travels nowhere without the full array of her pageantry. So is it fitting for the greatest Queen of all to arrive in darkness?

Some might think it strange that this simple activity does not become habit, does not fall into rote. It is obvious that those who say this have never truly experienced the sensations that comes with that small effort. If one can light a Shabbos candle, without thinking that, here she is, blowing the bugles, lighting the way, for the holiest day of the week, then there is something missing in that effort. It can never be a passive action, one that consists merely of striking a match, but an active one of thought, of emotion. of *Emunah*.

I will never be ashamed of the way I feel on Friday nights. I can only be proud that I, as a Jewish girl, am given the opportunity to say those four words that mean so much to those who've said them even once: *Lehadlik Ner Shel Shabbos.*"

Frieda Steinberg, Age 16
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I love to *bench licht* (light candles). When I say the brocha it makes the room light up.It makes me so happy to be able to do this special mitzva. As I light the Shabbos candle my hand shakes a bit. I am very excited to welcome the Shabbos Queen. When I say the brocha *Lehaklik Ner Shel Shabbos Kodesh,* I think of all the wonderful *Nissim* (miracles) that Hashem does for us. Some people think that Hashem only did *Nissim* long ago. But Hashem also does now. Our whole life is a *Ness.*

My mother taught me to add a special prayer for the Bais Hamikdash after the brocha. I really wish that Moshiach would come. If all the girls all over the world would do this special mitzva maybe *Moshiach* would come sooner.

Leah Balkany, Age 7
Bais Yaakov of Bklyn, Bklyn, N.Y.

When it comes to Friday night,
The Shabbos candles that I light,
Give me that sort of feeling,
That the week is healing.

It comes to me each week,
Like something that I seek.

When I sit at the table, and look at them,
They make me feel that I am near
Hashem.

When I stare at them all night.
They make my troubles out of sight.

Rebecca Gris, Age 9
Hebrew Academy of Atlanta, Atlanta, Ga.

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And make our house so bright.

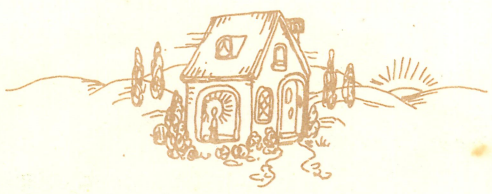
First I light the candles
And say a bracho too.
Then I look at my family
And I'm proud that I'm a Jew.

Throughout the generations
Their lives filled with hopes and fears,
Jewish girls and women
Lit candles for thousands of years.

They knew that G-d was happy
To see them be so true,
To never give up the commandments,
And continue to be a Jew.

When I grow up to be a mother
I'll do as Jewish mothers do,
And I will teach my daughters
To light the candles too.

Elisa Miriam Menaker, Age 9
Ahavath Israel School, Kingston, N.Y.



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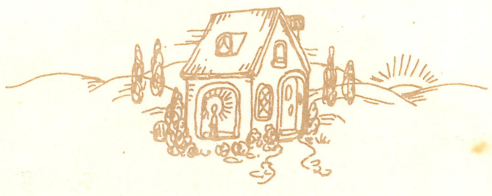
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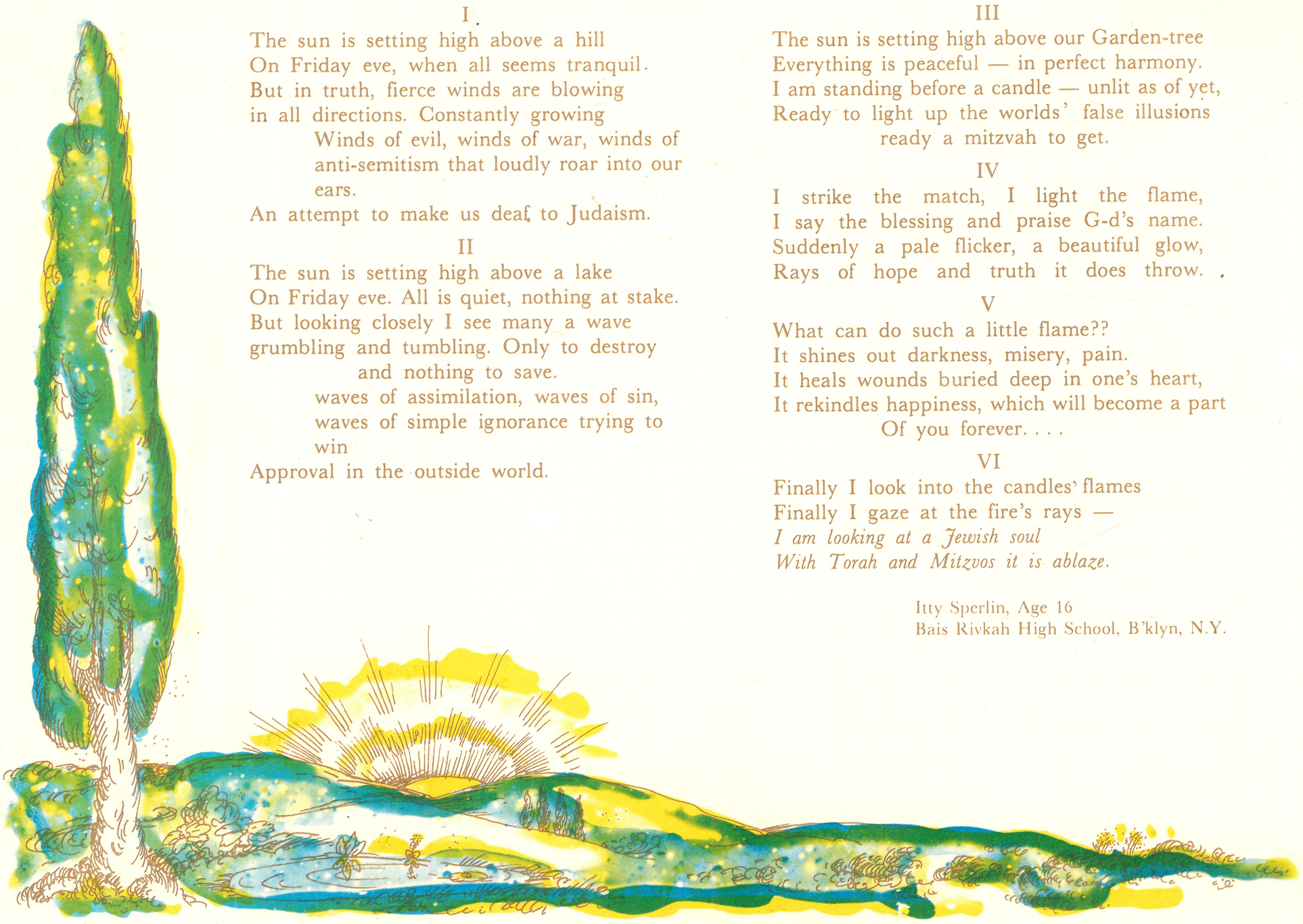
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I

The sun is setting high above a hill
On Friday eve, when all seems tranquil.
But in truth, fierce winds are blowing
in all directions. Constantly growing
Winds of evil, winds of war, winds of
anti-semitism that loudly roar into our
ears.
An attempt to make us deaf to Judaism.

II

The sun is setting high above a lake
On Friday eve. All is quiet, nothing at stake.
But looking closely I see many a wave
grumbling and tumbling. Only to destroy
and nothing to save.
waves of assimilation, waves of sin,
waves of simple ignorance trying to
win
Approval in the outside world.

III

The sun is setting high above our Garden-tree
Everything is peaceful — in perfect harmony.
I am standing before a candle — unlit as of yet,
Ready to light up the worlds' false illusions
ready a mitzvah to get.

IV

I strike the match, I light the flame,
I say the blessing and praise G-d's name.
Suddenly a pale flicker, a beautiful glow,
Rays of hope and truth it does throw.

V

What can do such a little flame??
It shines out darkness, misery, pain.
It heals wounds buried deep in one's heart,
It rekindles happiness, which will become a part
Of you forever. . . .

VI

Finally I look into the candles' flames
Finally I gaze at the fire's rays —
I am looking at a Jewish soul
With Torah and Mitzvos it is ablaze.

Itty Sperlin, Age 16
Bais Rivkah High School, B'klyn, N.Y.

I

The sun is setting high above a hill
On Friday eve, when all seems tranquil.
But in truth, fierce winds are blowing
in all directions. Constantly growing
Winds of evil, winds of war, winds of
anti-semitism that loudly roar into our
ears.
An attempt to make us deaf to Judaism.

II

The sun is setting high above a lake
On Friday eve. All is quiet, nothing at stake.
But looking closely I see many a wave
grumbling and tumbling. Only to destroy
and nothing to save.
waves of assimilation, waves of sin,
waves of simple ignorance trying to
win
Approval in the outside world.

III

The sun is setting high above our Garden-tree
Everything is peaceful — in perfect harmony.
I am standing before a candle — unlit as of yet,
Ready to light up the worlds' false illusions
ready a mitzvah to get.

IV

I strike the match, I light the flame,
I say the blessing and praise G-d's name.
Suddenly a pale flicker, a beautiful glow,
Rays of hope and truth it does throw.

V

What can do such a little flame??
It shines out darkness, misery, pain.
It heals wounds buried deep in one's heart,
It rekindles happiness, which will become a part
Of you forever. . . .

VI

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Finally I gaze at the fire's rays —
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With Torah and Mitzvos it is ablaze.

Itty Sperlin, Age 16
Bais Rivkah High School, B'klyn, N.Y.

Shabbos is a new experience for me. I learned what Shabbos is less than a year ago. My family is not religious. We have recently moved to a different neighborhood where there are few Jews. I have a wonderful family, but they can't understand why I want to be religious. So, I'm not permitted to keep Shabbos.

I am allowed to prepare a kosher meal for Friday nights, light the candles, and to go to Shul on Saturday morning. All day Friday I look forward to Shabbos. I find myself singing, "Shabbos is coming, Shabbos is coming." When I get home from school, I make the house nice, prepare a meal and light the candles.

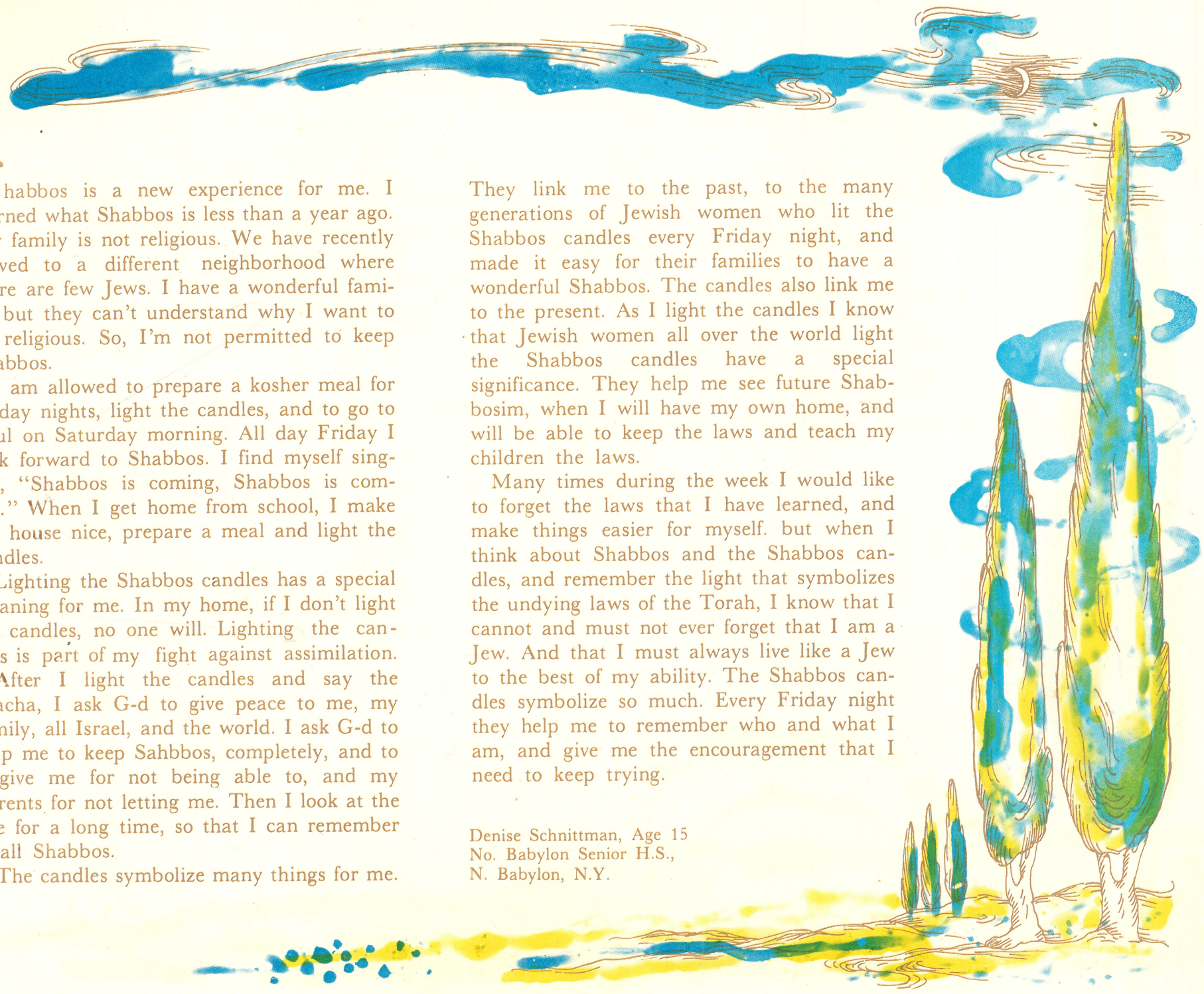
Lighting the Shabbos candles has a special meaning for me. In my home, if I don't light the candles, no one will. Lighting the candles is part of my fight against assimilation.

After I light the candles and say the bracha, I ask G-d to give peace to me, my family, all Israel, and the world. I ask G-d to help me to keep Sahbbos, completely, and to forgive me for not being able to, and my parents for not letting me. Then I look at the fire for a long time, so that I can remember it all Shabbos.

The candles symbolize many things for me. They link me to the past, to the many generations of Jewish women who lit the Shabbos candles every Friday night, and made it easy for their families to have a wonderful Shabbos. The candles also link me to the present. As I light the candles I know that Jewish women all over the world light the Shabbos candles have a special significance. They help me see future Shabbosim, when I will have my own home, and will be able to keep the laws and teach my children the laws.

Many times during the week I would like to forget the laws that I have learned, and make things easier for myself. but when I think about Shabbos and the Shabbos candles, and remember the light that symbolizes the undying laws of the Torah, I know that I cannot and must not ever forget that I am a Jew. And that I must always live like a Jew to the best of my ability. The Shabbos candles symbolize so much. Every Friday night they help me to remember who and what I am, and give me the encouragement that I need to keep trying.

Denise Schnittman, Age 15
No. Babylon Senior H.S.,
N. Babylon, N.Y.



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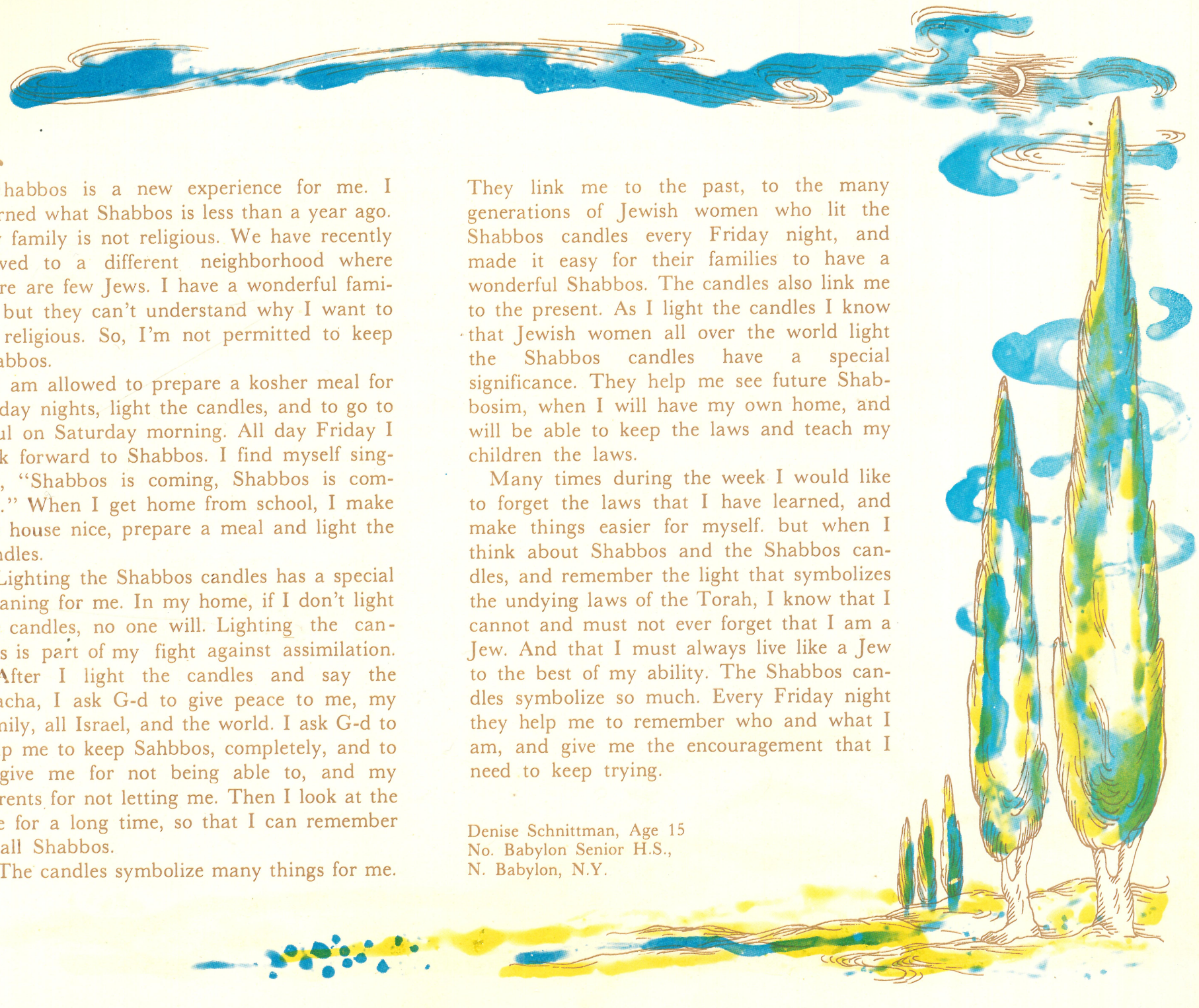
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I was once taking a walk and met a Lubavitcher Mitzvah mobile. They were talking to girls walking in the street about lighting the Shabbos candles. They spoke to me and after telling them that I don't light candles, they gave me a candle holder. I went home and told my parents how much I would like to light a candle. My parents agreed even though they always had the *minhag* (custom) of a girl not lighting candles until she was married. When the next Shabbos came and my mother was setting the Shabbos table I set my new candle down and felt about to perform a brand new mitzvah. I took the match and lit the candle and as soon as I saw the glow of the little candle I felt as if I brought light to the whole world. As the weeks went by I would light the candle and pray for health and happiness for the whole family. Last year my mother had a miscarriage and of course we all felt bad. After that I decided that every week when I light the Shabbos candle this will be my prayer to ask Hashem to bless my mother with another baby.

I feel my prayer by candle lighting was answered every time I look at my new little baby brother Yehoshua, who's name means "with the help of Hashem."

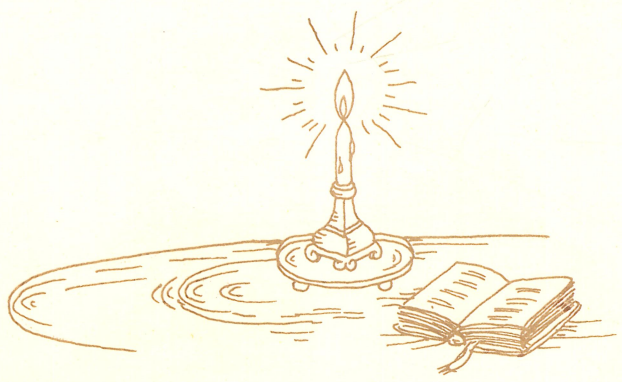
Chaya Rubenstein, Age 12
Beth Jacob of Bronx, Bronx, N.Y.



Until a few months ago, I wasn't lighting Shabbos candles. Then one day, my uncle came from London, England. His name is Shmuel Lew and the Rebbe sent him to work in England in doing Mitzvos. He told the whole family how sick he was all summer and how the Rebbe and all the Lubavitcher in many countries prayed for him to have a *Refuo Shlaimo* (Speedy Recover). My uncle then explained to me how important it was for me to bench Shabbos candles even though I was not a married woman yet.

That Friday evening I lit candles for the first time. I was so happy that Hashem was so good to my uncle and made him healthy again. Everytime I bench licht, I see my uncle's shiny face and I have a special feeling that our family is full of light and that it showed us a miracle.

Yola Lew, Age 10
Bais Yaakov



I was once taking a walk and met a Lubavitcher Mitzvah mobile. They were talking to girls walking in the street about lighting the Shabbos candles. They spoke to me and after telling them that I don't light candles, they gave me a candle holder. I went home and told my parents how much I would like to light a candle. My parents agreed even though they always had the *minhag* (custom) of a girl not lighting candles until she was married. When the next Shabbos came and my mother was setting the Shabbos table I set my new candle down and felt about to perform a brand new mitzvah. I took the match and lit the candle and as soon as I saw the glow of the little candle I felt as if I brought light to the whole world. As the weeks went by I would light the candle and pray for health and happiness for the whole family. Last year my mother had a miscarriage and of course we all felt bad. After that I decided that every week when I light the Shabbos candle this will be my prayer to ask Hashem to bless my mother with another baby.

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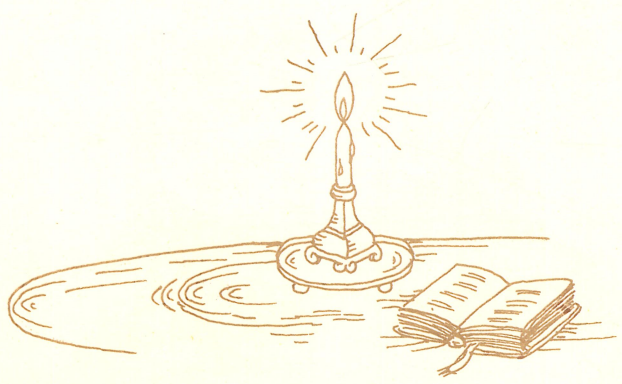
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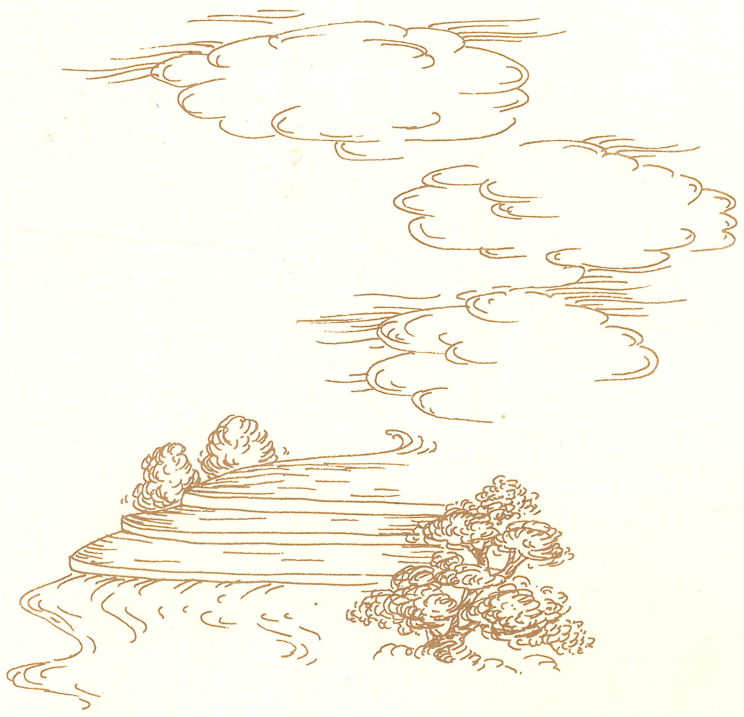




When I light the candles I feel proud of myself because I don't do many mitzvahs even though I try my best.

Sometimes I ask G-d to help me to do things better or sometimes I just say I'm sorry for what I did. When I light the candles or when I do a mitzvah I can picture G-d in my mind writing my mark down for my mitzvah that I've done. When I picture that I feel proud of myself. That is how I feel when I light the candles.

Chana Dolgoff, Age 9
Savannah Hebrew Day School, Savannah, Georgia



When I light the candles on Friday night I feel that the holy Shabbos is here. After I say the blessing and I look into the candles it gives me warmth and joy to know that I am a Jew and a daughter of the Mothers', Sarah, Rivkah, Rachel, and Leah. The lights from the candles bring into the house an atmosphere of *Shalom Bais (Peace in the home)*. And because of that I say an extra prayer every Friday night in Yiddish telling Hashem that this is such a *Shabbos Kodesh* (Holy Shabbos) and because millions of children around the world light candles and because the prayer of children reach the gates of Heaven faster, I ask Hashem that *Moshiach* should come and bring the *Geulah* (Redemption) so that we should not suffer in *Golus* any longer.

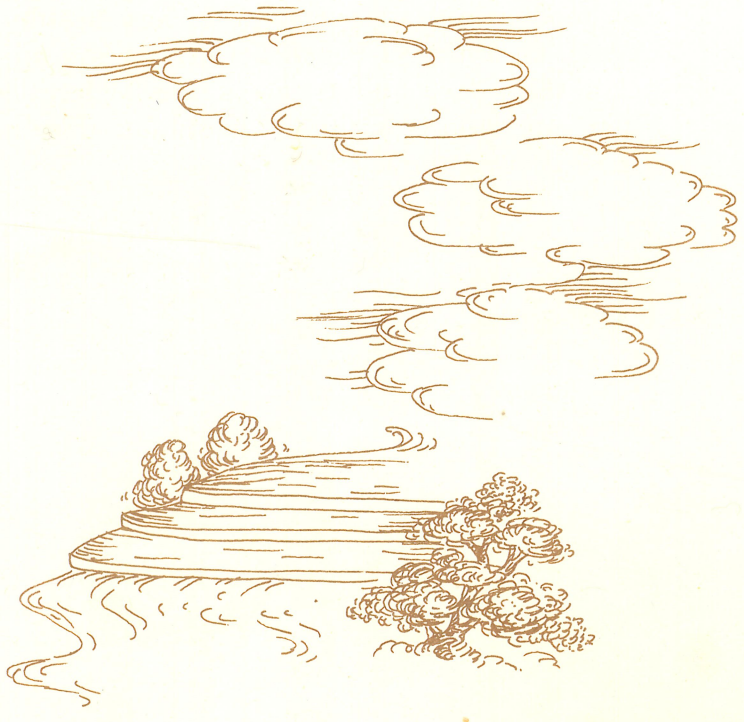
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As I light the Shabbat candles,
My heart is filled with feelings I cannot translate.
My eyes are fixed on the light of the special candles;
The candles of our past,
The candles of our present,
The candles of our future.

Cherise Heidi Latkin, Age 12
Yavneh Academy, Fairlawn, N.J.

Shabbat, in my family, starts with the lighting of the candles on Friday evening, followed by a prayer said by my mother. sister, and I. After we say the prayer over the candles my mother says,"Dear G-d, thank you for bringing us to another Shabbat in peace and good health; Please, dear G-d, protect Israel and all Jews, and bring us all in good health and peace to next Shabbat."

Marjori Boyman, Age 12
Brookside, Merrick, N.Y.

When I light the candles, I am not in a weekday mood. I am in a special mood. A mood for Shabbos. I remember a very special thing my teacher told me. She said that *Moshiach* will come after every Jew keeps 2 Shabbosim in a row. I like Shabbos alot. I can't wait for it to come.

Miriam Mark, Age 7
Torah Academy for Girls

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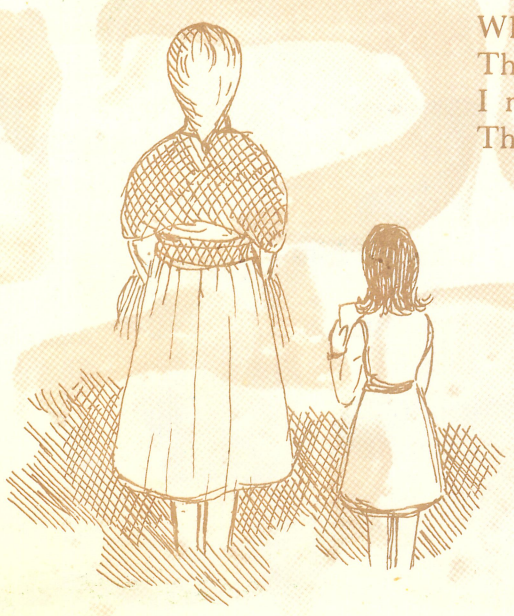
I feel proud and happy that I have the merit to light the Shabbos candles at this age. I feel the radiance of Hashem on me.

And by lighting the Shabbos candles I feel I can bring the redemption of the Messiah closer.

Devorah Grazi, Age 11
Yeshiva of B'klyn, B'klyn, N.Y.

. . . covering my eyes with my hands, I recite the blessing. This special moment gives me the opportunity to pour out my heart. I pray that everyone should be well in the years that follow. Happiness, wealth and love should increase in the world. I pray that we should live peacefully, doing Hashem's mitzvos. Concentrating ever harder and harder, I quietly request that my parents, grandparents, and brothers and sisters live happily until a hundred and twenty years. . . . We must continue to fulfill the mitzvos so that the "Light of Shabbos" can brighten the world.

Chashie Weinstein, Age 11
Yesh. of Spring Valley, Spring Valley, N.Y.





When the Shabbos candles I do light,
The yellow flames glow very bright.
I welcome the Shabbos Queen in my own special way,
All week I looked forward to this wonderful day.

While standing in the light given off by its rays,
I'm reminded of a *baal-Tshuva* who used to praise
This wonderful Mitzva and with great feeling sing
That Hashem will light up *Tzion,* in the *zchus* of this great thing.

When I light my candle, I do know,
That this little light will flicker and glow
I really hope that by doing this deed,
The coming of *Moshiach* I will speed.

Laya Greena Trenk, Age 11
Tomar Dvorah School, B'klyn, N.Y.



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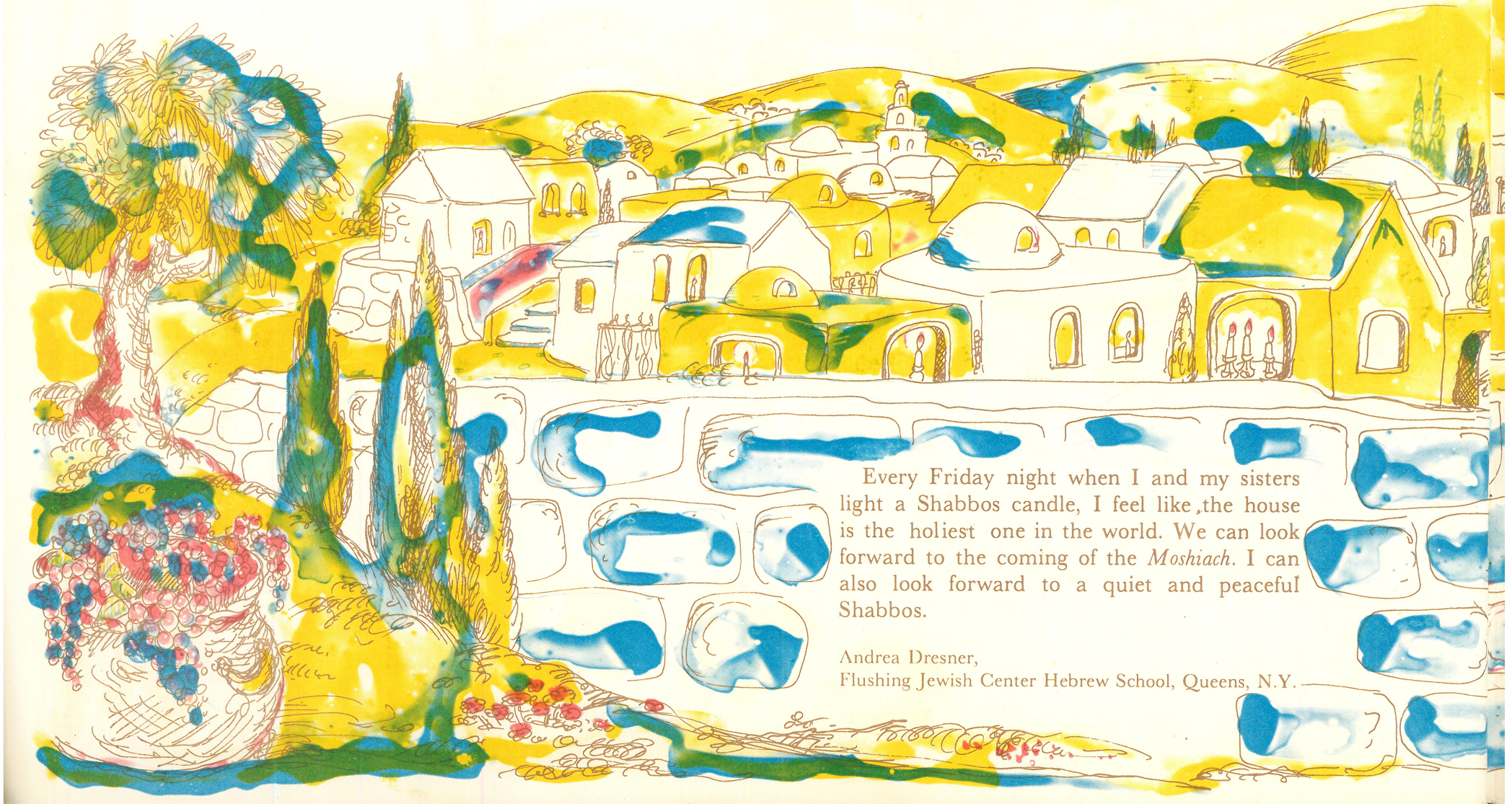
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I am so happy that I am a girl because I can light Shabbos candles. I ask Hashem to please watch over my family. I ask Hashem to bring peace to *Eretz Yisroel*, (The Land of Israel).

Suzy Ratner
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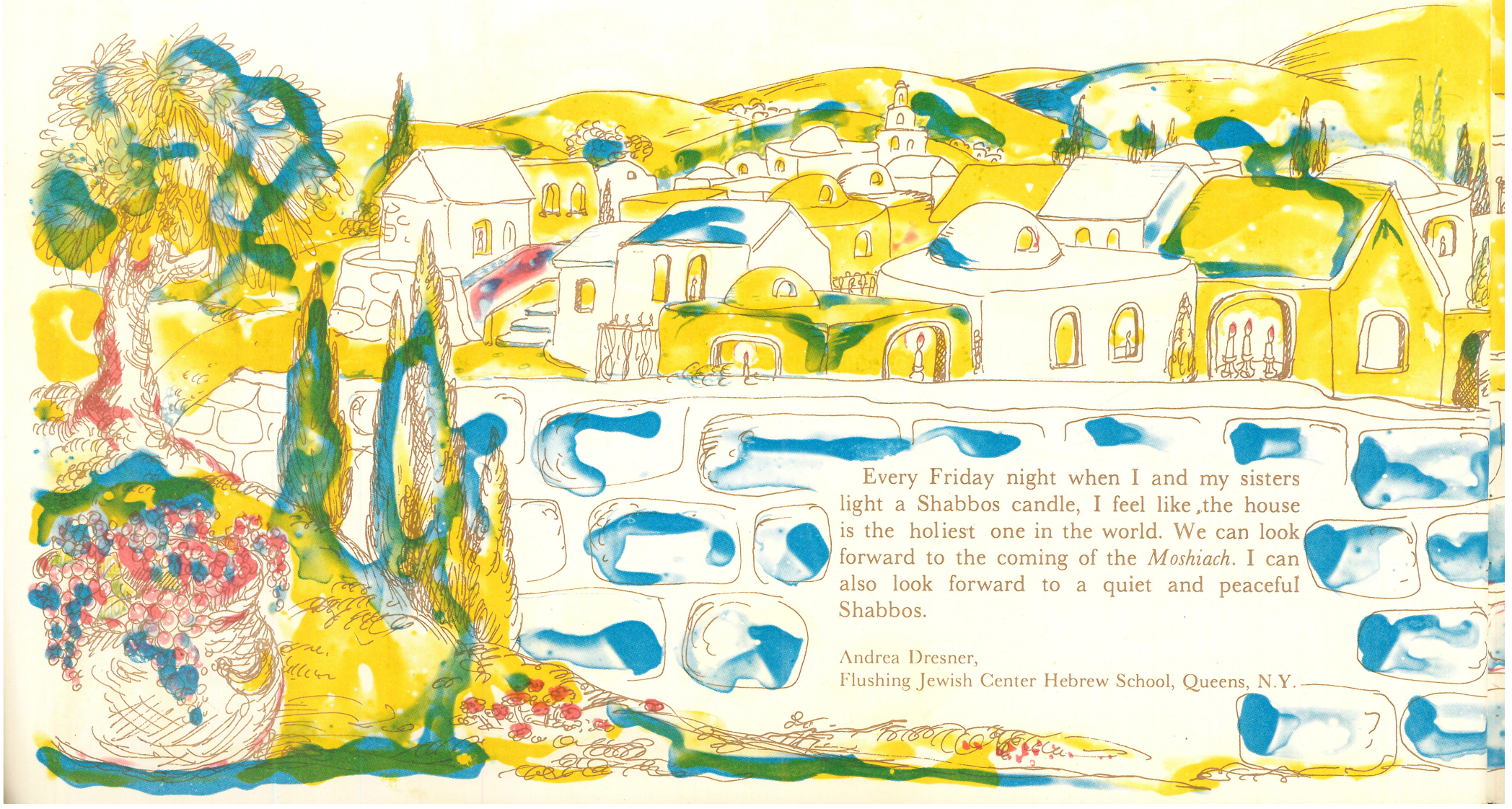


Every Friday night when I and my sisters light a Shabbos candle, I feel like the house is the holiest one in the world. We can look forward to the coming of the *Moshiach*. I can also look forward to a quiet and peaceful Shabbos.

Andrea Dresner,
Flushing Jewish Center Hebrew School, Queens, N.Y.

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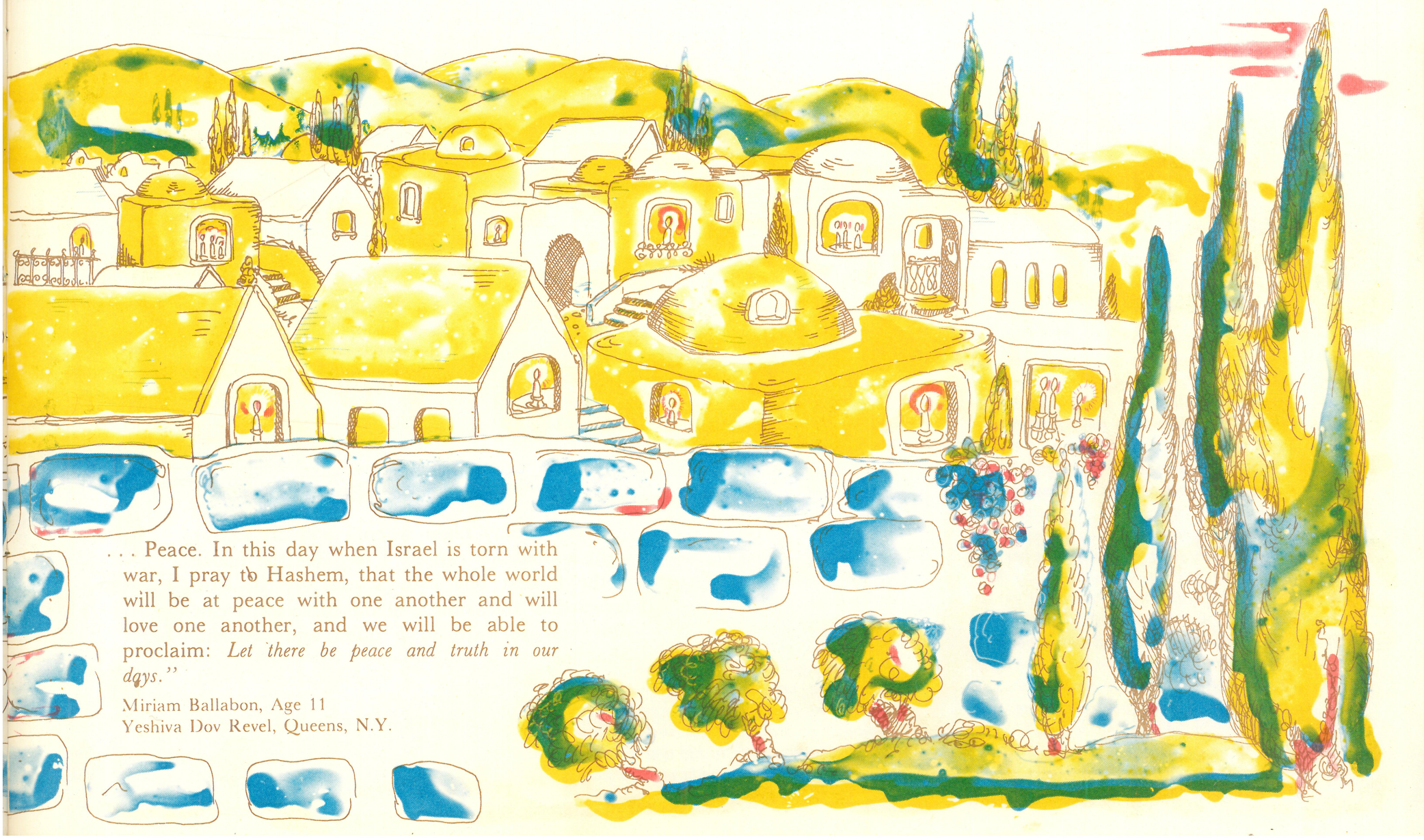


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. . . When I light my Shabbos candle and shut my eyes, I say the bracha like my mother and grandmother and her grandmother have done for years and years.

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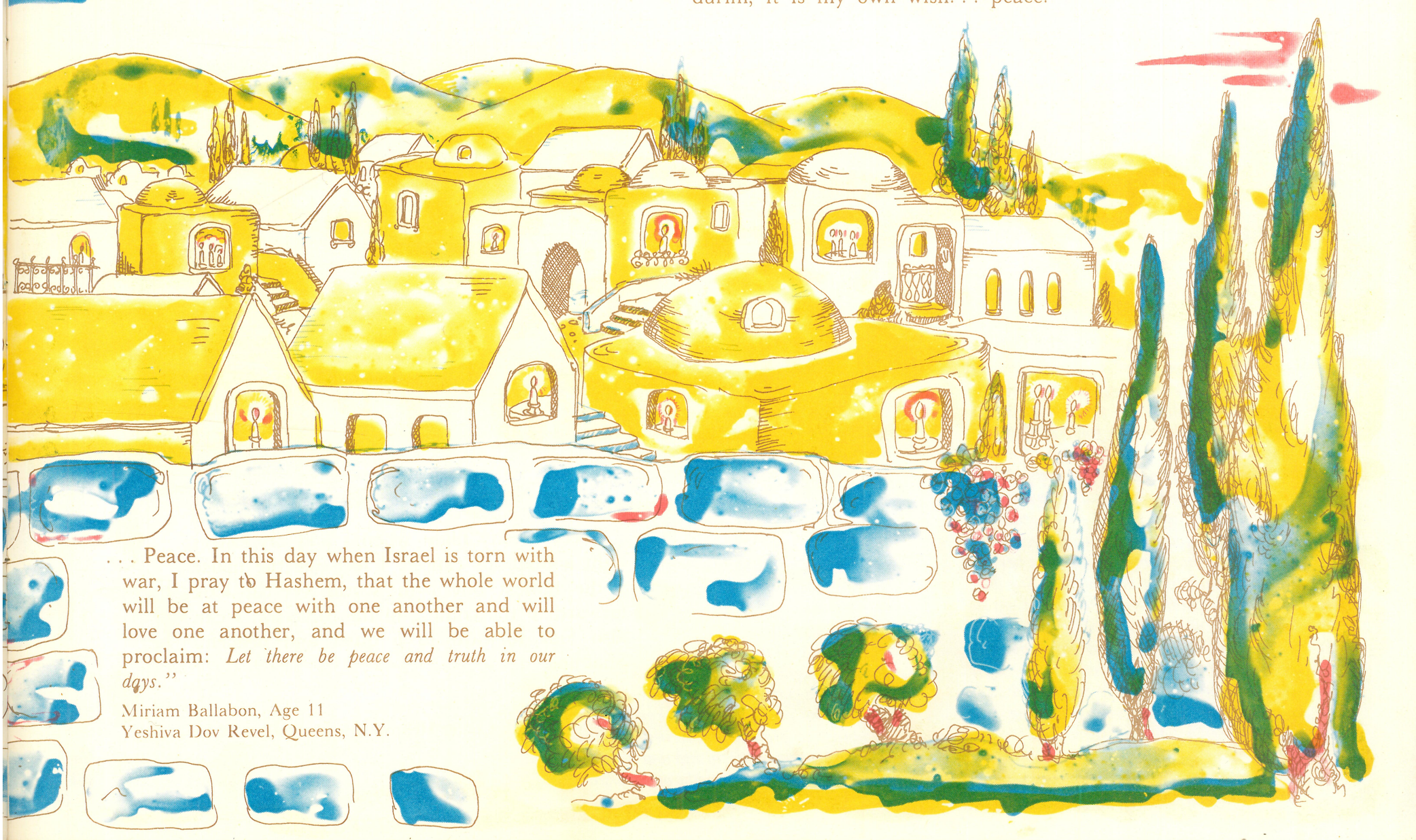


. . . Peace. In this day when Israel is torn with war, I pray to Hashem, that the whole world will be at peace with one another and will love one another, and we will be able to proclaim: *Let there be peace and truth in our days.*"

Miriam Ballabon, Age 11
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LAWS AND CUSTOMS PERTAINING TO THE LIGHTING OF CANDLES

1. It is mandatory to honor the Sabbath by the lighting of candles. The proper time of lighting is 18 minutes before sunset. Under no circumstance may one light Sabbath candles after sunset. Although this commandment can be fulfilled by lighting only one candle, married women should light at least two candles, for it is written (Exodus 20, 8) "Remember the Sabbath" and (Deut. 5, 12) "Observe the Sabbath" (one candle for "Remember" and one candle for "Observe"). In deference to her mother, an unmarried girl should light only one candle. The candles should be big enough so that they burn at least until after the Sabbath meal.

2. Although ordinarily the recitation of the proper blessing always precedes the mitzvah, in this case, the mitzvah — the lighting of the candles — is performed first and the benediction is recited afterwards. The reason for this change is clear: Pronouncement of the blessing officially begins the Sabbath, after which it is forbidden to kindle a flame. The practice is for the woman to light the candles, then spread her hands out around the candles and move her hands inward in a circular motion three times, to indicate her acceptance of the sanctity of the Sabbath. She then covers her eyes in order to shut out the sight of the candles while saying the blessing, after which she should uncover her eyes and gaze upon the candles. By looking at and appreciating the light after the benediction, it is thus considered as if she had said the blessing before lighting. (In order not to make an exception, this is the custom that also prevails on festivals in many Jewish homes) see "Guide on Holidays".

3. Unmarried girls should light and recite the blessing before their mothers to avoid the argument that a blessing following the mother's is in vain. This is especially important if they are young and require assistance. The proper age to begin lighting a Sabbath candle is when the child begins to understand the idea of Sabbath (approximately three years old).

4. A man living by himself is obliged to light the Sabbath candles. Since there are some variations in the procedure he is to follow, he should consult a competent Rabbinical authority.

5. It is customary for the woman, prior to lighting the candles, to wash and array herself in Sabbath clothing. However, under no circumstance, should the woman allow the above to delay the lighting of the candles beyond the proper time.

6. The candles should be lit in the room where the family eats in order that it be apparent that they are lit in honor of the Sabbath. They should not be lit in one place and then taken to another, except in a case of necessity. For example, when the woman is sick and unable to go to the table, she may light them while in bed, and afterwards they may be placed upon the table by a male member of the household.

7. The Challas should be placed upon the table before the lighting of the candles.

8. In the event that a married woman once forgot to light candles, she should thereafter increase the number of candles she had been lighting by one. This extra candle serves as a reminder to prevent a reoccurence. However, if she was prevented from lighting by an accident, she need not light an additional candle.

GUIDE TO CANDLE LIGHTING ON HOLIDAYS

On the Sabbath, any handling of fire is forbidden. Therefore, the Sabbath candles must be kindled Friday evening 18 minutes before sunset. After sunset it is absolutely forbidden to light them.

On Holidays (Yom Tov) which do not occur on the Sabbath, it is also forbidden to create a new fire by striking a match, lighter, etc., however, it is permissible to use a flame which is already burning continuously since before the inception of the holiday, such as a pilot light, gas or candle flame.

For the first day of a Holiday candles should be kindled 18 minutes before sunset of the Holiday eve. For the second day of the Holiday candles should be kindled after nightfall. For example: When a Holiday falls on Monday and Tuesday, the proper time for candle lighting for the first day (Monday) is Sunday evening 18 minutes before sunset. The proper time of candle lighting for the second day (Tuesday) is Monday evening after nightfall — with a flame that has been burning since before the Holiday began (Sunday evening).

If for any reason one did not kindle the Holiday candles at the proper time as stated above, they may do so during the respective evenings only — with a flame that has been burning since before the inception of the Holiday.

When a Holiday occurs on a Sabbath, the laws of Sabbath supercede those of the Holiday, and the candle lighting time for that Sabbath must be 18 minutes before sunset Friday evening — even if Friday is a holiday, in which case the candles should be kindled with a flame burning since before the inception of the Holiday (Thursday evening).

When a Holiday falls on a Sunday, then inasmuch as the eve of the Holiday coincides with

LAWS AND CUSTOMS PERTAINING TO THE LIGHTING OF CANDLES

1. It is mandatory to honor the Sabbath by the lighting of candles. The proper time of lighting is 18 minutes before sunset. Under no circumstance may one light Sabbath candles after sunset. Although this commandment can be fulfilled by lighting only one candle, married women should light at least two candles, for it is written (Exodus 20, 8) "Remember the Sabbath" and (Deut. 5, 12) "Observe the Sabbath" (one candle for "Remember" and one candle for "Observe"). In deference to her mother, an unmarried girl should light only one candle. The candles should be big enough so that they burn at least until after the Sabbath meal.

2. Although ordinarily the recitation of the proper blessing always precedes the mitzvah, in this case, the mitzvah — the lighting of the candles — is performed first and the benediction is recited afterwards. The reason for this change is clear: Pronouncement of the blessing officially begins the Sabbath, after which it is forbidden to kindle a flame. The practice is for the woman to light the candles, then spread her hands out around the candles and move her hands inward in a circular motion three times, to indicate her acceptance of the sanctity of the Sabbath. She then covers her eyes in order to shut out the sight of the candles while saying the blessing, after which she should uncover her eyes and gaze upon the candles. By looking at and appreciating the light after the benediction, it is thus considered as if she had said the blessing before lighting. (In order not to make an exception, this is the custom that also prevails on festivals in many Jewish homes) see "Guide on Holidays".

3. Unmarried girls should light and recite the blessing before their mothers to avoid the argument that a blessing following the mother's is in vain. This is especially important if they are young and require assistance. The proper age to begin lighting a Sabbath candle is when the child begins to understand the idea of Sabbath (approximately three years old).

4. A man living by himself is obliged to light the Sabbath candles. Since there are some variations in the procedure he is to follow, he should consult a competent Rabbinical authority.

5. It is customary for the woman, prior to lighting the candles, to wash and array herself in Sabbath clothing. However, under no circumstance, should the woman allow the above to delay the lighting of the candles beyond the proper time.

6. The candles should be lit in the room where the family eats in order that it be apparent that they are lit in honor of the Sabbath. They should not be lit in one place and then taken to another, except in a case of necessity. For example, when the woman is sick and unable to go to the table, she may light them while in bed, and afterwards they may be placed upon the table by a male member of the household.

7. The Challas should be placed upon the table before the lighting of the candles.

8. In the event that a married woman once forgot to light candles, she should thereafter increase the number of candles she had been lighting by one. This extra candle serves as a reminder to prevent a reoccurence. However, if she was prevented from lighting by an accident, she need not light an additional candle.

GUIDE TO CANDLE LIGHTING ON HOLIDAYS

On the Sabbath, any handling of fire is forbidden. Therefore, the Sabbath candles must be kindled Friday evening 18 minutes before sunset. After sunset it is absolutely forbidden to light them.

On Holidays (Yom Tov) which do not occur on the Sabbath, it is also forbidden to create a new fire by striking a match, lighter, etc., however, it is permissible to use a flame which is already burning continuously since before the inception of the holiday, such as a pilot light, gas or candle flame.

For the first day of a Holiday candles should be kindled 18 minutes before sunset of the Holiday eve. For the second day of the Holiday candles should be kindled after nightfall. For example: When a Holiday falls on Monday and Tuesday, the proper time for candle lighting for the first day (Monday) is Sunday evening 18 minutes before sunset. The proper time of candle lighting for the second day (Tuesday) is Monday evening after nightfall — with a flame that has been burning since before the Holiday began (Sunday evening).

If for any reason one did not kindle the Holiday candles at the proper time as stated above, they may do so during the respective evenings only — with a flame that has been burning since before the inception of the Holiday.

When a Holiday occurs on a Sabbath, the laws of Sabbath supercede those of the Holiday, and the candle lighting time for that Sabbath must be 18 minutes before sunset Friday evening — even if Friday is a holiday, in which case the candles should be kindled with a flame burning since before the inception of the Holiday (Thursday evening).

When a Holiday falls on a Sunday, then inasmuch as the eve of the Holiday coincides with

the end of the Sabbath, the candle lighting time for the Sunday Holiday should be no sooner than one hour after sunset Saturday evening – with a flame burning since before the inception of the Sabbath.

NOTE: When in doubt as to the proper procedure and time of candle lighting consult a competent Rabbinic authority.

* * * *

A. The following blessing is said when lighting the Sabbath candles:

ברוך אתה י־י א־להינו מלך העולם אשר קדשנו במצותיו
וצונו להדליק נר של שבת קדש

BARUCH ATO A-DO-NOY ELO-HAI-NU MELECH HAOLUM ASHER KIDESHANU BEMITZVOSAV VETZIVANU LEHODLIK NER SHEL SHABBOS KODESH

B. The following blessings are said when lighting candles for Rosh Hashana:

1. **ברוך אתה י־י א־להינו מלך העולם אשר קדשנו במצותיו**
וצונו להדליק נר של יום הזכרון
2. **ברוך אתה י־י א־להינו מלך העולם שהחינו וקימנו**
והגיענו לזמן הזה

1. *BARUCH ATO A-DO-NOY ELO-HAI-NU MELECH HAOLUM ASHER KIDESHANU BEMITZVOSAV VETZIVANU LEHODLIK NER SHEL YOM HAZIKORON*
2. *BARUCH ATO A-DO-NOY ELO-HAI-NU MELECH HAOLUM SHEHECHEYONU VEKIYEMANU VEHIGIYANU LEZMON HAZEH*

(on the second eve of Rosh Hashana we attempt to wear a new garment or to have on the table a fruit which we have not yet eaten that year for the Shehecheyanu blessing)

Should Rosh Hashana begin on a Friday evening then in place of the first blessing we say:

ברוך אתה י־י א־להינו מלך העולם אשר קדשנו במצותיו
וצונו להדליק נר של שבת ושל יום הזכרון

BARUCH ATO A-DO-NOY ELO-HAI-NU MELCH HAOLUM ASHER KIDESHANU BEMITZVOSAV VETZIVANU LEHODLIK NER SHEL SHABBOS V'SHEL YOM HAZIKORON

C. For Yom Kippur we say:

ברוך אתה י־י א־להינו מלך העולם אשר קדשנו במצותיו
וצונו להדליק נר של יום הכפורים
ברוך אתה י־י א־להינו מלך העולם שהחינו וקימנו
והגיענו לזמן הזה

1. *BARUCH ATO A-DO-NOY ELO-HAI-NU MELECH HAOLUM ASHER KIDESHANU BEMITZVOSAV VETZIVANU LEHODLIK NER SHEL YOM HAKIPURIM*
2. *BARUCH ATO A-DO-NOY ELO-HAI-NU MELECH HAOLUM SHEHECHEYANU VEKIYEMANU VEHEGIYANU LEZMON HAZEH*

Should Yom Kippur coincide with the Sabbath then in place of the first blessing we say:

ברוך אתה י־י א־להינו מלך העולם אשר קדשנו במצותיו
וצונו להדליק נר של שבת ושל יום הכפורים

BARUCH ATO A-DO-NOY ELO-HAI-NU MELECH HAOLUM ASHER KIDESHANU BEMITZVOSAV VETZIVANU LEHODLIK NER SHEL SHABBOS V'SHEL YOM HAKIPURIM

D. On the first two days of succos and the last two days of succos we say:

1. **ברוך אתה י־י א־להינו מלך העולם אשר קדשנו במצותיו**
וצונו להדליק נר של יום טוב
2. **ברוך אתה י־י א־להינו מלך העולם שהחינו וקימנו**
והגיענו לזמן הזה

1. *BARUCH ATO A-DO-NOY ELO-HAI-NU MELECH HAOLUM ASHER KIDESHANU BEMITZVOSAV VETZIVANU LEHODLIK NER SHEL YOM TOV*
2. *BARUCH ATO A-DO-NOY ELO-HAI-NU MELECH HAOLUM SHEHECHEYONU VEKIYEMANU VEHEGIYANU LEZMON HAZEH*

Should the first day of Succos or the first of the last two days of Succoss (Shmini Atzeres) coincide with the Sabbath then on Friday evening in place of the first blessing we say:

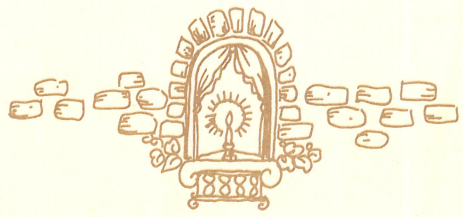
ברוך אתה י־י א־להינו מלך העולם אשר קדשנו במצותיו
וצונו להדליק נר של שבת ושל יום טוב

BARUCH ATO A-DO-NOY ELO-HAI-NU MELECH HAOLUM ASHER KIDESHANU BEMITZVOSAV VETZIVANU LEHODLIK NER SHEL SHABBOS V'SHEL YOM TOV

Should the Sabbath fall between the first two days and the last two days of Succos, the regular Sabbath blessing is said. (section A)

E. On the festival of PASSOVER we follow the same pattern as the festival of Succos with the following exception: On the last two days of Passover we omit the second blessing – SHEHECHEYANU.

F. On the two days of the festival of SHEVUOS we follow the exact same pattern as the first two days of Succos.



the end of the Sabbath, the candle lighting time for the Sunday Holiday should be no sooner than one hour after sunset Saturday evening – with a flame burning since before the inception of the Sabbath.

NOTE: When in doubt as to the proper procedure and time of candle lighting consult a competent Rabbinic authority.

* * * *

A. The following blessing is said when lighting the Sabbath candles:

ברוך אתה י־י א־להינו מלך העולם אשר קדשנו במצותיו
וצונו להדליק נר של שבת קדש

BARUCH ATO A-DO-NOY ELO-HAI-NU MELECH HAOLUM ASHER KIDESHANU BEMITZVOSAV VETZIVANU LEHODLIK NER SHEL SHABBOS KODESH

B. The following blessings are said when lighting candles for Rosh Hashana:

1. **ברוך אתה י־י א־להינו מלך העולם אשר קדשנו במצותיו**
וצונו להדליק נר של יום הזכרון
2. **ברוך אתה י־י א־להינו מלך העולם שהחינו וקימנו**
והגיענו לזמן הזה

1. *BARUCH ATO A-DO-NOY ELO-HAI-NU MELECH HAOLUM ASHER KIDESHANU BEMITZVOSAV VETZIVANU LEHODLIK NER SHEL YOM HAZIKORON*
2. *BARUCH ATO A-DO-NOY ELO-HAI-NU MELECH HAOLUM SHEHECHEYONU VEKIYEMANU VEHIGIYANU LEZMON HAZEH*

(on the second eve of Rosh Hashana we attempt to wear a new garment or to have on the table a fruit which we have not yet eaten that year for the Shehecheyanu blessing)

Should Rosh Hashana begin on a Friday evening then in place of the first blessing we say:

ברוך אתה י־י א־להינו מלך העולם אשר קדשנו במצותיו
וצונו להדליק נר של שבת ושל יום הזכרון

BARUCH ATO A-DO-NOY ELO-HAI-NU MELCH HAOLUM ASHER KIDESHANU BEMITZVOSAV VETZIVANU LEHODLIK NER SHEL SHABBOS V'SHEL YOM HAZIKORON

C. For Yom Kippur we say:

ברוך אתה י־י א־להינו מלך העולם אשר קדשנו במצותיו
וצונו להדליק נר של יום הכפורים
ברוך אתה י־י א־להינו מלך העולם שהחינו וקימנו
והגיענו לזמן הזה

1. *BARUCH ATO A-DO-NOY ELO-HAI-NU MELECH HAOLUM ASHER KIDESHANU BEMITZVOSAV VETZIVANU LEHODLIK NER SHEL YOM HAKIPURIM*
2. *BARUCH ATO A-DO-NOY ELO-HAI-NU MELECH HAOLUM SHEHECHEYANU VEKIYEMANU VEHEGIYANU LEZMON HAZEH*

Should Yom Kippur coincide with the Sabbath then in place of the first blessing we say:

ברוך אתה י־י א־להינו מלך העולם אשר קדשנו במצותיו
וצונו להדליק נר של שבת ושל יום הכפורים

BARUCH ATO A-DO-NOY ELO-HAI-NU MELECH HAOLUM ASHER KIDESHANU BEMITZVOSAV VETZIVANU LEHODLIK NER SHEL SHABBOS V'SHEL YOM HAKIPURIM

D. On the first two days of succos and the last two days of succos we say:

1. **ברוך אתה י־י א־להינו מלך העולם אשר קדשנו במצותיו**
וצונו להדליק נר של יום טוב
2. **ברוך אתה י־י א־להינו מלך העולם שהחינו וקימנו**
והגיענו לזמן הזה

1. *BARUCH ATO A-DO-NOY ELO-HAI-NU MELECH HAOLUM ASHER KIDESHANU BEMITZVOSAV VETZIVANU LEHODLIK NER SHEL YOM TOV*
2. *BARUCH ATO A-DO-NOY ELO-HAI-NU MELECH HAOLUM SHEHECHEYONU VEKIYEMANU VEHEGIYANU LEZMON HAZEH*

Should the first day of Succos or the first of the last two days of Succoss (Shmini Atzeres) coincide with the Sabbath then on Friday evening in place of the first blessing we say:

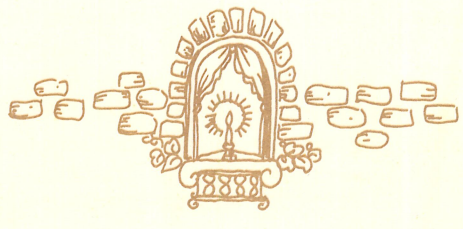
ברוך אתה י־י א־להינו מלך העולם אשר קדשנו במצותיו
וצונו להדליק נר של שבת ושל יום טוב

BARUCH ATO A-DO-NOY ELO-HAI-NU MELECH HAOLUM ASHER KIDESHANU BEMITZVOSAV VETZIVANU LEHODLIK NER SHEL SHABBOS V'SHEL YOM TOV

Should the Sabbath fall between the first two days and the last two days of Succos, the regular Sabbath blessing is said. (section A)

E. On the festival of PASSOVER we follow the same pattern as the festival of Succos with the following exception: On the last two days of Passover we omit the second blessing – SHEHECHEYANU.

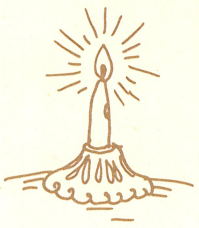
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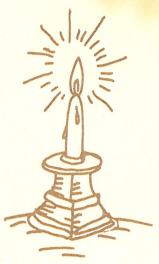




Glossary







ANAN ~ CLOUD

BAIS HAMIKDOSH ~ THE HOLY TEMPLE

BAS YISROEL ~ DAUGHTER of ISRAEL

BIMHERA BYOMEINU OMEIN ~ SPEEDILY, IN OUR DAYS, AMEN

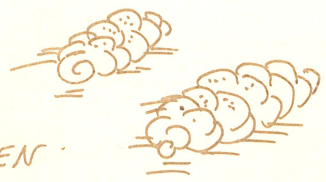
BNEI ISRAEL ~ THE JEWISH NATION

BRACHA ~ BLESSING

BUBBA ~ GRANDMOTHER

CHALLAH ~ TRADITIONAL SHABBOS BREAD

EMUNAH ~ BELIEF



GALUT ~ EXILE

HAMALKA ~ THE QUEEN

HASHEM ~ G-d

HAVDALAH ~ TRADITIONAL CEREMONY ENDING THE SABBATH

LICHTELACH ~ CANDLES

MITZVAH ~ A COMMANDMENT

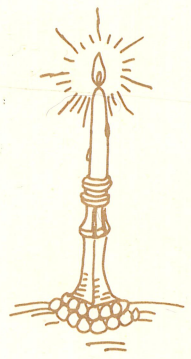
MOSHIACH ~ MESSIAH

NAROS ~ CANDLES

NESHAMA ~ SOUL

NESS ~ MIRACLE

NISSIM ~ MIRACLES



SOROH IMENU ~ OUR MATRIARCH SARAH

TZEDOKA ~ CHARITY



TZION ~ ZION

YHI RATZON ~ MAY IT BE YOUR WILL

YOM SHEKULO SHABBOS U'MENUCHA LECHAYEI HO-OLOMIN ~ THE DAY OF COMPLETE REST FOREVER

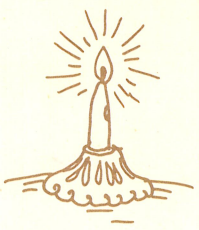
ZECHUS ~ MERIT

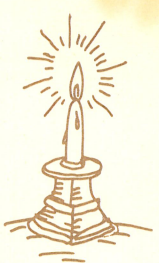
ZMIROT ~ SHABBOS SONGS



Glossary







ANAN ~ CLOUD

BAIS HAMIKDOSH ~ THE HOLY TEMPLE

BAS YISROEL ~ DAUGHTER of ISRAEL

BIMHERA BYOMEINU OMEIN ~ SPEEDILY, IN OUR DAYS, AMEN

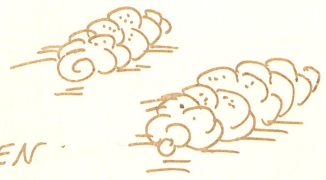
BNEI ISRAEL ~ THE JEWISH NATION

BRACHA ~ BLESSING

BUBBA ~ GRANDMOTHER

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EMUNAH ~ BELIEF



GALUT ~ EXILE

HAMALKA ~ THE QUEEN

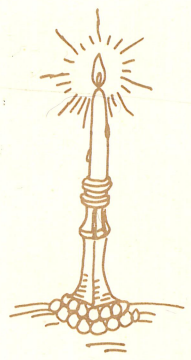
HASHEM ~ G-d

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