

# Lifting up the Chanukah Lights

**AS** we kindle the *Chanukah* flames, let us rededicate ourselves to seeing and naming the blessings of life. Especially in challenging times, it strengthens and sustains us to bring awareness to the love, goodness and beauty that fills the world.

Let us shine a light on what is good and honor our own capacities to lift up light for the well-being of all.



בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל חֲנֻכָּה.

*Barukh atah Adonai, Elohenu, melekh ha'olam asher kidishanu b'mitzvotav v'tzivanu l'had'lik neir shel Chanukah.*

Blessed is the Mystery that flows through time and space  
and calls us into sacred relationship through the kindling of the Chanukah lights.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשָׂה נִסִּים לְאַבוֹתֵינוּ בַּיָּמִים הָהֵם בְּזִמְן הַזֶּה.

*Barukh atah Adonai, Elohenu, melekh ha'olam she'asah nisim la'avoteinu bayamim habeim baziman hazeh.*

Blessed is the Mystery that brings forth miracles in all times.

## One Candle

### Lifting up Kindness

*The world is built on loving-kindness. — Psalm 89:5*

**EVERYTHING** we do matters. Acts of kindness change us and the world. We begin the Chanukah festival by naming and giving thanks for acts of kindness we have received and bestowed this year. We add this prayer for the first night:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁחֲחִינֵנו וְקִיְּמָנוּ  
וְהִגִּיעָנוּ לַזְּמַן הַזֶּה.

*Barukh atah Yeh, Elohenu, melekh ha'olam, shebechehyanu, v'kiy'manu, v'higianu laz'man hazeh. Amen.*

**BLESSED IS THE ONE** who flows through all the worlds, who gives us life, who lifts us up and brings us to this very moment.

## Two Candles

### Lifting up the Beauty of Creation

*I will give thanks with all my heart.  
I will speak about the wonders of life. — Psalm 9:2*

**LET US GIVE THANKS** for the gifts, blessings and wisdom of the natural world. Let us feel its beauty in the depths of our souls. As we light the candles, we name places that offer us refuge, inspiration and love.

## Three Candles

### Lifting up Acts of Justice

*You call forth justice and great faith. — Psalm 119:158*

**WE GIVE THANKS** for the countless acts of courage, vision, determination and strength that continue to mend our world. Focusing attention on deeds of justice, we lift up lights of healing. As we kindle the flames, we share good news.

## Four Candles

### Lifting up Wonder

*Our goal should be to live life in radical amazement. Get up in the morning and look at the world in a way that takes nothing for granted. Everything is phenomenal; everything is incredible; never treat life casually. To be spiritual is to be amazed.*

— Rabbi Abraham Joshua Heschel

MIRACLES abound. Let us lift up wonder and practice seeing the world with eyes of amazement, awe and curiosity. Let us see the miracles, the spectacular in the everyday. This practice doesn't deny what is difficult, it gives us the strength and inspiration to meet well all that life brings.

## Five Candles

### Lifting up the Gifts

### We Bring into the World

*Yes, I will offer blessings with my life.*

*To all that is I lift my hands.* — Psalm 65:5

AS WE LIGHT the candles, we name what we do well and give thanks for our gifts and abilities. No one is served when we deny our talents. The world is made whole as we offer what is ours to give. May the flames inspire us to shine our lights.

## Six Candles

### Shabbat & Rosh Chodesh Tevet

### Lifting up the Sacred

*Pause and refresh your soul.* — Exodus 31:17

THIS WHOLE WORLD is holy; the earth, air and waters, the animals of land, sea and sky. The Divine Presence flows through all. Shabbat is an invitation to pause and experience the sacred in the fabric of life. To feel the Infinite Presence within and around us and let our souls be soothed and refreshed. We lift up the lights of Shabbat and pray to love fully and live in harmony and reverence.

## Seven Candles

### Rosh Chodesh Tevet

### Lifting up Messengers and Guides

*Take notice I send a messenger before you To guard you on your way.* — Exodus 23:20

WE CONTINUE TO WELCOME Rosh Chodesh by recognizing the interdependence of all life and taking notice of the messengers who guide us on our journeys. Lighting the candles, we name moments when we received guidance and we remind ourselves that often, without even knowing it, we are messengers for each other.

## Eight Candles

### Lifting up Rededication

*Come, let us walk together*

*In the light of the One.* — Isaiah 2:5

AS WE LIGHT these eight candles, we affirm that everything we do matters and that our actions create the world for generations to come. In the fullness of the flames we rededicate ourselves to living lives of service in harmony with each other and the earth. May we act boldly and live passionately for goodness and love.

And together may we turn the world towards justice, harmony and peace.

With Love and Gratitude,

Rabbi Yael Levy



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