

Lighting Shabbat Candles

The candles are lit before this blessing is recited.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

*Baruch atah Adonai, Eloheinu Melech haolam,
asher kid'shanu b'mitzvotav v'tzivanu
l'hadlik ner shel Shabbat.*

Blessed are You, Eternal our God, Sovereign of time and space. You hallow us with Your mitzvot and command us to kindle the lights of Shabbat.

Blessings for Loved Ones

In Praise of a Woman

A woman of valor, seek her out;
she is to be valued above rubies.
She opens her hand to those in need
and extends her help to the poor.
Adorned with strength and dignity,
she faces the future cheerfully.
Her speech is wise; the law of kindness is on her lips.
Those who love her rise up with praise and call her blessed:
“Many have done well, but you surpass them all.”
Charm is deceptive and beauty short-lived,
but a woman loyal to God has truly earned praise.
Honor her for all of her offerings;
her life proclaims her praise.

Adapted from Proverbs 31

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