

Spirit of Shabbat: Lighting Shabbat candles

This tradition goes WAY back—at least 1500 years

Kavannah—intention/awareness for performing an action

Do you have a particular *kavannah* when you light candles?

Some of the *kavannot* of candle lighting—then and now

- *Oneg Shabbat*—Shabbat delight
- *Shalom bayit*—peace in the home
- *Neshama yeterah*—extra spiritual capacity that comes with Shabbat
- Connection to others lighting candles elsewhere and in other times

Is there a meaning of candle lighting that resonates with you?

How could you make it a reality this Shabbat?