



Happy
Hanukkah



On Hanukkah we recall the courage and resilience of the Jewish people when we confronted overwhelming odds against powerful oppressors.

We also remember the strength we are capable of. As we make the blessings over the menorah, consider how you can bring this Jewish message of resilience into your life.

בָּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל חֲנֻכָּה

Blessed are You, Adonai our God, Ruler of the universe, who has sanctified us with Your commandments and commanded us to kindle the hanukkah light.

בָּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשָׂה נִסִּים
לְאֲבוֹתֵינוּ בְּיָמִים הָהֵם בְּזִמְנֵי הַזֶּה

Blessed are You, Adonai our God, Ruler of the universe, who performed miracles for our ancestors in those days, at this time.

בָּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שֶׁחָיָנוּ וְקִיְּמָנוּ וְהַגִּיעָנוּ לְזִמְנֵי הַזֶּה

Blessed are You, Adonai our God, Ruler of the universe, who has granted us life, sustained us and enabled us to reach this occasion.

Transforming the way the Jewish community understands and responds to mental illness and addictions.

 The Blue Dove
FOUNDATION

"The proper response, as Hanukkah teaches, is not to curse the darkness but to light a candle."

- Irving Greenberg



Add mental health to your holiday experience with our Hanukkah and mental health resources.