



The Blue Dove  
FOUNDATION

## Shabbat Candle Blessing

בְּרוּךְ אַתָּה אֲדֹנָי אֱ-לֹהֵינוּ מֶלֶךְ  
הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
וְצִוָּנוּ לְהַדְלִיק נֵר שַׁבָּת.

**Transliteration:** Bah-rookh ah-tah ah-  
doh-noi eh-loh-hay-noo meh-lekh hah-  
oh-lahm ah-sheh ki-deh-shah-noo beh-  
mitz-voh-t veh-tzee-vah-noo leh-hahd-  
lik nehr shehl shah-baht.

**Translation:** Blessed are You, Lord our  
G-d, King of the universe, who has  
sanctified us with His commandments,  
and commanded us to kindle the light  
of the Shabbat.





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## Mental Health Alternative Text

We use candle lighting to welcome shabbat into our minds.

What do you want to welcome into your life over the week to come?

What do you want to work on? Use the light of the candles to illuminate your goals for the coming week.