

Kadesh

Contributed by [Allyson Smith](#)

Source:

Lighting of the candles

May the festival lights we now kindle inspire us to use our powers to heal and not harm, to help and not hinder, to bless and not curse and to serve you Ado-nai of freedom.

Baruch Atah Ado-nai, Elo-heinu Melech Ha-olam, Asher Kid'shanu
B'mitzvotav V'tzivanu L'hadlik Ner Shel Yom Tov.