

# THIS HANUKKAH AND ALWAYS...

May our preteens  
and teens  
shine bright,  
blessed with  
Jewish values  
to inspire them  
to grow  
and thrive.



## From our family at Moving Traditions to yours, Happy Hanukkah!

When Shabbat and Hanukkah coincide on December 3 this year, we have the opportunity to light candles for both holidays and take a moment to bless our children, a Shabbat tradition.



We offer you an update to this ritual to help our preteens and teens shine bright and transcend the many challenges of this year. I hope you will enjoy blessing your children on any Friday night, as a Hanukkah gift, or anytime that works for you.

Place your hand on your child(ren)'s head(s) and recite:

- ▶ **May you be blessed with shleimut, a sense of personal wholeness and peace.** May you see yourself clearly, aware of your gifts and your challenges, and may you treat yourself with compassion and love.
- ▶ **May you be blessed with hesed, the flow of loving-kindness that happens between people when they care for one another.** May you grow your connections to others and may those connections lead you to trusting relationships, new experiences, and adventures.
- ▶ **May you be blessed with tzedek, the power of doing justice in the world.** May you help others to see the way that the world is broken, may you inspire them to do the work of fixing, and may your vision of a better world become a reality.

To learn more about Moving Traditions and this ritual, visit [movingtraditions.org](https://movingtraditions.org).

Wishing you a Happy Hanukkah filled with light, reflection, and hope.

Warmly,

Deborah Meyer  
Founder and CEO, Moving Traditions

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