

# Ner Shel Tzedakah

“Candle of Righteousness”

In addition to engaging in the mitzvah (commandment) of lighting the Hanukkah candles, many families and individuals dedicate the sixth night of Hanukkah to considering how to perform mitzvot that can positively impact others. Some donate the value of the gifts that otherwise would be exchanged that night. JFS Jewish Disabilities Advocates dedicates this night to offering the gift of time to family and friends with chronic health conditions or donating funds to organizations supporting those with such conditions. By doing so, we help the Jewish candle of righteousness glow brightly for everyone.

בָּרוּךְ אַתָּה יְיָ הוֹה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוֹתָיו וְלִמְדֵינוּ לְהַדְלִיק נֵר שֶׁל צְדָקָה.

**Baruch Ata Adonai, Eloheinu Melech Haolam,  
Asher Kidshanu B'mitzvotav, V'limdeinu  
L'Hadlik Ner Shel Tzedakah**

**Blessed are You, Eternal, our God, who  
makes us holy through the performance of  
mitzvot, and inspires us to light the Candle of  
Righteousness.**



**Suggestions for doing mitzvot for or with those  
with chronic health conditions and bringing  
more tzedek (justice) to the world:**

1. Ask if there is a specific task you could do to help with someone's day, such as shopping for and/or making a festive meal; picking up candles and/or a Hanukkah menorah and celebrating with them; cleaning dishes or taking out trash, etc. If you live with a chronic health condition, honor yourself and your needs.
2. Take the time to learn more about specific conditions and really listen if someone is willing to share about their daily experiences.
3. Volunteer with organizations that are furthering understanding of specific conditions or supporting individuals living with those conditions (e.g., Cystic Fibrosis Foundation, Project Angel Heart, American Diabetes Association, ALS Foundation, Arthritis Foundation, American Cancer Society, MEAction Colorado, Chronic Care Collaborative, etc.)