

A glowing white ring is centered on a solid yellow background. The ring has a soft, ethereal glow around it. The text "LIGHT UP THE WORLD" is written in a dark red, sans-serif font across the center of the ring.

LIGHT UP THE WORLD

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As a professional marathon runner and a mother of five young children, I often feel like I am always running. Running after kids, running twice a day in workouts, running late to pick up kids from school – life is a constant treadmill that never stops. Friday is the biggest race of all, a mad dash of cooking and cleaning. By the time Shabbat comes in, I've barely caught my breath, and oftentimes, I'll sprint out of the shower just in time to light candles. Those moments in front of my candlesticks are short but precious; and for just a few minutes, I block out all the chaos around me (because, let's be real – most weeks the table still hasn't been set, at least two kids are complaining they're hungry and I still have a towel on my head), close my eyes and pause.

And as I light my silver candlesticks and murmur the prayer afterwards, I hold onto these words each week ומאירים את העולם בתורה ומעשים טובים – God, please let me merit to raise children who shine your light into this world. Let me raise children who love your Torah and mitzvot and light up the world with their actions.

BEATIE DEUTSCH | NEVE MICHAEL, ISRAEL