



RECLAIMING TRANQUILLITY

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During that exalted hour in the week when every Jewish mother assumes centre stage, tenderly lighting her Shabbat candles and illuminating her home in radiance and peace, the outside world fades into oblivion, leaving the perfect Oneness of Judaism, family, Shabbat and G-d. Having reclaimed that lost tranquillity, she finally covers her face and offers the tearful prayer expressing her innermost yearning: "Father in heaven, grant that my children shall be righteous, illuminating the world with Torah, kindness and meritorious deeds."

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