Blessing the Children

For our sons:
May you be like Ephraim and Menashe.

יְשִׂימְךָ אֱלֹהיִׂם כְאֶפְרַיְם וְכִׂמְנַשֶּׁה

Y’simkha Elohim k’Ephraim v’khi-Menashe.

For our daughters:
May you be like Sarah, Rebecca, Rachel, and Leah.

יְשִׂימֵךְ אֱלֹהיִׂם כְשָׂרָה רִׂבְקָה רָּחֵל וְלֵאָה

Y’simekh Elohim k’Sarah, Rivka, Rachel, v’Leah

For our children and families:
May God bless you and protect you.

יִבְרָכֶךָ יְהוָֽה וְיִשְׂמְרֶךָ

Y’varekhekha Adonai v’yishm’rekha

May God show you favor and be gracious to you.

יָאֵר יְהוָֽה פָּנָֽיו אֵלֶיךָ וְיָשָׂא לָךְ שָׂלום

Ya’er Adonai panav eilekha vichuneka

May God show you kindness and grant you peace.

יִשָּׂא יְהוָֽה פָּנָיו אֵלֶיךָ וְיִשָּׁמְרֶךָ לְךָ שָׂלום

Yisa Adonai panav eilekha v’yasem l’kha shalom

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Healing Prayers
Music by Debbie Friedman

Mi shebeirach avoteinu
M’kor ha-b’rakha l’imoteinu
May the Source of strength,
Who blessed the ones before us,
Help us find the courage to make our lives a blessing,
And let us say: Amen.

Mi shebeirach imoteinu
M’kor ha-b’rakha la-avoteinu
Bless those in need of healing with r’fuah sh’leimah,
The renewal of body,
The renewal of spirit,
And let us say: Amen
**Hamalakh HaGoel Oti**  
By Abie Rotenberg

Hamalakh hago’el oti (2x) mi-kol ra,  
Y’varekh et han’arim.  
V’yikarei (3x) va’hem sh’mi.  
V’shem avotai, [v’shem imotai], Avraham, [Sarah], Yitzchak [v’Rivka],  
V’yidgu larov (2x) b’kerev ha’aretz.

*The Angel who has redeemed me from all harm—bless the children.*  
*In them, may my name be recalled.*  
*And the names of my ancestors Abraham and [Sarah], Isaac and [Rebecca],*  
*And may they grow into multitudes upon the earth.*

*Genesis 48:16*

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**Y’varekhekha**  
By Cantor Ofer Barnoy

Y’varekhekha Adonai v’yishm’rekha  
Ya’er Adonai panav eilekha vichuneka  
Yisa Adonai panav eilekha v’yasem l’kha shalom

*May God bless you and protect you.*  
*May God show you favor and be gracious to you.*  
*May God show you kindness and grant you peace.*

*Numbers 6:24-26*