Blessing the Children

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

יְשִׂימֵךָ אֱלֹהִים כְּאֶפְרַיְם וְכִּמְנַשֶּׁה

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

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

יְשִׂימֵךְ אֱלֹהִים כְּשָׂרָה רִבְקָה רָחֵל וְלֵאָה

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

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

יִבְרָךְךָ יְהוָה וִיִּשְׂמֶרֶךָ

Y’varekhekha Adonai v’yishm’rekha
May God show you favor and be gracious to you.

נָאָר יִתְנַהֵל אָלְפֵי אַלְמָה

Ya’eir Adonai panav eilekha vichuneka
May God show you kindness and grant you peace.

יִשָּא יִתְנַהֵל הֱכִיֵּי אַלְפֵי אַלְמָה

Yisa Adonai panav eilekha v’yaseim l’kha shalom
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'rakhah 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

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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)