

## ברכת כהנים/ילדים The Priestly Blessing/Blessing Our Children

It is customary on Friday evenings and on special occasions for parents to bless their children by placing their hands on the head of each child and bless each individually.

"Part of the blessing-text includes the threefold priestly blessing found in the book of Bamidbar (Numbers) chapter 6 verses 24-26. Just as the Kohanim (the High Priests) are designated as the instruments through which God blesses the people of Israel, so parents act as intermediaries, providing means for bestowing God's blessing upon their children." (The Encyclopedia of Jewish Prayer, Macy Nulman)

At TBA's bar/bat mitzvah celebrations we invite the bar/bat mitzvah's parents to share this blessing, both in Hebrew and English, with their child.

For our sons we say...

יְשַׁמְךָ אֱלֹהִים כְּאֶפְרַיִם וְכַמְנַשֶּׁה.  
*Y'sim'cha Elohim k'Ef'rayim v'chim'nasheh.*  
May God make you like Ephraim and Menashe

For our daughters we say...

יְשַׁמְךָ אֱלֹהִים כְּסָרָה, רִבְקָה, רָחֵל וְלֵאָה.  
*Y'simech Elohim k'Sarah, Rivka, Rachel v'Leah.*  
May God make you like Sarah, Rebecca, Rachel and Leah

For our children we continue...

יְבָרְכֶךָ יי וְיִשְׁמְרֶךָ.  
יָאֵר יי פָּנָיו אֵלֶיךָ וַיַּחֲנֶנֶךָ.  
יִשָּׂא יי פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם.  
*Y'varechecha ADONAI v'yishm'recha*  
*Ya'eir ADONAI panav eilecha vichune-ka.*  
*Yisa ADONAI panav eilecha v'yaseim l'cha shalom.*

May God bless you and keep you,  
May God's grace shine down upon you,  
May God's presence rise toward you and give you peace.