



Blessing our Children

It's a tradition to bless children on Shabbat.

There are many ways to take a moment to recognize the special impact our children make on a daily basis. Below are a few ways to honor your children each week:

1. Share something kind your child did this week.
2. Share something specific your child did that made you especially proud this week.
3. Share something you look forward to doing with your child this week.
4. Share a hurdle your child conquered this week.
5. Share a lesson your child taught you this week.

Here's a beautiful modern blessing to try.

For the traditional blessing and translation, visit <http://www.reformjudaism.org/practice/prayers-blessings/shabbat-and-holiday-blessings-blessing-over-children>

A Blessing for Children

by Mark Frydenberg (adapted)

*May your eyes see the best in all people,
May your mouth speak wisely,
May your hands reach out to others,
May your feet run to do good deeds.*

*May you have the patience to learn
and the spirit to be playful.
May you have the will to imagine
and the freedom to dream.*

*May your life be long and happy,
May your good name shine,
May Tradition show you The Way,
May you find your place in the world.*

*May there be love in your heart
and a smile on your face.
May your days be filled with promise and wonder.
May you be granted peace.*