

בְּרָכּוֹת הַפְּטִיפָּה

The entire family may wish to say the following blessing:

הַרְחֵקוּ
הוּא וְבָרַךְ
אוֹתָנוּ כְּלָנוּ יְחַד בְּבִרְכַת שְׁלוֹם.

Harahaman
Hu yevareh
otanu kulanu yahad
bevirkat shalom.

May the Merciful One bless all of us together with the blessing of peace.

Couples may wish to bless one another. They might choose passages from the Song of Songs. Traditionally, men have expressed appreciation to women by reciting "Eshet Hayil" (Proverbs 31:10-31). Women might choose to respond with "Mi Ha'ish" (Psalms 112:1-9).

שְׁלוֹם . . . יְבִרְכֵךְ / May...peace (Numbers 6:24-26).

Traditionally parents bless their children after candlelighting. They bless their sons in the names of Ephraim and Menasheh (Genesis 48:20) about whom we know very little. They bless their daughters in the names of the matriarchs.

בְּרָכּוֹת הַפְּטִיפָּה / BIRHOT HAMISHPAHAH / FAMILY BLESSINGS

After welcoming the tranquil spirit of Shabbat, we turn to one another. Sometimes personal statements of appreciation that highlight experiences of the past week are offered. After these informal exchanges, the following traditional passages may be recited.

Parents place their hands on their children's heads and bless them by saying:

To a son:

יְשִׁמְךָ אֱלֹהִים כְּאֶפְרַיִם וְכַמְנַשֶּׁה:

Yesimeha elohim ke'efrayim vehimmashah.

May God make you like Ephraim and Menasheh.

To a daughter:

יְשִׁמְךָ אֱלֹהִים כְּרַחֵל וְכֵסָרָה:

Yesimeh elohim kesarah rivkah rahel vele'ah.

May God make you like Sarah, Rebekah, Rachel and Leah.

Some families join hands while continuing together with the following blessings:

בְּרַכְךָ יְהוָה וְיִשְׁמְרֶךָ:

יָאֵר יְהוָה פְּנֵיךְ וְיִחְנֶנֶךָ:

יִשְׂא יְהוָה פְּנֵיךְ אֵלֶיךָ וְיִשֵּׁם לְךָ שְׁלוֹם:

Yevareheha adonay veyishmereha

ya'er adonay panav eleha vihuneka

yisa adonay panav eleha veyasem leha shalom.

May God bless you and keep you.

May God's presence shine on you and be gracious to you.

May God's presence rise toward you and give you peace.