

# **“Mi Sheberach”: Blessing for Children and Their Parents at the Commencement of the New Year**

May God who blessed our ancestors, Abraham, Isaac, and Jacob, Sarah, Rebecca, Rachel, and Leah, bless the children entering the gates of their school, kindergarten and nursery.

The Source of Blessings, safeguard their souls and bodies from unexpected fear and wars.<sup>(1)</sup>

Provide our children with a creative spirit, joyful curiosity and inquisitiveness, the simplicity of peace within themselves and with God, and the ability to recognize the good that they have experienced since the day they were born.

Provide them with teachers who are aware of their young souls, able to see their sadness and love their joyful playfulness.

Assist and guide them so that they may acquire wisdom and morality and perceive words of understanding.<sup>(2)</sup>

May the Holy One Blessed Be He grace their parents with days of blessed routine, health and sufficient prosperity so that they may provide for their children’s needs. Provide us with awe and wisdom, knowledge and understanding<sup>(3)</sup>, joy and love, so that we may see them as the gift of our lives.

Through our children, open a gate for us, so that we might see that which has been lost to us, and help us to be at peace with being good enough.<sup>(4)</sup>

May it be God’s will, and let us say, Amen.

**Written by: Rabbi Hagit Sabag Yisrael**

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1. ”Al Kol Eleh” (For All of These)/Naomi Shemer “Guard us from grief, sudden fears and from war”

2. Proverbs 1, verse 2: To know wisdom and instruction; to perceive the words of understanding

3. Ibn Ezra on Proverbs 9, verse 10: [The fear of the Lord is the beginning of wisdom: and the knowledge of the holy is understanding.] If there is no fear there is no wisdom, and if there is no knowledge there is no understanding.”

4. Donald Winnicott: The Good Enough Mother