

Prayers for each other after lighting candles on Shabbat and Holy Days

IN PRAISE OF A WOMAN

A woman of valor, Seek her out;
she is to be valued above rubies.
She opens her hand to those in need
and extends her help to the poor.
Adorned with strength and dignity,
she faces the future cheerfully.
Her speech is wise; the law of kindness
is on her lips.
Those who love her rise with praise
and call her blessed:
“Many have done well, but you surpass them all.”
Charm is deceptive and beauty short-lived,
but a woman loyal to God has truly earned praise.
Honor her for all of her offerings;
her life proclaims her praise.
(Proverbs 31)

FOR A BOY

May God inspire you
to be like Menasseh and Efraim.

Y'simcha Elohim
K'Efraim Uch'M'nasheh
יְשִׁמְךָ אֱלֹהִים כְּאַפְרַיִם וְכַמְנַשֶּׁה.

IN PRAISE OF MAN

Blessed is the man, who reveres A-do-nai,
who greatly delights in God's commandments!
His descendants will be honored in the land,
the generation of the upright will be blessed.
His household prospers, and his righteousness
endures forever.
Light dawns in the darkness for the upright;
for the one who is gracious,
compassionate and just.
He is not afraid of evil tidings; his mind is firm
trusting in A-do-nai.
His heart is steady, he will not be afraid.
He has distributed freely,
he has given to the poor;
his righteousness endures forever.
his life is exalted in honor.
(Psalm 112)

FOR A GIRL

May God inspire you to
be like Sarah, Rebecca, Rachel and Leah.

Y'simech Elohim
K'Sarah, Rivkah, Rachel, v'Leah
יְשִׁימְךָ אֱלֹהִים כְּשָׂרָה, רִבְקָה, רָחֵל, וְלֵאָה, וְרָחֵל.

FOR BOTH BOYS AND GIRLS

(Perhaps for Everyone)

May God bless you and keep you.
May God's light shine upon you, and may God be gracious to you.
May you feel God's Presence within you always, and may you find peace.

Y'varech'cha A-do-nai v'yishm'rech'cha
Ya'er A-do-nai panav elecha vichuneka
Yisa A-do-nai panav elecha v'yasem l'cha shalom

בְּרַכָּךָ ה' וַיְשִׁמְךָ.
יָאֵר ה' פְּנֵי אֱלֹהֶיךָ וַיַּחַנְךָ.
יֵשֵׂא ה' פְּנֵי אֱלֹהֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם.

(Numbers 6:24-26)