

Parents' Blessing:

Recited after the closing Torah blessing during the parents' 'aliyah.

For a bar mitzvah:

בְּרוּךְ שֶׁפִּטְרָנוּ מֵעֲנֹשׁוֹ שֶׁל זֶה.  
*barukh shepetaranu me'onsho shel zeh.*

For a bat mitzvah:

בְּרוּךְ שֶׁפִּטְרָנוּ מֵעֲנֹשָׁה שֶׁל זוֹ.  
*barukh shepetaranu me'onshah shel zo.*

Blessed is the One who has brought us to the moment  
 that our child adopts adult religious responsibility.

Optional: May the Holy Blessed One continue to instill in our child  
 love, compassion, a sense of duty, and a commitment  
 to bring holiness into the world.

May we be blessed to step further back  
 as we witness our child make decisions  
 in keeping with her/his highest ideals and greatest potential.

Sheheheyanu (Blessing for Joyful Occasions):

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
 שֶׁהַחַיִּינוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזִמְנוֹ הַזֶּה.  
*barukh ata Adonai Elohenu melekh ha'olam  
 sheheheyanu, vekiyemanu, vehigi'anu lazeman hazeh.*

Blessed are You, Adonai, our God, Sovereign of the world,  
 who has given us life, and sustained us,  
 and brought us to this moment.