



## A Blessing for Grandparents

Judaism places great value on the wisdom of our elders and the practice of passing down our heritage from generation to generation. This blessing is a way to celebrate the grandparents in our communities, and in our lives, and to affirm their place in the generations. It may be recited in community by a ritual leader or by one's children or grandchildren — whether one became a grandparent yesterday or years ago.

Grandparents may adapt the blessing to recite it themselves, replacing “we” and “you/your” in the text below with “I/my.”

The blessing can be part of a lifecycle event, such as the birth or adoption of a grandchild, a B-Mitzvah ceremony, a milestone birthday, around Grandparents' Day, or at a particular stage of grandparenting, such as becoming a surrogate grandparent.

Grandchildren are the crown of their elders.  
Parents are the light to their children.

(Proverbs 17:6)

עֲטֶרֶת זְקֵנִים בְּנֵי בָנִים וְתִפְאֶרֶת בָּנִים אֲבוֹתָם

*Ateret z'kenim b'nei vanim v'tiferet vanim avotam.*

We honor and affirm the stage of your life where you now hold the title of Grandparent.

May you continue to discover new parts of yourself and deepen your relationship with your child[ren] and grandchild[ren].

Here you are, as a grandparent, knowing you have created a full life for yourself and knowing that you have a circle of loved and loving ones who continue to celebrate this life stage with you.

***Modim anachnu lach.***

We thank the Abundance of the Universe for the good you have given us, for the life you have, and for the gifts that are your daily portion:

For health and healing

For the ever-renewed beauty of earth and sky

For thoughts of truth and justice which inspire acts of goodness.

We recognize the abundant gifts you offer as a grandparent.

May the blessings and lessons of your experiences guide and sustain you as a grandparent. May you be a supportive presence to your children on their parenting journey.

May you love your grandchildren in the ways they need to be loved.

May you be a safe and embracing presence for your family throughout their lives.

*Adapted by Hila Ratzabi from “Celebrating Grandparenthood: A Water-Pouring Ceremony,” originally created by Mayyim Hayyim Living Waters Community Mikveh and the Jewish Grandparents Network.*



Photograph by Jay Levy