



# זֶבֶד הַבַּת / הַבֵּן

כמנהג הומניסטי

ZEVED HABAT/HABEN

A Humanistic Jewish Blessing Ceremony for Newborns



The baby is brought to the front (or presented in a circle) along with their parents and honorees. The baby may be wrapped in a tallit and held on a pillow.

We sing:

הִנֵּה מַה טוֹב וְמַה נְעִים

שֵׁבֶת עַמִּים גַּם יַחַד

Hine ma tov uma na'im

shevet amim gam yahad!

*Behold how good and how pleasant it is,  
for people to dwell together.*

אִיפֹה אֹרִי? אֹרִי בִי

אִיפֹה תִקְוָתִי? תִקְוָתִי בִי

אִיפֹה כֹחִי? כֹחִי בִי

וְגַם בָּךְ

Éfo ori? Ori bi.

Éfo tikvati? Tikvati bi.

Éfo Koḥi? Koḥi bi.

Vegam bach

*Where is my light? My light is in me.*

*Where is my hope? My hope is in me.*

*Where is my strength? My strength is in me.*

*And in you.*

R. Sherwin Wine

The officiant/rabbi says the following in Hebrew and pauses after the words veyikare shemo/a..... at which point the parents call out the name of the child.

זְכוֹרֵן חֲסִדֵי אִמּוֹת וְחֲסִדֵי אָבוֹת, אַבְרָהָם יִצְחָק וְיַעֲקֹב, שָׂרָה וְרִבְקָה, רָחֵל  
וְלֵאָה, וּמִרְיָם הַנְּבִיאָה וְאֶסְתֵּר הַמַּלְכָּה: וְנִבְרַךְ אֶת הַיֶּלֶד הַזֶּה/הַיְלֵדָה הַזֹּאת  
וְיִקְרָא שְׁמוֹ/שְׁמָה \_\_\_\_\_ בְּאַהֲבָה וּבְמִזַּל טוֹב וּבְשַׁעַת בְּרָכָה וְנֹאמַר אָמֵן

Zicheron hasdé imahot vehasdé avot, Avraham, Yitzhak veYa'akov, Sarah veRivkah,  
Rahel veLeah. Umiriam haneviah ve'Ester HaMalkah.

Unevarech et hayeled haze/hayalda hazot, veyikare shemo/a

\_\_\_\_\_ be'ahava uvemazal tov uvesha'at berachah, venomar

**Amen.**

*“Let us remember the kindness of our mothers and fathers, Abraham, Isaac and Jacob, Sarah and Rebecca, Rachel and Leah, and Miriam the Prophet, and Esther the Queen. And we shall bless this child and their name shall be ..... with love, and with good luck and in a blessed hour, and we say Amen.*

**Sweets may be thrown and people may call out Mazal Tov!**

**Seven friends and relatives now read personalised blessings while passing the Kiddush cup around (or seven blessings shared among however many people are present), starting with the parents reciting the following blessing.**

**1. Identity** (to a boy)

הֵיָה אֲשֶׁר תִּהְיֶה וְהֵיָה בְּרוּךְ בְּאֲשֶׁר תִּהְיֶה

Heyé asher tihyé, veheyé baruch ba'asher tihyé

(to a girl)

הֵיָי אֲשֶׁר תִּהְיִי וְהֵיָי בְּרוּכָה בְּאֲשֶׁר תִּהְיִי

Hayí Asher tihyí vahayí beruchá ba'asher tihyí

*Be who you are, and may you be blessed in all that you are!*

## **2, Love**

*May you always know love, in all its forms. May you give and receive love freely, and may it bring you strength.*

## **3. Wisdom**

*May you seek knowledge and wisdom, and may you grow in understanding of yourself and the world around you.*

## **4. Joy**

*May your days be filled with joy, laughter, and wonder. May you always find beauty in life's simplest moments.*

## **5. Resilience**

*May you be strong in the face of challenges, courageous in times of uncertainty, and steadfast in your values.*

## **6. Community**

*May you always be surrounded by those who cherish you, support you, and uplift you, and may others find in you a source of compassion and loyalty.*

## **7. Kindness**

*May your heart be open to the needs of others, and may your kindness bring light to those around you.*

***Parents may now say a final blessing:***

*Our child, you are a blessing to us. May your journey in this world be filled with love, meaning and connection. May you always know that you are cherished, exactly as you are.*

**The seven blessings may conclude with a shared moment of reflection.**

**Closing song to be chosen by the family.**



# מזל טוב

