

Erev Shabbat with Beth-El Zedeck
May 8, 2020 • 15 Iyar 5780



Blessing the Children

For our sons:

May you be like Ephraim and Menashe.

יְשִׁימָךְ אֱלֹהִים כְּאֶפְרַיִם וְכַמְנַשֶּׁה

Y'simkha Elohim k'Ephraim v'khi-Menashe.

For our daughters:

May you be like Sarah, Rebecca, Rachel, and Leah.

יְשִׁימָךְ אֱלֹהִים כְּשָׂרָה רַבֵּקָה רָחֵל וְלֵאָה

Y'simekh Elohim k'Sarah, Rivka, Rachel, v'Leah

For our children and families:

May God bless you and protect you.

יְבָרְכֶךָ יְהוָה וַיִּשְׁמְרֶךָ

Y'varekhekh Adonai v'yishm'rekha

May God show you favor and be gracious to you.

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחֲנֶנֶךָ

Ya'er Adonai panav eilekha vichuneka

May God show you kindness and grant you peace.

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שָׁלוֹם

Yisa Adonai panav eilekha v'yasem l'kha shalom



Healing Prayers

Music by Debbie Friedman

Mi shebeirach avoteinu

M'kor ha-b'rakha l'imoteinu

May the Source of strength,
Who blessed the ones before us,
Help us find the courage to make our lives a blessing,
And let us say: *Amen*.

Mi shebeirach imoteinu

M'kor ha-b'rakhah la-avoteinu

Bless those in need of healing with *r'fuah sh'leimah*,
The renewal of body,
The renewal of spirit,
And let us say: *Amen*



Counting the Omer

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל סְפִירַת הָעֹמֶר.

*Baruch atah Adonai Eloheinu melech ha'olam asher kid'shanu b'mitzvotav
v'tzivanu al sefirat ha'omer.*

Blessed are You, Adonai our God, Ruler of the universe, who sanctifies us with mitzvot, and commands us concerning the counting of the Omer.

הַיּוֹם שְׁלֹשִׁים יוֹם שֶׁהֵם אַרְבָּעָה שָׁבוּעוֹת וּשְׁנַיִם יָמִים לָעֹמֶר

Hayom sh'loshim yom shehem arba'ah shavuot ush'nei yamim la-omer.

Today is 30 days—four weeks and two days of the *omer*.



Kaddish D'Rabbanan

Music by Debbie Friedman

For our teachers and their students, and the students of the students:

We ask for peace and loving-kindness, and let us say: *Amen*.

And for those who study Torah here and everywhere.

May they be blessed with all they need, and let us say: *Amen*.

We ask for peace and loving-kindness, and let us say: *Amen*. (3x)



Al Sh'loshah D'varim (Pirkei Avot 1:2)

Music by Chaim Tzur

Al sh'loshah d'varim (2x)

Al sh'losha, sh'loshah d'varim ha-olam, ha-olam omeid:

Al ha-Torah, v'al ha-avodah, v'al g'milut chasadim (2x)

*The world stands on three things:
On Torah, on worship, and on acts of loving kindness.*

