

Erev Shabbat with Beth-El Zedeck

May 22, 2020 • 29 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

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצותיו, וצונו על ספירת העומר.

*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.

היום ארבעה וארבעים יום נשהם נשה שבעות ושני ימים לעומר

Hayom arba'ah v'arba'im yom shehem shishah shavuot ush'nei yamim la'omer.

Today is 44 days—six weeks and two days of the *omer*.



T'fillat HaDerech

By Debbie Friedman

May we be blessed as we go on our way.

May we be guided in peace.

May we be blessed with health and joy.

May this be our blessing: *Amen*.

Amen, Amen, may this be our blessing: Amen. (2x)

May we be sheltered by the wings of peace.

May we be kept in safety and in love.

May grace and compassion find their way to every soul.

May this be our blessing: *Amen*.

Amen, Amen, may this be our blessing: Amen. (2x)



Mazel Tov to the

Class of 2020

Ani V'Atah

Music by Miki Gavrielov and Lyrics by Adam Einstein

Ani v'atah n'shaneh et ha'olam,
Ani v'atah az yavo'u k'var kulam.

Refrain: Amru et zeh kodem l'fanai, zeh lo m'shaneh.
Ani v'atah n'shaneh et ha'olam.

Ani v'atah n'naseh meihat'chalah,
Yih'yeh lanu ra, ein davar, zeh lo nora.

You and I will change the world, you and I, then all will join us.

Though it's been said before, it doesn't matter.

You and I will start from the beginning.

It may be difficult, but it's nothing, it's not so terrible.