

Erev Shabbat with Beth-El Zedeck
May 29, 2020 • 7 Sivan 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'varekhekha 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*



Etz Chayim Hi

By Tanchum Portnoy

Etz chayim hi lamachazikim ba
V'tom'cheha m'ushar.

D'racheha darchei no'am
V'chol n'tivotecha shalom.

Hashiveinu Adonai eilecha v'nashuvah
Chadesh yameinu k'kedem.

It is a tree of life for those who grasp it and all who support it are blessed.
Its ways are pleasant, and all its paths are peace.
Turn us toward You, Adonai, and we will return to You;
Renew our days as in the past.

(Proverbs 3:17-18; Lamentations 5:21)

