

Erev Shabbat with Beth-El Zedeck September 25, 2020 • 8 Tishrei 5781



Blessing the Children

For our sons:

May you be like Ephraim and Menashe.

יְשִׁימָךְ אֱלֹהִים כְּאֶפְרַיִם וְכִמְנַשֶּׁה

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'simeikh 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'eir Adonai panav eilekha vichuneka

May God show you kindness and grant you peace.

יֵשָׂא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שָׁלוֹם

Yisa Adonai panav eilekha v'yaseim l'kha shalom



Luleh He'emanti

Music by Joanna S. Dulkan

Luleh he'emanti lirot b'tuv Adonai
B'erezt hayim. (2x)
Kaveh el Adonai. (4x)

*If only I could trust that I would see God's goodness
In the land of the living...
Place your hope in Adonai.*

(From Psalm 27:13-14)



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*



Return Again

By Shlomo Carlebach

Return Again (2x)

Return to the land of your soul.

Return to who you are

Return to what you are

Return to where you are born and reborn again



Haneshamah Lach

Music by Shlomo Carlebach

Haneshamah lach v'haguf po'olach

Chusah, chusah al amalach

The soul is Yours, the body is Your creation.

Have compassion on Your handiwork.

