

Erev Shabbat with Beth-El Zedeck
October 23, 2020 • 6 Heshvan 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 רִבְקָה 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.

יְשֵׂא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם

Yisa Adonai panav eilekha v'yaseim 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*



Over The Rainbow

By Harold Arlen and Yip Harburg

Somewhere over the rainbow way up high
There's a land that I heard of once in a lullaby.
Somewhere over the rainbow skies are blue
And the dreams that you dare to dream really do come true.

Someday I'll wish upon a star and wake up where the clouds are far behind me
Where troubles melt like lemondrops away above the chimney tops
That's where you'll find me

Somewhere over the rainbow bluebirds fly.
Birds fly over the rainbow why then, oh, why can't I?
V'haita ha-keshet be'anah ur'itihah lizkor b'rit olam...

וְהִיְתָה הַקֶּשֶׁת בַּעֲנָן, לְזָכַר בְּרִית עוֹלָם

When the rainbow is in the clouds, I will see it and remember the everlasting covenant...

(From Genesis 9:16)

