

**Erev Shabbat with Beth-El Zedeck**  
**November 13, 2020 • 27 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 רַבֵּקָה רַחֵל 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.

יִשָּׂא 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*



## Eishet Chayil

Music by Ben Zion Shenker

Eishet chayil mi yimtza; v'rachok mipninin michrah.  
Batach bah lev balah; v'shalal lo yechar.  
G'malthu tov v'lo ra kol y'mei chayeha.  
Darshah tzemer ufishtim; vata'as b'cheifetz kapeha.  
Piha patchah v'chochmah; v'torat chesed al l'sonah.  
Tzofiyah halichot beita v'lechem atzlut lo tocheil.  
Kamu vaneha vay'ashruha; balah vay'hal'lah.  
Rabot banot asu chayil; v'at alit al kulanah.

Sheker hachein v'hevel hayofi: ishah yirat Adonai hi tithalal.  
T'nu lah mip'ri yadeha; vihal'luhah vasharim ma'aseha.

*What a precious find is a Woman of Valor for her worth is far beyond rubies!  
Her husband puts his confidence in her and lacks no good thing.  
She is good and does no evil, all the days of her life.*

*She seeks the materials to willingly work for what is needed.  
She opens her mouth with wisdom and only speaks kindness.  
She oversees the activities of her household and is never idle.*

*Her family rise up to bless and praise her:*

*'Many women have done superbly, but you surpass them all.'*

*Charm is deceitful and beauty—vain, but a God-revering woman is to be praised.  
Extol her for the fruit of her hand, wherever people gather, her deeds speak her praise!*

*(From Proverbs 31:10-13, 26-31)*

