

Erev Shabbat with Beth-El Zedeck

June 18, 2021 • 9 Tammuz 5781



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'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



Healing Prayers

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*



HaMalakh HaGoel Oti

By Abie Rotenberg

Hamalakh hago'el oti (2x) mi-kol ra,
Y'varekh et han'arim.
V'yikarei (3x) va'hem sh'mi.
V'shem avotai, [v'shem imotai], Avraham, [Sarah], Yitzchak [v'Rivka],
V'yidgu larov (2x) b'kerev ha'aretz.

*The Angel who has redeemed me from all harm—bless the children.
In them, may my name be recalled.
And the names of my ancestors Abraham and [Sarah], Isaac and [Rebecca],
And may they grow into multitudes upon the earth.*

(Genesis 48:16)



Lift Every Voice and Sing

Text by James Weldon Johnson & Music by John Rosamund Johnson

Lift every voice and sing,
'Til earth and heaven ring,
Ring with the harmonies of Liberty;
Let our rejoicing rise
High as the listening skies,
Let it resound loud as the rolling sea.

Sing a song full of the faith that the dark past has taught us;
Sing a song full of the hope that the present has brought us;

Yet with a steady beat,
Have not our weary feet
Come to the place for which our parents sighed?
Facing the rising sun
Of our new day begun,
Let us march on till victory is won.

