

**Erev Shabbat with Beth-El Zedeck**  
**April 17, 2020 • 24 Nisan 5780**



**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'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*



## Counting the Omer

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצותיו, וצונו על ספירת העומר.

*Baruch atah Adonai Eloheinu melech ha'olam asher kid'shanu b'mitzvotav  
vitzivanu al sefirat ha'omer.*

Blessed are You, Adonai our God, Ruler of the universe, who sanctifies us with mitzvot, and commands us concerning the counting of the Omer.

היום תשעה ימים ששה שבוע אחד ושני ימים לעומר.

*Hayom tishah yamim shehem shavua echad ush'nei yamim la-omer.*

Today is 9 days—one week and two days of the *omer*.



## **Mitzvah Goreret Mitzvah (Pirkei Avot 4:2)**

Music by Andy Vogel

*Mitzvah goreret mitzvah.  
Avodah goreret aveirah.  
Mitzvah goreret mitzvah,  
Goreret mitzvah, ya la la la la.*

*Lih'yot tzadik zeh tov, zeh tov.  
Lih'yot Tzadik zeh tov m'od!*

One *mitzvah* leads to another. One misdeed leads to another.  
To be righteous is very good!

