

# Erev Shabbat with Beth-El Zedeck

## April 24, 2020 • 1 Iyar 5780



### 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'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

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוֵּנוּ עַל סְפִירַת הָעֹמֶר.

*Baruch atah Adonai Eloheinu melech ha'olam asher kid'shanu b'mitzvotav  
v'tzivanu 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.

הַיּוֹם שִׁשָּׁה עָשָׂר יוֹם שֶׁהֵם שְׁנַיִם שָׁבוּעוֹת וְשְׁנַיִם יָמִים לָעֹמֶר

*Hayom shishah asar yom shehem sh'nei shavuot ush'nei yamim la-omer.*

Today is 16 days—two weeks and two days of the *omer*.



# Al Sh'loshah D'varim (Pirkei Avot 1:2)

Music by Chaim Tzur

Al sh'loshah d'varim (2x)

Al sh'loscha, sh'loshah d'varim ha-olam, ha-olam omeid:

Al ha-Torah, v'al ha-avodah, v'al g'milut chasadim (2x)

*The world stands on three things:  
On Torah, on worship, and on acts of loving kindness.*

