Blessing the Children

For our sons:
May you be like Ephraim and Menashe.

יְשִׂימְךָ אֱלֹהֵיָם כְּאֶפְרַיְם וְכִּמְנַשֶּׁה
Y’simkha Elohim k’Ephraim v’khi-Menaseh.

For our daughters:
May you be like Sarah, Rebecca, Rachel, and Leah.

יְשִׂימֵךְ אֱלֹהֵיָם כְּשָׂרָּה רִּבְקָּה רָּחֵל וְלֵאָּה
Y’simekh Elohim k’Sarah, Rivka, Rachel, v’Leah

For our children and families:
May God bless you and protect you.

יָבָּרֶכְךָ יְהוָּה וְיִשְׂמְרֶךָ
Y’varekhekha Adonai v’yishm’rekha
May God show you favor and be gracious to you.

יָאֵר יְהוָּה פָּנָּיו אֵלֶיךָ וְיָשָׁם לְךָ שָׂלום
Ya’er Adonai panav eilekha vichuneka
May God show you kindness and grant you peace.

יִשָּׁא יְהוָּה סְפִּים לְךָ וְיִשָּׁמְלֶךָ לְחַ שָּׂלום
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’rakah 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

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Counting the Omer

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.

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’losha, 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.*