

# Erev Shabbat with Beth-El Zedeck

## May 1, 2020 • 8 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

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  
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.

היום שלשה ועשרים יום שהם שלשה שבועות ושני ימים לעומר

*Hayom sh'loshah v'esrim yom shehem sh'loshah shavuot ush'nei yamim la-omer.*

Today is 23 days—three weeks and two days of the *omer*.



## **Amar Rabi Y'hudah (Pirkei Avot 4:27)**

Music by Akivah Nof

Amar Rabi Y'hudah:  
Al tistakeil bakankan eileh va'meh she-yesh bo.

*Rabbi Yehudah said:  
Do not look at the bottle, but rather, what is inside.*

