

**Erev Shabbat with Beth-El Zedeck**  
**May 15, 2020 • 22 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 שבועה ושלושים יום שהם חמשה שבועות ושני ימים לעומר

*Hayom shivah u'sh'loshim yom shehem chamishah shavuot ush'nei yamim la'omer.*

Today is 37 days—five weeks and two days of the *omer*.



## **Holy Place (based on Exodus 25:8)**

By Debbie Friedman

These are the gifts that we bring that we may build a holy place.  
This is the spirit that we bring that we may build a holy place.  
We will bring all the goodness that comes from our hearts.  
And the spirit of God will dwell within.

These are the prayers that we bring that we may build a holy place.  
These are the visions that we seek that we may build *this* holy place.  
*V'asu li mikdash v'shachanti, v'shachanti b'tocham.*

Let our promise forever be strong, let our souls rise together in song,  
That the spirit of God and the spirit of love will dwell within.



## **Lo Alecha (Pirkei Avot 2:16, 15)**

Music by Jeff Klepper and Dan Frelander

*Lo alecha ham'lacha ligmor,  
Lo alecha ligmor. (2x)*

*V'lo ata ben chorin l'hibateil mimena,  
V'lo ata ben chorin. (2x)*

It is not your duty to complete the work, neither are you free to desist from it.

