Erev Shabbat with Beth-El Zedeck
May 15, 2020 • 22 Iyar 5780

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Blessing the Children

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

יְשִׂימְךָ אֱלֹהיִׂם כְאֶפְרַיְם וְכִׂמְנַשֶה
Y’simkha Elohim k’Ephraim v’khi-Menashe.

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

יְשִׂימֵךְ אֱלֹהיִׂם כְשָׂרָׂה רִׂבְקָה רָׂחֵל וְלֵאָׂה
Y’simekh Elohim k’Sarah, Rivka, Rachel, v’Leah

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

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

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

יִׂשָּא יְהוָּה פָּנָיו אֵלֶיךָ לְךָ שָׂלום
Yisa Adonai panav eilekha v’yasem l’kha shalom

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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 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 Freelander

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.