Blessing the Children

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

לִשְׂימֵךְ אֱלֹהִים כְּאֵפְרָיָם וְכִּמְנַשֶּׁה

Y’simkha Elohim k’Ephraim v’khi-Menasha.

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

לִשְׂימֵךְ אֱלֹהִים כְּשָׂרָה רִבְקָה רָחֵל וְלֵאָה

Y’simekha Elohim k’Sarah, Rivka, Rachel, v’Leah

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

בָּרֶכֶת יְהוָה וּמְשֹׁמֶרְךָ

Y’varekhekha Adonai v’yishm’rekha

May God show you favor and be gracious to you.

נָאֵר יְהוָה וְיֵשֶׁמֹר אֶלֶיךָ

Ya’er Adonai panav eilekha vichuneka

May God show you kindness and grant you peace.

נָשֶׂא יְהוָה וְיֶשֶׁם אֶלֶיךָ שָׂלֹם

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

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Counting the Omer

בָּרוּךְ אַתָּה יְיָ אֱלֹה ֵֽינוּ מֵֶֽלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשֵָֽׁנוּ בְּמִצְוֹתָיו, וְצִוֵָּֽנוּ עַל סְפִירַת הָע ֵֽמֶר
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 אַרְבָּׂעָה וְאַרְבָּׂעִׂים יוֹם שֶהֵם שִׂשָׂה שָׂבוּעוֹת וּשְנֵי يָם לָו ֹֽמֶר
Hayom arba’ah v’arba’im yom shehem shishah shavuot ush’nei yamim la’omer.

Today is 44 days—six weeks and two days of the omer.
T’fillat HaDerech  
By Debbie Friedman

May we be blessed as we go on our way.  
May we be guided in peace.  
May we be blessed with health and joy.  
May this be our blessing: Amen.

*Amen*, *Amen*, may this be our blessing: *Amen.* *(2x)*

May we be sheltered by the wings of peace.  
May we be kept in safety and in love.  
May grace and compassion find their way to every soul.  
May this be our blessing: *Amen.*

*Amen*, *Amen*, may this be our blessing: *Amen.* *(2x)*

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Mazel Tov to the  
*Class of 2020*

**Ani V’Atah**  
Music by Miki Gavrielov and Lyrics by Adam Einstein

Ani v’atah n’shanah et ha’olam,  
Ani v’atah az yavo’u k’var kulam.

**Refrain:** Amru et zeh kodem l’fanai, zeh lo m’shanah.  
Ani v’atah n’shanah et ha’olam.

Ani v’atah n’naseh meihat’chalah,  
Yih’yeh lanu ra, ein davar, zeh lo nora.

You and I will change the world, you and I, then all will join us.  
Though it’s been said before, it doesn’t matter.  
You and I will start from the beginning.  
It may be difficult, but it’s nothing, it’s not so terrible.