

Erev Shabbat with Beth-El Zedeck

June 12, 2020 • 20 Sivan 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

By Todd Herzog

El Na R'fa Na Lah, R'fa Na Lanu (2x)

Dear God of our ancestors (2x)

Help us renew our faith (2x)

Grant us a perfect healing (2x)

Bring peace to all our days (2x)

El Na R'fa Na Lah, R'fa Na Lanu (2x)

(Based on Numbers 12:13)



Not By Might—Not By Power

By Debbie Friedman

Not by might and not by power,

But by spirit alone shall we all live in peace. (2x)

The children sing, the children dream.

And their tears may fall, but we'll hear them call

And another song will rise, another song will rise, another song will rise!

Not by might and not by power,

But by spirit alone shall we all live in peace.

Not by might, not by power, shalom!

(based on Zechariah 4:6)

