Erev Shabbat with Beth-El Zedeck
June 26, 2020 • 5 Tammuz 5780

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Blessing the Children

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

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

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

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

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

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

Ya’er Adonai panav eilekha vichuneka
May God show you kindness and grant you peace.

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'rakha 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

Yih’yu L’ratzon
By Josh Nelson

Yih'yu l'ratzon imrei fi
v'hegyon libi l'fanecha
Adonai tzuri v'goali.

May the words of my mouth and meditations of my heart
be acceptable to you.

(Psalm 19:15)