

Erev Shabbat with Beth-El Zedeck

July 24, 2020 • 4 Av 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'simeikh Elohim k'Sarah, Rivka, Rachel, v'Leah

For our children and families:

May God bless you and protect you.

וַיְשַׁמְרֶךָ יְבָרְכֶךָ יְהוָה

Y'varekhekha Adonai v'yishm'rekha

May God show you favor and be gracious to you.

וַיַּחַנְנֶךָ אֱלֹהֶיךָ יְאֵר יְהוָה פָּנָיו

Ya'eir Adonai panav eilekha vichuneka

May God show you kindness and grant you peace.

וַיִּשֶׂם לְךָ שְׁלוֹם יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ

Yisa Adonai panav eilekha v'yaseim 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*



Eli, Eli

Poem by Hannah Szenes, Music by David Zehavi

Eli, Eli—Shelo yigamer le'olam

Hakhol vehayam

Rishrush shel hamayim

Berak hashamayim

Tefilat ha'adam

אֵלִי, אֵלִי

שֶׁלֹא יִגְמַר לְעוֹלָם

הַחֹל וְהַיָּם,

רִשְׁרוּשׁ שֶׁל הַמַּיִם,

בְּרַק הַשָּׁמַיִם,

תְּפִלַּת הָאָדָם.

Oh God, My God—I pray that these things never end.

The sand and the sea, the rush of the waters,

The crash of the heavens, the prayer of the heart.