Erev Shabbat with Beth-El Zedeck
August 28, 2020 • 9 Elul 5780

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Blessing the Children

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

 Yoshi'mka Elohim k'Ephraim v'khi-Menaseh.

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

 Yoshi'mek Elohim k'Sarah, Rivka, Rachel, v'Leah

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

 Y'varekhkeka Adonai v'yishm'rekha

May God show you favor and be gracious to you.

 Ya'eir Adonai panav eilekha vichuneka

May God show you kindness and grant you peace.

 Yisa Adonai panav eilekha v'yaseim 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'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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Return Again
By Shlomo Carlebach

Return Again (2x)
Return to the land of your soul.
Return to who you are
Return to what you are
Return to where you are born and reborn again
Oseh Shalom
Music by Debbie Friedman

Oseh shalom bimromav hu ya’aseh shalom aleinu
V’al kol Yisrael v’imru Amen.

May the One who creates peace on high bring peace to us,
And to all Israel, and to all who dwell on earth, and we say: Amen.