

Erev Shabbat with Beth-El Zedeck December 18, 2020 • 4 Tevet 5781



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.

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'eir Adonai panav eilekha vichuneka

May God show you kindness and grant you peace.

יֵשָׂא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שָׁלוֹם

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*



HaMalakh HaGoel Oti

By Abie Rotenberg

Hamalakh hago'el oti (2x) mi-kol ra,
Y'varekh et han'arim.

V'yikarei (3x) va'hem sh'mi.

V'shem avotai, [v'shem imotai], Avraham, [Sarah], Yitzchak [v'Rivka],
V'yidgu larov (2x) b'kerev ha'aretz.

The Angel who has redeemed me from all harm—bless the children.

In them, may my name be recalled.

And the names of my ancestors Abraham and [Sarah], Isaac and [Rebecca],

And may they grow into multitudes upon the earth.

(Genesis 48:16)



Y'varekhekha

By Cantor Ofer Barnoy

Y'varekhekha Adonai v'yishm'rekha...kein y'hi ratzon (3x)

Ya'er Adonai panav eilekha vichuneka...kein y'hi ratzon (3x)

Yisa Adonai panav eilekha v'yasem l'kha shalom...kein y'hi ratzon (3x)

May God bless you and protect you...so may it be God's will!

May God show you favor and be gracious to you...so may it be God's will!

May God show you kindness and grant you peace...so may it be God's will!

(Numbers 6:24-26)