Erev Shabbat with Beth-El Zedeck
March 5, 2021 • 22 Adar 5781

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Blessing the Children

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

יְשִׂימְךָ אֱלֹהיִׂם כְּאֶפְרַיְם וְכִׂמְנַשֶה

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

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

יְשִׂימֵךְ אֱלֹהיִׂם כְשָׂרָׂה רִׂבְקָׂה רָׂחֵל וְלֵאָׂה

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

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

יִבְרָכֶךָ יְהוָה וְיִשְמְרֶךָ

Y’verekhekha Adonai v’yishmorkeha

May God show you favor and be gracious to you.

יִאֶר יְהוָה פָּנָיו אֵלֶיךָ וִיחֻנֶךָ

Ya’eir Adonai panav eilekha vichuneka

May God show you kindness and grant you peace.

יִשָּא יְהוָה פָּנָיו אֵלֶיךָ וְיִשְׁמַע לְךָ שָׂלום

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’rakah 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

"ינושה טלפת"