

Erev Shabbat with Beth-El Zedeck

March 12, 2021 • Adar 29 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.

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שָׁלוֹם

Yisa Adonai panav eilekha v'yaseim l'kha shalom



V'imru Amen

By Sheldon Low

In this home, sacred space,
We are one, together we pray.
V'imru Amen.



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)



Ozi V'zimrat Yah

By Rabbi Shefa Gold

עֲזִי וְזִמְרַת יְהוָה, וַיְהִי-לִי לִישׁוּעָה

Ozi v'zimrat Yah; v'yhi-li lishuah

Adonai is my strength and might; God will be my source of help.

(Exodus 15:2)

