Erev Shabbat with Beth-El Zedeck
March 12, 2021 • Adar 29 5781

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Blessing the Children

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

בֹּשֵׁמֶךָ אֱלֹהֵיֵם כְּאֶפְרַיְם וְמָנָשֵׁה

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

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

בֹּשֵׁמֶךָ אֱלֹהֵיֵם כְּשָׂרָה רִבְקָה רָחֵל וְלֵאָה

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

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

בֹּקְרֵךְ יְהוָה וְיִשְּמְרֶךָ

Y’varekhekha Adonai v’yishm’rekha

May God show you favor and be gracious to you.

לֵאָר יְהוָה טְפִיוֹ אֶלֹהֵי רֵיחֲנוּ

Ya’eir Adonai panav eilekha vichuneka

May God show you kindness and grant you peace.

יִשָּא יְהוָה טְפִיוֹ אֶלֹהֵי לִשְׂמֶךָ לְחַ שָׁלוֹם

Yisa Adonai panav eilekha v’yaseim l’kha shalom

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V'imru Amen
By Sheldon Low

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

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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.
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)*

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Ozi V’zimrat Yah
By Rabbi Shefa Gold

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)*