Erev Shabbat with Beth-El Zedeck
April 16, 2021 • 5 Iyar 5781

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Blessing the Children

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

יהישך אלהים כאפרים ומנשה

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

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

יהישך אלהים כסירה ורבקה ורחל ולויה

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

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

יברךך יהוה וישמרך

Y’varekhekha Adonai v’yishm’rekha

May God show you favor and be gracious to you.

נאר ילהה יסורה אלוהים ורחם

Ya’eir Adonai panav eilekha vichuneka

May God show you kindness and grant you peace.

ינשא ילהה יסורה אלוהים ושם לחה שלום

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

Yerushalayim Shel Zahav
By Naomi Shemer

Avir harim tzalul kayayin v’rei’ach oranim,
Nisa b’ru’ach ha’arbayim im kol pa’amonim.
Uv’tardemat ilan va’even shvuyah bachalomah,
Ha’ir asher badad yoshevet u’v’libah chomah.

Refrain:
Yerushalayim shel zahav
v’shel n’choshet v’shel or
Halo l’chol shirayich ani kinor (2x)

The olive trees that stand in silence upon the hills of time,
To hear the voices of the city as bells of evening chime.
The shofar sounding from the Temple to call the world to prayer,
The shepherd pauses in the valley and peace is everywhere.

Refrain
Counting the Omer

Baruch atah Adonai Eloheinu melech ha’olam asher kid’shanu b’mitzvotav vitzivanu al sefirat ha’omer.

Blessed are You, Adonai our God, Ruler of the universe, who sanctifies us with mitzvot, and commands us concerning the counting of the Omer.

Hayom esrim yom shehem sh’nei Shavuot v’shishah yamim la-omer.

Today is the twentieth day of the omer.

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Mitzvah Goreret Mitzvah

Music by Andy Vogel

Mitzvah goreret mitzvah.
Avodah goreret aveirah.
Mitzvah goreret mitzvah,
Goreret mitzvah, ya la la la la.

Lih’yt tzadik zeh tov, zeh tov.
Lih’yt Tzadik zeh tov m’od!

One mitzvah leads to another. One misdeed leads to another.
To be righteous is very good!

(Pirkei Avot 4:2)