

# Erev Shabbat with Beth-El Zedeck

## May 7, 2021 • 26 Iyar 5781



### Blessing the Children

#### For our sons:

May you be like Ephraim and Menashe.

יְשִׁימָךְ אֱלֹהִים כְּאֶפְרַיִם וְכִמְנַשֶּׁה

*Y'simkha Elohim k'Ephraim v'khi-Menashe.*

#### For our daughters:

May you be like Sarah, Rebecca, Rachel, and Leah.

יְשִׁימָךְ אֱלֹהִים 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.

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*



## Eishet Chayil

Music by Ben Zion Shenker

Eishet chayil mi yimtza; v'rachok mi-p'ninim michrah.  
Batach bah lev balah; v'shalal lo yechar.  
G'malt'hu tov v'lo ra kol y'mei chayeha.  
Darshah tzemer ufishtim; vata'as b'cheifetz kapeha.

Piha patchah v'chochmah; v'torat chesed al l'sonah.  
Tzofiyah halichot beita v'lechem atzlut lo tocheil.  
Kamu vaneha vay'ashruha; balah vay'hal'lah.  
Rabot banot asu chayil; v'at alit al kulanah.

Sheker hachein v'hevel hayofi: ishah yirat Adonai hi tithalal.  
T'nu lah mi-p'ri yadeha; vihal'luhah vasharim ma'aseha.

*What a precious find is a Woman of Valor for her worth is far beyond rubies!*

*Her husband puts his confidence in her and lacks no good thing.*

*She is good and does no evil, all the days of her life.*

*She seeks the materials to willingly work for what is needed.*

*She opens her mouth with wisdom and only speaks kindness.*

*She oversees the activities of her household and is never idle.*

*Her family rises up to bless and praise her:*

*'Many women have done superbly, but you surpass them all.'*

*Charm is deceitful and beauty—vain, but a God-revering woman is to be praised.*

*Extol her for the fruit of her hand, wherever people gather, her deeds speak her praise!*

*(From Proverbs 31:10-13, 26-31)*



## Healing Prayers

Music by Debbie Friedman

R'fa'einu Adonai v'neirafei;  
Hoshieinu v'nivashei'ah; Ki t'hilateinu atah.

V'ha'alei r'fuah sh'leimah l'chol makoteinu (2x).  
Ki Eil Melech rofei ne'eman v'rachaman atah.

*Heal us, Adonai, and we shall be healed;  
Save us, and we shall be saved; Because we sing praises to You.*

*Grant us a complete healing from all our wounds.  
For You, Almighty, are a faithful and merciful Sovereign of healing.*

*(based on Jeremiah 17:14)*



## L'chi Lach

By Debbie Friedman

*L'chi lach, to a land that I will show you.  
L'chi lach, to a place you do not know.  
L'chi lach, on your journey I will bless you.  
And you shall be a blessing (3x) l'chi lach.  
L'simchat Chayim, l'chi lach.*

*(Based on Genesis 12:1-2)*



## Counting the Omer

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל סְפִירַת הָעֹמֶר.

*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.

הַיּוֹם אֶחָד וְאַרְבָּעִים יוֹם שָׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וְשֵׁשׁ יָמִים לְעֹמֶר.

*Hayom echad v'arbaim yom sh'heim chamishah shavuot v'shishah yamim la-omer.*

Today is 41 days—five weeks and six days— of the *omer*.



## Al Sh'loshah D'varim

By Chaim Zur

Al sh'losa d'varim (2x) al sh'losa,  
Sh'losa d'varim ha-olam, ha-olam omeid.  
Al ha-Torah, v'al ha-avodah, v'al g'milut chasadim (2x)

*The world stands on three things:  
On Torah, on worship, and on good deeds.*

(Pirkei Avot 1:2)

