

Erev Shabbat with Beth-El Zedeck

July 23, 2021 • 14 Av 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.

וַיְשַׁמְרֶךָ יְבָרְכֶךָ יְהוָה

Y'varekhekha Adonai v'yishm'rekha

May God show you favor and be gracious to you.

וַיַּחַנְנֶךָ יְאֵר יְהוָה פָּנָיו אֵלֶיךָ

Ya'eir Adonai panav eilekha vichuneka

May God show you kindness and grant you peace.

וַיִּשֶׂם לְךָ שְׁלוֹם יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ

Yisa Adonai panav eilekha v'yaseim l'kha shalom



Healing Prayers

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*



Nachamu

Dabru al-lev y'rushalem
V'kiru aley'ha
Ki mala tz'vaha
Ki nirtzah avonah
Ki lak'cha m'yad, m'yad hashem
Kiflayim b'khol khatote'ha

Nachamu, nachamu ami
Nachamu, nachamu yo'mar elohe'chem

Kol korei b'midbar
Panu derech hashem
Yashru ba'arava
M'sila l'elokenu
Nachamu, ami

Nachamu, nachamu ami
Nachamu, nachamu yo'mar elohe'chem

*Speak tenderly to Jerusalem,
and proclaim to her
that her hard service has been completed,
that her sin has been paid for,
that she has received from the LORD's hand
double for all her sins.*

*Comfort, comfort my people
Comfort, comfort says your God.*

*A voice of one calling: "In the wilderness prepare
the way for the LORD;
make straight in the desert
a highway for our God.
Comfort, my people*

*Comfort, comfort my people
Comfort, comfort says your God.
(Based on Isaiah 40:1-3)*

