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## Torah Portion: Exodus 28:29-38

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### Morning Blessings

Music by Shefa Gold

יְיָ מַתִּיר אֲסוּרִים, יְיָ פּוֹקֵחַ עֵינַיִם,  
יְיָ זוֹקֵף כְּפוּפִים, יְיָ אוֹהֵב צַדִּיקִים.

*Adonai matir asurim, A-do-nai po-kei-ach iv-rim,  
Adonai zokeif k'fufim, Adonai oheiv tsadikim.*

Adonai frees the captives, Adonai opens the eyes of the blind,  
Adonai lifts up the fallen, Adonai loves the righteous.

*Ahal'lah Adonai b'chayai!*

אֶהְלֵלָה יְיָ בְּחַיָּי.

I will praise Adonai with my life!

### Mi Shebeirach

by Craig Taubman

מִי שֶׁיְבָרַךְ אֲבוֹתֵינוּ, אֲבֹרָהֶם יִצְחָק וְיַעֲקֹב,  
שָׂרָה רִבְקָה רָחֵל וְלֵאָה, הוּא יְבָרַךְ וְיִרְפָּא אֶת־הַחַוּלִים.

*Mi shebeirach avoteinu, Avraham, Yitschak v'Yaakov,  
Sarah, Rivkah, Racheil v'Leiah,  
Hu y'vareich virapei et hacholim.*

May God, who blessed our ancestors, Abraham, Isaac and  
Jacob, Sarah, Rebekah, Rachel and Leah, bless and heal  
those who are ill.

*Eil nah r'fah nah lah.*

אֵל נָא רְפָא נָא לָהּ.

God, please, we pray, bring healing.