

**March 18, 2022**  
**16 Adar II, 5782**  
**Shabbat Tzav**

*It has been told to you, what is good, and what Adonai requires of you  
Only to do justice, to love mercy, and to walk humbly with your God. (Micah 6:8)*



**Candles**

Baruch Atah, Adonai, Eloheinu, Melech ha'olam, asher kidshanu b'mitzvotav v'tzivanu l'hadlik neir shel Shabbat. בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

*We praise You, Eternal God, Sovereign of the universe.  
You hallow us with Your Mitzvot and command us to kindle the light of Shabbat.*

**Peace Like a River**

I've got peace like a river (3x)... in my soul  
I've got love like the ocean...  
I've got joy like a fountain...

**Kiddush**

Baruch Atah, Adonai, Eloheinu, Melech ha'olam, borei p'ri hagafen. Baruch Atah, Adonai, Eloheinu, Melech ha'olam, asher kidshanu b'mitzvotav v'ratzah vanu, v'shabat kodsho b'ahavah uv'ratzon hinchilanu, zikaron l'maaseh v'reishit. Ki hu yom t'hilah l'mikra'ei kodesh, zeicher litziat mitzrayim. Ki vanu vacharta v'otanu kidashta mikol ha'amim, v'shabbat kodsh'cha b'ahavah uv'ratzon hinchaltanu. Baruch Atah, Adonai, m'kadeish hashabbat.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן. בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָנוּ, וְשַׁבַּת קִדְּשׁוּ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ, זִכְרוֹן לְמַעֲשֵׂה בְּרֵאשִׁית. כִּי הוּא יוֹם תְּחִילָה לְמִקְרָאֵי קִדְּשׁ, זִכְרֹ לְיִצְיַאת מִצְרַיִם. כִּי-בָנוּ בְּחֵרֶת וְאוֹתָנוּ קִדְּשָׁתָּ, מִכָּל-הָעַמִּים, וְשַׁבַּת קִדְּשָׁתָּ בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ. בְּרוּךְ אַתָּה יי, מְקַדֵּשׁ הַשַּׁבָּת.

*We praise You, Eternal God, Sovereign of the universe, Creator of the fruit of the vine.  
We praise You, Eternal God, Sovereign of the universe; You call us to holiness with the Mitzvah of Shabbat – the sign of Your love, a reminder of Your creative work, and of our liberation from Egyptian bondage, our day of days. On Shabbat especially, we hearken to Your call to serve You as a holy people. We praise You, O God, for the holiness of Shabbat.*

**Challah**

Baruch Atah, Adonai, Eloheinu, Melech ha'olam, hamotzi lechem min ha'aretz. בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצֵיא לֶחֶם מִן הָאָרֶץ.

*We praise You, Eternal God, Sovereign of the universe, who causes bread to come from the earth.*

***Temple Micah acknowledges our synagogue stands on the traditional territory of the Piscataway and Nacotchtank (Anacostan) peoples. We pay respect to their elders past and present and recognize their stewardship of this land and the vital contribution of indigenous peoples to this nation we share.***

DANIEL G. ZEMEL, Rabbi  
JOSHUA BERAHA, Associate Rabbi | STEPHANIE CRAWLEY, Associate Rabbi  
BETH WERLIN, Executive Director | DEBRA WINTER, Director of Spiritual Arts  
SHARON TASH, Education Director  
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## ***Refuah Shleimah***

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Emily Alpern-Fisch, Alan Appel, Ronni Behar, Ira Berlin, Michael Brenner, Ellen Buckley, Rose Burstin, Judith Chisholm, Barbara Cleveland, Netanel Felber, Chelo Fournier, Marlene Garnett, Jeffrey Goodman, Richard Greenfield, Ezra Mac Grossman, David Hahn, Judy Hurvitz, Jennifer Jaye, Joan Kupferberg, Wasu Lawal, Philip Levine, Stu Levine, Sam Levinson, Dan Lutenegger, Chris Mahle, Mildred Marin, Stephanie Mendez, Sophie Meyers, Lynda Mulhauser, Robin Parry, Rebecca Prigal, Rachel bat Chava, Lois Rosen, Eric Rosenberg, Rabbi Steve Sager, Sarah Golde bat Shifrah, David Scheever, Charles Schussheim, Cynthia Seymour, Sam Sinkler, Betty Ustun, Heather Weisman, Mimi Wolf

## ***We Remember a Few of Far Too Many Lives Lost to COVID-19***

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Foon Hay Lum, 111, immigration rights activist, Toronto, Ontario, Canada  
John Bird, 62, 24 years sober, parent and grandparent, Kansas City, Missouri  
Crystal Renee Hardy-Flowers, 55, early childhood professional, Randallstown, Maryland

## ***We Remember Those Lost to Violence in Washington, DC***

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Antwan Brown, 62, SE DC; DeShaun Cupid, 30, NE DC; Donnell Henderson, 60, SE DC;  
Antoine Jenkins, 22, Capitol Heights, MD; Morris Mitchell, 36, NE DC;  
Marco Thomas, 47, SE DC; Kenneth Thomas Jr., 42, Silver Spring, MD; Nikia Young, 37, SE DC

## ***Shloshim***

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Susan Maltz Schultz, Stanley Talpers

## ***Yahrzeit***

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Lilyan Barchoff, Beatrice Bornstein, Elaine Brown, Jon Cohen, Joyce Coplan,  
Lawrence Doppelt, Charles Eby, Audrey Pearl Feldman, Marion Maier Galant, Donald Gardner, Daniel  
Gordon, Rae Goren, Sidney Greenberg, Rabbi Lynne Landsberg, Melissa Bader Lewis, Charles Mendelson, Sue  
Ransohoff, Jerry Rodney, Joseph Ryan, James Salzman,  
Betty Ann Schooler, Lillian Seiger, Elona Shaffert, Harvey Simon, Frederic Sugarman,  
Theodore Tobias, Ruth Warshof, Frances Wiesberg, Miriam Zizmor

## Kaddish Yatom

Yitgadal v'yitkadash sh'mei raba.

B'alma di v'ra chirutei, v'yamlich malchuteih, b'chayeichon uv'yomeichon uv'chayei d'chol beit Yisrael, ba'agala uvizman kariv. V'imru: Amen.

Y'hei sh'mei raba m'varach l'alam ul'almei almaya.

Yitbarach v'yishtabach v'yitpaar v'yitromam v'yitnasei, v'yit'hadar v'yit'aleh v'yit'halal sh'mei d'kud'sha, b'rich Hu.

L'eila min kol birchata v'shirata, tushb'chata v'nechemata, daamiran b'alma. V'imru: Amen.

Y'hei sh'lama raba min sh'maya, v'chayim aleinu v'al kol Yisrael. V'imru: Amen.

Oseh shalom bimromav, Hu yaaseh shalom aleinu, v'al kol Yisrael, v'al kol yoshvei tevel. V'imru: Amen.

וְיִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.  
בְּעֵלְמָא דִּי בְּרָא כְרַעוּתֵיהּ וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּיכוֹן  
וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמְן  
קָרִיב, וְאָמְרוּ אָמֵן.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמִים וּלְעָלְמֵי עֲלַמְיָא.  
יְתְבָרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקַדְשָׁא.  
בְּרִיךְ הוּא.

לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא  
דְּאֲמִירָן בְּעֵלְמָא. וְאָמְרוּ אָמֵן.

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עֲלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.

עֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ וְעַל  
כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֵל. וְאָמְרוּ אָמֵן.

*Exalted and hallowed be God's great name. In the world which God created, according to plan. May God's majesty be revealed in the days of our lifetime. And the life of all Israel – speedily, imminently, to which we say Amen. Blessed be God's great name to all eternity. Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded be the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise, and comfort, to which we say Amen. May there be abundant peace from heaven, and life, for us and all Israel, to which we say Amen. May the One who creates harmony on high, bring peace to us and to all Israel, and to all who dwell on earth. To which we say Amen.*

## Oseh Shalom

Oseh Shalom bim'ro'mav  
Hu ya'aseh shalom aleinu.

עֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו  
הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ.

May the One who makes peace bring peace to us, to Yisrael, and all the world!

*Shabbat Shalom!*