

May 20, 2022

19 Iyar, 5782

Shabbat Bechukotai

*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)*



Hinei Ma Tov

Hinei ma tov u'ma na-im
shevet achim gam yachad.

הִנֵּה מַה-טוֹב וּמַה-נְּעִים
שֵׁבֶת אַחִים גַּם-יַחַד.

How good it is; how sweet it is, to be together on this day.

Shalom Aleichem, Salaam Aleikoom.

Candles

Baruch Atah, Adonai, Eloheinu, Melech ha'olam, asher
kidshanu b'mitzvotav v'tzivanu l'hadlik neir shel Shabbat.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ וְצִוִּינוּ 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.

Yedid Nefesh

Yedid nefesh, av harachaman,
m'shoch avd'cha el r'tzonecha.
Yarutz avd'cha k'mo ayal,
yishtachaveh el mul hadarecha.

יְדִיד נֶפֶשׁ, אָב הַרַחֲמֹן
מִשׁוֹךְ עַבְדְּךָ אֶל רְצוֹנְךָ
יָרוּץ עַבְדְּךָ כְּמוֹ אַיִל
יִשְׁתַּחֲוֶה אֶל מוּל הַדָּרְךָ

Heart's delight, Source of mercy, draw Your servant into Your arms.

I leap like a deer to stand in awe before You.

Ya'aloz Sadai

Ya'aloz sadai v'khol asher bo
Az y'ran'nu kol-atzei ya'ar.

יַעֲלֶז שְׂדֵי וְכֹל אֲשֶׁר בּוֹ
אִז יִרְנְנוּ כָּל עֲצֵי יַעַר.

Let the field be joyful and everything in it; then shall all the trees of the wood sing for joy.

Yih'yu L'ratzon

Yih'yu l'ratzon imrei fi	May the words (may the words)
V'hegyon libi l'fanecha	Of my mouth (of my mouth)
Adonai tzuri v'goali	And the meditations (and the meditations)
Adonai tzuri v'goali	Of my heart (of my heart)

Yih'yu l'ratzon imrei fi	Be acceptable to you
V'hegyon libi l'fanecha	Adonai
Adonai tzuri v'goali	My rock
Adonai tzuri v'goali	And my redeemer

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.

ברוך אתה יי, אלהינו מלך העולם, בורא פרי הגפן. ברוך אתה יי, אלהינו מלך העולם, אשר קדשנו במצותיו ורצה בנו, ושבת קדשו באהבה וברחון הנחילנו, זכרון למעשה בראשית. כי הוא יום תחילה למקראי קדש, זכר ליציאת מצרים. כי-בנו בחרת ואותנו קדשת, מכל-העמים, ושבת קדשך באהבה וברחון הנחלתנו. ברוך אתה יי, מקדש השבת.

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.

ברוך אתה יי, אלהינו מלך העולם, המוציא לחם מן הארץ.

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

Counting of the Omer

ספירת העמר

Baruch atah, Adonai Eloheinu, Melech haolam, asher kidshanu b'mitzvotav v'tzivanu al s'firat haomer.

ברוך אתה יי, אלהינו מלך העולם, אשר קדשנו במצותיו וצונו על ספירת העמר.

Our praise to You, Adonai, Sovereign of all, who hallows us with mitzvot, commanding us to count the Omer.

Hayom echad v'esrim yom, she'heim sh'losa shavuot la'omer.

היום חמשה ועשרים יום, שהם חמשה שבועות לעמר.

*Today is **thirty-five** days, which is five weeks of the Omer.*

Refuah Shleimah

Emily Alpern-Fisch, Alan Appel, Ronni Behar, Ira Berlin, Michael Brenner, Ellen Buckley, Judith Chisholm, Barbara Cleveland, Netanel Felber, Chelo Fournier, Marlene Garnett, Barbara Gayler, Sandy Goldberg, Jeffrey Goodman, Richard Greenfield, Ezra Mac Grossman, David Hahn, Judy Hurvitz, Robin Kaplan, Deborah Kraut, Joan Kupferberg, Wasu Lawal, Lisa Lehman, Philip Levine, Stu Levine, Sam Levinson, Dan Lutenegger, Chris Mahle, Mildred Marin, Stephanie Mendez, Sophie Meyers, Bryant Monroe, Lynda Mulhauser, Jumuna Nathan, Robin Parry, Jack Paul, Rachel bat Chava, Lois Rosen, Eric Rosenberg, Sarah Golde bat Shifrah, David Scheever, Charles Schussheim, Cynthia Seymour, Annette Shaw, Sam Sinkler, Eve Sparberg, Victor Springer, Yolande Spinnato, Alan Thal, Betty Ustun, Heather Weisman, Mimi Wolf

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

Vaughn Devos, 90, favorite activity was meeting new people, Birmingham, Alabama
Dorothy Javoroski, 79, an anchor of the community, Iron River, Michigan
Doris Johnson, 94, a true listener, Lawrence, Kansas
Frank Quintanar, 75, a Marfa legend and an awesome dancer, Marfa, Texas

We Remember Those Lost to Violence in Washington, DC

Ebony Morgan, 42, NW DC;
Ramon Gomez-Yanes, 38, NW DC;
Renard Thornton, 48, NW DC;
Christine Chase, 48, no fixed address;
Anthony Arter, 18, NW DC;
Jordan Hill, 20, Oxon Hill, MD

We Remember Those Lost to Violence in Buffalo, NY

Celestine Chaney, 65, Buffalo, NY; Roberta A. Drury, 32, Buffalo, NY; Andre Mackneil, 53, Auburn, NY;
Katherine Massey, 72, Buffalo, NY; Margus D. Morrison, 52, Buffalo, NY; Heyward Patterson, 67, Buffalo, NY; Aaron Salter, 55, Lockport, NY; Geraldine Talley, 62, Buffalo, NY; Ruth Whitfield, 86, Buffalo, NY; Pearl Young, 77, Buffalo, NY

Shiva

Jon Goodman, cousin of Micahel Inlander
Pete Reiniger, husband of Arlene Reiniger

Shloshim

Rose Burstin, mother of Helen Burstin
Geneviève Kristensen, mother of Peter Kristensen
Melvin Saferstein, brother of Roberta Goren
Arthur Murray Golden, Marlyn Socolar

Yahrzeit

Emily Adler, Jeanetter Altman, Ruth Altschul, Martin Anenberg, Louis Appleton, Shlomo Haim Bardin, Sarah Blumenfeld, Dorothy Brown, Irving Checkman, Sidney H. Closter, Daniel Michael Effros, Manuel Gitlin, Eleanor Golden, Sidney Goldman, Shirley Kallek, Arthur Karabell, Herbert Lahne, Margaret Matje, Annette Matsil, Suzanne Oppenheimer, Maxine Sablosky, Patricia Ann Schwarz, Sidney A Simon, Joan Soloway, Steven Mark Stein, Lillian Strauss, Kenneth Townsend, Matha Webster, Bella Weiner, James Wheatley, Joseph J. Wolf

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.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ וְיִמְלִיךְ מַלְכוּתָהּ
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל
בְּעֵגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ אָמֵן.
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי וְלְעַלְמֵי עֲלַמְיָא
יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא.
בְּרִיךְ הוּא.
לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא
וְנִחַמְתָּא דְאָמִירוֹן בְּעֵלְמָא. וְאָמְרוּ אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עֲלֵינוּ וְעַל
כָּל יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה 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.

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

2829 Wisconsin Ave., NW Washington, DC 20007 | (202) 342-9175 | www.templemicah.org