

**May 6, 2022**  
**6 Iyar, 5782**  
**Shabbat Emor**

*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-נָּעִים  
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  
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.*

**Heavy**

*Music and Lyrics by Birdtalker*

If you're lost and you're lonely, go and figure out why  
Take a trip to your dark side, go on and have a good cry  
'Cause we're all lonely, yeah we're all lonely, together.

I want to see your sadness, I want to share your sin  
I want to bleed your blood and I want to be let in  
Don't you just, don't we all just, want to be together?

**Leave what's heavy, what's heavy behind.**

If your face is down, take a look around  
Do your fingers move? Do your lungs inflate?  
Are you tired, are you weary of the hidden hate you've been holding?

**Leave what's heavy, what's heavy behind.**

Are you feeling fearful brother?  
Are you feeling fearful sister?

**Leave what's heavy, what's heavy behind.**

***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  
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## 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, ושב  
קדשו באהבה וברצון הנחילנו, זכרון למעשה  
בראשית. כי הוא יום תחילה למקראי קדש, זכר  
ליציאת מצרים. כי-בנו בחרת ואותנו קדשת,  
מכל-העמים, ושבת קדשך באהבה וברצון  
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 העומר

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 העומר.

*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 אחד ועשרים יום,  
שהם שלשה שבועות לעומר.

Today is **twenty-one** days, which is three weeks of the Omer.

## Refuah Shleimah

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, 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, Rabbi Steve Sager, Sarah Golde bat Shifrah, David Scheever, Sidney Schnall, 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***

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Zindzi Mandela, 59, daughter of Nelson Mandela, poet, diplomat, Gauteng, South Africa

Celso Mendoza, 59, immigrant and poultry-processing plant worker, Forest, Mississippi

Melinda Forbes, 73, cared for hummingbirds over winter, Virginia Beach, Virginia

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

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Eduardo Cruz, 58, NW DC; Junior Johnson, 45, SW DC; Daniel McKinney, 59, NW DC;

Davon Sullivan, 24, SE DC

## ***Condolences***

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Geneviève Kristensen, mother of Peter Kristensen

## ***Shiva***

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Arthur Murray Golden, father of Abby Golden, grandfather of Leesa and Julie Klepper

## ***Shloshim***

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Carol Bernstein Ellin; Ellen Jane London; Stephanie Gregory Mitchell; Harvey Nathan; Rick Obrand;

Gail Sadick; Marlyn Socolar

## ***Yahrzeit***

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Florence Aron, Rebecca Beerman, Edie Blattner, Philip Braverman, Lloyd Dickelman, Rosalie Dorfman,

Irving Falb, Frances Finkelman. Eugene Frankel, Janice Glazer, George Goda, Barbara Gordon,

Beatrice Greenberg, Gustav Hollander, Regina Jacob, Lucile Katz, Donald Kirby, Bernice Korn,

Jorgen Kristensen, Lewis Lit, Melvin Lurie, Selma Paul Marks, Lillian Meyers, Arthur Newman,

Nicolaas Pansegrouw, Trudy Pollock, Suzanne Raffel Gruber, Esther Rosenberg, Gertrude Russi, Simon Russi,

Lena Sherman, Thelma Sugar, Lillian Sugarman, Lanni Tama, Harris Tarlin, William Usdane, Samuel Vale,

Edward Weinberg, Joseph Weisman

## ***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 וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא.  
בְּעֵלְמָא דִּי בְּרָא כְרַעוּתָהּ וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ  
וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמְנָן  
קָרִיב, וְאִמְרוּ אָמֵן.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמַיָּא.  
יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ דְקַדְשָׁא.  
בְּרִיךְ הוּא.

לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנִחַמְתָּא  
דְאִמְרִין בְּעֵלְמָא. וְאִמְרוּ אָמֵן.  
יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל. וְאִמְרוּ אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמִרְוַמָּיו הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל  
כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֶל. וְאִמְרוּ 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.*