

April 21, 2023

1 Iyar, 5783

Shabbat Tazria-Metzora

*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)*



Our sanctuary is a sanctuary. Please turn your mobile phone off.

Candles

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

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

Kiddush

Baruch Atah, Adonai, Eloheinu, Melech ha'olam, **בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מִלְּךָ הָעוֹלָם,
borei p'ri hagafen. Baruch Atah, Adonai, Eloheinu, **בוֹרֵא פְּרֵי הַגֶּפֶן. בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מִלְּךָ הָעוֹלָם,
Melech ha'olam, asher kidshanu b'mitzvotav v'ratzah **אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ וְרָצָה בָּנוּ, וְשַׁבָּת קִדְּשׁוּ
vanu, v'shabat kodsho b'ahavah uv'ratzon hinchilanu, **בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ, וְצִוּוֹן לְמַעֲשֵׂה בְּרֵאשִׁית.
zikaron l'maaseh v'reishit. Ki hu yom t'hilah l'mikra'ei **כִּי הוּא יוֹם תְּחִילָה לְמִקְרָאֵי קִדְּשׁ, וְזָכַר לִיצִיאַת
kodesh, zeicher litziat mitzrayim. Ki vanu vacharta **מִצְרָיִם. כִּי-בָנוּ בְּחַרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ, מִכָּל-הָעַמִּים,
v'otanu kidashta mikol ha'amim, v'shabbat kodsh'cha **וְשַׁבָּת קִדְּשָׁתָּ בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ. בְּרוּךְ אַתָּה
b'ahavah uv'ratzon hinchaltanu. Baruch Atah, **יי, מִקִּדְּשׁ הַשַּׁבָּת.**
Adonai, m'kadeish hashabbat.**************

*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, **בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מִלְּךָ הָעוֹלָם,
hamotzi lechem min ha'aretz. **הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.****

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

Hashkiveinu

Hashkiveinu Adonai Eloheinu l'shalom, **הַשְׁכִּיבֵנוּ יי אֱלֹהֵינוּ לְשָׁלוֹם,
V'haamideinu Shomreinu, l'chaim. **וְהַעֲמִידֵנוּ שׁוֹמְרֵינוּ לְחַיִּים.****

Spread the shelter of Your peace over us;
Guide us with wisdom, compassion,
and trust.

Save us for the sake of Your name;
Shield us from hatred, sorrow, and pain.

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 shisha asar yom,
she'heim shnay shavuot ushnay yamim la'omer.

היום ששה עשר יום,
שהם שני שבועות ושני ימים לעומר.

Today is **sixteen** days, which is two weeks and two days of the Omer.

Refuah Shleimah

Ronni Behar, Ira Berlin, Howard Berman, Bob Booth, Chayim ben Miriam, Judith Chisholm, Don Elisburg, Netanel Felber, Phil Feld, Rabbi Stanley Funston, Pat Goldman, Ken Goldstein, Barbara Green, Sean Grogan, Skylar Haas, David Hahn, Robin Kaplan, Zev Shmuel Kesselman, Lum Laurri, Mark Laurri, Stu Levine, Dan Lutenecker, Chris Mahle, Micah ben Nechama Evi, Mildred Marin, Stephanie Mendez, Sophie Meyers, Bryant Monroe, Bill Page, Jack Paul, Rachel bat Chava, David Reynolds, Lois Rosen, Eric Rosenberg, Sarah Golde bat Shifrah, David Scheever, Jo Schonewolf, Charles Schussheim, Diana Seasonwein, Cynthia Seymour, Paulette Shulman, Elsa Smith, Alan Thal, Susan Turnbull, Betty Ustun, Bobbie Wendel, Mimi Wolf

We Remember Those Lost to Violence in Washington, DC

Latanya Campbell, 33, SE DC; Raymond Carter III, SE DC; Amonte Wood, 20, NE DC

Condolences

Thelma Freedman, aunt of Mark Freedman

Shiva

Sheila Bamberger, mother of Miriam Grogan; Elizabeth Eby, partner of Ben Richter

Shloshim

Ruth Henoach, Pearl Lutzker

Yahrzeit

Jane R. Abrams, Ruth Sonnenblick Appleton, Cyril Bachorik, Louise Brunner, Leonard Chaifetz, Patricia Cohn, Dennis Davis, Edward Flattau, Leon D. Freedman, Richard Gilford, Anne Gitlin, Arthur Murray Golden, Harriet Goldman, Eileen Gozonsky, Rabbi Milton Greenwald, Beverly Grusin, Djamila Mevorah Hadayo, Leon Hadayo, Marika Hadayo, Rashel Bueno Hadayo, Reina Hadayo, Esther Hoffer, Jerry Josen, Deena L. Kaplan, Ralph Kartzman, Julia Kertzer, Barbara Kutzen, Joseph Kutzen, Sanford Lazar, Sarah Levin, Jack Levin, Arthur Liberstein, Sylvia Melamed, David Melendy, David Metsch, Esperanza Pasco, Edmund Pollack, Lydia Sablosky, Thomas Sablosky, Melvin Saferstein, Morris Gallup Sahr, Irwin Satin, Irwin Schumacher, Bernard Shapiro, Eva Sigman, Philip Sigman, Hyman Skoler, Lillian Sugarman, Lanni Tama, Joseph Wagenheim, Jonathan Wentworth

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.

וַיִּתְגַּדַּל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְרָא כְרְעוּתָהּ וַיְמַלִּיךְ מַלְכוּתָהּ בְּחַיִּיכוֹן
וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית שְׂרָאֵל בְּעֵגְלָא וּבְזִמְן
קָרִיב, וְאַמְרוּ אַמֵּן.
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמַיָּא.
וַיְבָרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא
וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלַּל שְׁמֵהּ דְקַדְשָׁא.
בְּרִיךְ הוּא.
לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא
דְאַמְיָרָן בְּעֵלְמָא. וְאַמְרוּ אַמֵּן.
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל. וְאַמְרוּ אַמֵּן.
עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל
כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֵל. וְאַמְרוּ אַמֵּן.

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

SAMANTHA FRANK, Rabbinic Fellow | RACHEL SCHMELKIN, Rabbinic Fellow

BETH WERLIN, Executive Director | DEBRA WINTER, Director of Spiritual Arts | SHARON TASH, Education Director