

Shabbat Tazria-Metzora | April 16, 2021 | 5 Iyyar 5781

1. HaRachaman Niggun (*Shlomo Carlebach*)

2. Ve'asu Li Mikdash (*Verses from Torah & Ketuvim*)

וְעָשׂוּ לִי מִקְדָּשׁ וְשָׁכַנְתִּי בְּתוֹכְכֶם.

וְאֶנְחֲנוּ נְבָרְךָ יְיָ מֵעַתָּה וְעַד עוֹלָם הַלְלוּ יְיָ.

Ve'asu li mikdash veshachanti betocham.

Va'anachnu nevarech Yah me'atah ve'ad olam (haleluYah)

Make a sanctuary for me, that I dwell among them. (Exodus 25:8)

And we shall praise the Lord from now until forever, Halleluyah.

(Psalm 115:18)

Oh, Lord, prepare me to be a sanctuary

Pure and holy, tried and true

And with thanksgiving, I'll be a living

Sanctuary for You.

3. Yedid Nefesh (*Rabbi Eleazar Azikri of Safed*)

יְדִיד נֶפֶשׁ אָב הַרְחֵמֵן. מִשֶּׁךְ עֲבָדְךָ אֶל רְצוֹנְךָ.

יְרוּץ עֲבָדְךָ כְּמוֹ אֵיל.

יִשְׁתַּחֲוֶה אֶל מוּל הַדָּרְךָ.

כִּי יַעֲרַב לוֹ יְדִידוּתְךָ. מִנִּפְתַּת צוּף וְכָל טַעַם.

Yedid nefesh av harachaman meshokh avdakh el retzonekh.

Yarutz avde'kha kemo ayal. / Yishta-khaveh el mul hadarekh.

Ki ye-erav lo yedid-utekh minofet tzuf vekhol ta-am

You who love my soul, Sweet source of tenderness

Take my inner nature and shape it to Your will.

Like a darting deer I will flee to You.

Before Your glorious Presence, humbly I do bow.

Let Your sweet love

Delight me with its thrill

Because no other dainty

Will my hunger still.

(Translation by Rabbi Zalman Schachter-Shalomi)

4. Candlelighting

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת

**Baruch Ata Adonai, Eloheynu, Melekh ha'Olam,
asher kid'shanu b'mitzvotav, v'tzivanu l'hadlik Ner shel Shabbat**

Bless You, Holy Blessed One;

*You make us Holy through the Practice of Lighting the Light of
Shabbat*

Shabbat Shalom!

5. Creating Connections

Sharing what's new for you this spring.

Breakout room #1

6. Children's Blessing (Priestly Blessing Num 6:24-26)

יְבָרְכֶךָ יי וְיִשְׁמְרֶךָ:

יְיָר יי פָּנָיו אֵלֶיךָ וַיְחַנְּךָ:

יִשָּׂא יי פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שָׁלוֹם:

YeVarechecha Adonai v'Yishmerecha

Ya'er Adonai Panav Elecha v'Yechunekha

Yissa Adonai Panav Elecha v'Yassem Lecha Shalom

May the Holy Being Bless You and Protect You

May the Source of Goodness Always Shine Upon You

May Godliness Reveal to You Its Hundred Thousand Faces

And Grant You a Deep Abiding Peace.

7. **Lecha Dodi** (*Shlomo HaLevi Alkabetz, Music by Danya & Eyal Rivlin*)

לְכֵה, דוּדִי, לְקִרְאֵת כַּלָּה – פְּנֵי שַׁבַּת נְקַבְּלָהּ

Lecha Dodi Likrat Kallah // Pnai Shabbat neKabellah

Come, Beloved, let us greet the Bride - Let us take in this Shabbat Presence

בּוֹאִי כַלָּה! בּוֹאִי כַלָּה!

Bo'ee, Bo'ee, Bo'ee Khalah! Bo'ee Khalah

Come in, O Bride! Come in O Bride!

8. Study and Discussion

The Intersection of Sanctuary, Stranger, and Holiness.
Breakout Room #2

9. We Shall Be Known (*Ma Muse*)

We shall be known by the company we keep

By the ones who circle round to tend these fires

We shall be known by the ones who sow and reap

The seeds of change alive from deep, within the earth.

It is time now, it is time now that we thrive

It is time we lead ourselves into the well

It is time now, and what a time to be alive

In this Great Turning we shall learn, to lead in, love

In this Great Turning we shall learn, to lead in, love.

10. Bar'chu (*Music and Lyrics: Lev Friedman*)

(Call and Response):

Barchu (Barchu), Dear One (Dear One),

Shekhinah (Shekhina), Holy Name (Holy Name)

(Together): When I Call on the Light of my Soul, I Come Home.

(Call): Barchu et Adonai haMevorakh!

בְּרַכּוּ אֶת יְיָ הַמְּבֹרָךְ

(Response): Barukh Adonai haMevorakh l'Olam va-Ed!

בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד

Bless the One Blessed Power, Blessed is God Forever and Ever

11. Ahavat Olam

אַהַבַּת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אַהֲבָתָּ, תּוֹרָה וּמִצְוֹת, חֻקִּים
וּמִשְׁפָּטִים אוֹתָנוּ לְמַדְתָּ. עַל כֵּן יְיָ אֱלֹהֵינוּ, בְּשִׁכְבְּנוּ וּבְקוּמָנוּ נְשִׂיחַ
בְּחֻקֶיךָ, וְנִשְׂמַח בְּדַבְרֵי תוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד. כִּי הֵם חַיֵּינוּ
וְאַרְךְ יָמֵינוּ, וּבָהֶם נִהְגֶה יוֹמָם וּלְיָלָה, וְאַהֲבָתְךָ אֵל תְּסִיר מִפָּנֵינוּ
לְעוֹלָמִים.

בָּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

**Ahavat Olam, beit Yisra'el Amkha Ahavta,
Torah u'Mitzvot, Chukim u'miShpatim Otanu Limad'ta.
Al ken Adonai Eloheinu, b'Shokhveinu uv'Kumeinu naSi'akh
b'Chukekha,
veniS'makh b'Divrei Torat'kha uv'Mitzvotekha le'Olam va'Ed.
Ki hem Chayeynu ve'Orech Yameinu u'va'hem ne'H'geh Yomam
va-Laila.
Ve'Ahavatkha al taSeer miMenu le'Olamim,
Barukh Ata, Adonai: Ohev Amo Yisrael.**

With eternal love, the people Israel has been loved. Stories and teachings, codes, laws and judgments have been taught us. When we lie down and when we arise we are called upon to discuss these instructions, to rejoice in life's teachings and to do right actions always. Ki hem chayeynu, v'orech yameynu: For these lessons are the life and length of our days, and we may reflect on them day and night. May the divine love of life and of learning never be removed from us.

12. Shema (Liturgy, from Deuteronomy 6:4-9)

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד!

Sh'ma Yisrael Adonai Eloheynu Adonai Echad!

Hear, Israel, you are of God and God is One

(whispered)

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:

Baruch Shem, Kevod Malchuto l'Olam va-Ed

Blessed is the Name of S/he the glory of whose reign is forever and ever!

13. V'Ahavta

וְאָהַבְתָּ אֶת יי אֱלֹהֶיךָ בְּכָל־לִבְבְּךָ וּבְכָל־נַפְשְׁךָ וּבְכָל־מְאֹדְךָ:
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֶנְכִי מְצַוְּךָ הַיּוֹם עַל־לִבְבְּךָ:
וּשְׁנַנְתָּם לְבָנֶיךָ וְדַבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלַכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְבְךָ
וּבְקוּמְךָ: וְקִשְׁרָתָם לְאוֹת עַל־יָדְךָ וְהָיוּ לְטַטְפֹּת בֵּין עֵינֶיךָ: וְכַתַּבְתָּם
עַל־מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

**Vahavta et Adonai Elohekha b'khol Levav'kha u'v'khol
Naf'sh'kha u'v'chol M'ohdekha. V'hayu haD'varim ha'eyleh
asher Anokhi m'tzav'kha haYom al Levavekha. V'Shinantam
l'Vanekha v'Dibarta bam b'Shiv't'kha b'Veytekha
uv'Lekh't'kha vaDerekh uv'Shokh'b'kha uv'Kumekha.
Uk'shartam l'Ot al Yadekha v'hayu l'Totafot beyn Eynekha.
Ukh'tavtam al Mezuzot Beytekha uviSha'arekha.**

And you shall love the Lord your God with all your heart, with all your soul and with all of your might. And all these words which I command you on this day shall be upon your heart, and you shall teach them diligently unto your children. You shall speak of them when you are sitting in your house and when you're walking by the way; and when you're rising up, and when you're lying down. And you shall bind them for a sign upon your hand, and they shall be for frontlets between your eyes; And you shall write them on the doorposts of your house, and upon your gates That you may remember and do all of My commandments, and be holy unto your God.

14. Meditation on Oneness (Deut 4:35)

אֵין עוֹד מִלְּבַדּוֹ, ה" הוּא הַאֱלֹהִים

Ein Od Milvado (x2), HaShem, hu ha'Elohim

There Is Nothing Besides !t

The unNameable Name - that !s the Ruling Force

15. Amidah (private prayers)

16. Healing Prayer

(Music by Sheldon J. Sands, Liturgy, from Numbers 12:13)

אַנָּא אֵל נָּא רְפָא נָּא לָּהּ!

Ana, El, Na Refa Na Lah

Please God, heal her / him / it / us / this!

17. Omer Count

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל סְפִירַת הָעֹמֶר

Baruch Ata Adonai Eloheynu Melech ha'Olam

asher kid'shanu b'Mitzvotav v'tzivanu al S'firat ha'Omer (x4)

Holy One of Blessing, You make us Holy through the practice of Counting the Omer.

הַיּוֹם עֶשְׂרִים יוֹם, שִׁשָּׁה שָׁנִי שְׁבֻעוֹת וְשִׁשָּׁה יָמִים לְעֹמֶר –

בְּחִינַת יְסוּד שְׁבַת־פְּאֻרַת

Hayom esrim yom, sh'hem shnei shavuot v'shishah yamim la'omer.

- bekhinat Yesod sh'b'Tiferet.

Today is 20 days, which are two weeks and six days of the Omer.
Yesod within Tiferet.

18. Mourners' Kaddish

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ, וְיִמְלִיךְ
מַלְכוּתָהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעַגְלָא וּבְזִמְן
קָרִיב, וְאִמְרוּ אָמֵן.
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעֵלְמָא וְלְעֵלְמֵי עֵלְמֵיָא.
יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְקַדְשָׁא בְרִיךְ הוּא, לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא תְּשַׁבַּחְתָּא
וְנִחַמְתָּא, דְאִמְיָרֵן בְּעֵלְמָא, וְאִמְרוּ אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמֵיָא, וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ
אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְעַל
כָּל יוֹשְׁבֵי תֵבֵל, וְאִמְרוּ אָמֵן.

Yit-gadal v' yit-kadash sh'mey rabbah (*Amen!*)
B'almah di v'rah khir'utey v' yamlikh mal-khutey,
b'chai-yeykhon, uv'yo-mekhon, uv'chayei d'chol beit yisrael,
ba'agalah u'viz'man kariv, v'imru: *Ameyn. Y'hey sh'mey rabbah
m'varakh l'olam u'l'almey almah-yah*
Yit'barakh, v'yish'tabakh, v' yit-pa'ar, v' yit-ro-mam, v'yit'nasey,
v'yit'hadar, v'yit'aleh, v'yit'halal sh'mey d'kudsha *B'rikh Hu!*
L'eylah min kol birkhata v'shirata, tush'b'khatah v'nekhemata,
da'amiran b'al'mah, v'imru: *Amen!* Y'hey shlama rabba min
sh'maya, v'chayim aleynu v'al kol yisrael, v'imru: *Amen!*
Oseh shalom bim'ro'mav, hu ya'aseh shalom,
aleynu v'al kol yisrael, v'al kol yosh-vey teyveyl, v'imru:
Amen!

May God's essence be revealed as great and holy, throughout the universes that were created by Divine desire. May the realm of the sacred be completed in our lifetime. May the Holy Name be blessed as long as worlds endure, hailed, praised and exalted, though beyond any song or praise or description we could utter. May there be universal peace, life for us, for all Israel, and all who dwell on earth. Amen.

19. Kiddush: Sanctification of the Sabbath

וַיְהִי עֶרֶב וַיְהִי בֹקֶר יוֹם הַשְּׁשִׁי.
וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם.
וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה,
וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי, מְכֹל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה
וַיְבָרֵךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ,
כִּי בּוֹ שָׁבַת מְכֹל מְלַאכְתּוֹ, אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת.

Va'yihee erev va'y'hee voker yom ha'sheeshee.

Va'yikhulu ha-shamayim v'ha'aretz v'khol tzva'am.

Va'yikhal Elohim ba'yom hash'vee-ee m'lakhto asher asah.

Va'yishbot ba'yom hash'vee-ee mikhol m'lakhto asher asah.

Va'yivarekh Elohim et yom hash'vee-ee va-y'kadesh oto.

Kee vo shavat mikol milakhto, asher bara Elohim la'asot.

And it was evening and it was morning on the sixth day. The heavens and the earth and all their hosts were completed. And God finished by the seventh day the work that God had done, and rested on the seventh day from all that work. And God blessed the seventh day and made it holy, for on it God rested from all the tasks which God had created to do.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגָּפֶן.

**Baruch atah Adonai Eloheinu melech ha-olam,
borei p'ri hagafen.**

Blessed are You, Source of all Creation, creator of the fruit of the vine.

**Baruch Ata Adonai Eloheinu melech ha-olam, asher kid'shanu
b'mitzvotav v'ratzah vanu,**

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ וְרָצָה
בָּנוּ,

*Holy One of Blessing, you have made us holy, joining us to you
through your mitzvot*

**v'shabbat kodsh'cha b'ahavah uv'ratzon hinchaltanu,
zikaron l'ma-aseih v'reishit**

וַיִּשְׁבֹּת קֹדֶשׁ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זְכוֹרֹן לְמַעֲשֵׂה בְּרֵאשִׁית,

*In Your love and favor, You have made the holy Sabbath our heritage,
a reminder of the work of creation*

**ki hu yom t'chilah l'mikra-ei kodesh, v'shabat kod'sho b'ahavah
uv'ratzon hinchilanzuzeicher litzi-at mitzrayim,**

כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קֹדֶשׁ, זִכָּר לִיצִיאַת מִצְרָיִם,

*For it is the origin of sacred time, a remembrance of the Exodus from
Egypt*

ki vanu vacharta v'otanu kidashta im kol ha-amim,

כִּי בָנוּ בְחַרְתָּ וְאוֹתָנוּ קִדְשְׁתָּ עִם כָּל הָעַמִּים,

O God, You have chosen us and sanctified us amongst all peoples

v'shabbat kodsh'cha b'ahavah uv'ratzon hinchaltanu.

וְשַׁבַּת קֹדֶשְׁךָ בְּאַהֲבָה וּבְרַצוֹן הִנְחַלְתָּנוּ.

*And Your holy Sabbath, with love and favor, You gave us for a
heritage*

Baruch atah Adonai, m'kadesh haShabbat.

בָּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.

Blessed are You, Holy One, who makes the Sabbath Sacred

IN GRATITUDE

To Ba'alat Tefilah (Master of Prayer) Michelle Wolf for leading us into deep prayer through music, reflection, and community connection.

To Susan Berman, masterful musician and prayer leader.

To Jenny Schiff for running our Zoom room, which makes doing this possible.

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To the members of our Nevei Kodesh Board of Directors, who guide our kahal in terms of strategic direction, finance, and heart.

To everyone who showed up to share prayer, music, and your open hearts. Together, we make Jewish life more meaningful.