

May 14, 2021  
4 Sivan, 5781  
Shabbat Bamidbar



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)

**Y'did Nefesh**

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

יְדִיד נֶפֶשׁ, אב הַרְחָמִים,  
מְשׁוֹךְ עַבְדְּךָ אֶל רְצוֹנְךָ.  
יָרוּץ עַבְדְּךָ כְּמוֹ אַיִל,  
יִשְׁתַּחֲוֶה אֶל מוּל הַדָּרֶךְ.

*Heart's delight, Source of mercy, draw Your servant into Your arms:  
I leap like a deer to stand in awe before you.*

**Counting of the Omer**

**ספירת העומר**

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

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוֹתַיִךְ וְצִוִּינוּ עַל סְפִירַת הָעוֹמֵר.

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

Hayom **sh'mona v'arbaim** yom,  
she'heim shisha shavuot v'shisha yamim la'omer.

הַיּוֹם שְׁמוֹנֶה וָאַרְבָּעִים יוֹם,  
שֵׁשׁ שָׁבועוֹת וְשֵׁשׁ יָמִים לְעוֹמֵר.

*Today is forty-eight days, which is six weeks and six days of the Omer.*

**Romemu**

Rom'mu, rom'mu, rom'mu Adonai Eloheinu  
v'hishtachavu l'har kodsho,  
ki kadosh Adonai Eloheinu.

רוֹמְמוּ יי אֱלֹהֵינוּ  
וְהִשְׁתַּחֲוּוּ לְהַר קֹדֶשׁוֹ,  
כִּי קָדוֹשׁ יי אֱלֹהֵינוּ.

*Exalt Adonai our God, and bow toward God's holy hill, for Adonai our God is holy.*

**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  
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.*

DANIEL G. ZEMEL, Rabbi  
JOSHUA BERAHA, Associate Rabbi | STEPHANIE CRAWLEY, Assistant Rabbi  
RACHEL GROSS, Executive Director | DEBRA WINTER, Worship Music Artist | TEDDY KLAUS, Music Director  
SHARON TASH, Education Director  
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## **Refuah Shleimah**

Suzanne Allender, Emily Alpern-Fisch, Alan Appel, Ronni Behar, Janice Berlin, Marla Borkson, Ellen Buckley, Paula Krock Cameron, Barbara Cleveland, Timothy Dunar, Esther bat Chaim v'Chaya, Netanel Felber, Chelo Fournier, Glen Gabriel, Gittel bat Sh'muel v'Bella, Carole Greenberg, Edward Greenberg, Richard Greenfield, Andrea Hamos, Daryl Hawkins, Dusty Kaplan, Joan Kupferberg, Philip Levine, Stu Levine, Sam Levinson, Sharonette Leonard, Dan Lutenegger, Avital Manor, Mildred Marin, Sophie Meyers, Cheryl Mitchell, Rebecca Prigal, Sahar Qureshi, David Ransohoff, Lois Rosen, Eric Rosenberg, Rabbi Steve Sager, Sarah Golde bat Shifrah, David Scheever, Mary Schwartz, Cynthia Seymour, Paul Shapiro, Harry Silver, Kristen Surya, Betty Ustun, Charlotte Wasser

### **Heal Us Now** *Music and English lyrics by Cantor Leon Sher*

R'faeinu Adonai v'neirafei, hoshieinu v'nivasheia  
Eil karov l'chol korav, ach karov lireiav, yish'o

רְפָאֵנוּ יי וְנִרְפָּא הוֹשִׁיעֵנוּ וְנִשְׁעֵה  
אֵל קָרוֹב לְכָל-קָרְאִיו, אֶחַד קָרוֹב לִירְאָיו יִשְׁעוּ

We pray for healing of the body, we pray for healing of the soul,  
For strength of flesh and mind and spirit, we pray to once again be whole...

### **Eil Na, r'fa na; O please heal us now**

#### **R'fuat hanefesh, r'fuat haguf, r'fuah sh'leimah – Heal us now**

Hoshia et amecha, uvarech et nachalatecha,  
ureim v'naseim ad ha'olam  
Mi shebeirach avoteinu, mi shebeirach imoteinu,  
Ana, Adonai, hoshia na

הוֹשִׁיעָה אֶת-עַמֶּךָ וּבְרַךְ אֶת-נַחְלָתְךָ  
וּרְעֵם וְנִשְׂאֵם עַד-הָעוֹלָם  
מִי שֶׁבִרַךְ אֲבוֹתֵינוּ, מִי שֶׁבִרַךְ אִמּוֹתֵינוּ,  
אָנָּה יי הוֹשִׁיעָה נָא

We pray for healing of our people, we pray for healing of the land,  
And peace for every race and nation, every child, every woman, every man...

## **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.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מִלְּךָ הָעוֹלָם,  
בוֹרֵא פְרֵי הַגֶּפֶן. בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מִלְּךָ  
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ, וְשִׁבַּת  
קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ, זִכְרוֹן לְמַעֲשֵׂה  
בְּרֵאשִׁית. כִּי הוּא יוֹם תְּחִילָה לְמִקְרָאֵי קִדְּשׁ, זִכָּר  
לִיְצִיאַת מִצְרָיִם. כִּי-בָנוּ בְּחַרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ,  
מִכָּל-הָעַמִּים, וְשִׁבַּת קִדְּשָׁתָּ בְּאַהֲבָה וּבְרָצוֹן  
הִנְחַלְתָּנוּ. בָּרוּךְ אַתָּה יי, מִקְדֵּשׁ 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.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מִלְּךָ הָעוֹלָם,  
הַמוֹצֵיא לֶחֶם מִן הָאָרֶץ.

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

## One Day – Matisyahu

Sometimes I lay under the moon  
And thank God I'm breathin'  
Then I pray, "Don't take me soon  
'Cause I am here for a reason."

Sometimes in my tears I drown  
But I never let it get me down  
So when negativity surrounds  
I know some day it'll all turn around, because

All my life I've been waitin' for,  
I've been prayin' for,  
For the people to say  
That we don't wanna fight no more  
There'll be no more war  
And our children will play  
One day, one day, one day...

It's not about win or lose, 'cause we all lose  
When they feed on the souls of the innocent  
Blood-drenched pavement  
Keep on movin' though the waters stay ragin'  
In this maze you can lose your way, your way  
It might drive you crazy but  
Don't let it faze you, no way, no way!

Sometimes in my tears I drown  
But I never let it get me down  
So when negativity surrounds  
I know some day it'll all turn around, because  
All my life I've been waitin' for,  
I've been prayin' for,  
For the people to say  
That we don't wanna fight no more  
There'll be no more war  
And our children will play  
One day, one day, one day...

One day this all will change, treat people the same  
Stop with the violence, down with the hate  
One day we'll all be free, and proud to be  
Under the same sun, singin' songs of freedom like  
Why-ohh! (One day, one day) why-oh, oh, oh!

All my life I've been waitin' for  
I've been prayin' for  
For the people to say  
That we don't wanna fight no more  
There'll be no more war  
And our children will play  
One day, one day, one day...

## Samachti B'Omrin Li

Samachti b'omrim li, beit Adonai neilech.  
Omdot hayu ragleinu bish'arayich, Yerushalayim!

Yerushalayim hab'nuyah! K'ir shachubrah lah yachdav!  
Shesham alu shivtei Yah eidut l'Yisrael.

Sha'alu shalom Yerushalayim, yishlayu ohavayich!  
Y'hi shalom b'cheilech, shalvah b'arm'notayich.

L'maan achai v'reiai adabrah na shalom bach.  
L'maan beit Adonai Eloheinu, avak'sha tov lach.

*I rejoice when they said to me: Let us go up to the House of God.  
Now we stand within your gates, O Jerusalem!  
Jerusalem, built to be a city where people come together as one!  
Pray for the peace of Jerusalem: May those who love you prosper!  
For the sake of my people, my friends, I pray you find peace.  
For the sake of the house of Adonai our God, I will seek your good.*

שְׂמַחְתִּי בְּאֹמְרִים לִי : בֵּית יְיָ נִלְךְ.  
עֲמֻדוֹת הָיוּ רַגְלֵינוּ בִּשְׁעָרֶיךָ, יְרוּשָׁלָּיִם!

יְרוּשָׁלָּיִם הַבְּנוּיָה! כְּעִיר שְׂחֻבְרָה לָהּ יַחְדָּיו!  
שֵׁשָׁם עָלוּ שִׁבְטֵי-יְהוָה--עֲדוֹת לְיִשְׂרָאֵל

שְׂאֲלוּ שְׁלוֹם יְרוּשָׁלָּיִם : יִשְׁלְיוּ אֹהֲבֵיךָ!  
יְהִי-שְׁלוֹם בְּחֵילְךָ, שְׁלֹוה בְּאַרְמְנוֹתֶיךָ.

לְמַעַן אַחֵי וְרַעֵי אֲדַבְּרָה נָא שְׁלוֹם בָּךְ.  
לְמַעַן בֵּית יְיָ אֶלֹהֵינוּ, אֲבַקֶּשֶׁה טוֹב לָךְ.

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

Clotilda Douglas-Yakimchuk, 89, one of the first Black-Canadian nurses, Halifax, Nova Scotia  
Miriam Villalobos, 30, transportation accessibility activist, avid volunteer, Watsonville, California  
Blanca Kling, 68, crime victims' advocate for the undocumented, Laurel, Maryland

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

Georgette Banks, 47, no fixed address; Keith Frye, 29, SE DC; Kareem Elliot Watkins, 43, Temple Hills, MD

## ***Shloshim***

Agnes Hamos, John Pasco, Joan Schwarz, Myrna G. Wisotsky

## ***Yahrzeit***

Martin Anenberg, Violet Anenberg, Ben Appel, Archie Bandler, Rick Black, Martin Bloom, Marvin K. Broder, Sidney H. Closter, Lucette Cohen, Florence Dickelman, Daniel Michael Effros, George Feldman, John Ferreira, Hyman Glass, Manuel Gitlin, David Goldberg, Rabbi Morton Kanter, Minnette Knopman, Sylvia Lang, Hyman Mazur, Paula Mishkin, Irving Richter, Priscilla R. Stern, Louise Sugarman, Sidney Tabas

## **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.

*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.*

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.  
בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּינוּ  
וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמְנָן  
קָרִיב, וְאָמְרוּ אָמֵן.  
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמַי וְלְעָלְמֵי עֵלְמַיָּא.  
יְתְבָרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא.  
בְּרִיךְ הוּא.  
לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא  
דְאָמְרִין בְּעֵלְמָא. וְאָמְרוּ אָמֵן.  
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.  
עֹשֶׂה שְׁלוֹם בְּמִרְוֵמֵי הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל  
כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֵל. וְאָמְרוּ אָמֵן.

## **Od Yavo Shalom**

Od yavo shalom aleinu v'al kulam  
Salaam, aleinu v'al kol ha-olam, Salaam.

עוֹד יָבוֹא שְׁלוֹם עָלֵינוּ וְעַל כָּלָם  
סְלָאָם עָלֵינוּ וְעַל כָּל הָעוֹלָם.

*Peace will come upon us, peace will come upon us, peace will come upon us, and on everyone  
Salaam on us and on everyone.*