

May 27, 2022  
28 Iyar, 5782  
Shabbat Ba-Midbar



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)

### Ma Yafeh Hayom

Mah yafeh hayom, Shabbat shalom.

מה יפה היום, שבת שלום.

*How lovely is this day of Sabbath peace.*

### 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 הַרְחָמָן  
מִשׁוֹחַ אֲבֹדְךָ אֶל רְצוֹנְךָ  
יָרוּץ אֲבֹדְךָ 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.*

### Zamru L'Adonai

Zamru l'Adonai b'chinar, b'chinar v'kol zimrah.  
Bachatzotzrot v'kol shofar, hariu lifnei haMelech Adonai.  
Yiram hayam um'lo'o, teiveil v'yoshvei vah;  
N'harot yimcha'u chaf, yachad harim y'raneinu  
Lifnei Adonai, ki va lishpot ha'aretz;  
Yishpot teiveil b'tzedek, v'amim b'meisharim.

זָמְרוּ לַיהוָה לִי בְכִנּוֹר. בְּכִנּוֹר וְקוֹל זִמְרָה  
בְּחִצְצוֹתוֹת וְקוֹל שׁוֹפָר. הֲרִיעוּ לִפְנֵי הַמֶּלֶךְ יי  
יָרַעַם הַיָּם וּמְלָאוּ. תִּבְּל וְיֹשְׁבֵי בָהּ  
נְהָרוֹת יִמְחֲאוּ כָף. יַחַד הָרִים יִרְנְנוּ  
לִפְנֵי יי כִּי בָּא לְשַׁפֵּט הָאָרֶץ  
יִשְׁפֹּט תִּבְּל בְּצֶדֶק וְעַמִּים בְּמִישָׁרִים.

*Sing praise to Adonai with the lyre, with the lyre and melodious song.  
With the trumpets and the blast of the horn raise a shout before Adonai, the ruler.  
Let the sea and all within it thunder, the world and its inhabitants;  
Let the rivers clap their hands, the mountains sing joyously together  
at the presence of Adonai, for God is coming to judge the earth;  
God will rule the world justly, and its peoples with equity.*

### Candles

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

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מְלֶכֶךְ 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.*

**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](http://www.templemicah.org)

## L'cha Dodi

L'cha dodi likrat kallah, p'nei shabbat n'kab'lah.

Shamor v'zachor b'dibur echad, hishmianu El ham'yuchad  
Adonai echad ush'mo echad, l'shem ul'tiferet v'lit'hilah.

Likrat Shabbat l'chu v'neilcha, ki hi m'kor hab'rachah  
Meirosh mikedem n'sucha, sof maaseh b'machshava t'chila.

Hitor'ri, hitor'ri, ki va oreich, kumi ori  
Uri uri shir dabeiri, k'vod Adonai alayich niglah.

Bo'i v'shalom ateret ba'lah, gam b'simchah uv'tzoholah  
Toch emunei am s'gulah, bo'i chalah, bo'i chalah!

*Beloved, come to meet the bride; beloved come to greet Shabbat.*

*“Keep” and “remember”:* a single command the Only God caused us to hear; The Eternal is One, God's Name is One; glory and praise are God's. Come with me to meet Shabbat, forever a fountain of blessing. Still it flows, as from the start: the last of days, for which the first was made. Awake, awake, your light has come! Arise, shine, awake and sing: the Eternal's glory dawns upon you. Enter in peace, O crown of your betrothed; enter in gladness, enter in joy. Come to the people that keeps its faith. Enter, O bride! Enter, O bride!

## Counting of the Omer

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

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

Hayom shnaym v'arbaim yom,  
she'heim shisha shavuot la'omer.

Today is **forty-two** days, which is four weeks of the Omer.

## 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.

*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.*

לְכָה דוּדֵי לְקִרְאֵת כַּלָּה פְּנֵי שַׁבַּת נְקַבְּלָה.

שָׁמֹר וְזָכוֹר בְּדִבּוּר אֶחָד, הַשְּׁמִיעֵנוּ אֶל הַמְּיֻחָד  
יְיָ אֶחָד וְשִׁמוֹ אֶחָד, לְשֵׁם וּלְתִפְרֵת וּלְתִהִילָה.

לְקִרְאֵת שַׁבַּת לָכוּ וְנִלְכָה, כִּי הִיא מְקוֹר הַבְּרָכָה  
מֵרֵאשִׁי מִקִּדְמָה נְסוּכָה, סוֹף מַעֲשֵׂה בְמַחְשָׁבָה תִּחְלָה.

הִתְעוֹרְרִי, הִתְעוֹרְרִי, כִּי בָּא אֹרֶךְ קוּמִי אוּרִי  
עוּרִי עוּרִי שִׁיר דְּבִירִי, כְּבוֹד ה' עָלֶיךָ נִגְלָה.

בּוֹאִי בְּשָׁלוֹם עֲטֹרַת בְּעִלָּה, גַּם בְּשִׂמְחָה וּבְצַהֲלָה  
תֵּוָךְ אֲמוּנֵי עַם סִגְלָה, בּוֹאִי כַלָּה, בּוֹאִי כַלָּה.

## ספירת העומר

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מִלְּךָ הָעוֹלָם, אֲשֶׁר  
קִדְּשָׁנוּ בְּמִצְוֹתַי וְצִוֵּנוּ עַל סְפִירַת הָעוֹמֵר.

הַיּוֹם שְׁנַיִם וָאַרְבָּעִים יוֹם  
שֶׁהֵם שֵׁשָׁה שְׁבִיעוֹת לְעוֹמֵר.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מִלְּךָ הָעוֹלָם,  
בוֹרֵא פְּרֵי הַגֶּפֶן. בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מִלְּךָ  
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַי וְרָצָה בְּנוֹ, וְשַׁבַּת  
קִדְּשׁוּ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ, זָכְרוֹן לְמַעֲשֵׂה  
בְּרֵאשִׁית. כִּי הוּא יוֹם תְּחִילָה לְמִקְרָאֵי קִדְּשׁ, זָכָר  
לְיִצְיַאת מִצְרַיִם. כִּי-בְנוֹ בְּחֵרֶת וְאוֹתָנוּ קִדְּשָׁתָּ,  
מִכָּל-הָעַמִּים, וְשַׁבַּת קִדְּשָׁתָּ בְּאַהֲבָה וּבְרָצוֹן  
הִנְחִילָתָנוּ. בָּרוּךְ אַתָּה יי, מְקַדֵּשׁ הַשַּׁבָּת.

## **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.*

## ***Refuah Shleimah***

---

Emily Alpern-Fisch, Alan Appel, Ronni Behar, Ira Berlin, Howard Berman, 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***

---

Jacob Desvarieux, 65, guitarist and singer, Pointe-a-Pitre, Guadeloupe  
Jose Humberto Martinez, 62, "built the American dream for his family," Central Islip, New York  
Ricky Taylor, 59, essential worker at a grocery store, Annandale, Virginia

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

---

Emmanuel Lys, 32, no fixed address; Shawn Minor, 33, Forestville, MD;  
David Christian Spencer Jr., SE DC; Cedric Williams, 34, SE DC

## ***We Remember the Victims of Gun Violence in Uvalde, Texas***

---

Nevaeh Bravo, Jackie Cazares, Makenna Lee Elrod, Jose Flores, Ellie Garcia, Irma Garcia, Uziyah Garcia, Amerie Jo Garza, Xavier Lopez, Jayce Carmelo Luevanos, Tess Mata, Miranda Mathis, Eva Mireles, Alithia Ramirez, Annabelle Guadalupe Rodriguez, Maite Yuleana Rodriguez, Alexandria "Lexi" Aniyah Rubio, Layla Salazar, Jailah Nicole Silguero, Eliahana Cruz Torres, Rogelio Torres

## ***Shloshim***

---

Rose Burstin, Arthur Murray Golden, Jon Goodman, Geneviève Kristensen, Pete Reiniger, Melvin Saferstein

## ***Yahrzeit***

---

Ruth Miriam Braun Berger, Rick Black, Harold Blatt, Rita Blatt, Robert Blatt, Milton Blechman, Suzanne Blotner, Lenore Kathleen Bodner, Sam Bordman, Belle Chernak, Harry Fox, Barbara Goldberg, Bezalel Herschkovitz, Arnold Hollander, Fred Jacob, Jack Kaplan, Manuel Kurzberg, Thelma Lilian Meyer Murer, Henry S. "Hank" Moss, Murray Peltz, Edward Makowsky Petsonk, Robert Riggs, Jay Sterling Riskind, Deborah Sachse, Maurice B. Sachse, Ruth Meyerson Schiff, David Schwartz, Jordan Silverman, Jeannette Vale, Jerome Wald, Barbara Wertheimer, Richard 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.

יִתְגַּדֵּל וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא.  
בְּעֵלְמָא דִּי בְּרָא כְרַעוּתֵיהּ וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיִּיכוּן  
וּבְיָוִמֵיכוּן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמְן  
קָרִיב, וְאָמְרוּ אָמֵן.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמֵי עֲלְמֵיָא.  
יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא  
וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלַּל שְׁמֵהּ דְקַדְשָׁא.  
בְּרִיךְ הוּא.

לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תִּשְׁבַּחְתָּא וְנִחַמְתָּא  
דְאָמְרִין בְּעֵלְמָא. וְאָמְרוּ אָמֵן.

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ 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.*

## Peace Will Come

Tom Paxton

Peace,  
Peace will,  
Peace will come,  
And let it begin with me.

We,  
We need,  
We need peace,  
And let it begin with me.

Oh, my own life  
Is all I can hope to control.  
Oh, let my life, Be lived for the good, Good of my  
soul.

Let it bring peace,  
Sweet peace,  
Peace will come,  
And let it begin with me.

## Oseh Shalom

Oseh Shalom bim'ro'mav  
Hu ya'aseh shalom aleinu.  
V'al kol Yisrael, v'al kol yoshvei tevel.  
V'imru: Amen.

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

*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.*

## Shabbat Shalom!