

June 17, 2022
19 Sivan, 5782
Shabbat Sh'lach L'cha



*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)*

Eternity Utters a Day

Text: Abraham Joshua Heschel; Music by Dan Nichols

A thought has blown the marketplace away. There is a song on the wind, and joy in the trees.
Shabbat has arrived in the world. Scattering a song, in the silence of the night.
And eternity utters a day.

Candles

Baruch Atah, Adonai, Eloheinu, Melech ha'olam, asher פָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מִלְךְּ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
kidshanu b'mitzvotav v'tzivanu l'hadlik neir shel Shabbat. 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.

I Am Human

Music and English lyrics by Rabbi Sandra Lawson

I am human and I am free
Watch me fly above the trees
You can hear my cry and you can hear my roar
But you can't take away my soul

Hashkiveinu, Adonai Eloheinu, l'shalom,
v'haamideinu, Shomreinu, l'chayim.
Hashkiveinu l'shalom.

הַשְׁכִּיבֵנוּ יי אֱלֹהֵינוּ לְשָׁלוֹם
וְהַעֲמִידֵנוּ שׁוֹמְרֵינוּ לְחַיִּים.
הַשְׁכִּיבֵנוּ לְשָׁלוֹם

Oseh Shalom

Oseh shalom bimromav, Hu ya'aseh shalom.
Oseh shalom bimromav, Hu ya'aseh shalom.
May the One who makes peace from heaven above,
Hu ya'aseh shalom.

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
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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, ושבט
קדשו באהבה וברצון הנחילנו, זכרון למעשה
בראשית. כי הוא יום תחילה למקראי קדש, זכר
ליציאת מצרים. כי-בנו בחרת ואותנו קדשת,
מכל-העמים, ושבט 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.

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, Aubrey Garber, Marlene Garnett, Barbara Gayler, Jeffrey Goodman, Richard Greenfield, Ezra Mac Grossman, David Hahn, Judy Hurvitz, Robin Kaplan, Joan Kupferberg, Wasu Lawal, Lisa Lehman, Philip Levine, Stu Levine, Sam Levinson, Dan Lutenecker, 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, Mimi Wolf

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

Rose Marie Compaoré, 62, progressive politician, Ouagadougou, Burkina Faso
Honestie Hodges, 14, student and law enforcement reform activist, Grand Rapids, Michigan
Joseph Dobrenski Jr., 90, nursing home resident, Easton, Maryland

We Remember Those Lost to Violence in Washington, DC

Sonya Champ, 40, NW DC; Irvin Brandon, 28, SE DC; Alphonzo Jones, 34, Temple Hills, MD; Israel Mattocks, 30, SE DC; Xavier Spruill, 17, Baltimore, MD

Shiva

William Yale Dick, brother of Marjorie Dick Stuart;
Sandra Goldberg, mother of Dara Goldberg Kaye; Deborah Aviva Kraut, wife of Alan Kraut;
A.B. Yehoshua, Israeli author

Shloshim

Stephen F. Eilperin, father of Juliet Eilperin

Yahrzeit

Rabbi Bernard J. Bamberger, Horace L Barnes, Ida Broide, Harry Cherney, Fred Dickelman,
Avi Dorot, Herbert Elisburg, Edward Faber, Otto Frankenfeld, Sylvia Grossman,
Mildred Katzman, Ellen Kurzman, Martin Kushinsky, Hallene Marks, Robert S. Morgenstein, Sam
Morgenstein, Harold Schwalb, Benjamin M. Seiger, Judith Shaffert, Florence Simon,
Stan Wang, Ken Weiner

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 כְרַעוּתֵיהּ וַיִּמְלִיךְ מַלְכוּתֵיהּ בְּחַיִּיכוֹן
וּבְיָוִמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמְן
קָרִיב, וְאָמְרוּ אָמֵן.
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמַיָּא.
וַיִּתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא
וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלַּל שְׁמֵהּ דְקַדְשָׁא.
בְּרִיךְ הוּא.
לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא
דְאָמְרִין בְּעֵלְמָא. וְאָמְרוּ אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עֲלִינוּ וְעַל כָּל
יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.
עֲשֵׂה שְׁלוֹם בְּמִרְוַמֵּי הוּא יַעֲשֵׂה שְׁלוֹם עֲלִינוּ 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.

Od Yavo Shalom

Od yavo shalom, od yavo shalom
Od yavo shalom yom-yom
B'omek libi ani ma'amin
she'od yavo shalom yom-yom.

Peace will come some day. Deep in my heart, I do believe that peace will come some day.

עוד יבוא שלום, עוד יבוא שלום
עוד יבוא שלום יום-יום
בעמק לבי אני מאמין
שעוד יבוא שלום יום-יום

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

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

עוד יבוא שלום עלינו ועל כלם.
סלאם, עלינו ועל כל העולם.

Shabbat Shalom!