

June 18, 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)*



### Ashrei

Ashrei yoshvei veitecha, od y'hal'hucha selah.

אֲשֶׁרֵי יוֹשְׁבֵי בֵיתְךָ, עוֹד יִהְלָחוּךָ סֵלָה.

I sing for You  
I sing for what is holy and is true  
I sing for all creation, for life and liberation  
Every day anew. Halleluyah.

Va-anachnu n'vareich Yah mei-atah v'ad olam.  
Halleluyah.

וְאֲנַחְנוּ נִבְרַךְ יְהוָה מֵעַתָּה וְעַד עוֹלָם.  
הַלְלוּיָהּ.

### Well Up Like Waters *Music and lyrics by Jacob Spike Kraus*

Teach me how to flow like a river  
To face what's in my way  
And keep on moving just the same  
Teach me how to flow like a river  
  
Teach me how to stand like a mountain  
Defiant, strong, and proud  
Before what tries to tear me down  
Teach me how to stand like a mountain  
  
Let justice well up like waters  
And righteousness like a mighty stream  
May the land decide she's satisfied

With the blood of no more sons  
and daughters  
And well up like waters  
  
Teach me how to burn like a fire  
Let my righteous rage  
Spark the turning of the page  
Teach me how to burn like a fire  
  
Teach me how to walk what I'm praying  
I need to take a stand  
If we're to reach the promised land  
Teach me how to walk what I'm praying

***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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Numbers במדבר 14:26-35

- כו** וַיְדַבֵּר יְהוָה אֶל־מֹשֶׁה וְאֶל־אַהֲרֹן לֵאמֹר:
- כז** עַד־מַתַּי לְעֵדָה הָרַעָה הַזֹּאת אֲשֶׁר הִמָּה מְלִינִים עָלַי אֶת־תְּלַנּוֹת בְּנֵי יִשְׂרָאֵל אֲשֶׁר הִמָּה מְלִינִים עָלַי שָׁמַעְתִּי:
- כח** אָמַר אֲלֵהֶם חִי־אַנִּי נְאֻם־יְהוָה אִם־לֹא כַּאֲשֶׁר דִּבַּרְתֶּם בְּאָזְנֵי כֹן אֶעֱשֶׂה לָכֶם:
- כט** בַּמִּדְבָּר הַזֶּה יִפְּלוּ פְגָרֵיכֶם וְכָל־פְּקֻדֵיכֶם לְכָל־מִסְפָּרְכֶם מִבֶּן עֶשְׂרִים שָׁנָה וּמַעְלָה אֲשֶׁר הִלִּינְתֶם עָלַי:
- ל** אִם־אַתֶּם תִּבְּאוּ אֶל־הָאָרֶץ אֲשֶׁר נִשְׁאַתִּי אֶת־יָדַי לְשִׁכּוֹן אֶתְכֶם בָּהּ כִּי אִם־כָּלֵב בֶּן־יִפְנֶה וִיהוֹשֻׁעַ בֶּן־נֹון:
- לא** וְטַפְּכֶם אֲשֶׁר אָמַרְתֶּם לִבִּז יִהְיֶה וְהִבִּיאֲתִי אֲתֶם וַיְדַעוּ אֶת־הָאָרֶץ אֲשֶׁר מָאֲסַתֶּם בָּהּ:
- לב** וּפְגָרֵיכֶם אַתֶּם יִפְּלוּ בַּמִּדְבָּר הַזֶּה:
- לג** וּבְנֵיכֶם יִהְיוּ רֹעִים בַּמִּדְבָּר אַרְבַּעִים שָׁנָה וְנִשְׂאוּ אֶת־זִנּוּתֵיכֶם עַד־תֶּם פְּגָרֵיכֶם בַּמִּדְבָּר:
- לד** בְּמִסְפַּר הַיָּמִים אֲשֶׁר־תִּרְתֶּם אֶת־הָאָרֶץ אַרְבַּעִים יוֹם יוֹם לְשָׁנָה יוֹם לְשָׁנָה תִּשְׂאוּ אֶת־עֲוֹנֹתֵיכֶם אַרְבַּעִים שָׁנָה וַיְדַעְתֶּם אֶת־תְּנוּאָתִי:
- 26** The Eternal One spoke further to Moses and Aaron,
- 27** “How much longer shall that wicked community keep muttering against Me? Very well, I have heeded the incessant muttering of the Israelites against Me.
- 28** Say to them: ‘As I live,’ says the Eternal, ‘I will do to you just as you have urged Me.
- 29** In this very wilderness shall your carcasses drop. Of all of you [men] who were recorded in your various lists from the age of twenty years up, you who have muttered against Me,
- 30** not one shall enter the land in which I swore to settle you—save Caleb son of Jephunneh and Joshua son of Nun.
- 31** Your children who, you said, would be carried off—these will I allow to enter; they shall know the land that you have rejected.
- 32** But your carcasses shall drop in this wilderness,
- 33** while your children roam the wilderness for forty years, suffering for your faithlessness, until the last of your carcasses is down in the wilderness.
- 34** You shall bear your punishment for forty years, corresponding to the number of days—forty days—that you scouted the land: a year for each day. Thus you shall know what it means to thwart Me.

35 I the Eternal have spoken: Thus will I do to all that wicked band that has banded together against Me: in this very wilderness they shall die and so be finished off.”

לֵּאמֹר אֲנִי יְהוָה דִּבַּרְתִּי אִם-לֹא | זֹאת  
אֶעֱשֶׂה לְכָל-הָעֵדָה הָרָעָה הַזֹּאת  
הַנוֹעֲדִים עָלַי בַּמִּדְבָּר הַזֶּה יִתְּמוּ  
וְשֵׁם יִמְתּוּ:

## Haftarah for Juneteenth: Isaiah 61:1-4, 7-11

### Before the reading:

*Blessed are you, Adonai our God, whose spirit inspired our prophets, and whose spirit inspires us to thoughtfully discern their words. Each generation that has come before has taught and made our prophets' words their own. Thank you for binah, understanding, and deah, knowledge: for the opportunity to choose the holy words that we pass on to the next generation.*

- א רוח אֲדֹנָי יְהוָה עָלַי לְעֵן מְשַׁח  
יהוָה אֵתִי לְבִשָׂר עֲנוּיִם שְׁלַחְנִי  
לְחִבֹּשׁ לְנִשְׁבְּרֵי-לֵב לְקַרְא לְשִׁבוּיִם  
דְּרוֹר וְלֹא-סוּרִים פְּקַח-קוֹחַ:
- 1 The spirit of God is upon me,  
Because the Eternal has anointed me;  
God has sent me as a herald of joy to the  
humble,  
To bind up the wounded of heart,  
To proclaim release to the captives,  
Liberation to the imprisoned;
- ב לְקַרְא שְׁנַת-רְצוֹן לַיהוָה וַיּוֹם  
נְקָם לְאֱלֹהֵינוּ לְנַחֵם כָּל-אֲבֵלִים:
- 2 To proclaim a year of the Eternal's favor  
And a day of vindication by our God;  
To comfort all who mourn—
- ג לְשׂוּם | לְאֲבֵלֵי צִיּוֹן לְתַתּ לָהֶם  
פֶּאֶר תַּחַת אֶפְרַשׁ שֶׁמֶן שְׁשׂוֹן תַּחַת  
אֲבֵל מֵעֵטָה תַּהֲלֶה תַּחַת רוּחַ  
כְּהָה וְקַרְא לָהֶם אֵילֵי הַצֹּדֵק  
מִטֵּעַ יְהוָה לְהַתְּפָאֵר:
- 3 To provide for the mourners in Zion—  
To give them a turban instead of ashes,  
The festive ointment instead of mourning,  
A garment of splendor instead of a  
drooping spirit.  
They shall be called terebinths of victory,  
Planted by God for God's glory.
- ד וּבְנִוּ חֲרָבוֹת עוֹלָם שְׁמָמוֹת  
רִאשֹׁנִים יְקוֹמְמוּ וְחִדְּשׁוּ עָרֵי  
חָרֵב שְׁמָמוֹת דָּוָר וְדָוָר:
- 4 And they shall build the ancient ruins,  
Raise up the desolations of old,  
And renew the ruined cities,  
The desolations of many ages.
- ז תַּחַת בְּשִׁתְּכֶם מִשְׁנֶה וּכְלָמָה  
יָרְנוּ חִלְקֶם לָכֵן בְּאַרְצָם מִשְׁנֶה  
יִירָשׁוּ שְׁמֵחַת עוֹלָם תַּהֲיֶה לָהֶם:
- 7 Because your shame was double—  
Men cried, “Disgrace is their portion”—  
Assuredly, they shall have a double share  
in their land,  
Joy shall be theirs for all time.

ח כִּי אֲנִי יְהוָה אֶהֱב מְשֻׁפָּט שְׂנֵא 8 For I the Eternal love justice,  
 גָּזַל בְּעוֹלָה וְנָתַתִּי פְעֻלָּתָם בְּאַמָּת 8 I hate robbery with a burnt offering.  
 וּבְרִית עוֹלָם אֶכְרֹת לָהֶם : I will pay them their wages faithfully,  
 : And make a covenant with them for all time.

ט וְנוֹדַע בְּגוֹיִם זְרָעָם וְצִאֲצָאֵיהֶם 9 Their offspring shall be known among  
 בְּתוֹךְ הָעַמִּים כָּל־רְאִיֵּיהֶם יִכְירוֹם 9 the nations,  
 כִּי יֵרָע זְרַע בְּרַךְ יְהוָה : Their descendants in the midst of the  
 : peoples.  
 All who see them shall recognize  
 That they are a stock God has blessed.

י שׁוֹשׁ אֲשִׁישׁ בְּיְהוָה תִּגַּל נַפְשִׁי 10 I greatly rejoice in the Eternal,  
 בְּאֱלֹהֵי כִּי הִלְבִּישָׁנִי בְּגָדֵי־יֹשֵׁעַ 10 My whole being exults in my God.  
 מְעִיל צְדָקָה יַעֲטֵנִי כְּחַתָּן יִכְהֹן 10 For God has clothed me with garments of  
 פֶּאֶר וְכִכְלָה תַעֲדָה כְּלִיָּה : triumph,  
 : Wrapped me in a robe of victory,  
 Like a bridegroom adorned with a turban,  
 Like a bride bedecked with her finery.

יא כִּי כְּאֶרֶץ תּוֹצִיא צְמֻחָהּ וּכְגִנָּה 11 For as the earth brings forth her growth  
 זְרוּעֶיהָ תִצְמַיֵחַ כֵּן | אֲדַנִּי יְהוָה 11 And a garden makes the seed shoot up,  
 יִצְמַיֵחַ צְדָקָהּ וּתְהִלָּהּ נִגְדָּה 11 So God will make  
 : כָּל־הַגּוֹיִם : Victory and renown shoot up  
 : In the presence of all the nations.

**After the Reading:**

*Thank you, O God, whose spirit inspired the prophets of old, and whose spirit inspires us to live with intention. God, you call to us to be our best. You call us to justice and mercy and to care for the oppressed. Blessed are you, Adonai our God, who gives us the ability to discern, to live, to inspire and to do your work.*

**Refuah Shleimah**

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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 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, 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.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.  
בְּעֵלְמָא דִּי בְּרָא כְרַעוּתָהּ וְנִמְלִיךְ מַלְכוּתָהּ  
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל  
בְּעֵגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ אָמֵן.  
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמֵי  
עֲלְמֵינָא.  
יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרַומֵם וְיִתְנַשֵּׂא  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ דְקַדְדֻשָּׁא.  
בְּרִיךְ הוּא.  
לְעֵלְמָא מִן כּוֹל בִּרְכָתָא וְשִׁירָתָא תִּשְׁבַּחְתָּא  
וְנִחַמְתָּא דְאָמִירוֹן בְּעֵלְמָא. וְאָמְרוּ אָמֵן.  
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָא וְחַיִּים עֲלֵינוּ  
וְעַל כּוֹל יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.  
עֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם  
עֲלֵינוּ וְעַל כּוֹל יִשְׂרָאֵל וְעַל כּוֹל 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.*