

**June 3, 2022**  
**5 Sivan, 5782**  
**Shabbat Nasso**

*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)*



**Shalom Aleichem**

Shalom aleichem, malachei hashareit,  
malachei Elyon,  
mimelech mal'chei hamlachim,  
HaKadosh Baruch Hu.

שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת,  
מַלְאָכֵי עֲלִיּוֹן,  
מִמְלֶכֶת מַלְכֵי הַמַּלְאָכִים,  
הַקָּדוֹשׁ בְּרוּךְ הוּא.

Bo-achem l'shalom, malachei hashalom,  
malachei Elyon,  
mimelech mal'chei hamlachim,  
HaKadosh Baruch Hu.

בּוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,  
מַלְאָכֵי עֲלִיּוֹן,  
מִמְלֶכֶת מַלְכֵי הַמַּלְאָכִים,  
הַקָּדוֹשׁ בְּרוּךְ הוּא.

Bar'chuni l'shalom, malachei hashalom,  
malachei Elyon,  
mimelech mal'chei hamlachim,  
HaKadosh Baruch Hu.

בְּרַכּוּנִי לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,  
מַלְאָכֵי עֲלִיּוֹן,  
מִמְלֶכֶת מַלְכֵי הַמַּלְאָכִים,  
הַקָּדוֹשׁ בְּרוּךְ הוּא.

Tzeit'chem l'shalom, malachei hashalom,  
malachei Elyon,  
mimelech mal'chei hamlachim,  
HaKadosh Baruch Hu.

צֵאתְכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,  
מַלְאָכֵי עֲלִיּוֹן,  
מִמְלֶכֶת מַלְכֵי הַמַּלְאָכִים,  
הַקָּדוֹשׁ בְּרוּךְ הוּא.

*Peace be upon you, attending angels, angels from above,  
from the Ruler of Rulers, the Holy and Blessed One.*

*Come for peace, messengers of peace, messengers from above,  
from the Ruler of Rulers, the Holy and Blessed One.*

*Bless me for peace, messengers of peace, messengers from above,  
from the Ruler of Rulers, the Holy and Blessed One.*

*Depart in peace, messengers of peace, messengers from above,  
from the Ruler of Rulers, the Holy and Blessed One.*

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This week's Oneg is brought to you by Jennifer Kaplan & Jennifer Oko on behalf of the Temple Micah Board of Directors.

***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  
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## Candles

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

ברוך אתה יי, אלהינו מלך העולם, אשר  
קדשנו במצותיו וצונו להדליק נר של שבת.

*We praise You, Eternal God, Sovereign of the universe.*

*You hallow us with Your Mitzvot and command us to kindle the light of Shabbat.*

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

## Counting of the Omer

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

ברוך אתה יי, אלהינו מלך העולם, אשר  
קדשנו במצותיו וצונו על ספירת העמר.

*Our praise to You, Adonai, Sovereign of all, who hallows us with mitzvot,*

*commanding us to count the Omer.*

Hayom echad v'esrim yom,  
she'heim sh'losha shavuot la'omer.

היום תשעה וארבעים יום,  
שהם שבעה שבועות לעמר.

*Today is **forty-nine** days, which is seven weeks of the Omer.*

## Refuah Shleimah

Emily Alpern-Fisch, Alan Appel, Ronni Behar, Ira Berlin, Michael Brenner, Ellen Buckley, Judith Chisholm, Barbara Cleveland, Netanel Felber, Chelo Fournier, Aubrey Garber, 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***

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Michael Darling, 64, chef, Overland Park, Kansas

Jack Symonds, 96, amateur boxer, bakery owner, ballroom dancer. Rochester, New York

Manuel Juarez, 79, raised 3 children on minimum wage without knowing the language, Richmond, California

Jack W. Breitenstein, 93, self proclaimed CEO of Breits' Stein and Deli, Overland Park, Kansas

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

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Anwar Christian, 31, SE DC; James Curtis, 38, SE DC; Justin Johnson, 16, Temple Hills MD; Kenneth Sills,

42, no fixed address; Jahmeze Williams, 20, SE DC

## ***We Remember Those Lost to Violence in Tulsa, Oklahoma***

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Amanda Glenn, Stephanie Husen, William Love, Preston Phillips

## ***Shloshim***

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Rose Burstin, Arthur Murray Golden, Jon Goodman, Genevieve Kristensen, Pete Reiniger

## ***Yahrzeit***

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Archie Bandler, Martin Bloom, Marvin K. Broder, Herbert Brown, Oscar Charlson, Lucette Cohen,

Florence Dickelman, George Feldman, Lilian Freeman, Morris Gerstenhaber, Hyman Glass, Joseph Gurfein,

Julius Halpern, Minnette Knopman, Philip Leibovich, Ida Lipman, Martin Luray, Harry Luterman,

Paula Mishkin, Stan Monheim, Edward Platoff, Howard Rothman, Sally Schwartz, Emma Seelig,

Christopher Spingarn, Louise Sugarman, Sidney Tabas, Orli Townend

## **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 כְרְעוּתֵיהּ וְיִמְלִיךָ מַלְכוּתֵיהּ  
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל  
בְּעֵגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ אָמֵן  
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמַי וּלְעָלְמֵי עֲלַמְיָא  
יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקַדְשָׁא.  
בְּרִיךְ הוּא  
לְעֵלְא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא  
וְנִחְמָתָא דְאִמְרֵן בְּעֵלְמָא. וְאָמְרוּ אָמֵן  
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עֲלֵינוּ וְעַל  
כָּל יִשְׂרָאֵל. וְאָמְרוּ אָמֵן  
עֲשֵׂה שְׁלוֹם בְּמִרְוַמֵּי הוּא יַעֲשֵׂה שְׁלוֹם עֲלֵינוּ  
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.*