

June 4, 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)*



We Celebrate the Bat Mitzvah of Eliana Townend

Passing of the Torah	Michael Maurer
Aliyah I	Doug Grob
Aliyah II	Ari Townend
Aliyah III	Rebecca Wisotsky, Katya Levitan-Reiner
Aliyah IV	Alexandra Wisotsky, Richard Townend
Aliyah V	Eliana Townend
Hagbah	Irwin Slonin
Gelilah	Miriam Lemus, Rebecca Lemus
Petichah	Sami Levitan-Wisotsky, David and Diane Townend
Usher	Mark Levine, Amy McLaughlin

Asher Yatzar: Beautiful and Broken

Music and English lyrics by Dan Nichols

I thank You for my life, body and soul
Help me realize I am beautiful and whole
I'm perfect the way I am, and a little broken too
I will live each day as a gift I give to You.

Baruch Atah Adonai, rofeih
chol basar umafla la'asot.

בָּרוּךְ אַתָּה יְיָ רוֹפֵא
כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת

Blessed are you, Adonai, who heals all flesh, working wondrously.

Numbers 5:1–20

- א** וַיְדַבֵּר יְהוָה אֶל-מֹשֶׁה לֵאמֹר: **1** The Eternal One spoke to Moses, saying:
- ב** צוּ אֶת-בְּנֵי יִשְׂרָאֵל וְיִשְׁלְחוּ מִן-הַמַּחֲנֶה כָּל-צָרוּעַ וְכָל-זָב וְכָל טָמֵא לְנַפְשׁוֹ: **2** Instruct the Israelites to remove from camp anyone with an eruption or a discharge and anyone defiled by a corpse.
- ג** מִזָּכָר עַד-נְקֵבָה תִּשְׁלְחוּ אֶל-מַחוּץ לַמַּחֲנֶה תִּשְׁלְחוּם: **3** Remove male and female alike; put them outside the camp so that they do not defile the camp of those in whose midst I dwell.

וְלֹא יִטְמְאוּ אֶת־מַחְנֵיהֶם אֲשֶׁר
אֲנִי שׂוֹכֵן בְּתוֹכְכֶם:

ד וַיַּעֲשׂוּ־כֵן בְּנֵי יִשְׂרָאֵל וַיִּשְׁלְחוּ
אוֹתָם אֶל־מַחוּץ לַמַּחֲנֶה
כַּאֲשֶׁר דִּבֶּר יְהוָה אֶל־מֹשֶׁה כֵּן
עָשׂוּ בְּנֵי יִשְׂרָאֵל:

4 The Israelites did so, putting them outside the camp; as the Eternal had spoken to Moses, so the Israelites did.

ה וַיְדַבֵּר יְהוָה אֶל־מֹשֶׁה
לֵאמֹר:

5 The Eternal One spoke to Moses, saying:

ו דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל אִישׁ
אוֹ־אִשָּׁה כִּי יַעֲשׂוּ מִכָּל־חַטָּאת
הָאָדָם לְמַעַל מֵעַל בֵּיהוָה
וְאָשָׁמָה הַנֶּפֶשׁ הַהוּא:

6 Speak to the Israelites: When men or women individually commit any wrong toward a fellow human being, thus breaking faith with the Eternal, and they realize their guilt,

ז וְהִתְוֹדוּ אֶת־חַטָּאתָם אֲשֶׁר
עָשׂוּ וְהָשִׁיב אֶת־אֲשָׁמוֹ בְּרֹאשׁוֹ
וְחִמִּישְׁתּוֹ יִסֹּף עָלָיו וְנָתַן
לְאִשֶׁר אָשָׁם לוֹ:

7 they shall confess the wrong that they have done. They shall make restitution in the principal amount and add one-fifth to it, giving it to the one who was wronged.

ח וְאִם־אֵין לָאִישׁ גֹּאֵל לְהָשִׁיב
הָאָשָׁם אֵלָיו הָאָשָׁם הַמוּשָׁב
לִיהוָה לַכֹּהֵן מִלֶּבֶד אֵיל
הַכֹּפָרִים אֲשֶׁר יִכְפֹּר־בוֹ עָלָיו:

8 If that party [is deceased and] has no kin to whom restitution can be made, the amount repaid shall go to the Eternal for the priest—in addition to the ram of expiation with which expiation is made on their behalf.

ט וְכָל־תְּרוּמָה לְכָל־קֹדֶשִׁי
בְּנֵי־יִשְׂרָאֵל אֲשֶׁר־יִקְרִיבוּ לַכֹּהֵן
לוֹ יִהְיֶה:

9 So, too, any gift among the sacred donations that the Israelites offer shall be the priest's.

י וְאִישׁ אֶת־קֹדֶשִׁיו לוֹ יִהְיֶה
אִישׁ אֲשֶׁר־יִתֵּן לַכֹּהֵן לוֹ יִהְיֶה:

10 And each shall retain his sacred donations: each priest shall keep what is given to him.

יא וַיְדַבֵּר יְהוָה אֶל־מֹשֶׁה
לֵאמֹר:

11 The Eternal One spoke to Moses, saying:

יב דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ
אֲלֵהֶם אִישׁ אִישׁ כִּי־תִשָּׁטָה
אִשְׁתּוֹ וּמָעַלָה בוֹ מֵעַל:

12 Speak to the Israelite people and say to them: If any wife has gone astray and broken faith with her husband,

יג וְשָׁכַב אִישׁ אֶתָּה שְׁכִיב־זָרַע
וְנִעְלַם מֵעֵינַי אִשָּׁה וְנִסְתָּרָה

13 in that another man has had carnal relations with her unbeknown to her husband, and she keeps secret the fact that

וְהִיא נִטְמָאָה וְעַד אֵין בָּהּ
וְהוּא לֹא נִתְפָּשָׂה:

14 but a fit of jealousy comes over him and he is wrought up about the wife who has defiled herself—or if a fit of jealousy comes over him and he is wrought up about his wife although she has not defiled herself

טו וְהָבִיא הָאִישׁ אֶת־אִשְׁתּוֹ
אֶל־הַכֹּהֵן וְהָבִיא אֶת־קֶרְבָּנָהּ
עָלֶיהָ עֲשִׂירֵת הָאֵיפָה קֶמַח
שְׁעָרִים לֹא־יִצַק עָלָיו שֶׁמֶן
וְלֹא־יִתֵּן עָלָיו לְבִנָּה כִּי־מִנְחַת
קִנְיָת הוּא מִנְחַת זְכוּרֹן
מִזְכֶּרֶת עֹן:

15 the husband shall bring his wife to the priest. And he shall bring as an offering for her one-tenth of an *eifah* of barley flour. No oil shall be poured upon it and no frankincense shall be laid on it, for it is a meal offering of jealousy, a meal offering of remembrance which recalls wrongdoing.

טז וְהִקְרִיב אֹתָהּ הַכֹּהֵן
וְהִעֲמֶדָהּ לִפְנֵי יְהוָה:

16 The priest shall bring her forward and have her stand before the Eternal.

יז וְלָקַח הַכֹּהֵן מִיַּם קְדוֹשִׁים
בְּכֵל־חָרָשׁ וּמִן־הָעֶפְרָא אֲשֶׁר
יְהִיָּה בְּקִרְקַע הַמִּשְׁכָּן יִקַּח
הַכֹּהֵן וְנָתַן אֶל־הַמַּיִם:

17 The priest shall take sacral water in an earthen vessel and, taking some of the earth that is on the floor of the Tabernacle, the priest shall put it into the water.

יח וְהִעֲמִיד הַכֹּהֵן אֶת־הָאִשָּׁה
לִפְנֵי יְהוָה וּפָרַע אֶת־רֹאשׁ
הָאִשָּׁה וְנָתַן עַל־כַּפְּיָהּ אֶת
מִנְחַת הַזְּכוּרֹן מִנְחַת קִנְיָת
הוּא וּבִיד הַכֹּהֵן יִהְיוּ מֵי
הַמָּרִים הַמְּאַרְרִים:

18 After he has made the wife stand before the Eternal, the priest shall bare the wife's head and place upon her hands a meal offering of remembrance, which is a meal offering of jealousy. And in the priest's hands shall be the water of bitterness that induces the spell.

יט וְהִשְׁבִּיעַ אֹתָהּ הַכֹּהֵן וְאָמַר
אֶל־הָאִשָּׁה אִם־לֹא שָׁכַב אִישׁ
אִתְּךָ וְאִם־לֹא שָׁטִית טְמָאָה
תַּחַת אִישׁךָ הִנְקִי מִמֵּי הַמָּרִים
הַמְּאַרְרִים הָאֵלֶּה:

19 The priest shall adjure the wife, saying to her, "If no other party has lain with you, if you have not gone astray in defilement while married to your husband, be immune to harm from this water of bitterness that induces the spell.

כ וְאִתְּ כִּי שָׁטִית תַּחַת אִישׁךָ
וְכִי נִטְמָאת וַיִּתֵּן אִישׁ בְּדָךְ
אֶת־שְׁכָבְתוֹ מִבְּלַעֲדֵי אִישׁךָ:

20 But if you have gone astray while married to your husband and have defiled yourself, if any party other than your husband has had carnal relations with you"

Haftarah for Nasso: Judges 13:15–18

- טו** וַיֹּאמֶר מָנוּחַ אֶל־מַלְאָךְ יְהוָה נַעֲצְרָה־נָא אוֹתְךָ וְנַעֲשֵׂה לְפָנֶיךָ גְּדִי עֲזִים: 15 Manoah said to the angel of the LORD, “Let us detain you and prepare a kid for you.”
- טז** וַיֹּאמֶר מַלְאָךְ יְהוָה אֶל־מָנוּחַ אִם־תַּעֲצֹרְנִי לֹא־אֲכַל בְּלַחֲמֶךָ וְאִם־תַּעֲשֵׂה עֲלֶיךָ לַיהוָה תַּעֲלֶנָּה כִּי לֹא־יָדַע מָנוּחַ כִּי־מַלְאָךְ יְהוָה הוּא: 16 But the angel of the LORD said to Manoah, “If you detain me, I shall not eat your food; and if you present a burnt offering, offer it to the LORD.”—For Manoah did not know that he was an angel of the LORD.
- יז** וַיֹּאמֶר מָנוּחַ אֶל־מַלְאָךְ יְהוָה מִי שְׁמֶךָ כִּי־יָבֵא דְבָרְךָ וְכַבֵּדְנוּךָ: 17 So Manoah said to the angel of the LORD, “What is your name? We should like to honor you when your words come true.”
- יח** וַיֹּאמֶר לוֹ מַלְאָךְ יְהוָה לְמָה זֶה תִּשְׁאַל לְשְׁמִי וְהוּא־פְּלֵאִי: 18 The angel said to him, “You must not ask for my name; it is unknowable!”

Siman Tov

Siman tov umazal tov
Umazal tov v'siman tov
Y'hei lanu, ul'chol Yisrael.

סימן טוב ומזל טוב
ומזל טוב וסימן טוב
יהא לנו. ולכל ישראל

It is a good and lucky sign for us and all Israel!

Shehecheyanu

Baruch ata Adonai Eloheinu Melech ha-olam,
Shehecheyanu v'kiyimanu v'higiyanu lazman hazeh.

ברוך אתה, יי, אלהינו מלך העולם
שהחיינו וקימנו והגיענו לזמן הזה.

Source of blessing, Eternal our God, You fill the universe with majestic might, giving us life, upholding the life within us, and bringing us to this time.

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

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, 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

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

Amanda Glenn, Stephanie Husen, William Love, Preston Phillips

Shloshim

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

Yahrzeit

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.

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְּרָא כְרַעוּתֵיהּ וְיִמְלִיךְ מַלְכוּתֵיהּ
בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל
בְּעֵגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ אָמֵן
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמֵי
עֵלְמֵיָא.
יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא.
בְּרִיךְ הוּא
לְעֵלְמָא מִן כָּל בְּרִכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא
וְנִחְמָתָא דְּאָמְרוּ בְּעֵלְמָא. וְאָמְרוּ אָמֵן
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עֲלֵינוּ וְעַל
כָּל יִשְׂרָאֵל. וְאָמְרוּ אָמֵן
עֲשֵׂה שְׁלוֹם בְּמִרְוֹמֵי 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.

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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