

*July 22, 2022
24 Tammuz, 5782
Shabbat Matot*



*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)*

Candles

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

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ 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.*

Hashkeivenu

Hashkiveinu Adonai Eloheinu l'shalom, l'shalom
V'haamideinu shomreinu l'chaim
Ufros aleinu sukkat sh'lomecha,
ufros aleinu sukkat sh'lomecha, Amen.

Guard us from all harmful things, O Adonai
Keep us safe throughout the night
'til we wake with morning's light
Teach us, God, wrong from right. Amen.

Shelter us beneath your wings, O Adonai

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
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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, ושבת
קדשו באהבה וברצון הנחילנו, זכרון למעשה
בראשית. כי הוא יום תחילה 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.

Refuah Shleimah

Ronni Behar, Ira Berlin, Michael Brenner, Ellen Buckley, Autumn Iris Callahan, Judith Chisholm, Barbara Cleveland, David Diskin, Don Elisberg, Netanel Felber, Joan Feld, Chelo Fournier, Aubrey Garber, Barbara Gayler, Sandy Goldberg, Pat Goldman, Jeffrey Goodman, Richard Greenfield, Ezra Mac Grossman, David Hahn, Judy Hurvitz, Robin Kaplan, Joan Kupferberg, Lum Laurri, Mark Laurri, Ron Lazarus, Lisa Lehman, Stu Levine, Sam Levinson, Dan Lutenegger, Chris Mahle, Mildred Marin, Stephanie Mendez, Sophie Meyers, Bryant Monroe, Robin Parry, Jack Paul, Rachel bat Chava, David Ransoff, Lois Rosen, Eric Rosenberg, Sarah Golde bat Shifrah, David Scheever, Charles Schussheim, Cynthia Seymour, Annette Shaw, Sam Sinkler, Eve Sparberg, Victor Springer, Irving Swatzburg, Alan Thal, Betty Ustun

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

Jaakko Syrjä, 96, former President of the Union of Finnish Writers, Ylöjärvi, Finland
Martha “Marti” Hilderbrand, 42, devoted to making the world an accepting place, Atkinson, Wisconsin
Theodor Corcoran, 61, a caring oral surgeon for whom patients always came first, Fairfax, Virginia

We Remember Those Lost to Violence in Washington, DC

Jaquan Bragg, 27, SE DC; Keonte Broadus-Gallman, 22, Alexandria, VA; Edwardo Cruz, 58, NW DC; Charles Davis, 57, SE DC; Kevin Gill, 22, Greenbelt, MD

Shloshim

Beverly G. Ferreira; Eileen Kovey Mackler; Norman A. Oshtry; Gladys Shenner Riskind; Louis Alvin Wunnenberg

Yahrzeit

Carla Berenbaum, Diane Diskin, Louis Gould, David Green, Jack Green, Harold Greenstein, Dorothy Haber, Joshua Harari, Ada Zolla Heavenrich, Helen Herrstadt, Lorraine Kaufman, Edward I. Klein, Walter Lesnick, Ian McDonald, Cielito Narvasa, Margaret DeWitt Newman, Harold Oppenheim, Judith Oppenheim, Sidney Pollack, Hannah Quint, Kathryn Rastatter, Harry E. Rockower, Doris Saginaw, Robert Sand, Ben Saracco, Bee Schwartz, Aaron Seidman, Dorothy Sheehan, Malcolm Sherwat, Jerome Spingarn, Robert Sugarman, David Umansky, Ernest I. Welles, Cecile Wersenberg, Murray Winter

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.

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.

Oseh Shalom

Oseh Shalom bim'ro'mav

Hu ya'aseh shalom aleinu.

V'al kol Yisrael, v'al kol yoshvei tevel.

V'imru: Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְּרָא כְרַעוּתָהּ וְנִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ
וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמְנָן
קָרִיב, וְאָמְרוּ אָמֵן.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עֲלְמֵיָא.
יְתְבָרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ דְקַדְשָׁא.
בְּרִיךְ הוּא.

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

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

עֲשֵׂה שְׁלוֹם בְּמִרְוֵמֵי הוּא וְעֲשֵׂה שְׁלוֹם עֲלֵינוּ וְעַל
כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֵל. וְאָמְרוּ אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמִרְוֵמֵי

הוּא וְעֲשֵׂה שְׁלוֹם עֲלֵינוּ.

וְעַל כָּל יִשְׂרָאֵל

וְעַל כָּל יוֹשְׁבֵי תֵבֵל. וְאָמְרוּ אָמֵן

*May the One, may the One who makes peace
bring peace down, bring peace down.*