

July 29, 2022
2 Av, 5782
Shabbat Masei



*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.

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 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, Netanel Felber, Joan Feld, Chelo Fournier, Aubrey Garber, Barbara Gayler, Pat Goldman,
Jeffrey Goodman, Richard Greenfield, Ezra Mac Grossman, David Hahn, Judy Hurvitz, Joan Kupferberg,
Lum Laurri, Mark Laurri, 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,
Lois Rosen, Eric Rosenberg, Sarah Golde bat Shifrah, David Scheever, Charles Schussheim, Cynthia Seymour,
Annette Shaw, Sam Sinkler, Eve Sparberg, Irving Swatzburg, Alan Thal, Susan Turnbull, Betty Ustun

Heal Us Now

Music and English lyrics by Cantor Leon Sher

R'faeinu Adonai v'neirafei, hoshieinu v'nivasheia
Eil karov l'chol korav, ach karov lireiav, yish'o

רְפְּאֵנוּ יי וְנִרְפָּא הוֹשִׁיעֵנוּ וְנִיבִשְׂעֵה
אֵל קָרוֹב לְכָל-קָרָאיוּ, אַךְ קָרוֹב לִירְאָיוּ יִשְׂעוּ

We pray for healing of the body, we pray for healing of the soul,
For strength of flesh and mind and spirit, we pray to once again be whole...

Eil Na, r'fa na; O please heal us now
R'fuat hanefesh, r'fuat haguf, r'fuah sh'leimah
Heal us now

Hoshia et amecha, uvarech et nachalatecha,
ureim v'naseim ad ha'olam
Mi shebeirach avoteinu, mi shebeirach imoteinu,
Ana, Adonai, hoshia na

אֶת-עַמְּךָ וּבָרַךְ אֶת-נַחְלָתְךָ הוֹשִׁיעָה
וְרַעַם וְנִשְׂאֵם עַד-הָעוֹלָם
שִׁבְרַךְ אֲמוֹתֵינוּ שִׁבְרַךְ אֲבוֹתֵינוּ, מִי מִי
אָנָּה יי הוֹשִׁיעָה נָא

We pray for healing of our people, we pray for healing of the land,
And peace for every race and nation, every child, every woman, every man...

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

Halina Hai, 64, publisher, editor, and poet, Bila Tserkva, Ukraine
Jonathan Leverett, 40, trivia buff, woodworker, and parent, Augusta, Georgia
Howard and Thea Pinskey, 81 and 79, philanthropists married 55 years, Annapolis, Maryland

We Remember Those Lost to Violence in Washington, DC

Shelton Robinson, 34, Forestville, MD; Audora Williams, 33, SE DC;
William Whittington Jr., 40, SE DC

Shiva

Thelma Weiner, mother of George Weiner

Shloshim

Beverly G. Ferreira; Helen Mandel Grob; Eileen Kovey Mackler; Norman A. Oshtry;
Louis Alvin Wunnenberg

Yahrzeit

Aaron Altschul, Morton Bahr, Fred Balash, Paul Benayoun, Harold "Harry" Berman, Morton Bobowick,
Jeanette Coral, Jonah Gitlitz, Herman Goldberg, Gerald Goldenberg, Howard Shea Grob, Annie Lass,
Thomas Mackie, Florence Marvin, Sylvia Rosen, Gary Schwartz, Arnold Shafrin, Leona Stein, Benjamin
Sterenfeld, Phyllis 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.

וְיִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּיכוֹן
וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמְן
קָרִיב, וְאָמְרוּ אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמִים וּלְעָלְמֵי עָלְמַיָּא.
יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקַדְשָׁא.
בְּרִיךְ הוּא.

לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא
דְאָמְרִין בְּעֵלְמָא. וְאָמְרוּ אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.

עֹשֶׂה שְׁלוֹם בְּמִרְוֵמֵי הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ 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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