

May 19, 2023

29 Iyar, 5783

**Shabbat Bamidbar**

*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)*



***Our sanctuary is a sanctuary. Please turn your mobile phone off.***

***The oneg is hosted by the b'nai mitzvah class.***

**Yedid Nefesh**

Yedid nefesh, av harachaman,  
m'shoch avd'cha el r'tzonecha.  
Yarutz avd'cha k'mo ayal,  
yishtachaveh el mul hadarecha.

יְדִיד נֶפֶשׁ, אָב הַרְחָמֹן  
מִשׁוֹךְ אַבְדְּךָ אֶל רְצוֹנְךָ  
יָרוּץ עַבְדְּךָ כְּמוֹ אֵיל  
יִשְׁתַּחֲוֶה אֶל מוּל הַדָּרֶךְ.

*Heart's delight, Source of mercy, draw Your servant into Your arms.  
I leap like a deer to stand in awe before You.*

**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 קִדְשָׁנוּ  
בְּמִצְוֹתֶיךָ וְצִוִּינוּ 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.*

**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.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בוֹרֵא פְּרֵי הַגָּפֶן. בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְשָׁנוּ בְּמִצְוֹתֶיךָ וְרָצָה בָּנוּ, וְשַׁבַּת קִדְשׁוֹ  
בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ, וְזָכְרוֹן לְמַעֲשֵׂה בְּרֵאשִׁית.  
כִּי הוּא יוֹם תְּחִילָה לְמִקְרָאֵי קִדְשׁ, זְכוֹר לִיצִיאַת  
מִצְרָיִם. כִּי-בָנוּ בְּחַרְתָּ וְאוֹתָנוּ קִדְשָׁתָּ, מִכָּל-הָעַמִּים,  
וְשַׁבַּת קִדְשְׁךָ בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ. בָּרוּךְ אַתָּה  
יי, מְקַדֵּשׁ הַשַּׁבָּת.

*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

## ספירת העמר

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 **arba'ah v'arbaim** yom,  
she'heim shisha shavuot ushnay yamim la'omer.

היום ארבעה וארבעים יום,  
שהם ששה שבועות ושני ימים לעמר.

Today is **forty-four** days, which is six weeks and two days of the Omer.

## *Refuah Shleimah*

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Ronni Behar, Ira Berlin, Howard Berman, Chayim ben Miriam, Judith Chisholm, David Diskin, Don Elisburg, Netanel Felber, Phil Feld, Rabbi Stanley Funston, Pat Goldman, Ellie Goldberg, Hannah Goldberg, Ken Goldstein, Barbara Green, Sean Grogan, Skylar Haas, David Hahn, Robin Kaplan, Joyce Kitcho, Stu Levine, Dan Lutenegger, Micah ben Nechama Evi, Mildred Marin, Stephanie Mendez, Sophie Meyers, Bryant Monroe, Bill Page, Jack Paul, Rachel bat Chava, David Reynolds, Lois Rosen, Eric Rosenberg, Sarah Golde bat Shifrah, David Scheever, Jo Schonewolf, Charles Schussheim, Diana Seasonwein, Cynthia Seymour, Paulette Shulman, Elsa Smith, Alan Thal, Susan Turnbull, Betty Ustun, Bobbie Wendel, Mimi Wolf

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

Christopher Callahan, 64, SE DC; Arianna Davis, 10, NE DC; Aaron Derricott Jr., 24, NW DC; Calvin Gray, 29, District Heights, MD; Romello Hammond, 23, SE DC; Marquis Johnson, 19, no fixed address; Devonte Maxwell, 30, NW DC; Anthony Eric Petty, 60, no fixed address

### *Shiva*

Laurence Hoffman, father of Matthew Hoffman

### *Shloshim*

Bob Booth, Ruth Eder, Thelma Freedman, Peter Latrobe Heyrman, Timothy O. Lipman

### *Yahrzeit*

Emily Adler, Martin Anenberg, Louis Appleton, Rick Black, Martin Bloom, Suzanne Blotner, Sam Bordman, Marvin K. Broder, Dorothy Brown, Sidney H. Closter, Florence Dickelman, Daniel Michael Effros, Manuel Gitlin, Hyman Glass, Barbara Goldberg, David Goldberg, Eleanor Golden, Arthur Karabell, Minnette Knopman, Thelma Lilian Meyer Murer, Suzanne Oppenheimer, Murray Peltz, Maxine Sablosky, Bella Weiner, Guy Wentworth, Barbara Wertheimer

### **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 בְרָא כְרַעוּתָהּ וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ  
וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמְנָא  
קָרִיב, וְאָמְרוּ אָמֵן.  
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמֵי עֵלְמַיָּא.  
יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ דְדְקֻדְשָׁא.  
בְּרִיךְ הוּא.  
לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנִחַמְתָּא  
דְאָמִירָן בְּעֵלְמָא. וְאָמְרוּ אָמֵן.  
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עֲלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.  
עֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ וְעַל  
כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֶל. 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.*

**DANIEL G. ZEMEL**, Rabbi

**JOSHUA BERAHA**, Associate Rabbi | **STEPHANIE CRAWLEY**, Associate Rabbi

**SAMANTHA FRANK**, Rabbinic Fellow | **RACHEL SCHMELKIN**, Rabbinic Fellow

**BETH WERLIN**, Executive Director | **DEBRA WINTER**, Director of Spiritual Arts | **SHARON TASH**, Education Director