

May 26, 2023  
7 Sivan, 5783  
Shabbat Naso

*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.***

## Hinei Ma Tov

Hinei ma tov u'ma na-im  
shevet achim gam yachad.

הִנֵּה מַה-טוֹב וּמַה-נְּעִים  
שֵׁבֶת אַחִים גַּם-יַחַד.

How good it is; how sweet it is, to be together on this day.

*Shalom Aleichem, Salaam Aleikoom.*

## Candles

Baruch Atah, Adonai, Eloheinu, Melech ha'olam, asher בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ  
kidshanu b'mitzvotav v'tzivanu l'hadlik neir shel בְּמִצְוֹתֶיךָ וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.  
Shabbat.

*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, בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
borei p'ri hagafen. Baruch Atah, Adonai, Eloheinu, בּוֹרֵא פְּרֵי הַגֶּפֶן. בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
Melech ha'olam, asher kidshanu b'mitzvotav v'ratzah אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ וְרָצָה בָּנוּ, וְשַׁבַּת קִדְּשׁוּ  
vanu, v'shabat kodsho b'ahavah uv'ratzon hinchilanu, בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ, וְזָכְרוֹן לְמַעֲשֵׂה בְּרָאשִׁית.  
zikaron l'maaseh v'reishit. Ki hu yom t'hilah l'mikra'ei כִּי הוּא יוֹם תְּחִילָה לְמִקְרָאֵי קִדְּשׁ, זָכָר לִיצִיאַת  
kodesh, zeicher litziat mitzrayim. Ki vanu vacharta מִצְרַיִם. כִּי-בָנוּ בְּחֶרֶת וְאוֹתָנוּ קִדְּשָׁתָּ, מִכָּל-הָעַמִּים,  
v'otanu kidashta mikol ha'amim, v'shabbat kodsh'cha וְשַׁבַּת קִדְּשָׁתָּ בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ. בְּרוּךְ אַתָּה  
b'ahavah uv'ratzon hinchaltanu. Baruch Atah, יי, מְקַדֵּשׁ הַשַּׁבָּת.  
Adonai, m'kadeish hashabbat.

*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.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

*We praise You, Eternal God, Sovereign of the universe, who causes bread to come from the earth.*

### ***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***

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Leonard Carter, 47, NW DC; Jefferson Luna-Perez, 17, NW DC; Little Price Jr., 36, Bladensburg, MD

### ***Condolences***

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Leslie Lynne Lipstein, stepmother of Andi Lipstein Fristedt

### ***Shloshim***

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Bob Booth, Peter Latrobe Heyrman, Laurence Hoffman, Timothy O. Lipman

### ***Yahrzeit***

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Ruth Altschul, Archie Bandler, Rabbi Robert Baruch, Harold Blatt, Rita Blatt, Robert Blatt, Lenore Kathleen Bodner, Nathan Brodsky, Lucette Cohen, William Yale Dick, George Feldman, Lilian Freeman, Daniel Galper, Richard Gross, Arnold Hollander, Jack Kaplan, Linda Kriger, Manuel Kurzberg, Mark Levin, Harry Luterman, Annette Matsil, Paula Mishkin, Goldie Ominsky, Edward Makowsky Petsonk, Robert Riggs, Jay Sterling Riskind, Deborah Sachse, Ruth Meyerson Schiff, David Schwartz, Louise Sugarman, Sidney Tabas, Jerome Wald, Joseph J. Wolf, Richard Wolf

## 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 level. V'imru: Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.  
בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּיכוּן  
וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְזֶמַן  
קָרִיב, וְאָמְרוּ אָמֵן.  
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמִים וּלְעָלְמֵי עֲלַמְיָא.  
יִתְבָּרַךְ 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 עֲלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.  
עֲשֵׂה שְׁלוֹם בְּמִרְוֵמֵי 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**  
**SAMANTHA FRANK, Rabbinic Fellow | RACHEL SCHMELKIN, Rabbinic Fellow**  
**BETH WERLIN, Executive Director | DEBRA WINTER, Director of Spiritual Arts | SHARON TASH, Education Director**