

**May 27, 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 keep your mobile phone turned off.**

***We Celebrate the Bar Mitzvah of Charlie Jacob***

Passing of the Torah..... Peter Gross, Diane Gross, Nancy Jacob, Beth Jacob, Fred Jacob  
Aliyah I ..... Laura Glickman and Michael Miller  
Aliyah II..... Nancy Jacob  
Aliyah III..... Peter and Diane Gross  
Aliyah IV ..... Fred and Beth Jacob  
Aliyah V..... Charlie Jacob  
Petichah I ..... Alice Jacob  
Hagbah ..... Sidney Hall  
Gelilah ..... Norma Hall and Leslie Gillie  
Petichah II..... Emily Rothman, Sophie and Juna Banks, Audrey Garfield  
Ushers..... Matthew and Jossie Josephs, Leora Hanser, David Trayner,  
and Jack Trayner

**L'chi Lach**

*Debbie Friedman*

L'chi lach, to a land that I will show you  
Lech l'cha, to a place you do not know  
L'chi lach, on your journey I will bless you  
And you shall be a blessing, l'chi lach

L'chi lach, and I shall make your name great  
Lech l'cha, and all shall praise your name  
L'chi lach, to the land that I will show you  
L'simchat chayim, l'chi lach.

**Numbers בְּמִדְבָּר 5:11-26**

**11** The Eternal One spoke to Moses, saying:

**יָא וַיִּדְבֹּר יְהוָה אֶל־מֹשֶׁה לֵאמֹר :**

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

**יֵב דְּבַר אֶל־בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם  
אִישׁ אִישׁ כִּי־תִשָּׁטָה אִשְׁתּוֹ וּמָעַלָה בּוֹ  
מַעַל :**

**13** in that a man has had carnal relations with her  
unbeknown to her husband, and she keeps  
secret the fact that she has defiled herself without  
being forced, and there is no witness against  
her—

**יֵג וְשָׁכַב אִישׁ אֶת־הָאִשָּׁה שְׁכַבְתָּזְרַע וְנִעְלַם  
מֵעֵינַי אִישָׁה וְנִסְתַּרְתָּה וְהִיא נֹטְמָאָה 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 one and he is wrought up about his wife although she has not defiled herself—

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.

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

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.

18 After he has made the wife stand before the Eternal, the priest shall bare the wife's head and place upon her hands the 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.

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.

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

21 here the priest shall administer the curse of adjuration to the wife, as the priest goes on to say to the wife—"may the Eternal make you a curse and an imprecation among your people, as the Eternal causes your thigh to sag and your belly to distend;

יָד וְעֵבֶר עָלָיו רוּחַ קִנְיָה וְקִנְיָה  
אֶת־אִשְׁתּוֹ וְהוּא נֹטְמָאָה אוֹ-עֵבֶר עָלָיו רוּחַ  
קִנְיָה וְקִנְיָה אֶת־אִשְׁתּוֹ וְהִיא לֹא נֹטְמָאָה :

טו וְהָבִיָּא הָאִישׁ אֶת־אִשְׁתּוֹ אֶל־הַכֹּהֵן  
וְהָבִיָּא אֶת־קֶרְבָּנָהּ עָלֶיהָ עֲשִׂירֵת הָאֵיפָה  
קֶמַח שְׁעָרִים לֹא־יֵצֵק עָלָיו שֶׁמֶן וְלֹא־יִתֵּן  
עָלָיו לְבִנְיָה בְּיַמְנַחַת קִנְיָה הוּא מְנַחַת  
זָכְרוֹן מִזְכָּרֵת עוֹן :

טז וְהִקְרִיב אֹתָהּ הַכֹּהֵן וְהֶעֱמְדָהּ לִפְנֵי  
יְהוָה :

יז וְלָקַח הַכֹּהֵן מִיָּם קֹדְשִׁים בְּכָל־חֶרֶשׁ  
עֶפְרוֹ אֲשֶׁר יִהְיֶה בְּקֶרֶקַע הַמִּשְׁכָּן יִקַּח הַכֹּהֵן  
וְנָתַן אֶל־הַמַּיִם :

יח וְהֶעֱמִיד הַכֹּהֵן אֶת־הָאִשָּׁה לִפְנֵי יְהוָה  
וַיַּרְע אֶת־רֹאשׁ הָאִשָּׁה וְנָתַן  
עַל־כַּפְּיָהּ אֶת מְנַחַת הַזָּכְרוֹן מְנַחַת קִנְיָה  
הוּא וּבְיַד הַכֹּהֵן יִהְיוּ מֵי הַמָּרִים  
הַמְּאַרְרִים :

יט וְהִשְׁבִּיעַ אֹתָהּ הַכֹּהֵן וַאֲמַר  
אֶל־הָאִשָּׁה אִם־לֹא שָׁכַב אִישׁ אִתְּךָ וְאִם־  
לֹא שָׁטִית טִמְאָה תַּחַת אִישׁ הַנָּקִי מִמֵּי  
הַמָּרִים הַמְּאַרְרִים הָאֵלֶּה :

כ וְאֵת כִּי שָׁטִית תַּחַת אִישׁ וְכִי נֹטְמָאת  
וַיִּתֵּן אִישׁ בָּדָד אֶת־שִׁכְבְּתוֹ מִבְּלַעַד־י אִישׁ :

כא וְהִשְׁבִּיעַ הַכֹּהֵן אֶת־הָאִשָּׁה בְּשִׁבְעַת  
הָאֵלֶּה וַאֲמַר הַכֹּהֵן לָאִשָּׁה יִתֵּן יְהוָה אוֹתְךָ  
לָאֵלֶּה וְלִשְׁבַּעַה בְּתוֹךְ עַמְּךָ בְּתַת יְהוָה אֶת־  
יַרְכְּךָ נִפְלֵת וְאֶת־בִּטְנְךָ צָבָה :

22 may this water that induces the spell enter your body, causing the belly to distend and the thigh to sag.” And the wife shall say, “Amen, amen!”

23 The priest shall put these curses down in writing and rub it off into the water of bitterness.

24 He is to make the wife drink the water of bitterness that induces the spell, so that the spell-inducing water may enter into her to bring on bitterness.

25 Then the priest shall take from the wife’s hand the meal offering of jealousy, elevate the meal offering before the Eternal, and present it on the altar.

26 The priest shall scoop out of the meal offering a token part of it and turn it into smoke on the altar. Last, he shall make the wife drink the water.

כב וּבְאוּ הַמַּיִם הַמְאָרְרִים הָאֵלֶּה בְּמַעְיָד  
לְצַבּוֹת בָּטָן וְלִנְפֹל יָרֵךְ וְאִמְרָה הָאִשָּׁה  
אָמֵן | אָמֵן :

כג וְכָתַב אֶת־הָאֲלוֹת הָאֵלֶּה הַכֹּהֵן בַּסֵּפֶר  
וּמָחָה אֶל־מַיִ הַמַּרִּים :

כד וְהִשְׁקָה אֶת־הָאִשָּׁה אֶת־מַיִ הַמַּרִּים  
הַמְאָרְרִים וּבְאוּ בָּהּ הַמַּיִם הַמְאָרְרִים  
לְמַרִּים :

כה וְלָקַח הַכֹּהֵן מִיַּד הָאִשָּׁה אֶת מִנְחַת  
הַקְּנָאָה וְהִגִּיף אֶת־הַמִּנְחָה לְפָנָי יְהוָה  
וְהִקְרִיב אֹתָהּ אֶל־הַמִּזְבֵּחַ :

כו וְקָמַץ הַכֹּהֵן מִן־הַמִּנְחָה  
אֶת־אִזְכָּרְתָּהּ וְהִקְטִיר הַמִּזְבֵּחַ וְאֶחָד  
יִשְׁקָה אֶת־הָאִשָּׁה אֶת־הַמַּיִם :

### Haftarah for Naso: Psalm 133

1 A song of ascents. Of David.  
How good and how pleasant it is  
that brothers dwell together.

2 It is like fine oil on the head  
running down onto the beard,  
the beard of Aaron,  
that comes down over the collar of his robe;

3 like the dew of Hermon  
that falls upon the mountains of Zion.  
There the Eternal ordained blessing,  
everlasting life.

א שִׁיר הַמַּעֲלוֹת לְדָוִד הַנֵּה מֵה־טוֹב וּמֵה־  
נְעִים שִׁבְתֵּי אֲחִים גַּם־יַחַד :

ב כַּשֶּׁמֶן הַטוֹב | עַל־הָרֹאשׁ יֵרֵד  
עַל־הַזָּקָן זָקוֹ־אֶהְרֹן שִׁירֵד עַל־פִּי מְדוּחָתוֹ :

ג כַּטֹּל־חֶרְמוֹן שִׁירֵד עַל־הָרָבִי צִיּוֹן כִּי שָׁם |  
צִנָּה יְהוָה אֶת־הַבְּרָכָה חַיִּים  
עַד־הָעוֹלָם :

### Siman Tov

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

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

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

### ***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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Michael Ashby Jr., 37, no fixed address; 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 tevel.  
V'imru: Amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.  
בְּעֵלְמָא דִּי בְּרָא כְרַעוּתֵיהּ וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּיכוֹן  
וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעַגְלָא וּבְזָמַן  
קָרִיב, וְאָמְרוּ אָמֵן.  
יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמִים וּלְעָלְמֵי עָלְמֵיָא.  
יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקַדְשָׁא.  
בְּרִיךְ הוּא.  
לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנִחַמְתָּא  
דְאָמְרוּן בְּעֵלְמָא. וְאָמְרוּ אָמֵן.  
יְהִי שְׁלָמָא רַבָּא מִן שְׁמֵיָא וְחַיִּים עָלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.  
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל  
כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵיבֵל. 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**