

June 30, 2023
12 Tammuz, 5783
Shabbat Balak

*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.

Shir Hama'alot

Shabbat Shalom u'mvorach.

שַׁבַּת שְׁלוֹם וּמְבוֹרָךְ.

A peaceful Shabbat.

A peaceful and blessed Shabbat.

Hinei Ma Tov

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

הִנֵּה מַה-טוֹב וּמַה-נְּעִים
שַׁבַּת 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 kidshanu b'mitzvotav v'tzivanu l'hadlik neir shel Shabbat. בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ 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. בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגָּפֶן. בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ וְרָצָה בָּנוּ, וְשַׁבַּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ, זִכְרוֹן לְמַעֲשֵׂה בְּרֵאשִׁית. כִּי הוּא יוֹם תְּחִילָה לְמִקְרָאֵי קִדְּשׁ, זִכָּר לִיצִיאַת מִצְרָיִם. כִּי-בָנוּ בְּחַרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ, מִכָּל-הָעַמִּים, וְשַׁבַּת קִדְּשָׁךְ בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ. בְּרוּךְ 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.

Eternity Utters a Day

Text: Abraham Joshua Heschel; Music by Dan Nichols

A thought has blown the marketplace away. There is a song on the wind, and joy in the trees.
Shabbat has arrived in the world. Scattering a song, in the silence of the night.
And eternity utters a day.

Create a Pure Heart within Me

Jacob Niemi

Create a pure heart within me,
let my soul wake up in Your light.
Open me to Your Presence;
flood me with Your holy spirit.
Then I will stand and sing out
the power of Your forgiveness.
I will teach Your love to the lonely;
the lost will find their way home.
Adonai, open up my lips, that my mouth may declare Your praise.

Refuah Shleimah

Ronni Behar, Ira Berlin, Howard Berman, Chayim ben Miriam, Judith Chisholm, Don Elisburg,
Netanel Felber, Phil Feld, Rabbi Stanley Funston, Pat Goldman, Ellie Goldberg,
Hannah Goldberg, Ken Goldstein, 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, Ellen Sommer, Alan Thal, Susan Turnbull, Betty Ustun, Bobbie Wendel, Mimi Wolf

We Remember Those Lost to Violence in Washington, DC

George Johnson, 30, NW DC; Jaylin Osborne, 15, SE DC; Atorrin Tyndle, 28, SE DC

Shloshim

Marcia B. Bordman, partner of Marty Zatz

Yahrzeit

Herbert Brand, Rose Brown, Phil Cohen, Barbara Daniels, Milton Field, Irving Freedman, Naomi Gartner, Phyllis Goldhamer, Linda Goldstein, Saul Grubin, Ann Hansen, Rena Heinemann, Larisa Itina, Felicia Kahn, Paul Liebman, John Luray, Eileen Kovey Mackler, Harvey Nassau, Celia Ominsky, Nikki Perry, William Ransohoff, Ruth Reiniger, William Saunders, Jack Schiffman, Yale Schnader, Paula Schulman, James Spector, Howard Stanfield, Evelyn Stern, Dan Thomas, Ben Wattenberg, Evelyn Wendel, Louis Alvin Wunnenberg, Samuel Yett

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.

וַיִּתְגַּדַּל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ וַיְמַלִּיךְ מַלְכוּתֵיהּ בְּחַיִּיכוּן
וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמְן
קָרִיב, וְאָמְרוּ אָמֵן.
יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמֵי עֵלְמֵינָא.
וַיְבָרַךְ וַיְשַׁתְּבַח וַיְתַפְּאֵר וַיְתַרְוֵם וַיְתַנְשֵׂא
וַיְתַהַדֵּר וַיְתַעַלֶּה וַיְתַהַלֵּל שְׁמֵהּ דְקַדְשָׁא.
בְּרִיךְ הוּא.
לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא
דְאִמְרִין בְּעֵלְמָא. וְאָמְרוּ אָמֵן.
יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עֲלֵינוּ וְעַל כָּל
יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.
עֲשֵׂה שְׁלוֹם בְּמִרְוַמֵּי 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
HEALY SLAKMAN, Assistant Rabbi | SAMANTHA FRANK, Rabbinic Fellow | RACHEL SCHMELKIN, Rabbinic Fellow
BETH WERLIN, Executive Director | SHARON TASH, Education Director
KELLY WHITEHEAD, Rabbinic Intern | DAN LEE, Worship Musician