

June 10, 2023
21 Sivan, 5783

Shabbat Sh'lach L'cha

*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.
As we celebrate together, please refrain from photography.**

We Celebrate the Bat Mitzvah of Nora Bromley

Passing of the Torah.....Julia Bromley
Aliyah I Jordan Bromley
Aliyah II..... David and Randi Dressler
Aliyah III..... Marc and Katie Bromley, Julia Bromley, Sherry Petersen
Aliyah IV Nora Bromley
Petichah..... Bill Nothman

Asher Yatzar: Beautiful and Broken

Music and English lyrics by Dan Nichols

I thank You for my life, body and soul
Help me realize I am beautiful and whole
I'm perfect the way I am, and a little broken too
I will live each day as a gift I give to You.

Baruch Atah Adonai, rofeih chol basar umafla laasot. בָּרוּךְ אַתָּה יְיָ רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.
Blessed are you, Adonai, who heals all flesh, working wondrously.

Samachti

Samachti b'omrim li, beit Adonai neilech.
Omdot hayu ragleinu bish'arayich, Yerushalayim!
Yerushalayim hab'nuyah! K'ir shachubrah lah
yachdav!
She'sham alu shivtei Yah, eidut l'Yisrael, l'hodot
l'shem Adonai!
Sha'alu shalom Yerushalayim, yishlayu ohavayich!
Y'hi shalom b'cheilech, shalvah b'arm'notayich.
L'maan achai v'reiai adabrah na shalom bach.
L'maan beit Adonai Eloheinu, avak'sha tov lach.

שָׂמַחְתִּי בְּאִמְרִים לִי : בֵּית יְיָ נִלְכָּךְ .
עֲמֻדוֹת הָיוּ רַגְלֵינוּ בְּשַׁעְרֶיךָ , יְרוּשָׁלַיִם !
יְרוּשָׁלַיִם הַבְּנוּיָה ! כְּעִיר שְׁחֻבְרָה לָּהּ יַחְדָּיו !
שָׁשָׂם עָלָיו שְׁבִטֵי-יָהּ , יַעֲדוֹת לְיִשְׂרָאֵל :
לְהַדוֹת לְשֵׁם יְהוָה .
שְׁאַלוּ שְׁלוֹם יְרוּשָׁלַיִם : יִשְׁלְיוּ אֹהֲבֶיךָ !
יְהִי שְׁלוֹם בְּחִילֶךָ , שְׁלוֹהַּ בְּאַרְמְנוֹתֶיךָ .
לְמַעַן אַחֵי וְרַעֵי אֲדַבְּרָה נָא שְׁלוֹם בְּךָ .
לְמַעַן בֵּית יְיָ אֱלֹהֵינוּ , אֲבַקֶּשֶׁה טוֹב לְךָ

*I rejoice when they said to me: Let us go up to the House of God. Now we stand within your gates, O Jerusalem! Jerusalem, built to be a
city where people come together as one; a city to which God's tribes make pilgrimage to praise God's name! Pray for the peace of
Jerusalem: May those who love you prosper! For the sake of my people, my friends, I pray you find peace. For the sake of the house of
Adonai our God, I will seek your good.*

Numbers במדבר 13:17-33

17 When Moses sent them to scout the land of Canaan, he said to them, “Go up there into the Negeb and on into the hill country,

יִזְ וַיִּשְׁלַח אֹתָם מִשֶּׁה לְתוֹר אֶת־אֶרֶץ כְּנָעַן
וַיֹּאמֶר אֲלֵהֶם עָלוּ זֶה בְּנֶגֶב וְעַלִיתֶם
אֶת־הָהָר:

18 and see what kind of country it is. Are the people who dwell in it strong or weak, few or many?

יח וַיִּרְאִיתֶם אֶת־הָאָרֶץ מֵהָהוּא וְאֶת־הָעַם
הַיֹּשֵׁב עָלֶיהָ הֲחֹזֵק הוּא הֲרַפָּה הֲמַעֲט הוּא
אִם־רַב:

19 Is the country in which they dwell good or bad? Are the towns they live in open or fortified?

יט וַיֹּמַר הָאָרֶץ אֲשֶׁר־הוּא יֹשֵׁב בָּהּ הֲטוֹבָה
הוּא אִם־רָעָה וַיֹּמַר הָעָרִים אֲשֶׁר־הוּא יוֹשֵׁב
בָּהֶנָּה הֲבְמֻחְנִים אִם בְּמִבְצָרִים:

20 Is the soil rich or poor? Is it wooded or not? And take pains to bring back some of the fruit of the land.”—Now it happened to be the season of the first ripe grapes.

כ וַיֹּמַר הָאָרֶץ הַשְּׂמֵנָה הוּא אִם־רְזָה הֲיֵשׁ־
בָּהּ עֵץ אִם־אֵין וְהֲתַחֲזִקְתֶּם וּלְקַחְתֶּם
מִפְרֵי הָאָרֶץ וְהֵימִים יָמִי בְּכּוֹרֵי עֲנָבִים:

21 They went up and scouted the land, from the wilderness of Zin to Rehob, at Lebo-hamath.

כא וַיַּעֲלוּ וַיִּתְרוּ אֶת־הָאָרֶץ מִמִּדְבַּר־צִין
עַד־רְחֹב לְבָא חַמַּת:

22 They went up into the Negeb and came to Hebron, where lived Ahiman, Sheshai, and Talmai, the Anakites.—Now Hebron was founded seven years before Zoan of Egypt.—

כב וַיַּעֲלוּ בְּנֶגֶב וַיָּבֹאוּ עַד־חֶבְרוֹן וְשָׁם אַחִימָן
שֵׁשַׁי וְתַלְמַי יְלִידֵי הָעֲנָק וְחֶבְרוֹן שֶׁבַע
שָׁנִים נִבְנְתָה לִפְנֵי צֶעַן מִצְרַיִם:

23 They reached the wadi Eshcol, and there they cut down a branch with a single cluster of grapes—it had to be borne on a carrying frame by two of them—and some pomegranates and figs.

כג וַיָּבֹאוּ עַד־נַחַל אֶשְׁכּוֹל וַיִּכְרְתוּ מִשָּׁם
זְמוּרָה וְאֶשְׁכּוֹל עֲנָבִים אֶחָד וַיִּשְׂאֶהוּ
בְּמוֹט בְּשָׁנִים וּמִן־הָרְמָנִים וּמִן־הַתְּאֵנִים:

24 That place was named the wadi Eshcol because of the cluster that the Israelites cut down there.

כד לַמָּקוֹם הַהוּא קָרָא נַחַל אֶשְׁכּוֹל עַל
אֲדוֹת הָאֶשְׁכּוֹל אֲשֶׁר־כָּרְתוּ מִשָּׁם בְּנֵי
יִשְׂרָאֵל:

25 At the end of forty days they returned from scouting the land.

כה וַיָּשְׁבוּ מִתּוֹר הָאָרֶץ מִקֶּץ אַרְבָּעִים
יוֹם:

26 They went straight to Moses and Aaron and the whole Israelite community at Kadesh in the wilderness of Paran, and they made their report to them and to the whole community, as they showed them the fruit of the land.

כּו וַיֵּלְכוּ וַיָּבִיאוּ אֶל־מֹשֶׁה וְאֶל־אַהֲרֹן
וְאֶל־כָּל־עֵדֻת בְּנֵי־יִשְׂרָאֵל אֶל־מִדְבַּר פָּאֲרָן
קְדָשָׁה וַיִּשְׁיבוּ אֵתְּם דְּבַר וְאֶת־כָּל־הָעֵדָה
וַיִּרְאוּם אֶת־פְּרֵי הָאָרֶץ:

27 This is what they told him: “We came to the land you sent us to; it does indeed flow with milk and honey, and this is its fruit.

כז וַיִּסְפְּרוּ־לוֹ וַיֹּאמְרוּ בָּאֲנֹו אֶל־הָאָרֶץ
אֲשֶׁר שְׁלַחְתָּנוּ וְגַם זָבַת חֶלֶב וּדְבַשׁ הוּא
וְזֶה־פְרִיָּהּ:

28 However, the people who inhabit the country are powerful, and the cities are fortified and very large; moreover, we saw the Anakites there.

כח אָפֶס כִּי־עָזוּ הָעַם הַיֹּשֵׁב בְּאֶרֶץ וְהָעָרִים
בְּצֻרֹת גְּדֹלֹת מְאֹד וְגַם־יְלָדֵי הָעֵנָק רָאִינוּ
שָׁם:

29 Amalekites dwell in the Negeb region; Hittites, Jebusites, and Amorites inhabit the hill country; and Canaanites dwell by the Sea and along the Jordan.”

כט עַמֶּלֶק יוֹשֵׁב בְּאֶרֶץ הַנֶּגֶב וְהַחִתִּי
וְהַיְבוּסִי וְהָאֲמֹרִי יוֹשֵׁב בְּהָר וְהַכְּנַעֲנִי יוֹשֵׁב
עַל־הַיָּם וְעַל־יַד הַיַּרְדֵּן:

30 Caleb hushed the people before Moses and said, “Let us by all means go up, and we shall gain possession of it, for we shall surely overcome it.”

ל וַיַּחֵס כָּלֵב אֶת־הָעַם אֶל־מֹשֶׁה וַיֹּאמֶר
עֲלֵה נַעֲלֵה וַיִּרְשָׁנוּ וְיִתְּזַק אֶתְּךָ כִּי־יָכוֹל נוֹכַל לָהּ:

31 But the emissaries who had gone up with him said, “We cannot attack that people, for it is stronger than we.”

לא וְהָאֲנָשִׁים אֲשֶׁר־עָלוּ עִמּוֹ אָמְרוּ לֵאמֹר
נוֹכַל לַעֲלֹת אֶל־הָעַם כִּי־חֲזָק הוּא מִמֶּנּוּ:

32 Thus they spread calumnies among the Israelites about the land they had scouted, saying, “The country that we traversed and scouted is one that devours its settlers. All the people that we saw in it are of great size;

לב וַיִּצְיֵאוּ דִבַּת הָאָרֶץ אֲשֶׁר תָּרוּ אֹתָהּ
אֶל־בְּנֵי יִשְׂרָאֵל לֵאמֹר הָאָרֶץ אֲשֶׁר עָבְרָנוּ
בָּהּ לְתוֹר אֹתָהּ אֶרֶץ אֲכָלֹת יוֹשְׁבֶיהָ הוּא
וְכָל־הָעַם אֲשֶׁר־רָאִינוּ בְּתוֹכָהּ אַנְשֵׁי מְדֹת:

33 we saw the Nephilim there—the Anakites are part of the Nephilim—and we looked like grasshoppers to ourselves, and so we must have looked to them.”

לג וְשָׁם רָאִינוּ אֶת־הַנְּפִלִים בְּנֵי עֵנָק
מִן־הַנְּפִלִים וַנְּהִי בְעֵינֵינוּ כְּחַגָּבִים וְכֵן הָיִינוּ
בְּעֵינֵיהֶם:

Haftarah for Sh'lach L'cha: 1 Samuel 3:1-3

1 Young Samuel was in the service of the Eternal under Eli. In those days the word of the Eternal was rare; prophecy was not widespread.

2 One day, Eli was asleep in his usual place; his eyes had begun to fail and he could barely see.

3 The lamp of God had not yet gone out, and Samuel was sleeping in the temple of the Eternal where the Ark of God was.

א וְהַנְּעָר שְׂמוּאֵל מְשַׁרְת אֶת־יְהוָה לְפָנָיו
עָלִי וּדְבַר־יְהוָה הָיָה יָקָר בַּיָּמִים הֵם אֵין
חַזוֹן נִפְרָץ:

ב וַיְהִי בַיּוֹם הַהוּא וְעָלִי שָׁכַב בַּמְּקוֹמוֹ
וַעֲיָנָיו הִחֲלוּ כִּהְיוֹת לֹא יוּכַל לִרְאוֹת:

ג וַיִּגַּר אֱלֹהִים טָרָם יִכְבֶּה וּשְׂמוּאֵל שָׁכַב
בְּהִיכַל יְהוָה אֲשֶׁר־שָׁם אַרְזוֹן אֱלֹהִים:

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

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, 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

Georgia Gray, 63, NE DC; Derek Hamilton, 64, SE DC; Richard Hendrix, 32, NE DC;
Kevin Lewis, 58, NE DC; Davon Walker, 35, SE DC; Joshua White, 29, SE DC

Shloshim

Laurence Hoffman, Leslie Lynne Lipstein

Yahrzeit

Ted Balash, Kathe Rastatter Brennan, Fred Dickelman, Avi Dorot, Sylvia Grossman, Lauri G. B. Katz, Mildred Katzman, Lynn Lubitz, Sid Meyers, Esther Morgenstern, Rosanne Burch Piesen, Jacob Rosen, Alvin Salkind, Natalie Davis Spingarn, Harriet P. Stein, David Steinberg, Jonathan Winter, Edward Zierowicz

Kaddish Yatom

Yitgadal v'yitkadash sh'mei raba.

B'alma di v'ra chirutei, v'yamlich malchuteih,
b'chayeichon uv'yomeichon uv'chaye 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 וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְרָא כְרְעוּתָהּ וַיִּמְלִיךָ מַלְכוּתָהּ בְּחַיֵּינוּ
וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעַגְלָא וּבְזִמְן
קָרִיב, וְאָמְרוּ אָמֵן.

יְהִי שְׁמֵהּ רַבָּא מְבָרָךְ לְעַלְמֵי עֲלְמֵיָא.
יְתְבָרָךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא
וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלַּל שְׁמֵהּ דְקַדְשָׁא.
בְּרִיךְ הוּא.

לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחַתָּא וְנַחֲמַתָּא
דְאָמִירָן בְּעֵלְמָא. וְאָמְרוּ אָמֵן.
יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמִרְוֵמֵי הוּא יַעֲשֵׂה 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
RABBI HEALY SLAKMAN, Assistant Rabbi | SAMANTHA FRANK, Rabbinic Fellow
BETH WERLIN, Executive Director | SHARON TASH, Education Director
KELLY WHITEHEAD, Rabbinic Intern | DAN LEE, Worship Musician