

August 5, 2023

18 Av, 5783

Shabbat Eikev

*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.

Leader/Ba'alat Torah..... Lauren Laitin
Ba'alat Haftarah Miriam Grogan
D'var Torah..... Rabbi Melanie Aron

Deuteronomy דְּבָרִים 7: 12-18

12 And if you do obey these rules and observe them carefully, the Eternal your God will maintain faithfully for you the covenant made on oath with your fathers:

יב וְהָיָה | יַעֲקֹב תִּשְׁמָעוּן אֶת הַמִּשְׁפָּטִים
הָאֵלֹהִים וְשִׁמְרָתֶם וַעֲשִׂיתֶם אֹתָם וְשָׁמַר
יְהוָה אֱלֹהֵיךָ לְךָ אֶת-הַבְּרִית וְאֶת-הַחֹסֶד
אֲשֶׁר נִשְׁבַּע לְאַבְתָּיךָ :

13 [God] will favor you and bless you and multiply you—blessing your issue from the womb and your produce from the soil, your new grain and wine and oil, your calving from the herd and your lambing from the flock, in the land sworn to your fathers to be assigned to you.

יג וְאַהֲבָהְךָ וַיְבָרֶכְךָ וְהִרְבֶּהְךָ וַיְבָרֶךְ פְּרִי-בִטְנֶךָ
וּפְרִי-אֲדָמָתְךָ דָּגָנְךָ וְתִירְשֶׁךָ וַיִּצְהַרְךָ
שִׁגְרֵי-אֲלָפֶיךָ וַעֲשִׂיתָ צֹאנֶיךָ עַל הָאֲדָמָה
אֲשֶׁר-נִשְׁבַּע לְאַבְתָּיךָ לְתֶת לְךָ :

14 You shall be blessed above all other peoples: there shall be no sterile male or female among you or among your livestock.

יד בָּרוּךְ תִּהְיֶה מִכָּל-הָעַמִּים לֹא-יִהְיֶה בְּךָ
עֲקָר וְעֲקָרָה וּבְבִהֶמְתֶּךָ :

15 The Eternal will ward off from you all sickness; [God] will not bring upon you any of the dreadful diseases of Egypt, about which you know, but will inflict them upon all your enemies.

טו וְהִסִּיר יְהוָה מִמֶּךָ כָּל-חֲלֵי וְכָל-מַדּוּי
מִצָּרִים הָרָעִים אֲשֶׁר יָדַעְתָּ לֹא יִשְׁיִמּוּ בְּךָ
וּנְתָנָם בְּכָל-שְׁנָאֶיךָ :

16 You shall destroy all the peoples that the Eternal your God delivers to you, showing them no pity. And you shall not worship their gods, for that would be a snare to you.

טז וְאָכַלְתָּ אֶת-כָּל-הָעַמִּים אֲשֶׁר יְהוָה
אֱלֹהֶיךָ נָתַן לְךָ לֹא-תַחֹס עֵינֶךָ עֲלֵיהֶם וְלֹא
תַעֲבֹד אֶת-אֱלֹהֵיהֶם כִּי-מוֹקֵשׁ הוּא לְךָ :

17 Should you say to yourselves, “These nations are more numerous than we; how can we dispossess them?”

יז כִּי תֹאמַר בְּלִבְבְּךָ רַבִּים הַגּוֹיִם הָאֵלֶּה
מִמֶּנִּי אֵיכָּה אוּכַל לְהוֹרִישָׁם :

18 You need have no fear of them. You have but to bear in mind what the Eternal your God did to Pharaoh and all the Egyptians...

לֹא תִירָא מֵהֶם זְכוֹר תִּזְכֹּר אֶת אֲשֶׁר-עָשָׂה יְהוָה אֱלֹהֶיךָ לְפָרְעֹה וּלְכָל-מִצְרָיִם :

Haftarah for Eikev: Isaiah 55:1-13

1 Ho, all who are thirsty, come for water, even if you have no money; come, buy food and eat: buy food without money, wine and milk without cost.

א הוּי כָּל-צָמֵא לָכוּ לַמַּיִם וְאֲשֶׁר אֵין-לָו כֶּסֶף לָכוּ שִׁבְרוּ וְאָכְלוּ וּלְכוּ שִׁבְרוּ בְּלוֹא-כֶסֶף וּבְלוֹא מַחִיר גֵּין וְחָלֵב :

2 Why do you spend money for what is not bread, your earnings for what does not satisfy? Give heed to Me, and you shall eat choice food and enjoy the richest viands.

ב לָמָּה תִשְׁקֹלוּ-כֶסֶף בְּלוֹא-לֶחֶם וַיִּגְיַעְכֶם בְּלוֹא לְשִׁבְעָה שְׁמַעוּ שְׁמוֹעַ אֵלַי וְאֶכְלוּ-טוֹב וְתִתְעַנְּג בְּדָשׁוּן נַפְשְׁכֶם :

3 Incline your ear and come to Me; Harken, and you shall be revived. And I will make with you an everlasting covenant, the enduring loyalty promised to David.

ג הִטּוּ אָזְנוֹכֶם וּלְכוּ אֵלַי שְׁמַעוּ וְתַחֲי נַפְשְׁכֶם וְאֶכְרַתְהָ לָכֶם בְּרִית עוֹלָם חֲסִדַי דָּוִד הַנְּאֻמָּנִים :

4 As I made him a leader of peoples, a prince and commander of peoples,

ד הֵן עַד לְאוֹמִים נִתְתָּיו נָגִיד וּמְצַוֵּה לְאֻמִּים :

5 So you shall summon a nation you did not know, and a nation that did not know you shall come running to you—for the sake of the Eternal your God, the Holy One of Israel who has glorified you.

ה הֵן גְּוֵי לֹא-יָדָעוּ תִקְרָא וְגוֹי לֹא-יִדְעוּךָ אֱלֹהֶיךָ יִרְוּצוּ לְמַעַן יְהוָה אֱלֹהֶיךָ וְלִקְדוֹשׁ יִשְׂרָאֵל כִּי פִאֲרָד :

6 Seek God while you can; call out while God is near.

ו דַּרְשׁוּ יְהוָה בְּהִמְצָאוֹ קְרָאֵהוּ בְּהִיוֹתוֹ קְרוֹב :

7 Let the wicked give up their ways, the sinful, their plans; let each one turn back to God so as to be pardoned; to our God, who freely forgives.

ז יַעֲזֹב רָשָׁע דַּרְכּוֹ וְאִישׁ אָוֹן מַחֲשַׁבְתּוֹ וַיָּשֵׁב אֶל-יְהוָה וַיִּרְחַמְהוּ וְאֶל-אֱלֹהֵינוּ כִּי-יִרְבֶּה לְסִלּוֹחַ :

8 For My plans are not your plans, nor are My ways your ways—declares God.

ח כִּי לֹא מַחֲשַׁבוֹתַי מַחֲשַׁבוֹתֵיכֶם וְלֹא דַרְכֵיכֶם דַּרְכֵי נַאֲם יְהוָה :

9 But as the heavens are high above the earth, so are My ways high above your ways and My plans above your plans.

ט כִּי־גָבְהוּ שָׁמַיִם מֵאָרֶץ כֵּן גָּבְהוּ דְרָכַי מִדְרָכֵיכֶם וּמַחְשְׁבֹתַי מִמַּחְשְׁבֹתֵיכֶם :

10 For as the rain or snow drops from heaven and returns not there, but soaks the earth and makes it bring forth vegetation, yielding seed for sowing and bread for eating,

י כִּי כַּאֲשֶׁר יֵרֵד הַגֶּשֶׁם וְהַשֶּׁלֶג מִן־הַשָּׁמַיִם וְשָׁמָּה לֹא יָשׁוּב כִּי אִם־הִרְוָה אֶת־הָאָרֶץ וְהוֹלִידָהּ וְהִצְמִיחָהּ וְנָתַן זֶרַע לַזֶּרַע וְלֶחֶם לְאֹכֵל :

11 So is the word that issues from My mouth: it does not come back to Me unfulfilled, but performs what I purpose, achieves what I sent it to do.

יא כֵּן יִהְיֶה דְבָרִי אֲשֶׁר יֵצֵא מִפִּי לֹא־יָשׁוּב אֵלַי רִיקִים כִּי אִם־עָשָׂה אֶת־אֲשֶׁר חָפְצְתִּי וְהִצְלִיחַ אֲשֶׁר שָׁלַחְתִּיו :

12 Yea, you shall leave in joy and be led home secure. Before you, mount and hill shall shout aloud, and all the trees of the field shall clap their hands.

יב כִּי־בִשְׂמֵחָה תֵצְאוּ וּבְשָׁלוֹם תּוּבְלוּן הַהָרִים וְהַגְּבְעוֹת יִפְצְחוּ לִפְנֵיכֶם רְנָה וְכָל־עֵצֵי הַשָּׂדֶה יִמְחֲאוּ־רַף :

13 Instead of the briar, a cypress shall rise; instead of the nettle, a myrtle shall rise. These shall stand as a testimony to God, as an everlasting sign that shall not perish.

יג תַּחַת הַנְּעֻצוֹץ יַעֲלֶה בְרוֹשׁ וְתַחַת הַסְרָפֵד יַעֲלֶה הַדָּס וְהָיָה לְיֵהוָה לְשֵׁם לְאוֹת עוֹלָם לֹא יִכָּרֵת :

Refuah Shleimah

Mohammad Amiri, Ronni Behar, Ira Berlin, Howard Berman, Chayim ben Miriam, Judith Chisholm, Don Elisburg, Phil Feld, Rabbi Stanley Funston, Ellie Goldberg, Hannah Goldberg, Sean Grogan, David Hahn, Robin Kaplan, Joyce Kitcho, Stu Levine, Dan Lutenegger, Dan Mack, Micah ben Nechama Evi, Sophie Meyers, Bryant Monroe, Bill Page, Rachel bat Chava, David Reynolds, Lois Rosen, Eric Rosenberg, Sarah Golde bat Shifrah, Jo Schonewolf, Charles Schussheim, Diana Seasonwein, Sarah Sherman, 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

Terence Akindon, 24, Upper Marlboro, MD; Donald B. Childs, 46, NW DC;

Tyjuan Clayton, 20, SE DC; Arnold Humberto Solis, 30, NW DC; Charles Luster Jr., 56, SE DC

Shiva

Robert Falb, husband of Carolyn Falb; Pat Goldman, wife of Stephen Kurzman

Shloshim

Ken Goldstein, father of Anne Goldstein Gerson

Yahrzeit

Rabbi Jay Kaufman, Philip Blum, Joan Feld, Audrey Gerstenhaber, Mitzi Goldman, Jerome Hahn, Thomas Hartley Hall IV, Norman Jacob Harris, Philip Hyde, Alan Kaplan, Benjamin Lazar, Frank M. Lefor, Evelyn Mason Newberry, Gretchen White Oberman, Rose Pollack, Marjorie Rappoport, Seymour Richman, David Rosand, Harry Saferstein, Eugene Schwartz, Kurt Shaffert, June Solomon

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.

וְיִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְרָא כְרְעוּתָהּ וְיִמְלִיךָ מַלְכוּתָהּ בְּחַיֵּינוּ
וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעַגְלָא וּבְזִמְנָא
קָרִיב, וְאָמְרוּ אָמֵן.
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי וּלְעַלְמֵי עֲלַמְיָא.
יְתְבָרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקַדְשָׁא.
בְּרִיךְ הוּא.
לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחַתָּא וְנַחֲמַתָּא
דְאָמִירָן בְּעֵלְמָא. וְאָמְרוּ אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.
עֹשֶׂה שְׁלוֹם בְּמִרְמֵי הוּא יַעֲשֶׂה 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.*

Shabbat Shalom!

*All are invited to Kiddush following services,
provided by Elisa and Kenneth Glazer in honor of their 35th anniversary.*

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 | **BETH WERLIN**, Executive Director
SHARON TASH, Education Director | **DAN LEE**, Worship Musician