

# Celebrate Shabbat

JUNE 21-22, 2024  
16 SIVAN, 5784

SHABBAT  
B'HAALOT'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



**Daniel G. Zemel**, Rabbi

**Joshua Beraha**, Associate Rabbi | **Stephanie Crawley**, Associate Rabbi  
**Healy Slakman**, Assistant Rabbi | **Beth Werlin**, Executive Director  
**Sharon Tash**, Education Director

# WELCOMING SHABBAT



JUNE 21, 2024

Our Shabbat service is led by  
Rabbi Zemel, Rabbi Beraha, Rabbi Frank,  
Dan Lee, and Rabbinic Intern  
Evan Traylor.

## Blessing for Candles

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ  
לְהַדְלִיק נֵר שַׁבָּת.

Baruch Atah, Adonai, Eloheinu, Melech ha'olam,  
asher kidshanu b'mitzvotav v'tzivanu l'hadlik neir  
shel 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.*

*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.*

## Kiddush - Blessing for Wine

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגָּפֶן  
בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בְּנוֹ  
וְשַׁבַּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זְכוֹר לְמַעֲשֵׂה בְּרֵאשִׁית. כִּי  
הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קֹדֶשׁ זָכָר לִיצִיאַת מִצְרַיִם. כִּי בָנוּ בְּחַרְתָּ  
וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים וְשַׁבַּת קִדְּשָׁהּ בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ  
בְּרוּךְ אַתָּה ה' מְקִדֵּשׁ הַשַּׁבָּת.

Baruch Atah, Adonai, Eloheinu, Melech ha'olam, borei p'ri hagafen. Baruch Atah, Adonai, Elonheinu, 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.

*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 - Blessing for Bread

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן  
הָאָרֶץ.

Baruch Atah, Adonai, Eloheinu, Melech ha'olam,  
hamotzi lechem min ha'aretz.

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

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## Yih'yu L'ratzon

יְהִי לְרָצוֹן אִמְרֵי פִי וְהֶגְיוֹן לְבִי לְפָנֶיךָ, יְיָ צוּרִי וְגוֹאֲלִי.

Yih'yu l'ratzon imrei fi v'hegyon libi l'fanecha,  
Adonai tzuri v'go-ali.

*May the words of my mouth and the meditations of my heart be  
acceptable to You, my Rock and my Redeemer.*

# SHABBAT MORNING SERVICE



JUNE 22, 2024

Our Shabbat Morning service is led by  
Rabbi Beraha, Rabbi Frank, Dan Lee, and  
Rabbinic Intern Evan Traylor.

**Torah: Numbers 11:1-15, 12:1-13**

## Siman Tov

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

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

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

## Shehechyanu

Baruch Atah Adonai Eloheinu, Melech ha-olam,  
shehecheyanu v'kiy'manu v'higianu laz'man  
hazeh.

ברוך אתה יי אלהינו מלך העולם שהחיינו וקימנו והגיענו לזמן הזה.

*Praise to You, Adonai our God, Sovereign of the universe, for  
giving us life, sustaining us, and enabling us to reach  
this season.*

# We Celebrate the Bar Mitzvah of Theodor Wallsten



Aliyah I	Community Member
Aliyah II	Tom Wallsten, Carol Bosshardt
Aliyah III	Isaac Wallsten
Aliyah IV	Stacey Bosshardt and Peter Wallsten
Aliyah V	Theodor Wallsten
Petichah I	Aaron Bosshardt, Kim Bosshardt
Hagbah	Mason Mandell
Gelilah	Jack Bosshardt
Petichah II	Scott Wallsten, Jen Sermoneta

## ***Thank you to our Oneg and Kiddush sponsors:***

Our b'nai mitzvah class and the Wallsten family

## ***Thank you to our ushers:***

*Nathan Katzman, Lilly Maurer, Joseph Steinberg,  
Jordan Tama, Julia Tama*

## ***Special thanks to our choir.***

## ***A Note on This Week's Haftarah***

*This week's haftarah selection is special for Pride Month (June). In this selection, we read about David and Jonathan's love, as their souls become intertwined. In addition, the parasha is characterized by the theme of jealousy. Miriam is jealous of the attention her brother Moses receives and angrily speaks out against him. Similarly, we see in this selection that David and Jonathan's love provokes jealousy in Saul, Jonathan's father. In both instances, we see that acting from jealousy has serious consequences.*

- from **The Haftarah Project at Temple Micah**



## Haftarah: Samuel I 18:1-16

וַיְהִי כִכְלָתוֹ לְדַבֵּר אֶל-שָׂאוּל וַנֶּפֶשׁ יְהוֹנָתָן נִקְשְׂרָה בְנֶפֶשׁ דָּוִד  
וַיֵּאָהֲבֵהוּ יְהוֹנָתָן כְּנֶפֶשׁוֹ: וַיִּקְחֵהוּ שָׂאוּל בַּיּוֹם הַהוּא וְלֹא נָתַנוּ  
לְשׁוֹב בַּיִת אָבִיו: וַיִּכְרַת יְהוֹנָתָן וְדָוִד בְּרִית בְּאַהֲבָתוֹ אֹתוֹ  
כְּנֶפֶשׁוֹ: וַיִּתְּפֹשֶׁט יְהוֹנָתָן אֶת-הַמַּעִיל אֲשֶׁר עָלָיו וַיִּתְּנֵהוּ לְדָוִד  
וּמִדָּיו וְעַד-חֲרָבּוֹ וְעַד-קֶשֶׁתוֹ וְעַד-חַגְרוֹ: וַיֵּצֵא דָוִד בְּכָל אֲשֶׁר  
יִשְׁלַחֲנֵהוּ שָׂאוּל יִשְׁכִּיל וַיִּשְׁמָהוּ שָׂאוּל עַל אַנְשֵׁי הַמְּלַחְמָה וַיֵּיטֵב  
בְּעֵינָיו כָּל-הָעָם וְגַם בְּעֵינָיו עַבְדֵי שָׂאוּל: וַיְהִי בְּבוֹאָם בְּשׁוֹב דָּוִד  
מִהַכּוֹת אֶת-הַפְּלִשְׁתִּי וַתִּצָּאנָה הַנְּשִׁים מִכָּל-עָרֵי יִשְׂרָאֵל לְשִׁיר  
וְהַמְּחִלּוֹת לִקְרֹאת שָׂאוּל הַמֶּלֶךְ בְּתַפִּים בְּשִׂמְחָה וּבְשִׁלְשִׁים:  
וַתַּעֲיִנֶנָּה הַנְּשִׁים הַמְּשַׁחֲקוֹת וַתֹּאמְרֵן הֲכֵּה שָׂאוּל בְּאַלְפּוֹ וְדָוִד  
בְּרַב־בְּתִיו: וַיַּחַר לְשָׂאוּל מְאֹד וַיִּרַע בְּעֵינָיו הַדָּבָר הַזֶּה וַיֹּאמֶר נָתַנוּ  
לְדָוִד רַבָּבוֹת וְלִי נָתַנוּ הָאֲלָפִים וְעוֹד לוֹ אֶךְ הַמְּלוּכָה: וַיְהִי שָׂאוּל  
עוֹזֵן אֶת-דָּוִד מֵהַיּוֹם הַהוּא וְהִלָּאָה: וַיְהִי מִמִּחְרַת וַתִּצְלַח רוּחַ  
אֱלֹהִים רָעָה אֶל-שָׂאוּל וַיִּתְּנֵבֵא בְּתוֹךְ-הַבַּיִת וְדָוִד מְנַגֵּן בְּיָדוֹ  
כַּיּוֹם כַּיּוֹם וְהַחֲנִית בְּיַד-שָׂאוּל: וַיִּטֹּל שָׂאוּל אֶת-הַחֲנִית וַיֹּאמֶר  
אָכֵּה בְּדָוִד וּבִקְרִי וַיִּסֹּב דָּוִד מִפָּנָיו פַּעַמִּים: וַיֵּרָא שָׂאוּל מִלְּפָנָיו  
דָּוִד כִּי-הָיָה יְהוָה עִמּוֹ וּמַעַם שָׂאוּל סָר: וַיִּסְרֵהוּ שָׂאוּל מֵעַמּוֹ  
וַיִּשְׁמָהוּ לוֹ שֶׁר-אֶלְף וַיֵּצֵא וַיָּבֵא לְפָנָיו הָעָם: וַיְהִי דָוִד לְכָל-דְּרָכָו  
מִשְׁכִּיל וַיְהוֶה עִמּוֹ: וַיֵּרָא שָׂאוּל אֲשֶׁר-הוּא מִשְׁכִּיל מְאֹד וַיִּגַּר  
מִפָּנָיו: וְכָל-יִשְׂרָאֵל וַיְהוּדָה אָהֵב אֶת-דָּוִד כִּי-הוּא יוֹצֵא וְבֹא  
לְפָנֵיהֶם:

(1) When [David] finished speaking with Saul, Jonathan's soul became bound up with the soul of David; Jonathan loved David as himself. (2) Saul took him [into his service] that day and would not let him return to his father's house.



(3) Jonathan and David made a pact, because [Jonathan] loved him as himself. (4) Jonathan took off the cloak and tunic he was wearing and gave them to David, together with his sword, bow, and belt. (5) David went out [with the troops], and he was successful in every mission on which Saul sent him, and Saul put him in command of all the soldiers; this pleased all the troops and Saul's courtiers as well. (6) When the [troops] came home [and] David returned from killing the Philistine, the women of all the towns of Israel came out singing and dancing to greet King Saul with hand-drums, shouting, and sistrums. (7) The women sang as they danced, and they chanted: Saul has slain his thousands; David, his tens of thousands! (8) Saul was much distressed and greatly vexed about the matter. For he said, "To David they have given tens of thousands, and to me they have given thousands. All that he lacks is the kingship!" (9) From that day on Saul kept a jealous eye on David. (10) The next day an evil spirit of God gripped Saul and he began to rave in the house, while David was playing [the lyre], as he did daily. Saul had a spear in his hand, (11) and Saul threw the spear, thinking to pin David to the wall. But David eluded him twice. (12) Saul was afraid of David, for God was with him and had turned away from Saul. (13) So Saul removed him from his presence and appointed him chief of a thousand, to march at the head of the troops. (14) David was successful in all his undertakings, for God was with him; (15) and when Saul saw that he was successful, he dreaded him. (16) All Israel and Judah loved David, for he marched at their head.





## Heal Us Now

Music and English lyrics by Cantor Leon Sher

Sung by the Temple Micah Choir

רְפְּאוּנוּ יְיָ וְנִרְפָּא הוֹשִׁיעֵנוּ וְנִוְשְׁעָה  
אֵל קָרוֹב לְכֹל-קְרָאיוֹ, אֶךְ קָרוֹב לְיִרְאָיו יִשְׁעוּ.

R'faeinu Adonai v'neirafei, hoshieinu v'nivasheia  
Eil karov l'chol kor'av, ach karov lireiav, yish'o.

We pray for healing of the body, we pray for healing of  
the soul, for strength of flesh and mind and spirit,  
we pray to once again be whole...

*Eil Na, r'fa na; O please heal us now*  
*R'fuat hanefesh, r'fuat haguf, r'fuah sh'leimah.*  
Heal us now...

הוֹשִׁיעָה אֶת-עַמְּךָ וּבְרַךְ אֶת-נַחְלָתְךָ  
וְרַעַם וְנִשְׂאֵם עַד-הָעוֹלָם  
מִי שְׂבִרְךָ אֲבוֹתֵינוּ, מִי שְׂבִרְךָ אֲמוֹתֵינוּ,  
אָנָּה יְיָ הוֹשִׁיעָה נָּא.

Hoshia et amecha, uvarech et nachalatecha,  
ureim v'naseim ad ha'olam  
Mi shebeirach avoteinu, mi shebeirach imoteinu,  
Ana, Adonai, hoshia na.

We pray for healing of our people,  
we pray for healing of the land,  
And peace for every faith and nation, every child,  
every person, hand in hand...

## Refuah Shleimah

Mohammad Amiri, Sarah Bardin, Evi Beck,  
Ronni Behar, Ira Berlin, Gary Brown, Sandra Brown,  
Judith Chisholm, Robert Dorfman, Don Elisburg,  
Phil Feld, Nora Fletcher, Rabbi Stanley Funston,  
Helene Granof, Robert Guyer, David Hahn,  
Mildred Katz, Hy Levine, Liba bat Yaakova,  
Dan Lutenegger, Catherine Lynch, Dan Mack,  
Mildred Marin, Micah ben Nechama Evi,  
Sophie Meyers, Bryant Monroe, Lynda Mulhauser,  
David Pedersen, Nancy Piness, Sheila Platoff,  
Rachel bat Chava, David Reynolds, Eric Rosenberg,  
Sarah Golde bat Shifrah, Charles Schussheim,  
Sarah Sherman, Paulette Shulman, Elsa Smith,  
Betty Ustun, Paul Vordermann, Bobbie Wendel,  
Mimi Wolf

## **We Remember Those Lost to Violence in Washington, DC**

Demetrius Creek, 19, SE DC; Gary Ronald Day, 60, SE DC;  
Vaughn Dozier Jr., 21, Upper Marlboro, MD;  
Marcellus Jackson, 21, NE DC;  
James Edward King III, 35, NE DC

### **Shiva**

Hall Hampton Sisson, father of Jillian Levine-Sisson

### **Shloshim**

Marion Ruth Bodner, Barbara L. Carleton,  
Diana Faber Gaizband, Robin Kaplan,  
David George Seabrook, Alice Weinstein

### **Yahrzeit**

Ida Broide, Richard Thomas Buerkle,  
Estelle Checkman-Phillips, Harry Cherney, Avi Dorot,  
Herbert Elisburg, Otto Frankenfeld, Sandra Goldberg,  
Sidney Katz, Martin Kushinsky, Eileen Laxer, Henry Lipman,  
Hallene Marks, Robert S. Morgenstein, Sam Morgenstein,  
Virginia K. Rosenbaum, Cecile Schifferes, Harold Schwalb,  
Max Segall, Benjamin M. Seiger, Ken Weiner,  
Nathan Weinstock, Ida J. White

# TEMPLE MICHAH מִיכָה



## Shabbat Shalom!



*Our sanctuary is a sanctuary. If your mobile phone is not in use as an adaptive device, please turn it off.*



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