May 23, 2020
29 Iyyar, 5780
Shabbat Bamidbar
Abby Salkind-Foraker becomes Bat Mitzvah

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)

--- Morning Blessings and Psalms ---

Modeh Ani
Modeh/Modah ani l'fanecha, Melech chai v'kayam,

she-hechezarta bi nishmati b'chemlah, rabbah emunatecha.

I offer thanks to You, ever-living Sovereign, that You have restored my soul to me in mercy:
How great is Your trust.

Elohai N'shama
Elohai, n'shama shenatata bi, t'hora hi.

My God, the soul You have given me is pure.
You created me, You shaped me, You breathed me into life.

Ashrei
Ashrei yoshvei veitecha, od y'hal'hucha selah.

Happy are those who dwell in Your house; they will sing Your praises forever.

Psalm 150
Halleluyah!

Praise God in God's sanctuary; praise God in the sky, God's stronghold. Praise God for mighty acts; praise God for God's exceeding greatness. Praise God with blasts of the horn; praise God with harp and lyre. Praise God with timbrel and dance; praise God with lute and pipe. Praise God with resounding cymbals; praise God with loud-clashing cymbals. Let all that breathes praise God. Halleluyah!

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--- Sh’mah and its Blessings ---

Sh’mah Yisrael, Adonai Eloheinu, Adonai Echad!
Hear, O Israel, Adonai is our God, Adonai is One!

Baruch shem k'vod malchuto l'olam va'ed.
Blessed is God’s glorious majesty forever and ever.

V'ahavta et Adonai Elohecha, b'chol l'vav'cha uv'chol nafsh'cha
uv'chol m'odecha. V'hayu had'verim ha'eileh asher anochi
m'tzavcha hayom al l'vavecha. V'shinantam l'vanecha v'dibarta
bam b'shiv'tcha b'veitecha uv'lechet'cha vaderech uv'shochb'cha
uv'kumecha. Ukshartam l'ot al yadecha v'hayu l'totafot bein
einecha. Uchtavtam al m'zuzot beitecha uvisharecha.

You shall love Adonai your God with all your heart, with all your soul, and with all your might. Take to
heart these instructions with which I charge you this day. Impress them upon your children. Recite them
when you stay at home and when you are away, when you lie down and when you get up. Bind them as a
sign on your hand and let them serve as a symbol on your forehead; inscribe them on the doorposts of
your house and on your gates.

Thus you shall remember to observe all My commandments and to be holy to your God. I am Adonai,
your God, who brought you out of the land of Egypt to be your God: I am Adonai your God.
--- Amidah ---

**GOD OF OUR ANCESTORS**

Baruch Atah Adonai Eloheinu v'Elohei avoteinu v'imoteinu,
Elohei Avraham, Elohei Yitzchak, v'Elohei Ya'akov, Elohei Sarah, Elohei Rivkah, Elohei Rachel, v'Elohei Leah. Ha'El hagadol hagibor v'hanora Eil elyon, gomeil chasadim tovim
v'koneh hakol v'zocheir chasei avot v'imahot, umeivi g'ulah
livnei veneihem l'maan shemo b'ahavah.

Melech ozeir umosha umagen. Baruch Atah, Adonai, mgein
Avraham v'ezrat Sarah.

Blessed are You, Adonai, our God, God of our fathers and mothers, God of Abraham, God of Isaac, and
God of Jacob, God of Sarah, God of Rebecca, God of Rachel, and God of Leah, the great, mighty and
awesome God, transcendent God, who bestows lovingkindness, creates all out of love, remembers the love
of our ancestors, and brings redemption to their children’s children for the sake of the Divine Name.
Sovereign, Deliverer, Helper and Shield, Blessed are You, Adonai, Sarah’s Helper, Abraham’s Shield.

**GOD OF MIGHT**

Atah gibor l'olam Adonai, mechayeh hakol (meitim) Atah,
rav l'hoshaia.
Morid hatal.
M'chakkel chayaim b'chesed, m'chayeh hakol (meitim)
br'chamim rabim, somech noflim, v'rofeh cholim, umatir
asurim, um'mayem emunato lishenei afar. Mi chamocha ba'al
g'vurot? U'mi domech lach? Melech meimit um'chayeh,
umatziach y'shuah.
V'neeman Atah l'hachayot hakol (meitim). Baruch Atah, Adonai,
m'chayeh hakol (hameitim).

You are forever mighty, Adonai; You give life to all (revive the dead).
You rain dew upon us. You sustain
life through love, giving life to all (reviving the dead) through great compassion, supporting the fallen,
healing the sick, freeing the captive, keeping faith with those who sleep in the dust. Who is like You,
Source of mighty acts? Who resembles You, a Sovereign who takes and gives life, causing deliverance
to spring up and faithfully giving life to all (reviving that which is dead).
Blessed are You, Adonai, who gives life to all (revives the dead).

**GOD’S HOLINESS**

N'kadesh et shimcha ba'olam k'shem shemakdishim oto bishmei
marom. Kakatu v al yad n'viecha v'kara zeh el zeh v'amah:
Kadosh, kadosh, kadosh Adonai tz'vaot! M'lo chol haaretz
k'vodo!
Adir adireinu, Adonai adoneinu, mah adir shimcha b'chol
haaretz. Baruch k'vod Adonai mim'komo!
Echad Hu Eloheinu, Hu avinu, Hu malkeinu, Hu moshieinu v'Hu
yashmieval b'echim l'einei kol chai. Ani Adonai Eloheichem.
Yimloch Adonai l'olam Elohayich Tziyon l'dor vador.
Haleluyah!
Ledor vador, nagid godlecha. Ul'neitzach n'tzachim, k'dushatcha nakdish, v'shivchacha Eloheinu mipinu lo yamush l'olam va'ed.

Baruch Atah, Adonai, ha'Eil haKadosh. Let us sanctify Your Name on earth, as it is sanctified in the heavens above. As it is written by Your prophet. Holy, holy, holy is Adonai Tz'vaot! God’s presence fills the whole earth. Source of strength. Sovereign One, how majestic is Your presence in all the earth! Blessed is the presence of God, shining fourth from where God dwells. God alone is our God and our Creator, our Ruler and our Helper; and in mercy, God is revealed in the sight of all the living: I am Adonai your God! Adonai shall reign forever, your God, O Zion, from generation to generation, Halleluyah!

To all generations we will declare Your greatness, and for all eternity proclaim Your holiness. Your praise, O God, shall never depart from our lips. Blessed are You, Adonai, the Holy God.

THE HOLINESS OF SHABBAT

Yismechu v'malcht'cha shom'rei Shabbat v'korei oneg. Those who keep Shabbat by calling it a delight will rejoice in Your realm.

V'shamru v'nei Yisrael et HaShabbat, la'asot et HaShabbat l'dorotam b'rit olam.

Beini uvein b'nei Yisrael ot h'i olam, ki sheshet yamim asah Adonai et hashamayim v'et haaretz, uva'yom hashvi'i ratzita bo v'hakdosh b'le'emet, v'hanchileinu Adonai Eloheinu, b'ahavah uv'ratzon Shabbat kodshecha v'anuchu vah Yisrael, m'kad'shei sh'mechea.

Baruch Atah, Adonai, m'kadeish HaShabbat. Our God and our ancestors, be pleased with our rest. Sanctify us with Your mitzvot, and grant us a share in Your Torah. Satisfy us with Your goodness and gladden us with Your salvation. Purify our hearts to serve You in truth. In Your gracious love, Adonai our God, grant us Your holy Shabbat as a heritage. May Israel who sanctifies Your Name rest on Shabbat.

Blessed are You, Adonai, who sanctifies Shabbat.

AVODAH

R'tzei Adonai Eloheinu, b'amcha Yisrael, ut'filatam b'ahavah t'kabei, ut'h'i l'ratzon tamid avodat Yisrael amecha.

Eil karov l'chol kor'av, p'nei el avadecha v'choneineu, sh'foch ruchacha aleinu.

V'techzenah einineu b'shuv'cha l'Tzion b'rachamim.

Baruch Atah, Adonai, hamachazir Sh'chinato l'Tzion.
Find favor, Adonai, our God, with Your people Israel and accept their prayer in love. May the worship of Your people Israel always be acceptable. God who is near to all who call, turn lovingly to Your servants. Pour out Your spirit upon us. Let our eyes behold Your loving return to Zion. Blessed are You, Adonai, whose Presence returns to Zion.

HODAAH


We acknowledge with thanks that You are Adonai, our God and the God of our ancestors, forever. You are the Rock of our lives, and the Shield of our salvation in every generation. Let us thank You and praise You – for our lives which are in Your hand, for our souls which are in Your care, for Your miracles that we experience every day and for Your wondrous deeds and favors at every time of day: evening, morning and noon. O Good One, whose mercies never end, O Compassionate One, whose kindness never fails, we forever put our hope in You.

For all these things, O Sovereign, let Your Name be forever praised and blessed. O God, our Redeemer and Helper, let all who live affirm You and praise Your Name in truth.

Blessed are You, Adonai, Your Name is Goodness, and You are worthy of thanksgiving.

SHALOM

Sim Shalom tovah uv'rachah, chein vachesed v'rachamim, aleinu v'al kol Yisrael amecha. Bar'cheinu, yotzeinu, kulanu k'echad b'or panecha, ki v'or panecha natata lanu, Adonai Eloheinu, Torat chayim v'ahavat chesed, utz'dakah uv'rachah v'rachamim v'chayim v'shalom. V'tov b'einecha l'vareich et amcha Yisrael b'chol eit uv'chol shaah bishlomecha.

Baruch Atah, Adonai, ham'vareich et amo Yisrael bashalom.

Grant peace, goodness and blessing, grace, kindness and mercy, to us and to all Your people Israel. Bless us, our Creator, all of us together, through the light of Your Presence. Truly through the light of Your Presence, Adonai our God, You gave us a Torah of life - the love of kindness, justice and blessing, mercy, life, and peace. May You see fit to bless Your people Israel at all times, at every hour, with Your peace.

Praised are You, Adonai, who blesses Your people Israel with peace.

Yih'yu l'ratzon imrei fi v'hegyon libi
l'faneecha, 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.
--- Seder Kriat HaTorah: Reading of the Torah ---

Abby Salkind-Foraker becomes Bat Mitzvah

לֶדָגּ דִגַּנ רוֹדָו רוֹדְל שׁיִדְּקַנ .ְתָשֻּׁדְק םיִחָצְנ חַצֵנְלוּ

From generation to generation we will declare Your greatness, and for all eternity proclaim Your holiness.

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!

Hear, O Israel, Adonai is our God, Adonai is One!

Before the Reading of Torah

Reader: Bar’chu et Adonai ham’vorach.
Congregation: Baruch Adonai ham’vorach l’olam va’ed.
Reader: Baruch Adonai ham’vorach l’olam va’ed.
Baruch Atah, Adonai, Eloheinu, Melech ha’olam, asher bachar banu mikol haamim, v’natan lanu et Torato.
Baruch Atah, Adonai, notein haTorah.

Bless Adonai who is blessed. Blessed is Adonai who is blessed now and forever.

Blessed are You, Adonai our God, Sovereign of the universe, who has chosen us from among the peoples, and given us the Torah. Blessed are You, Adonai, who gives the Torah.

Torah read by our Bat Mitzvah, Abby Salkind-Foraker

Numbers 4:1-13

After the Reading of Torah

Baruch Atah, Adonai, Eloheinu, Melech ha’olam, asher natan lanu Torah emet v’chayei olam nata b’tochenu.
Baruch Atah, Adonai, notein haTorah.

Blessed are You, Adonai our God, Sovereign of the universe, who has given us a Torah of truth, implanting within us eternal life. Blessed are You, Adonai, who gives the Torah.

Etz Chaim: Tree of Life

Etz chaim hi l’machazikim bah, v’tom’cheha m’ushar.
D’racheha darchei noam v’chol n’tivoteha shalom.
Hashiveinu Adonai, eilecha, v’nashuvah. Chadeish yameinu k’kedem.

It is a tree of life to those who hold fast to it, and all of its supporters are happy.

Its ways are ways of pleasantness and all its paths are peace.

Return us to You, Adonai, and we will return; renew our days as of old.
Blessing before the Haftarah
Baruch Atah, Adonai Eloheinu, Melech haolam, asher bacher
bin'vi'im tovim, v'ratzah v'divreihem hane'emarim be'emet.
Baruch Atah, Adonai, habocher ba'Torah uv'Moshe avdo,
uv'Yisrael amo, uvinvi'e ha'emet vatzedek.

Blessed are You, Adonai our God, Sovereign of the universe, who has chosen faithful prophets to speak words of truth. Blessed are You, Adonai, for the revelation of Torah, for Your servant Moses, for Your people Israel and for prophets of truth and righteousness.

Blessing after the Haftarah
Baruch Atah, Adonai Eloheinu, Melech haolam, tzur kol ha'olamim, tzadik b'chol hadorot, Ha'Eil hane'em, ha'omeir v'oshe, ham'dabeir um'kayeim, shekol d'varav emet vatzedek.

Blessed are You, Adonai our God, Rock of all creation, Righteous One of all generations, the faithful God whose word is deed, whose every command is just and true. For the Torah, for the privilege of worship, for the prophets, and for this Shabbat that You, Adonai our God, have given us. For holiness and rest, for honor and glory: we thank and bless you. May Your name be blessed for ever by every living being. Blessed are You, Adonai, for the Sabbath and its holiness.

Siman Tov u'Mazal Tov!
Siman tov u'mazal tov v'siman tov!
Y'hei lanu u'chol Yisrael!

This is a good and lucky sign for us and all Israel!

Heal Us Now
Music and English lyrics by Cantor Leon Sher
R'faeinu Adonai v'neirafei, hoshieinu v'nivasheia
Eil karov l'chol korav, 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

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 race and nation, every child, every woman, every man...
R’fuah Sh’leimah


Mourner’s Kaddish

We Remember Those Lost to Violence in Washington, DC

Darryl Finney, 62, no fixed address; Terrance Griffin, 31, SE DC; Jaszel Henderson, 20, SE DC

Shloschim

Philip Braverman, father of David Braverman and grandfather of Stacy Braverman Cloyd; John Ferreira, grandfather of Jeannelle D’Isa; Barbara Gordon, mother of Sarah Gordon; grandmother of Gabriel and Aaron Saad; Rabbi Kenneth Roseman, grandfather of Robert Roseman; Edward Schultz, cousin of Dean Brenner

Yahrzeit


Kaddish Yatom

Yitgadal v’yitkadosh sh’mi raba.
B’alma di v’ra chirutei, v’yamlich malchuteih, b’chayeichon
uv’yomeichon uv’chayei d’chol beit Yisrael, ba’agala uvitzman

Y’hei sh’mi raba m’varach l’alam ul’almei almaya.
Yitbarach v’yishtabach v’yitpaar v’yitnomam
v’yitromam v’chayim aleinu v’al kol

Oseh shalom bimromav, Hu yaaseh shalom aleinu, v’al kol

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.