June 13, 2020
21 Sivan, 5780
Shabbat Sh’lach
Violet Strauss 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 emanutecha.

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

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.
Oh…

Baruch Atah Adonai, rofeih chol basar umafli laasot.

Blessed are you, Adonai, who heals all flesh, working wondrously.

Psalm 92
Tov l’hodot l’Adonai ul’zameir l’shimcha elyon.
L’hagid baboker chasdecha, ve’emunatcha baleilot.
Alei asor va’alei navel, alei higayon b’chichor.
Ki simachtani Adonai b’foalecha b’maasei yadecha aranein.
Mah gadlu maasecha Adonai, m’od amku machsh’votcha.

It is good to praise Adonai; to sing hymns to Your name, O Most High,
to proclaim Your steadfast love at daybreak, Your faithfulness each night with a ten-stringed harp, with
voice and lyre together. You have gladdened me by Your deeds, Adonai; I shout for joy at Your
handiwork. How great are Your works, Adonai, how very subtle Your designs!
Psalm 150

Halleluyah!

Hallelu El b'kodsho, hal'luhu birkia uzo.
Hallelu bigvyurotav, hal'luhu k'rov gudlo.
Hallelu b'teika shofar, hal'luhu b'neivel v'chinor.
Hallelu b'tof umachol, hal'luhu b'minim v'ugav.
Hallelu b'tziltz'lei shama, hal'luhu b'tziltz'lei t'ruah.
Kol han'shamah t'holeil Yah, Hal'lu Yah!

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!

--- Sh'ma and its Blessings ---

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!

Blessed is God's glorious majesty forever and ever.

V'ahavta et Adonai Elohecha, b'chol l'vav'cha uv'chol nafsh'cha
Baruch shem k'vod malchuto l'olam va'ed.

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.

Redemption

Mi chamocha ba'eilim Adonai! Mi kamocha nedar bakodesh,

Who is like You, O God? Who is like You, majestic in holiness, awesome in splendor, working wonders?

The only thing that we done wrong was stay in the wilderness too long.

Keep your eyes on the prize, hold on.

The only thing that we done right was the day we begun to fight.
--- 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'Eil hagadol hagibor v'hanaora Eil elyon, gomeil chasadim tovim v'koneh hakol v'zocheir chasei avot v'imahot, umeivi g'ulah livnei venei hem l'maan shemo b'ahavah.

Melech ozeir umoshia umagen. Baruch Atah, Adonai, magein Avraham v'ezrat Sarah.

_Blessed are You, Adonai, 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 givor l'olam Adonai, mechayeih hakol (meitim) Atah, rav l'hoshia.

Morid tatal.

M'chakel chayim b'chesed, m'chayeh hakol (meitim)
brachamin rabim, somech noflim, v'rofeh cholim, umatir asurim, um'kayem emunot lishnei afar. Mi chamocha ba'al g'vorot? U'mi domech lach? Melech meimit um'chayeh, umatzmiach y'shuah.

V'neeman Atah l'hachayot hakol (meitim). Baruch Atah, Adonai, m'chayeih 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. Kakatuv al yad n'viecha v'kara zeh el zeh v'amor:

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!


Haleluyah!
THE HOLINESS OF SHABBAT

Yismehu v' malchut'cha shom'rei Shabbat v' korei oneg.
Am m'kad'she'i, kulam yisb'u v' yitangu mituvecha.
V' hashvi'i ratzita bo v' kidasho, chemdat yamim oto karata,
zeicher l' vreishit.

Those who keep Shabbat by calling it a delight will rejoice in Your realm. The people that hallows Shabbat will delight in Your goodness. For, being pleased with the Seventh Day, You hallowed it as the most precious of days, drawing our attention to the work of Creation.

V'shamru v' nei Yisrael et HaShabbat, la'asot et HaShabbat
l' dorotam b' rit olam.
Beini uvein b' nei Yisrael ot hi l' olam,
ki sheshet yamim asah Adonai et hashamayim v' et haaretz,
uvayom hashvi'i shavat vayinafash.

The people of Israel shall keep Shabbat, observing Shabbat throughout the ages as a covenant for all time. It is a sign for all time between Me and the people of Israel. For in six days Adonai made heaven and earth, and on the seventh day God ceased from work and was refreshed.

Eloheinu v' Elohei avoteinu, v' imoteinu, r' tzei vimnuchateinu.
Kadsheinu b' mitzvotcha v' ein chelkeinu b' Toratecha, sabeinu mituvecha, v' samcheinu bishu'atecha, v' taheir leibenu l' ov'cha be'emet, v' hanchileinu Adonai Eloheinu, b' ahavah u' v' ratzon
Shabbat kodshecha v' yanuchu vah Yisrael, m' kad'she'i sh'mecha.
Baruch Atah, Adonai, m' kadeish HaShabbat.

Our God and God of 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' hi l' ratzon tamid avodat Yisrael amecha.
Eil karov l' chol kor' av, p' nei el avadecha v' choneinu, sh' foch ruchacha aleinu.
V' techerenah einu b' shuv' cha l' Tzion b' rachamim.
Baruch Atah, Adonai, hamachazir Sh' chinato l' Tzion.
HODAAH


SHALOM

Sim Shalom tovah uvrachah, chein vachesed v'rachamim, aleinu v'al kol Yisrael amecha. Bar'cheinu, yotzeinu, kulanu k'eched b'or panecha, ki v'or panecha natata lanu, Adonai Eloheinu, Torateyhem v'ahavat chesed, utz'dakah uv'rachim v'rachaim 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'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.
--- Seder Kriat HaTorah: Reading of the Torah ---

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לְדוֹר וָדוֹר נַגִּד גָדְלֶךָ וּלְנֵצַח נְצָחִּים קְדֻשָּׁתְךָ נַקְדִּישׁ

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.
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, Violet Strauss

Numbers 13:1-20

After the Reading of Torah

Baruch Atah, Adonai, Eloheinu, Melech ha'olam, asher natan lanu Torat emet v'chayei olam nata b'tocheinu.
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 ha'olam, asher bachar
bin'vi'im tovim, v'ratzah v'divreihem hane'emarim be'emet.
Baruch Atah, Adonai, habocher ba'Torah uv'Moshe avdo,
uv'Yisrael amo, unvin'vi'ei 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 our God, 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 ha'olam, tzur kol ha'olamim, tzadik b'chol hadorot, Ha'Eil hane'eman,
ha'omeir v'oseh, ham'dabeir um'kayeim, shekol d'varav emet
vatzedek. Al ha'Torah, v'al ha'avodah, v'al han'vi'im, v'al
yom HaShabbat hazeh, shenata lanu Adonai Eloheinu,
liekdushah v'limnuchah, l'chavod ul'tifaret. Al hakol Adonai
Eloheinu, anachnu modim ve'hims b'fi chol chai tamid l'olam va'ed.
Baruch Atah, Adonai, m'kadeish HaShabbat.

_Blessed are You, Adonai our God, Sovereign of the universe, Rock of all creation. Righteous One of all generations, the faith
ful Adonai who has chosen faithful prophets to speak words of truth. Blessed are You, Adonai our God, for the revelation of Torah, for Your servant Moses, for Your people Israel and for prophets of truth and righteousness._

**Siman Tov u'Mazal Tov!**
Siman tov u'mazal tov v'simantov!
Y'heinu lanu u'chol Yisrael!

_This is a good and lucky sign for us and all Israel!_

**R'fuah Sh’leimah**
Maya Jane Adaki, Emily Alpern-Fisch, Frank Anderson, Evi Beck, Ronni Behar, Etta Braverman,
Shelley Brunner, Rafi Elijah, Netanel Felber, Chelo Fournier, Bernie Goldblatt, Samantha Goldsmith,
Carole Greenberg, Edward Greenberg, John Hall, Cindy Bosco Hill, Bob Ketroser, Dorothy Kirby,
Joan Kupferberg, Philip Levine, Sam Levinson, Avital Manor, David Merril, Doug Meyer,
Goldie Nussbaum, Janie Pelofsky, Rebecca Prigal, David Ransohoff, Lois Rosen, Eric Rosenberg,
Jason Rosenberg, Sura Rozenberg, Barry Rubens, Rabbi Steve Sager, Sam Sallick, Joan Schwarz,
Frannie Schwartz, Mary Schwartz, Leanne Sindell, Gerald Sindell, George Scott, Lillian Sugarman,
Betty Ustun, Lydia Vanderloo, Larry Weiner, Jonathan Winter

**Heal Us Now**
_Music and English lyrics by Cantor Leon Sher_

R'aeinu Adonai v'neirafei, hoshieinu v'nivasheia
Eil karov l'chol korav, ach karov lere'iv, 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...
We Remember a Few of Far Too Many Lives Lost to COVID-19

Wendy Bishop, 97, WWII veteran and teddy bear hospital owner, Grantown-on-Spey, Scotland
Isaiah Kuperstein, 70, founding director of the Holocaust Center of Pittsburgh, Carmel, Indiana
Alyce Gullattee, 91, substance-abuse treatment expert and oldest faculty member of Howard University, Washington, DC

We Remember Those Lost to Violence in Washington, DC

Kamonie Edwards, 21, SE DC; Henry Hackett, 39, Suitland, MD; Marquis Harrod, 18, SE DC; Trevon Williams, 22, SE DC

Shiva

Carolyn Wyatt, mother of Edward Wyatt, grandmother of Hannah and Sadie Wyatt

Shloshim

Eileen Laxer, aunt of Debbie Roumell; George Floyd

Yahrzeit


Kaddish Yatom

Yitgadal v’yitkadash sh’mei raba.
B’alma di v’ra chirutei, v’yamlich malchuteih, b’chayeichon
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’nemehmata,
daamiran b’alma. V’imru: Amen.

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!