



Congregation
Beth Israel
of the
Merrimack Valley

ק"ק בית ישראל

A spiritual oasis for the Jewish community

Welcome ~ *B'ruchim HaBa'im*

Shabbat Shalom! שַׁבַּת שְׁלוֹם!

May 22 ~ 23, 2020 / 29 Iyar 5780

Parashat Bamidbar
44th Day of the Omer

Howard Mandell
Rabbi

Amy Sherr
Administrator

Jeffrey Tye
Executive Vice President, Operations

If you are new to our Synagogue, please introduce yourself to Rabbi Mandell and others in the community so that we may personally welcome you. We hope you will return many times to share the joys of Shabbat, holidays and festivals, and special occasions with our *kehillah kedoshah*, our holy community.

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ORDER OF SERVICE

INTRODUCTORY pg. 61 ~ *Birkhot Ha-Shachar* (The blessing of morning's light) - We begin the daily morning service by reciting blessings praising God for the gift of a new day. We thank God for the miracles of daily life such as opening our eyes and putting on clothing.

P'SUKEI D'ZIMRA pg. 83 ~ (Passages of Song) - Proper concentration is required for the recitation of the *Shacharit* (morning) service, the core of the daily service. We prepare for this important part of the service by reciting the praises of God found in the Book of Psalms.

SHACHARIT pg. 105 ~ (Morning Service) - This core unit of the service consists of two parts. The first is the recitation of the *Shema*, Judaism's core principle found in Deuteronomy 6:4 declaring the uniqueness of God and our commandment to love God with all of our heart. The second part is the *Amidah* (the standing prayer) so titled because the rabbis imagined a servant coming before a master while standing and bowing. There are three sections - praise, sanctification of the day, and thanksgiving.

HALLEL pg. 133 ~ Recited on various holidays and occasions, including, but not limited to, each *Rosh Chodesh* and the 3 Pilgrimage Holidays.

TORAH SERVICE pg. 139 ~ Each Shabbat, a portion of the Torah (Five Books of Moses) is read. Reading the Torah in public is seen as a reenactment of the revelation at Mount Sinai. The Torah is removed from the Ark with verses of praise. On Shabbat, the reading is broken into seven sections, giving seven people the opportunity to be honored with an *aliyah* (going up) to the Torah. This week's reading is broken down as follows:

Parashat Bamidbar ~ Numbers 1:1 – 54

Aliyah	Etz Hayim	Chapter:Verse	Reader
Rishon	769	Numbers 1:1-4	Stuart Rapaport
Sheni	770	1:5-16	Stuart Rapaport
Shlishi	771	1:17-19	Jonathan Brody
R'vi'i	771	1:20-27	Jonathan Brody
Chamishi	772	1:28-35	Jeff Tye
Shishi	772	1:36-43	Bill Shek
Sh'vi'i	773	1:44-54	Elaine Winic
Maftir	774	1:52-54	Rabbi Mandell
Haftarah	1216	I Samuel 20:18-42	Rabbi Mandell

MUSAF SERVICE pg. 166 ~ (Additional) - On Shabbat and holidays, additional offerings were made in the Temple. To commemorate these additional offerings, a second *Amidah* is recited. This *Amidah* recalls the closeness our ancestors felt to God in the Temple and expresses our wish to restore this relationship (though not necessarily the animal offerings).

Yahrzeits ~ 29 Iyar – 6 Sivan

Zichronam livrachah, May their memories be for a blessing

Irving Bernstein
Charles A. Cohen
Laura Cohen
Rose Endelman
Max Finkelstein
Ruth Fishman
Philip Gleckman
Errol D. Goldblith
N. Milton Insuik
Frederick Kaplan
Julius Kupsov
Judy Kutel
Henrietta Master
David Hyman
Muscovitz
Samuel Nannis

Joseph M. Penn
Ruth F. Rosengard
Eva Salgo
Renee Schecter
Wilbert Serkman
Samuel Shainwald
Dr. Richard Shuman
Rose Silverman
Irene Slosberg
Jennie Sodnowsky
Louis Spector
Melvin Steinberg
Harvey Strauss
Bernard Trubowitz
Bessie Witznudel

MI SHEBEIRACH (Prayer for Healing)

Music by Debbie Friedman z"l / Lyrics by Debbie Friedman z"l and D'rorah Setel

מִי שֶׁבֵּירַח אֲבוֹתֵינוּ

Mi she-bei-rach a-vo-tei-nu

מְקוֹר הַבְּרָכָה לְאֲמוֹתֵינוּ

M'kor ha-bra-cha l'i-mo-tei-nu

May the Source of Strength, Who blessed the ones before us
Help us find the courage to make our lives a blessing
And let us say: Amen.

מִי שֶׁבֵּירַח אֲמוֹתֵינוּ

Mi she-bei-rach i-mo-tei-nu

מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

M'kor ha-bra-cha l'a-vo-tei-nu

Bless those in need of healing with r'fu-a sh'lei-ma
The renewal of body, the renewal of spirit
And let us say: Amen.

UPCOMING EVENTS

Wednesday, 5/20

Social Action Committee
Meeting @7pm

Thursday, 5/21

Book Review — “A Backpack,
A Bear, and Eight Crates of
Vodka” @7pm

Friday, 5/22

Yom Yerushalayim
Candle lighting @7:50pm

Saturday, 5/23

Shabbat Morning
Service @9:30am
Havdalah @8:59pm

Sunday, 5/24

Rosh Chodesh Sivan

Monday 5/25

Memorial Day Observed

Thursday, 5/28

Erev Shavuot

Tikkun Leil Shavuot Service
@7pm, Program to follow
Candle lighting @7:55pm

Friday, 5/29

Shavuot Day I
Candle lighting @7:56pm

Saturday, 5/30

Shavuot Day II Services
@9:30am, incl YIZKOR
Havdalah @9:05pm

Sunday, 5/31

Sunday Night Social Hour
@7:30pm

Wednesday, 6/3

Book Review — “A Backpack,
A Bear, and Eight Crates of
Vodka” @7pm

Thursday, 6/4

Thursday Night Minyan
@6:30pm

Friday, 6/5

Candle lighting @8:01pm

Saturday, 6/6

Shabbat Morning
Services @9:30am
Havdalah @9:10pm

Monday, 6/8

Board of Directors @7pm

Friday, 6/12

Candle lighting @8:05pm

Saturday, 6/13

Shabbat Morning
Services @9:30am
Havdalah @9:13pm

Thursday, 6/18

Thursday Night Minyan
@6:30pm

Friday, 6/19

Candle lighting @8:07pm

Saturday, 6/20

First Day of Summer
Shabbat Morning
Services @9:30am
Havdalah @9:16pm

Sunday, 6/21

Happy Father's Day!

Monday, 6/22

Rosh Chodesh Tammuz

Tuesday, 6/23

Rosh Chodesh Tammuz

Friday, 6/26

Candle lighting @8:08pm

