

**January 15, 2021**  
**3 Sh'vat, 5781**  
**Shabbat Va'era**



*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)*

**Lo Yisa Goy/Down by the Riverside**

Lo yisa goi el goi cherev,  
V'lo yilm'du od milchamah.

לא-יִשָּׂא גּוֹי אֶל-גּוֹי חֶרֶב,  
וְלֹא-יִלְמְדוּ עוֹד מִלְחָמָה.

*Nation shall not take up sword against nation; they shall never again study war. (Isaiah 2:4)*

Gonna lay down my sword and shield  
Down by the riverside  
Down by the riverside  
Down by the riverside  
Gonna lay down my sword and shield  
Down by the riverside  
Ain't gonna study war no more.

I ain't gonna study war no more,  
I ain't gonna study war no more,  
Study war no more.  
I ain't gonna study war no more,  
I ain't gonna study war no more,  
Study war no more.

**Candles**

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

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

*We praise You, Eternal God, Sovereign of the universe.*

*You hallow us with Your Mitzvot and command us to kindle the light of Shabbat.*

**Refuah Shleimah**

Suzanne Allender, Emily Alpern-Fisch, Alan Appel, Ronni Behar, Janice Berlin, Elaine Brown, Ellen Buckley, Don Elisburg, Netanel Felber, Chelo Fournier, Sonya Glixman, Mel Goldberg, Carole Greenberg, Edward Greenberg, Richard Greenfield, Cindy Bosco Hill, Dusty Kaplan, Dorothy Kirby, Joan Kupferberg, Kimberly Lackey, Philip Levine, Sam Levinson, Dan Lutenegger, Avital Manor, Cheryl Mitchell, Rebecca Prigal, David Ransohoff, Lois Rosen, Eric Rosenberg, Barbara Rubens, Rabbi Steve Sager, Terry Samuel, Francie Schwartz, Mary Schwartz, Joan Schwarz, George Scott, Paul Shapiro, Kristen Surya, Betty Ustun, Maria Young

**DANIEL G. ZEMEL**, Rabbi

**JOSHUA BERAHA**, Associate Rabbi | **STEPHANIE CRAWLEY**, Assistant Rabbi

**RACHEL GROSS**, Executive Director | **DEBRA WINTER**, Worship Music Artist | **TEDDY KLAUS**, Music Director

**SHARON TASH**, Education Director

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## Prayer for Healing

Music and English lyrics by Todd Herzog

Eil na, r'fa na la, r'fa na lanu

אל נא, רפה נא לה, רפה נא לנו

Dear God of our ancestors	Restore our strength of body
Help us renew our days	Help clarify our minds
Grant us a perfect healing	Refresh our tired spirits
Bring peace from all our pain	Rejuvenate our light

## Kiddush

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

ברוך אתה יי, אלהינו מלך העולם, בורא פרי הגפן. ברוך אתה יי, אלהינו מלך העולם, אשר קדשנו במצותיו ורצה בנו, ושבת קדש באהבה וברצון הנחילנו, זכרון למעשה בראשית. כי הוא יום תחילה למקראי קדש, זכר ליציאת מצרים. כי-בנו בחרות ואותנו קדשת, מפל-העמים, ושבת קדש באהבה וברצון הנחלתנו. ברוך אתה יי, מקדש השבת.

*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

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

ברוך אתה יי, אלהינו מלך העולם, המוציא לחם מן הארץ.

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

## Well Up Like Waters

Jacob Spike Kraus

Teach me how to flow like a river  
To face what's in my way  
And keep on moving just the same  
Teach me how to flow like a river

And well up like waters

Teach me how to hear when I listen  
To not avert my eyes  
When I hear a people cry  
Teach me how to hear when I listen

Teach me how to stand like a mountain  
Defiant, strong, and proud  
Before what tries to tear me down  
Teach me how to stand like a mountain

Teach me how to burn like a fire  
Let my righteous rage  
Spark the turning of the page  
Teach me how to burn like a fire

Let justice well up like waters  
And righteousness like a mighty stream  
May the land decide she's satisfied  
With the blood of no more sons and daughters

## ***We Remember a Few of Far Too Many Lives Lost to COVID-19***

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Shamsur Rahman Faruqi, 85, scholar of Urdu literature, Allahabad, India

Julius B. Flynn, Jr., 78, Professor Emeritus, Cheyney University of Pennsylvania, Glenn Mills, PA

Ted Perlman, 95, lawyer, classicist, and Temple Micah Book Group friend, Washington, DC

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

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Omari Dunn, 17, NW DC; Ibrahim Sesay, 20, NW DC

## ***Condolences***

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Barry Rubens, father of Beth Rubens, grandfather of Elena and Nathaniel Rubens Goldfarb;

Joanne Rogers, widow of Fred "Mr." Rogers

## ***Shiva***

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Mark Lichtenstein, uncle of Lou Kolodner;

Semih Ustun, husband of Betty Ustun and father of Jonathan Ustun

## ***Shloshim***

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Frank Anderson, Marilyn Bender, Debra Covington, Wes Harris, B. David Kane

## ***Yahrzeit***

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Bruce Block, Ruth Friedman Booth, Etta Gordon DuBrow, Herman Dunsay, Davida Gage Effros, Max Factor, Eve Fleschler, Beverly Grunwald, Myron Grusin, Taissa Silvers Hauser, Myron Hauser, Herbert Kabat, Raymond Lang, Jack Layton, Leah Lazere, Erwin Lehmann, Doris Luterman-Surick, Gilbert Nelson, Lena Ornish, Shirley Peltz, Mark Sablosky, Tillie Schwartz, Jerome B. Sewell, Rebecca Socolar, Sumner Victor, Estelle Rogers Weiss, Haskell Wolff

## **Kaddish Yatom**

Yitgadal v'yitkadash sh'mei raba.

B'alma di v'ra chirutei, v'yamlich malchuteih, b'chayeichon  
uv'yomeichon uv'chayei 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.

יתגדל ויתקדש שמה רבא.  
בעלמא די ברא כרעותיה וימליך מלכותיה בתיכון  
וביומיו ובחיי דכל בית ישראל בעגלא ובזמן קריב,  
ואמרו אמן.  
יהא שמה רבא מברך לעלם ולעלמי עלמיא.  
יתברך וישתבח ויתפאר ויתרום ויתנשא ויתחדר  
ויתעלה ויתהלל שמה דקדשא.  
בריך הוא.  
לעלא מן כל ברכתא ושירתא תשבחתא ונחמתא דאמירן  
בעלמא. ואמרו אמן.  
יהא שלמא רבא מן שמיא וחיים עלינו ועל כל ישראל.  
ואמרו אמן.  
עשה שלום במרומו הוא עשה שלום עלינו ועל כל  
ישראל ועל כל יושבי תבל. ואמרו אמן.

## **If Not Now**

*Music and Lyrics by Carrie Newcomer*

If not now, tell me when? If not now, tell me when?  
We may never see this moment or place in time again  
If not now, if not now, tell me when?

I see sorrow and trouble in this land...  
Although there will be trouble, we'll make the change we can  
If not now, if not now, tell me when?

We may never see the promised land...  
And yet we'll make the journey, we'll walk it hand in hand  
If not now, if not now, tell me when?

So we'll work until it's done – every person, everyone  
Every soul that's ever longed for something better, something brighter...

It will take a change of heart for this to mend...  
But miracles do happen, every shining now and then  
If not now, if not now, tell me when?