

January 16, 2020

3 Shevat, 5781

Shabbat Vaera

Emma Mancuso 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 ---

### Mah Tov

Mah tovu ohalecha, Yaakov, mishk'notecha, Yisrael!

מה טובו אהליך יעקב משכנתיך ישראל

Vaani b'rov chasd'cha avo veitecha,  
eshtachaveh el heichal kodsh'cha b'yiratecha.

ואני ברב חסדך אבא ביתך  
אשתחנה אל היכל קדשך ביראתך.

Adonai, ahavti m'on beitecha um'kom mishkan k'vodecha.  
Vaani eshtachaveh v'echraah, evr'chah lifnei Adonai osi.

יְיָ אהבתי מעון ביתך ומקום משכן כבודך.  
ואני אשתחנה ואכרעה אברכה לפני יְיָ עשי.

Vaani t'filati l'cha, Adonai, eit ratzon.

ואני תפילתי לך יְיָ עת רצון.

Elohim b'rov chasdecha, aneini be'emet yishecha.

אלהים ברב חסדך ענני באמת ישעך.

*How fair are your tents, O Jacob, your dwellings, O Israel! I, through Your abundant love, enter Your house; I bow down in awe at Your holy temple. Adonai, I love Your temple abode, the dwelling-place of Your glory. I will humbly bow down low before Adonai, my Maker. As for me, may my prayer come to you, Adonai, at a favorable time. O God, in Your abundant faithfulness, answer me with Your sure deliverance.*

### Elohai N'shama

*Music and English lyrics by Casey Prusher*

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

אלהי, נשמה שנתתה בי, טהורה היא.

*My God, the soul You have given me is pure.*

Atah v'ratah, Atah y'tzartah, Atah n'fachtah bi.

אתה בראתה, אתה יצרתה, אתה נפתתה בי.

*You created me, You shaped me, You breathed me into life.*

### Psalm 92

Tov l'hodot l'Adonai ul'zameir l'shimcha elyon.

טוב להודות לְיָי ולזמר לשמך עליון.

L'hagid baboker chasdecha, ve'emunatcha baleilot.

להגיד בבקר חסדך, ואמונתך בלילות.

Alei asor va'alei navel, alei higayon b'chinor.

עלי-עשור ועלי-נבל, עלי הגיון בכנור.

Ki simachtani Adonai b'foalecha b'maasei yadecha aranein.

כי שמחתני יְיָ בפעלך במעשי ידיך ארנן.

Mah gadlu maasecha Adonai, m'od amku machsh'votcha.

מה גדלו מעשׂיך, יְיָ, מאד עמקו מחשבתׂיך.

*A psalm, a song for Shabbat. 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.

Hal'luhu bigvurotav, hal'luhu k'rov gudlo.

Hal'luhu b'teika shofar, hal'luhu b'neivel v'chinor.

Hal'luhu b'tof umachol, hal'luhu b'minim v'ugav.

Hal'luhu b'tziltz'lei shama, hal'luhu b'tziltz'lei t'ruah.

Kol han'shamah t'haleil 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!*

הללויה.

הללו אל בקדשו. הללוהו ברקיע עזו:

הללוהו בגבורתיו. הללוהו כרב גדלו:

הללוהו בתקע שופר. הללוהו בנגבל וכנור:

הללוהו בתוף ומחול. הללוהו במנים ועגב:

הללוהו בצלצלי שמע. הללוהו בצלצלי תרועה:

כל הנשמה תהלל יה. הללויה!

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

שמע ישראל יהוה אלהינו יהוה אחד

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!

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

ברוך שם כבוד מלכותו לעולם ועד

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'varim ha'eileh asher anochi m'tzavcha hayom al l'vavecha. V'shinantam l'vanecha v'dibarta bam b'shivt'cha b'veitecha uv'lecht'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.*

L'maan tizk'ru, vaasitem et kol mitzvotai vih'yitem k'doshim l'Eloheichem. Ani Adonai Eloheichem asher hotzeiti etchem mei'erezt Mitzrayim lih'yot lachem l'Elohim ani Adonai Eloheichem.

*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.*

ואהבת את יי אלהיך בכל לבבך ובכל נפשך ובכל מאדך: והיו הדברים האלה אשר אנכי מצוה היום על לבבך: ושננתם לבניך ודברת בם בשבתך בביתך ובילכתך בדרכך ובשכבך ובקומך: וקשרתם לאות על ידך והיו לטטפת בין עיניך: וכתבתם על מזוזות ביתך ובשעריך

למען תזכרו ועשיתם את כל מצוותי, והייתם קדושים לאלהיכם. אני יי אלהיכם, אשר הוצאתי אתכם מארץ מצרים, להיות לכם לאלהים, אני יי אלהיכם.

## Redemption / Eyes on the Prize

Mi chamocha ba'eilim Adonai! Mi kamocho nedar bakodesh, nora t'hilot, oseh feleh!

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

מי־כמכה באלים יהוה מי כמכה נאדר בקדש נורא תהלת עשה פלא

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.

*Keep your eyes on the prize, hold on.*

## --- 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'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 umoshia umagen. Baruch Atah, Adonai, magein 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.*

ברוך אתה יי אלהינו ואלהי אבותינו ואמותינו: אלהי אברהם, אלהי יצחק, ואלהי יעקב, אלהי שרה, אלהי רבקה, אלהי רחל, ואלהי לאה הגדול הגבור והנורא, אל עליון, גומל חסדים טובים, וקנה הכל, וזוכר חסדי אבות ואמהות, ומביא גאולה לבני בניהם, למען שמו באהבה. מלך עוזר ומושיע ומגן. ברוך אתה יי, מגן אברהם ועזרת שרה.

### GOD OF MIGHT

Atah gibor l'olam Adonai, mechayeih hakol (meitim) Atah, rav l'hoshia.

Mashiv haruach umorid hagashem.

M'chalkel chayyim b'chesed, m'chayeh hakol (meitim) b'rachamim rabim, somech noflim, v'rofeh cholim, umatir asurim, um'kayem emunato lishenei afar. Mi chamocha ba'al g'vurot? U'mi domeh 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 cause the wind to shift and rain to fall. 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).*

אתה גבור לעולם אדני, מסיה הכל (מתים) אתה, רב להושיע.

משיב הרוח ומוריד הגשם.

מכלכל חיים בחסד, מסיה הכל (מתים) ברחמים רבים, סומך נופלים, ורופא חולים, ומתיר אסורים, ומקים אמונתו לישגי עפר, מי כמוד בעל גבורות ומי דומה לך, מלך ממת ומסיה ומצמיח ישועה.

ונאמן אתה להחיות הכל (מתים). ברוך אתה יי, מסיה הכל (המתים).

### 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'amar: 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 yashmieinu b'rachamav l'einei kol chai. Ani Adonai Eloheichem. Yimloch Adonai l'olam Elohayich Tziyon l'dor vador. Haleluyah!

נקדש את שמך בעולם כשם שמקדישים אותך בשמי מרום. ככתוב על יד נביאך. וקרא זה אל זה ואמר: קדוש קדוש קדוש יהוה צבאות מלא כל הארץ כבודו:

אדיר אדירנו יי אדנינו מה אדיר שמך בכל הארץ! ברוך כבוד יי, ממקומו.

אחד הוא אלהינו, הוא אבינו, הוא מלכנו, הוא מושיענו והוא ישמיענו ברחמיו לעיני כל חי אני יי אלהיכם! ימלך יי לעולם, אלהיך ציון לדור ודור, הללויה!

L'dor 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.

לדור ודור נגיד גדלך וילגנצח נצחתי קדשתיך נקדיש, ושבחתי אלהינו מפינו לא ימוש לעולם ועד. ברוך אתה יי, האל הקדוש.

*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, Hallelujah!*

*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'malchut'cha shom'rei Shabbat v'korei oneg. Am m'kad'shei shvi'i, kulam yisb'u v'yitangu mituvecha. V'hashvi'i ratzita bo v'kidashto, chemdat yamim oto karata, zeicher l'maaseih v'reishit.

ישמחו במלכותך שומרי שבת וקוראי ענג. עם מקדשי שבועי. כלם ישבעו ויתענגו מטובך. ובשבועי רציתי בו וקדשתי חמדת ימים אותו קראת. וזכר למעשה בראשית

*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.

ושמרו בני ישראל את השבת לעשות את השבת לדורתם ברית עולם: בני ובין בני ישראל אות הוא לעולם כיששית ימים עשה יהוה את השמים ואת הארץ וביום השביעי שבת וינפש:

*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'tzeih vimnuchateinu. Kadsheinu b'mitzvatecha v'tein chelkeinu b'Toratecha, sabeinu mituvecha, v'samcheinu bishuatecha, v'taheir libeinu l'ovd'cha be'emet, v'hanchileinu Adonai Eloheinu, b'ahavah uv'ratzon Shabbat kodshecha v'yanuchu vah Yisrael, m'kad'shei sh'mecha. Baruch Atah, Adonai, m'kadeish HaShabbat.

אלהינו ואלהי אבותינו ואמותינו ורצה במנוחתנו. קדשנו במצותך ומן חלקנו בתורתך. שבענו מטובך ושמחנו בישועתך. וטהר לבנו לעבדך באמת. והנחילנו יי אלהינו באהבה וברחון שבת קדשך וננוחו בה ישראל מקדשי שמך: ברוך אתה יי. מקדש השבת:

*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'kabeil, 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'techezenah eineinu b'shuv'cha l'Tzion b'rachamim. Baruch Atah, Adonai, hamachazir Sh'chinato l'Tzion.

רצה יי אלהינו בעמך ישראל ובתפלתם באהבה תקבל, ותהי לרצון תמיד עבודת ישראל עמך: אל קרוב לכל קראיו, פנה אל עבדיך ותנונו, שפוך רוחך עלינו. ותתזינה עינינו בשובך לציון ברחמים: ברוך אתה יי. המחזיר שכנינו לציון:

*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

Modim anachnu lach, shaAtah hu Adonai Eloheinu v'Elohei  
avoteinu v'imoteinu l'olam va'ed. Tzur chayeinu, magein  
yisheinu, Atah hu l'dor vador. Nodeh l'cha un'sapeir t'hilatecha.  
Al chayeinu ham'surim b'yadecha, v'al nishmoteinu hap'kudot  
lach, v'al nisecha sheb'chol yom imanu, v'al niflotecha  
v'tovotecha sheb'chol eit, erev vavoker v'tzohorayim.  
Hatov ki lo chalu rachamecha, v'ham'racheim ki lo tamu  
chasadecha, mei'olam kivinu lach.

V'al kulam yitbarach v'yitromam shimcha, Malkeinu, tamid  
l'olam va'ed. V'chol hachayim yoducha selah, viy'hal'lu et  
shimcha be'emet, Ha'Eil y'shuateinu v'ezrateinu selah.

Baruch Atah, Adonai, hatov shimcha ul'cha na'eh l'hodot.

*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 uvrachah, chein vachessed v'rachamim, aleinu  
v'al kol Yisrael amecha. Bar'cheinu, yotzreinu, 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.*

Oseh shalom bimromav, Hu yaaseh shalom aleinu v'al  
kol Yisrael, v'al kol yoshvei teivel. V'imru: Amen.

*May the One who brings us peace bring this peace before us unto all of Israel, unto all the nations. Amen.*

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

יהיו לרצון אמרי פי והגיון לבי לפניך,  
יְיָ צוּרִי וְגוֹאֲלִי.

*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 ---

### **Emma Mancuso becomes Bat Mitzvah**

**לְדוֹר וָדוֹר נִגְדַתְּ גְדֻלָּתְךָ וְלִנְצַח וְלִנְצַח נִצְחִים קִדְּשָׁתְךָ נִקְדִּישׁ**

**L'dor vador nagid godlecha, ul'neitzach n'tzachim k'dushatcha nakdish.**

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

שמע ישראל יהוה אלהינו יהוה אחד  
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.*

בָּרַכּוּ אֶת יְיָ הַמְּבָרָךְ  
בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד  
בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד  
בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר  
בָּנוּ מִכָּל הָעַמִּים וְנָתַן לָנו אֶת תּוֹרָתוֹ.  
בָּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה

### **Torah read by our Bat Mitzvah, Emma Mancuso**

#### **Exodus 9:18-35**

#### **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.*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן  
לָנו תּוֹרַת אֱמֶת וְחַיֵּי עוֹלָם נִטְעַת בְּתוֹכֵנוּ.  
בָּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה

#### **Etz Chaim: Tree of Life**

Etz chaim hi l'machazikim bah, v'tom'cheha m'ushar.

D'racheha darchei noam v'chol n'tivotcha 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.*

עֵץ חַיִּים הִיא לַמְחַזְקִים בָּהּ. וְתִמְכֶיהָ מְאֻשָּׁר.  
דַּרְכֶיהָ דַּרְכֵי נֹעַם וְכָל נְתִיבֹתֶיהָ שְׁלוֹם.  
הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנִשׁוּבָה. חַדְשׁ יָמֵינוּ כְּקֶדֶם.

### Blessing before the Haftarah

Baruch Atah, Adonai Eloheinu, Melech haolam, asher bachar bin'vi'im tovim, v'ratzah v'divreihem hane'emarim be'emet.

Baruch Atah, Adonai, habocheh baTorah uv'Moshe avdo, uv'Yisrael amo, uvinvi'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, for the revelation of Torah, for Your servant Moses, for Your people Israel and for prophets of truth and righteousness.*

ברוך אתה יי אלהינו מלך העולם, אשר בחר  
בנביאים טובים, ורצה בדבריהם הנאמרים  
באמת, ברוך אתה יי, הבוחר בתורה ובמשה עבדו,  
ובישראל עמו, ובנביאי האמת וצדק.

### Blessing after the Haftarah

Baruch Atah, Adonai Eloheinu, Melech haolam, 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 haTorah, v'al ha'avodah, v'al han'vi'im, v'al yom HaShabbat hazeh, shenatata lanu Adonai Eloheinu, likdushah v'limnuchah, l'chavod ul'tif'aret. Al hakol Adonai Eloheinu, anachnu modim lach, um'varchim otach, yitbarach shimcha 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 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.*

ברוך אתה יי אלהינו מלך העולם, צור כל  
העולמים, צדיק בכל הדורות, האל הנאמן האומר  
ועשה, המדבר ומקיים, שכל דבריו אמת וצדק. על  
התורה, ועל העבודה, ועל הנביאים, ועל יום השבת  
הזה, שנתת לנו, יי אלהינו, לקדשה ולמנוחה, לכבוד  
ולתפארת. על הכל, יי אלהינו, אנחנו מודים  
לך, ומברכים אותך, ותברך שמך בפי כל חי תמיד  
לעולם ועד.  
ברוך אתה יי, מקדש השבת.

### Siman Tov u'Mazal Tov!

Siman tov u'mazal tov, u'mazal tov v'siman tov!  
Y'hei lanu ul'chol Yisrael!

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

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

### R'fuah Sh'leimah

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

### Come Healing

*Music and lyrics by Leonard Cohen*

O gather up the brokenness and bring it to me now  
The fragrance of those promises you never dared to vow  
The splinters that you carry, the cross you left behind  
Come, healing of the body; come, healing of the mind  
And let the heavens hear it, the penitential hymn  
Come, healing of the spirit; come, healing of the limb

Behold the gates of mercy in arbitrary space  
And none of us deserving the cruelty or the grace  
O solitude of longing where love has been confined  
Come, healing of the body; come, healing of the mind

O see the darkness yielding that tore the light apart  
Come, healing of the reason; come, healing of the heart

O troubled dust concealing an undivided love  
The heart beneath is teaching to the broken heart above  
Let the heavens falter, let the earth proclaim:  
Come, healing of the altar; come, healing of the Name  
And let the heavens hear it, the penitential hymn

Come, healing of the spirit; come, healing of the limb  
O see the darkness yielding that tore the light apart  
Come, healing of the reason; come, healing of the heart

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

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*

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

## *Condolences*

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

Joanne Rogers, widow of Fred "Mr." Rogers

## *Shiva*

Mark Lichtenstein, uncle of Lou Kolodner; Semih Ustun, husband of Betty Ustun, father of Jonathan Ustun

## *Shloshim*

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

## *Yahrzeit*

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.

*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.*

וְתִגְדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ וְנִמְלִיךְ מַלְכוּתָהּ בְּתַיִיכוֹן  
וּבְיִמְיִכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְנִמְן קָרִיב,  
וְאָמְרוּ אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמִי וּלְעָלְמֵי עָלְמַיָּא.

יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא.

בְּרִיךְ הוּא.

לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנִחְמַתָּא  
דְאָמְרִין בְּעֵלְמָא. וְאָמְרוּ אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְסַיִים עָלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.

עֹשֵׂה שְׁלוֹם בְּמִרְוַמֵּי הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֶל. וְאָמְרוּ אָמֵן.



## **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?

**Shabbat Shalom!**