

October 16, 2021  
10 Cheshvan, 5782  
Shabbat Lech L'cha



*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)*

### *Jonah Shanoff Becomes Bar Mitzvah*

- Aliyah I.....Richard Lahne  
Aliyah II .....Seth Miller, Linnea Benjamin Miller, Emily Andrews,  
Mark Shanoff  
Aliyah III.....Suzy and Gary Miller, Carolyn Shanoff,  
Barry Shanoff and Susan Dubas  
Aliyah IV.....Margery, Dan, and Gabe Shanoff  
Aliyah V.....Jonah Shanoff

#### **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.

Baruch Atah Adonai, rofeih chol basar umafli laasot.

ברוך אתה יי רופא כל בשר ומפליא לעשות.

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

### **Genesis בראשית 17**

**א** 1 When Abram was 99 years old, the Eternal appeared to Abram and said to him, "I am El Shaddai—walk along before Me and be pure of heart,

ויהי אברם בן תשעים שנה ותשע שנים ויבא יהוה אל אברם ויאמר אליו אני אל שדי היתהלך לפני והיה תמים:

**ב** 2 I will set a covenant between us, and multiply you exceedingly."

ואתנה בריתי ביני ובינך וארבה אותך במאד מאד:

**ג** 3 Abram fell on his face. God spoke with him, saying,

ויפל אברם על פניו וידבר אתו אלהים לאמר:

**ד** 4 "As for Me, here is My covenant with you: You shall be the father of a multitude of peoples.

ואני הנה בריתי אתך והלית לאב המון גוים:

**ה** 5 No longer are you to be called Abram: your name is to be Abraham, for I am making you the father of a multitude of nations.

ולא יקרא עוד את שםך אברם והיה שמך אברהם כי אב המון גוים נתתיך:

ו וְהִפְרֵתִי אֶתְךָ בְּמֵאֹד מְאֹד וְנִתְתִּיךָ לְגוֹיִם  
וּמְלָכִים מִמֶּךָ יֵצְאוּ: 6 I am making you exceedingly fruitful,  
and turning you into nations; kings shall  
come forth from you;

ז וְהִקְמַתִּי אֶת־בְּרִיתִי בֵּינִי וּבֵינְךָ וּבֵין זַרְעֶךָ  
אֲחֵרֶיךָ לְדֹרֹתֶם לְבְרִית עוֹלָם לְהִזְוֹת לְךָ  
לְאֱלֹהִים וְלִזְרַעֲךָ אֲחֵרֶיךָ: 7 I will establish My covenant with you,  
and with your descendants after you, for all  
their generations, an everlasting covenant:  
to be God to you and to your descendants  
after you.

ח וְנָתַתִּי לְךָ וּלְזַרְעֶךָ אֲחֵרֶיךָ אֶת | אֶרֶץ מִגְרִיֶּךָ  
אֶת כָּל־אֶרֶץ כְּנָעַן לְאֶחְזָת עוֹלָם וְהִיְתִי לָהֶם  
לְאֱלֹהִים: 8 I will give you and your descendants  
after you the land where you have  
sojourned, the whole land of Canaan, as an  
everlasting possession, and I will be their  
God.”

ט וַיֹּאמֶר אֱלֹהִים אֶל־אַבְרָהָם וְאַתָּה אֶת־בְּרִיתִי  
תִּשְׁמֹר אֶתָּה וְזַרְעֶךָ אֲחֵרֶיךָ לְדֹרֹתֶם: 9 God then said to Abraham, “As for you,  
observe My covenant—you and your  
descendants after you—in all your  
generations.

י זֹאת בְּרִיתִי אֲשֶׁר תִּשְׁמְרוּ בֵּין לְבֵינֵיכֶם וּבֵין  
זַרְעֶךָ אֲחֵרֶיךָ הַמּוֹל לָכֶם כָּל־זָכָר: 10 This is My covenant that you and your  
descendants after you are to observe: let  
every male among you be circumcised.

יא וְנִמְלְתֶם אֶת בְּשַׂר עֲרֻלְתְּכֶם וְהָיָה לְאוֹת  
בְּרִית בֵּינִי וּבֵינֵיכֶם: 11 When the flesh of your foreskin has  
been circumcised, it shall become a sign of  
the covenant between us.

יב וּבְרִשְׁמֹנֶת יָמִים יִמּוֹל לָכֶם כָּל־זָכָר לְדֹרֹתֵיכֶם  
יְלִיד גִּילָת וּמִקְנַת־כֶּסֶף מִכָּל בְּרִיִּיךָ אֲשֶׁר לֹא  
מִזַּרְעֶךָ הוּא: 12 And in all your generations let every  
eight-day-old boy among you be  
circumcised, [whether it be] a homeborn  
slave or bought from foreigners, not of  
your own descent.

יג הַמּוֹל | יִמּוֹל יְלִיד בֵּיתֶךָ וּמִקְנַת כֶּסֶף וְהִיְתָה  
בְּרִיתִי בְּבִשְׂרְכֶם לְבְרִית עוֹלָם: 13 Let your homeborn slave and the one  
you buy be circumcised, so that My  
covenant may be in your flesh as an  
everlasting covenant.

יד וְעָרַל | זָכָר אֲשֶׁר לֹא־יִמּוֹל אֶת־בְּשַׂר עֲרֻלְתּוֹ  
וְנִכְרְתָה הַנֶּפֶשׁ הַהוּא מֵעַמּוּיָה אֶת־בְּרִיתִי הַפֶּר: 14 An uncircumcised male who has not  
circumcised the flesh of his foreskin—that  
person shall be cut off from his people; he  
has broken My covenant.”

טו וַיֹּאמֶר אֱלֹהִים אֶל־אַבְרָהָם שְׂרַי אִשְׁתְּךָ לֹא־  
תִקְרָא אֶת־שְׁמָהּ שְׂרַי כִּי שָׂרָה שְׁמָהּ: 15 God then said to Abraham, “Sarai your  
wife—call her Sarai no more, for her name  
is [now] Sarah.

טז וּבֵרַכְתִּי אֹתָהּ וְגַם נָתַתִּי מִמֶּנָּה לְךָ בֵּן  
וּבֵרַכְתִּיהָ וְהִיְתָה לְגוֹיִם מְלָכֵי עַמִּים מִמֶּנָּה  
?הִיוּ: 16 I will bless her and, too, I will give you  
a son through her; I will bless her and she  
shall become nations; rulers of peoples  
shall come from her.”

**יז** וַיִּפֹּל אַבְרָהָם עַל-פָּנָיו וַיִּצְחַק וַיֹּאמֶר בְּלִבּוֹ הֲלָבֹן מֵאֵה-שָׁנָה יוֹלֵד וְאִם-שָׂרָה הִבְתִּיתְשָׂעִים אֶשְׂנָה תֵלֵד : **17** Abraham fell flat on his face and laughed, thinking: “Can a child be born to a man of 100? Can 90-year-old Sarah bear a child?”

**יח** וַיֹּאמֶר אַבְרָהָם אֱלֹהֵי אֱלֹהִים לֹא יִשְׁמַעְעָל : חֲתִיָּה לִפְנֵיךָ : **18** Abraham then said to God: If only You would let Ishmael live [happily] before You!

**יט** וַיֹּאמֶר אֱלֹהִים אֲבַל שָׂרָה אֲשֶׁתְךָ יִלְדֶת לְךָ בֵּן וְקָרָאתָ אֶת-שְׁמוֹ יִצְחָק וְהִקְמַתִי אֶת-בְּרִיתִי אִתּוֹ לְבְרִית עוֹלָם לְזָרְעוֹ אַחֲרָיו : **19** But God said, “Nonetheless, your wife Sarah shall bear you a son, whom you shall call Isaac, and I will establish My covenant with him and his descendants after him as an everlasting covenant.

### Haftarah for Lech L'cha: Jonah 1:1-4

#### Jonah 1:1-4

(1) The word of the Eternal came to Jonah, son of Amittai: (2) "Go at once to Nineveh, that great city, and proclaim judgment upon it; for their wickedness has come before me." (3) Jonah, however, started to flee to Tarshish from the Eternal's service. He went down to Joffa and found a ship going to Tarshish. He paid the fare and went aboard to sail with the others to Tarshish, away from the service of the Eternal. (4) But the Eternal cast a mighty wind upon the sea, and such a great tempest came upon the sea that the ship was in danger of breaking up.

#### יונה א' א'-ד'

(א) וַיְהִי דְבַר-יְהוָה אֶל-יוֹנָה בְּרַאמְתַּי לֵאמֹר :  
 (ב) קוּם לֵךְ אֶל-נִינְוָה הָעִיר הַגְּדוֹלָה וְקִרָא עָלֶיהָ כִּי-עֲלֵתָה רַעְתָּם לִפְנֵי :  
 (ג) וַיִּקָּם יוֹנָה לְבָרַח תַּרְשִׁישָׁה מִלִּפְנֵי יְהוָה וַיֵּרֵד יָפוֹ וַיִּמְצָא אֲנִיָּה | בָּאָה תַרְשִׁישִׁי וַיִּתֵּן שְׂכָרָה וַיֵּרֵד בָּהּ לָבוֹא עִמָּהֶם תַּרְשִׁישָׁה מִלִּפְנֵי יְהוָה : (ד)  
 וַיְהִי הַטִּיל רוּחַ-גְּדוֹלָה אֶל-הַיָּם וַיְהִי סַעַר-גְּדוֹל בַּיָּם וְהָאֲנִיָּה חִשְׁבָה לְהִשָּׁבֵר :

#### **Siman Tov**

Siman tov umazal tov umazal tov v'siman tov  
 Y'hei lanu, ul'chol Yisrael.

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

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

#### **Refuah Shleimah**

---

Emily Alpern-Fisch, Alan Appel, Ronni Behar, Ira Berlin, Janice Berlin, Ellen Buckley, Barbara Cleveland, Netanel Felber, Chelo Fournier, Golda bat Yaakova uVelvel, Richard Greenfield, Andrea Hamos, Judy Hurvitz, Benjamin Kaufman, Joan Kupferberg, Philip Levine, Stu Levine, Sam Levinson, Sharonette Leonard, Dan Lutenegger, Mildred Marin, Stephanie Mendez, Sophie Meyers, Robin Parry, Rachel bat Chava, Lois Rosen, Eric Rosenberg, Rabbi Steve Sager, Saguee Saraf, Shevach Saraf, Zipora Saraf, Sarah Golde bat Shifrah, David Scheever, Charles Schussheim, Cynthia Seymour, Harry Silver, Betty Ustun, Heather Weisman, Mimi Wolf

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

---

Ninfa Patricia Patiño Vera, 56, caretaker to 20 nieces and nephews, Mexico City, Mexico  
Monet Antoinette Dominguez, 33, stylist, music lover, and furniture restorer, San Antonio, Texas  
Patrick Ellis, 77, radio host who taught broadcasting at Howard University, Washington, DC

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

---

Luther Brooks, 76, NW DC; Rufus Davis, 20, SE DC; Robert Dupont, 36, Severn, MD;  
Giovanni Lovelace, 23, NE DC; Lester Mangum, 33, SW DC;  
Michael Stroops, 32, no fixed address; Nikiesha Thomas, 33, Olney, MD;  
Talaya Wright, 41, SE DC; Aaron Wiggins, 26, Upper Marlboro, MD

## ***Shiva***

---

Charles Davisson, father of Robin Davisson; David Wilson, husband of Carole Wilson;  
Ron, an unhoused neighbor who was befriended by Georgetown University Jewish students

## ***Shloshim***

---

Nick Fletcher, Edward Greenberg, Walter Leo Schiff, Michael Taphouse, Donald Weightman

## ***Yahrzeit***

---

Philip Altschul, Phyllis Appel Bell, Manfred Danzig, Benjamin Epstein, Freda From,  
Libby Goldsholl, Janet Gordon, Bill Grossman, Simon Hadley, Claire Hahn, Irene Heskes,  
Ruth Karabell, Clara Levin Samess, Margaret Lichtenstein, Margaret Locke, Marc Love,  
Mack J. Meyers, Rolly Multz, Jack Pasarew, Carol Waldman Piness, Hortense Platoff,  
Abner Jack Richter, Harold Rosenberg, Mary Rosenstein, Sol Shapiro, Raymond Wenick,  
Jean Wentworth, Benjamin Wilson

**DANIEL G. ZEMEL**, Rabbi  
**JOSHUA BERAHA**, Associate Rabbi | **STEPHANIE CRAWLEY**, Associate Rabbi  
**BETH WERLIN**, Executive Director | **DEBRA WINTER**, Director of Spiritual Arts  
**SHARON TASH**, Education Director  
2829 Wisconsin Ave., NW Washington, DC 20007 | (202) 342-9175 | [www.templemicah.org](http://www.templemicah.org)