

November 20, 2021  
16 Kislev, 5782  
Shabbat Vayishlach



*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)*

**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 umaflia laasot. בָּרוּךְ אַתָּה יְיָ רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.

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

## Genesis בְּרֵאשִׁית 32

- 25** כַּה וַיִּנְתַּר יַעֲקֹב לְבַדּוֹ וַיֵּאבֶּק אִישׁ עִמּוֹ עַד עֲלוֹת הַשָּׁחַר: Now Jacob was left alone, and a man wrestled with him until the rise of dawn.
- 26** כִּי וַיֵּרָא כִּי לֹא זָכַל לוֹ וַיַּגַּע בְּכַף־יָרְכוֹ וַתִּקַּע כַּף־יָרֵךְ יַעֲקֹב בְּהֶאֱבָקוֹ עִמּוֹ: When [the man] saw that he could not overcome him, he struck Jacob's hip-socket, so that Jacob's hip-socket was wrenched as [the man] wrestled with him.
- 27** כִּזּו וַיֹּאמֶר שְׁלַחֲנִי כִּי עָלָה הַשָּׁחַר וַיֹּאמֶר לֹא אֲשַׁלְּחֶךָ כִּי אִם־בְּרַכְתָּנִי: Then he said, "Let me go; dawn is breaking!" But [Jacob] said, "I will not let you go unless you bless me!"
- 28** כַּח וַיֹּאמֶר אֵלָיו מַה־שְּׁמֶךָ וַיֹּאמֶר יַעֲקֹב: The other said to him, "What is your name?" and he said, "Jacob."
- 29** כַּט וַיֹּאמֶר לֹא יַעֲקֹב יֵאמָר עוֹד שְׁמֶךָ כִּי אִם־יִשְׂרָאֵל כִּי־שָׂרִיתָ עִם־אֱלֹהִים וְעִם־אֲנָשִׁים וַתִּוָּכַל: No more shall you be called Jacob, but Israel," said the other, "for you have struggled with God and with human beings, and you have prevailed."
- 30** ל וַיִּשְׁאַל יַעֲקֹב וַיֹּאמֶר הַגִּידְהֵנָּה שְׁמֶךָ וַיֹּאמֶר לָמָּה זֶה תִּשְׁאַל לְשִׁמִּי וַיִּבְרַךְ אֹתוֹ שָׁם: Then Jacob asked, "Pray tell me now your name." But he said, "Why do you ask my name?" And then he took his leave of him.
- 31** לֹא וַיִּקְרָא יַעֲקֹב שֵׁם הַמָּקוֹם פְּנִיֵאל כִּי־רָאִיתִי אֱלֹהִים פָּנִים אֶל־פָּנִים וַתִּנָּצַל נַפְשִׁי: Jacob therefore named that place Peni'el—"For I have seen *God face-to-face*, yet my life has been spared."

**לב** וַיִּזְרַח־לּוֹ הַשֶּׁמֶשׁ כַּאֲשֶׁר עָבַר אֶת־פְּנֵי אֵל Penuel, and he was limping on account of his thigh.

**לג** עַל־כֵּן לֹא־יֹאכְלוּ בְּנֵי־יִשְׂרָאֵל אֶת־גֵּיד הַנֶּשֶׁה אֲשֶׁר עַל־כֶּף הַיָּרֵךְ עַד הַיּוֹם הַזֶּה כִּי נָגַע בְּכַף־יָרֵךְ יַעֲקֹב בְּגִיד הַנֶּשֶׁה: Israel do not eat the thigh muscle that is in the socket of the hip, because he struck Jacob's hip-socket at the thigh muscle.

## Haftarah for Vayishlach

### Hosea 11:7-11

**(ז)** וְעַמִּי תְלוּאִים לְמִשׁוֹבְתֵי וְאֶל־עַל יִקְרָאָהוּ גַחַד לֹא יִרְוּמָם: (7) For my people persists In its defection from Me; When it is summoned upward, It does not rise at all.

**(ח)** אֵיךְ אֶתְנַתֵּן אֶפְרַיִם אֲמַנְנֶנּוּ? יִשְׂרָאֵל אֵיךְ אֶתְנַתֵּן? כְּאֲדָמָה אֲשִׁימֶנּוּ כַּצְּבֹאִים נִהְפָּד עָלַי לְבִי גַחַד נִכְמְרוּ נְחוּמִי: (8) How can I give you up, O Ephraim? How surrender you, O Israel? How can I make you like Admah, Render you like Zeboiim? I have had a change of heart, All My tenderness is stirred.

**(ט)** לֹא אֶעֱשֶׂה חֲרוֹן אַפִּי לֹא אָשׁוּב לְשַׁחַת אֶפְרַיִם כִּי אֵל אֲנֹכִי וְלֹא־אִישׁ בְּקִרְבִּי קָדוֹשׁ וְלֹא אָבּוֹא בְּעִיר: (9) I will not act on My wrath, Will not turn to destroy Ephraim. For I am God, not man, The Holy One in your midst; I will not come in fury.

**(י)** אַחֲרַי יִהְיֶה יִלְכוּ כַּאֲרִיָּה יִשָּׂאג כִּי־הוּא יִשָּׂאג וַיִּחְרְדוּ בָנִים מֵאֵם: (10) The Eternal will roar like a lion, And they shall march behind God; When God roars, God's children shall come Fluttering out of the west.

**(יא)** יִחְרְדוּ כַּצְּפוּר מִמִּצְרַיִם וְכִיוֹנָה מֵאַרְצֵי אַשּׁוּר וְהוֹשְׁבֵתֵימָם עַל־בֵּיתֵיהֶם נֹאמַר יְהוָה: (11) They shall flutter from Egypt like sparrows, From the land of Assyria like doves; And I will settle them in their homes —declares the Eternal.

## Hosea 12:7-11

- (ז) וְאַתָּה בְּאֱלֹהֶיךָ תִּשָּׁב חֶסֶד וּמִשְׁפָּט שְׁמֹר וְקִנְיָה  
אֶל־אֱלֹהֶיךָ תִּמְיֵד : (7) You must return to your God!  
Practice goodness and justice,  
And constantly trust in your God.
- (ח) כְּנֹעַן בְּיָדוֹ מֵאֲזַנֵּי מְרָמָה לַעֲשֹׂק אָהֵב : (8) A trader who uses false balances,  
Who loves to overreach,
- (ט) וַיֹּאמֶר אֶפְרַיִם אֲדָּה עֲשִׂיתִי מִצָּאתַי אֲוֹן לִי כָל־  
יְגִיעֵי לֹא יִמְצְאוּלִי עֲוֹן אֲשֶׁר־חָטָא : (9) Ephraim thinks,  
“Ah, I have become rich;  
I have gotten power!  
All my gains do not amount  
To an offense which is real guilt.”
- (י) וְאַנְכִי יְהוָה אֱלֹהֶיךָ מֵאֶרֶץ מִצְרַיִם עַד אוֹשִׁיבְךָ  
בְּאֶהְלִים כִּי־יָמִי מוֹעֵד : (10) I the Eternal have been your God  
Ever since the land of Egypt.  
I will let you dwell in your tents again  
As in the days of old
- (יא) וְדַבַּרְתִּי עַל־הַנְּבִיאִים וְאַנְכִי חֲזוֹן הַרְבֵּיתִי וּבְיַד  
הַנְּבִיאִים אֲדַמָּה : (11) When I spoke to the prophets;  
For I granted many visions,  
And spoke parables through the prophets.

### *Refuah Shleimah*

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Emily Alpern-Fisch, Alan Appel, Ronni Behar, Ira Berlin, Michael Brenner, Ellen Buckley, Barbara Cleveland, Netanel Felber, Chelo Fournier, Golda bat Yaakova uVelvel, Richard Greenfield, David Hahn, Andrea Hamos, Judy Hurvitz, Jennifer Jaye, Joan Kupferberg, Philip Levine, Stu Levine, Sam Levinson, Sharonette Leonard, Dan Lutenegger, Mildred Marin, Barbara McConagha, Stephanie Mendez, Sophie Meyers, Robin Parry, Rachel bat Chava, Rivkah Emet Miriam bat Daniel v'Taejin, 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, Sam Sinkler, Betty Ustun, Heather Weisman, Ze'ev Chaim ben Golda v'Brian

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

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Ann Hyland, 73, former “air hostess” and children’s author, Dublin, Ireland  
Michael Crumrine II, 38, loved his dog and his classic car, Washington, Pennsylvania  
Joseph Casper Abel, 92, Navy veteran, grandparent, Midlothian, Virginia

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

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Kenneth Harris, 37, NW DC; Chanae McLaughlin, 35, no fixed address;  
Nathaniel Martin, 68, SE DC; Stacey Jahmal Selby, 46, Upper Marlboro, MD;  
David Williams, 52, SE DC; Albert Young, 62, SE DC

## ***Shiva***

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Ida Lessman, mother of Martha Lessman; Goldie Nussbaum, mother of Bill Nussbaum

## ***Shloshim***

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Janice Berlin, Blanche Levin, Mary Lou Reck

## ***Yahrzeit***

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Pearl Behar, John Chalmers Chisholm, Helen Fine, Raul Fournier, Frank Gamble,  
Pauline Geldern, Sara B. Glick, Miriam Goldeen, Diana Granof, Ruth Jonas Bardin,  
Alison Kaplan, Anne Karp, Joan Black King, Bill Kupferberg, Esther Lahne,  
Myron "Mike" Laipson, Sol Levine, Wallace London, Miriam Miller, Theodor Schuchat,  
Pauline Skorton, Marilyn Soffer, Bette Spatz, Donald Spector, Al Taylor, Milton Tenzer,  
Fannie Tobias, Sidney Trager, Maurice Weiner

*Temple Micah acknowledges our synagogue stands on the traditional territory of the Piscataway and Pamunkey peoples. We pay respect to their elders past and present and recognize their stewardship of this land and the vital contribution of indigenous peoples to this nation we share.*

**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

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