

December 17, 2021  
14 Tevet, 5782  
Shabbat Vayigash



*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)*

**Shabbat Shalom u'Mvorach**

Shabbat Shalom.  
Shabbat Shalom u'mvorach.

שְׁבֵת שְׁלוֹם.  
שְׁבֵת שְׁלוֹם וּמְבוֹרָךְ.

*A peaceful Shabbat.  
A peaceful and blessed Shabbat.*

**Ki Eshmera Shabbat**

Ki eshmera Shabbat El yishm'reini,  
Ot hi l'olmei ad beino uveini.

כִּי אֶשְׁמְרָה שְׁבֵת אֵל יִשְׁמְרֵנִי,  
אוֹת הִיא לְעוֹלָמֵי עַד בֵּינוּ וּבֵינֵינוּ.

*Because I guard the Sabbath, God guards me. It is a sign for eternity between God and me.*

**L'cha Dodi**

L'cha dodi likrat kallah, p'nei shabbat n'kab'lah.

לְכָה דוּדֵי לְקִרְאֵת כַּלָּה פְּנֵי שְׁבֵת נְקַבְּלָה.

Shamor v'zachor b'dibur echad, hishmianu El ham'yuchad  
Adonai echad ush'mo echad, l'shem ul'tiferet v'lit'hilah.

שָׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד, הִשְׁמִיעֵנוּ אֵל הַמְּיֻחָד  
יְיָ אֶחָד וּשְׁמוֹ אֶחָד, לְשֵׁם וּלְתִפְאֵרֶת וְלִתְהִלָּה.

Likrat Shabbat l'chu v'neilcha, ki hi m'kor hab'rachah  
Meirosh mikedem n'sucha, sof maaseh b'machshava t'chila

לְקִרְאֵת שְׁבֵת לָכוּ וְנִלְכָה, כִּי הִיא מְקוֹר הַבְּרָכָה  
מֵרֵאשִׁית מִקֶּדֶם נְסוּכָה, סוֹף מַעֲשֵׂה בְּמַחְשָׁבָה תִּתְחַלֵּה.

Bo'i v'shalom ateret ba'lah, gam b'simchah uv'tzoholah  
Toch emunei am s'gulah, bo'i chalah, bo'i chalah!

בּוֹאִי בְּשָׁלוֹם עֲטֹרֶת בְּעִלָּה, גַּם בְּשִׂמְחָה וּבְצִהּוֹלָה  
תּוֹךְ אֲמוּנֵי עַם סִגְלָה, בּוֹאִי כַּלָּה, בּוֹאִי כַּלָּה.

*Beloved, come to meet the bride; beloved come to greet Shabbat.*

*“Keep” and “remember”: a single command the Only God caused us to hear; The Eternal is One, God’s Name is One; glory and praise are God’s. Come with me to meet Shabbat, forever a fountain of blessing. Still it flows, as from the start: the last of days, for which the first was made. Enter in peace, O crown of your betrothed; enter in gladness, enter in joy.*

*Come to the people that keeps its faith. Enter, O bride! Enter, O bride!*

***Temple Micah acknowledges our synagogue stands on the traditional territory of the Piscataway and Nacotchtank (Anacostan) 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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## Candles

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

ברוך אתה יי, אלהינו מלך העולם, אשר קדשנו  
במצותיו וצונו להדליק נר של שבת.

*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

Emily Alpern-Fisch, Alan Appel, Ronni Behar, Ira Berlin, Daniel Booth, Michael Brenner, Ellen Buckley,  
Judith Chisholm, Barbara Cleveland, Netanel Felber, Chelo Fournier, Golda bat Yaakova uVelvel,  
Richard Greenfield, Ezra Mac Grossman, David Hahn, Andrea Hamos, Judy Hurvitz, Jennifer Jaye,  
Joan Kupferberg, Wasu Lawal, Philip Levine, Stu Levine, Sam Levinson, Ken Liberstein, Dan Lutenegger,  
Mitch Karas, Mildred Marin, Pam Marks, Stephanie Mendez, Sophie Meyers, Robin Parry, Rachel bat Chava,  
Rivkah Emet Miriam bat Daniel v'Taejin, Lois Rosen, Eric Rosenberg, Rabbi Steve Sager,  
Sarah Golde bat Shifrah, David Scheever, Charles Schusheim, Cynthia Seymour, Sam Sinkler, Betty Ustun,  
Heather Weisman, Mimi Wolf, Ze'ev Chaim ben Golda v'Brian

## Heal Us Now

*Music and English lyrics by Cantor Leon Sher*

We pray for healing of the body, we pray for healing of the soul,  
For strength of flesh and mind and spirit, we pray to once again be whole...

*Eil Na, r'fa na; O please heal us now  
R'fuat hanefesh, r'fuat haguf, r'fuah sh'leimah  
Heal us now.*

## 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  
קדשו באהבה וברצון הנחילנו, זכרון למעשה  
בראשית. כי הוא יום תחילה למקראי קדש, זכר  
ליציאת מצרים. כי-בנו בחרת ואותנו קדשת,  
מכל-העמים, ושבת קדשך 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.*

## V'shamru

V'shamru v'nei Yisrael et haShabbat,  
La-asot et haShabbat  
l'dorotam, b'rit olam:  
Bei'ni uvein b'nei Yisraeil ot hi l'olam.  
Ki sheishet yamim asa Adonai  
et hashamayim v'et ha-aretz.  
Uvayom hash'vi-i shavat vayinafash.

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,  
לַעֲשׂוֹת אֶת הַשַּׁבָּת  
לְדֹרוֹתָם בְּרִית עוֹלָם.  
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא  
לְעוֹלָם,  
כִּי-שֵׁשֶׁת יָמִים עָשָׂה יְיָ  
אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,  
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפָשׁ.

*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.*

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

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Gerallt Davies, 51, paramedic, Swansea, Wales  
Janie Marie Ponciano, 48, family peacemaker who appreciated a dance party, Blackfoot, Idaho  
Tyler Spickard, 23, mechanic and parent, Salem, Virginia

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

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Marquise Blackwell, 29, NE DC; Davon Child, 34, Hyattsville, MD; Jacques Russ, 44, NE DC

## ***Shiva***

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Bill Stephens, husband of Barbara Stephens; Hartley Zamore, father of Joanne Zamore

## ***Shloshim***

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Alex Schiffman-Shilo, Steven Sondheim

## ***Yahrzeit***

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Helen Bachorik, Eva Blatt, James Blumberg, Guy H. Bodor, Beatrice Braun,  
Norman K. Brenner, Frances Chisholm, Kathleen Claffey, Paul Corbett, Harold Eder,  
George Fox, Eileen Friedman, Marc Bennett Gamble, Stephen Gaymont, Maurice Horowitz, Irene Kadis,  
Moses Kinstein, Ceyl Kurzman, Samuel Laver, Richard Levenson, Eli Levitan,  
Kurt Liebenau, Michael Lipczenko, Ruth Lipstein, Preston Munter, Jerry Ransohoff,  
Simon Rockower, Doris Rosenberger Salus, Jacqueline Q. Russler, Phyllis Schotz Salzberg, Harold Sharlin,  
Joseph Shor, Charles Smith, Jeanne Talpers, Harriet Wagner Appleton,  
May Weinstein, Sylvia Wisotzky White

## 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.*

## Hinei Ma Tov

Hinei ma tov u'ma na-im  
shevet achim gam yachad.

How good it is; how sweet it is, to be together on this day.  
*Shalom Aleichem, Salaam Aleikoom.*

הנה מה-טוב ומה-נעים  
שבת אחים גם-יחד.

יתגדל ויתקדש שמה רבא.  
בעלמא די ברא כרעותיה וימליך מלכותה בחייו  
ובימיכון ובחיי דכל בית ישראל בעגלא ובזמן  
קריב, ואמרו אמן.

יהא שמה רבא מברך לעלם ולעלמי עלמיה.  
יתברך וישתבח ויתפאר ויתרום ויתנשא  
ויתהדר ויתעלה ויתהלל שמה דקדשא.  
ברוך 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 יעשה שלום עלינו ועל  
כל ישראל ועל כל יושבי תבל. ואמרו אמן.

***Shabbat shalom!***