

December 31, 2021  
28 Tevet, 5782  
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)*

### Shabbat Shalom u'Mvorach

Shabbat Shalom.  
Shabbat Shalom u'mvorach.  
Shir hama-a-lot b'shuv Adonai  
et shivat tziyon hayinu k'cholmim.  
Shabbat Shalom u'mvorach.

שַׁבַּת שְׁלוֹם.  
שַׁבַּת שְׁלוֹם וּמְבוֹרָךְ.  
שִׁיר הַמַּעֲלוֹת בְּשׁוּב יי  
אֶת שִׁיבַת צִיּוֹן, הֵינּוּ כְּחֹלְמִים.

A peaceful Shabbat.  
A peaceful and blessed Shabbat.  
A song of ascents. When Adonai returns the exiles of Zion, we will be like dreamers.

### L'chu N'ranena

L'chu n'ranena l'Adonai, nariah l'tzur yisheinu.  
N'kadmah fanav b'todah; bizmirot naria lo.

לְכוּ נִרְנְנָה לִי נְרִיעָה לְצוּר יִשְׁעֵנו  
נִקְדְּמָה פָּנָיו בְּתוֹדָה. בִּזְמֵרוֹת נְרִיעַ לוֹ.

*Come, let us sing joyously to Adonai, raise a shout for our Rock and Deliverer.  
Let us come into God's presence with praise; let us raise a shout for God in song.*

### 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.*

***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  
2829 Wisconsin Ave., NW Washington, DC 20007 | (202) 342-9175 | [www.templemicah.org](http://www.templemicah.org)

## 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, Josh Ketrosier, Joan Kupferberg, Wasu Lawal, Philip Levine, Stu Levine, Sam Levinson, Ken Liberstein, Dan Lutenegger, Mitch Karas, Mildred Marin, Pam Marks, Stephanie Mendez, Sophie Meyers, Lynda Mulhauser, 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 Schussheim, Cynthia Seymour, Sam Sinkler, Sarah Swatzburg, Betty Ustun, Heather Weisman, Mimi Wolf, Ze'ev Chaim ben Golda v'Brian

### Let There Be Love

Hashkiveinu Adonai Eloheinu,  
hashkiveinu l'shalom.

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ  
הַשְׁכִּיבֵנוּ לְשָׁלוֹם.

Let there be love and understanding among us,  
Let peace and friendship be our shelter from life's storms.

### 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.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בוֹרֵא פְּרֵי הַגֶּפֶן. בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ וּרְצָה בְּנוֹ, וְשַׁבַּת  
קִדְּשׁוֹ בְּאַהֲבָה וּבְרַצּוֹן הִנְחִילָנוּ, זְכוֹרוֹן לְמַעֲשֵׂה  
בְּרָאשִׁית. כִּי הוּא יוֹם תְּחִילָה לְמִקְרָאֵי קֹדֶשׁ, זְכוֹר  
לְיִצְיַאת מִצְרַיִם. כִּי-בָנוּ בְּחַרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ,  
מִכָּל-הָעַמִּים, וְשַׁבַּת קִדְּשָׁתָּ בְּאַהֲבָה וּבְרַצּוֹן  
הִנְחַלְתָּנוּ. בְּרוּךְ אַתָּה יְיָ מְקַדֵּשׁ הַשַּׁבָּת.

*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.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

*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 בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,  
לַעֲשׂוֹת אֶת הַשַּׁבָּת  
לְדֹרוֹתָם בְּרִית עוֹלָם.  
בְּיָמֵי וּבֵינָם בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעוֹלָם,  
כִּי-שִׁשִּׁת 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.*

## One Day

*Music and Lyrics by Matisyahu*

Sometimes I lay under the moon  
And thank God I'm breathin'  
Then I pray, "Don't take me soon  
'Cause I am here for a reason."

Sometimes in my tears I drown  
But I never let it get me down  
So when negativity surrounds  
I know some day it'll all turn around because

All my life I've been waitin' for  
I've been prayin' for  
For the people to say  
That we don't wanna fight no more  
There'll be no more war  
And our children will play

One day...

It's not about win or lose, 'cause we all lose  
When they feed on the souls of the innocent  
Blood-drenched pavement  
Keep on movin' though the waters stay ragin'

In this maze  
You can lose your way, your way  
It might drive you crazy but  
Don't let it faze you, no way, no way!

Sometimes in my tears I drown  
But I never let it get me down  
So when negativity surrounds  
I know some day it'll all turn around because

All my life I've been waitin' for  
I've been prayin' for  
For the people to say  
That we don't wanna fight no more  
There'll be no more war  
And our children will play

One day...

One day this all will change, treat people the same  
Stop with the violence, down with the hate  
One day we'll all be free, and proud to be  
Under the same sun, singin' songs of freedom

All my life I've been waitin' for  
I've been prayin' for  
For the people to say  
That we don't wanna fight no more  
There'll be no more war  
And our children will play

One day...

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

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Yanti Hadinoto, “spent her life serving her community through food,” Jakarta, Indonesia  
William Zev Good, 96, Holocaust survivor, doctor, aspiring cowboy, Pasadena, California  
Ronaldo Sitjar, 50, restaurateur, immigrant, and grandparent, Norfolk, Virginia

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

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Kevin Mayberry, 19, SE DC; Marcus Thomas, 37, SE DC; Dion Thompson-Moore, 43, no fixed address;  
Parris Thurman, 24, NE DC; Russell Williams, 28, SE DC

## ***Shloshim***

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

## ***Yahrzeit***

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Gary Arthur, Celia Berman, Genie Blechman, Adolph Braude, Eugene Cogan, Stephanie Cohen, Lee Cron,  
Mina Green Duncan, Sol Friedman, Jeanette Gilberg, Carol Rockower Goldstein, Sam Gordon, Myron Grusin,  
Erich Heydt, Charles Koppelman, Rae Rosenstein Lasner, Pearl Lazar, Leah Lazere, Julius Lessman,  
Richard Levi, Edna Levine, Eva Maier, Eileen Morgan, Ethel Morgenstein, Bernie Myers, Cynthia Powell,  
Manuel Roda, Judy Rosenblatt, Manya Russakoff, Marion Koenig Salkind, Jerome B. Sewell,  
Lorraine Berner Sher, Margaret Siebel, Elson Spangler, Judith Sweet, Walter Tritell, Semih Ustun,  
David H. White, Ruth Wolf

## **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.*

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.  
בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּינוּ  
וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעָגְלָא וּבְזִמְנָן  
קָרִיב, וְאָמְרוּ אָמֵן.  
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמֵי עֵלְמַיָּא.  
יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא.  
בְּרִיךְ הוּא.  
לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא  
דְאָמְרִין בְּעֵלְמָא. וְאָמְרוּ אָמֵן.  
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.  
עֲשֵׂה שְׁלוֹם בְּמִרְוַמְיוּ הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל  
כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֶל. וְאָמְרוּ אָמֵן.

## Oseh Shalom

Oseh Shalom bim'ro'mav  
Hu ya'aseh shalom alei'nu  
V'al kol Yisrael, v'al kol yoshvei tevel  
V'imru, Amen.

עוֹשֵׂה שְׁלוֹם בְּמִרוֹמָיו  
הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ  
וְעַל כָּל יִשְׂרָאֵל  
וְעַל כָּל יוֹשְׁבֵי תֵבֵל  
וְאָמְרוּ אָמֵן.

*May the One who makes peace in the heavens  
Descend on us; and the world will say, Amen.*

***Shabbat shalom!***