

February 4, 2022
4 Adar I, 5782
Shabbat T'rumah



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)

Layehudim

Layehudim haita ora, v'simcha, v'sason, v'ikar.

לְיִהוּדִים, הַיְתָה אוֹרָה וְשִׂמְחָה,
וְשֵׂשׂוֹן, וִיקָר.

For the Jews there was radiance, and happiness, and joy, and honor. Esther 8:16

Yedid Nefesh

Yedid nefesh, av harachaman,
m'shoch avd'cha el r'tzonecha.
Yarutz avd'cha k'mo ayal,
yishtachaveh el mul hadarecha.

יְדִיד נֶפֶשׁ, אָב הַרְחָמִן
מִשׁוֹךְ אַבְדְּךָ אֶל רְצוֹנְךָ
יָרוּץ עַבְדְּךָ כְּמוֹ אַיִל
יִשְׁתַּחֲוֶה אֶל מוּל הַדָּרֶךְ

*Heart's delight, Source of mercy, draw Your servant into Your arms.
I leap like a deer to stand in awe before You.*

Yism'chu Hashamayim

Yism'chu hashamayim, v'tageil ha-arets;
Yiram hayam um'lo-o.

יִשְׁמְחוּ הַשָּׁמַיִם, וְתִגַּל הָאָרֶץ,
יִרְעַם הַיָּם וּמְלֹאוֹ.

Let the heavens be glad and the earth rejoice. Let the sea roar, and all that fills it. (Psalm 96:11)

L'cha Dodi

L'cha dodi likrat kallah, p'nei shabbat n'kab'lah.
Shamor v'zachor b'dibur echad, hishmianu El
ham'yuchad
Adonai echad ush'mo echad, l'shem ul'tiferet v'lit'hilah.
Likrat Shabbat l'chu v'neilcha, ki hi m'kor hab'rachah
Meirosh mikedem n'sucha, sof maaseh b'machshava
t'chila
Bo'i v'shalom ateret ba'lah, gam b'simchah uv'tzoholah
Toch emunei am s'gulah, bo'i chalah, bo'i chalah!

לְכָה דוּדֵי לְקִרְאֵת כַּלָּה פְּנֵי שַׁבַּת נִקְבְּלָה.
שָׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד, הִשְׁמִיעֵנוּ אֶל הַמִּיְחָד
יְיָ אֶחָד וְשֵׁמוֹ אֶחָד, לְשֵׁם וּלְתִפְרָאֲרֹת וּלְתִהֲלָה.
לְקִרְאֵת שַׁבַּת לָכוּ וְנִלְכָה, כִּי הִיא מְקוֹר הַבְּרָכָה
מֵרֵאשִׁית מִקֶּדֶם נְסוּכָה, סוּף מַעֲשֵׂה בְּמַחְשָׁבָה תִּהְלָה.
בּוֹאִי בְּשָׁלוֹם עֲטֹרַת בְּעִלָּה, גַּם בְּשִׂמְחָה וּבְצִהְלָה
תִּוָּדַד אֲמוּנֵי עַם סִגְלָה, בּוֹאִי כַלָּה, בּוֹאִי כַלָּה.

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!

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, Michael Brenner, Ellen Buckley, Harris Burstin, Rose Burstin, Judith Chisholm, Barbara Cleveland, Netanel Felber, Chelo Fournier, Jeffrey Goodman, Richard Greenfield, Ezra Mac Grossman, David Hahn, Judy Hurvitz, Jennifer Jaye, Martha Lessman Katz, Josh Ketroser, Joan Kupferberg, Wasu Lawal, Philip Levine, Stu Levine, Sam Levinson, Dan Lutenegger, Chris Mahle, 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 Schusheim, Cynthia Seymour, Sam Sinkler, Betty Ustun, Heather Weisman, Mimi Wolf

Hashkiveinu

Hashkiveinu Adonai Eloheinu l'shalom, l'shalom
V'haamideinu shomreinu l'chaim
Ufros aleinu sukkat sh'lomecha,
ufros aleinu sukkat sh'lomecha, Amen.

Shelter us beneath your wings, O Adonai
Guard us from all harmful things, O Adonai
Keep us safe throughout the night
'til we wake with morning's light
Teach us, God, wrong from right. Amen.

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.

If I Had a Hammer

Pete Seeger

If I had a hammer
I'd hammer in the morning
I'd hammer in the evening all over this land
I'd hammer out danger,
I'd hammer out a warning
I'd hammer out love
between my brothers and my sisters
All over this land

If I had a bell I'd ring it in the morning
I'd ring it in the evening all over this land
I'd ring out danger, I'd ring out a warning
I'd ring out love between my brothers and my sisters
All over this land

If I had a song I'd sing it in the morning
I'd sing it in the evening all over this land
I'd sing out danger, I'd sing out a warning
I'd sing out love between my brothers and my sisters
All over this land

Well I got a hammer and I got a bell
And I got a song to sing all over this land
It's the hammer of Justice,
it's the bell of Freedom
It's the song about Love
between my brothers and my sisters
All over this land

V'asu Li

V'asu li mikdash, v'schachanti b'tocham.

וְעָשׂוּ לִי מִקְדָּשׁ וְשֹׁכְנֵי בְּתוֹכָם.

And let them make Me a sanctuary that I may dwell among them.

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

Alan Harris, 71, "leading light" in Dublin's Jewish Progressive Congregation, Dublin, Ireland
Mel Mermelstein, 95, Auschwitz survivor, sued Holocaust denial groups, Long Beach, California
Kevin Mitchem, 48, and Misty Mitchem, 46; parents of five, Fredericksburg, Virginia

We Remember Those Lost to Violence in Washington, DC

Tarek Boothe, 27, Alexandria, VA; Dasha Cleary, 20, Waldorf, MD

Shloshim

Rick Billingsley, Edgar Cahn, Jane Coates, Andrea Hamos, Rita Karen, Judith Levin, David Raviv

Yahrzeit

Hilda Berner, Johannes Biller, Susan Blumenthal, Elias "Al" Booth, Chip Broder, Robert Budoff,
Kirby S. W. Capen, Marielani Coloretti, Susanne Gesheker, Donald Glazer, Ernest Green, Sarita Gruenberg,
Morris Kabat, Harvey Kirby, Murray Korn, Edythe Levine, Peggy Levitsky, Debbie Rosen McKerrow,
Andrea Merrill, Carl Messinger, Ingrid Meyer, Bess Millstein, Shigemitsu Nakashima, Morton Narva,
Ethel Siegel Rosen, Hanna Schussheim, Lena Kaplan Shapiro, Lillian Shapiro, Muriel K. Skolnick,
Betsy Serman, Carol Stevenson, Daphne Weiner, Robin Weinrib, Frank L. Weinstein, Sadie R. Weinstock

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.

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.*

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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