

August 13, 2022

16 Av, 5782

Shabbat Va'etchanan

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)



Love the One Your God

Music and lyrics by Lincoln Brewster

Love the One your God with all your heart, with all your soul, with all your might, and with all your strength.

With all your heart, with all your soul,
With all your might, with all your strength...

Deuteronomy דְּבָרִים 5: 6-18

- ו וְאַנְכִּי יְהוָה אֱלֹהֶיךָ אֲשֶׁר הוֹצֵאתִיךָ מֵאֶרֶץ מִצְרַיִם מִבֵּית עֲבָדָיִם : 6 I the Eternal am your God who brought you out of the land of Egypt, the house of bondage:
- ז לֹא־יִהְיֶה־לְךָ אֱלֹהִים אֲחֵרִים עַל־פְּנֵי : 7 You shall have no other gods beside Me.
- ח לֹא־תַעֲשֶׂה־לְךָ פֶסֶל אוֹ כָל־תְּמוּנָה אֲשֶׁר בַּשָּׁמַיִם אוֹ מִמַּעַל וְאֲשֶׁר בָּאָרֶץ מִתַּחַת וְאֲשֶׁר בַּמַּיִם אוֹ מִתַּחַת לָאָרֶץ : 8 You shall not make for yourself a sculptured image, any likeness of what is in the heavens above, or on the earth below, or in the waters below the earth.
- ט לֹא־תִשְׁתַּחֲוֶה לָהֶם וְלֹא תַעֲבֹדֵם כִּי אֲנִי יְהוָה אֱלֹהֶיךָ אֵל קַנָּא פֹקֵד עוֹן אָבוֹת עַל־בְּנֵי וְעַל־שְׁלֵשִׁים וְעַל־רִבְעִים לְשָׁנָאֵי : 9 You shall not bow down to them or serve them. For I the Eternal your God am an impassioned God, visiting the guilt of the parents upon the children, upon the third and upon the fourth generations of those who reject Me,
- י וְעָשָׂה חֶסֶד לְאֲלָפִים לְאֹהֲבָי וּלְשֹׁמְרֵי מִצְוֹתַי : 10 but showing kindness to the thousandth generation of those who love Me and keep My commandments.
- יא לֹא תִשָּׁא אֶת־שֵׁם יְהוָה אֱלֹהֶיךָ לְשׁוּא כִּי לֹא יִנָּקֶה יְהוָה אֶת־אִשְׁרֵי־שָׂא אֶת־שְׁמוֹ לְשׁוּא : 11 You shall not swear falsely by the name of the Eternal your God; for the Eternal will not clear one who swears falsely by God's name.
- יב שְׁמֹר אֶת־יוֹם הַשַּׁבָּת לְקַדְּשׁוֹ כַּאֲשֶׁר צִוָּךְ יְהוָה אֱלֹהֶיךָ : 12 Observe the sabbath day and keep it holy, as the Eternal your God has commanded you.
- יג שֵׁשֶׁת יָמִים תַּעֲבֹד וְעָשִׂיתָ כָּל־מְלַאכְתֶּךָ : 13 Six days you shall labor and do all your work,

יד וְיוֹם הַשְּׁבִיעִי שַׁבָּת | לַיהוָה אֱלֹהֶיךָ
 לֹא תַעֲשֶׂה כָּל־מְלָאכָה אַתָּה וּבְנֶךָ וּבִתֶּךָ
 וְעַבְדְּךָ וְאִמָּתְךָ וְשׁוֹרְךָ וְחֲמֹרְךָ וְכָל־
 בְּהֵמָתְךָ וְגֵרְךָ אֲשֶׁר בְּשַׁעְרֶיךָ לְמַעַן יָנוּחַ
 עַבְדְּךָ וְאִמָּתְךָ כָּמוֹךָ :

14 but the seventh day is a sabbath of the
 Eternal your God; you shall not do any work—
 you, your son or your daughter, your male or
 female slave, your ox or your ass, or any of
 your cattle, or the stranger in your settlements,
 so that your male and female slave may rest as
 you do.

טו וּזְכֹרְתָּ כִּי־עַבְדְּ הָיִיתָ | בְּאֶרֶץ מִצְרַיִם
 וַיֹּצִיאֲךָ יְהוָה אֱלֹהֶיךָ מִשָּׁם בְּיַד חֲזָקָה
 וּבְזֵרַע נְטוּיָה עַל־כֵּן צִוָּךְ יְהוָה אֱלֹהֶיךָ
 לַעֲשׂוֹת אֶת־יוֹם הַשַּׁבָּת :

15 Remember that you were a slave in the land
 of Egypt and the Eternal your God freed you
 from there with a mighty hand and an
 outstretched arm; therefore the Eternal your
 God has commanded you to observe the
 sabbath day.

טז כִּבֵּד אֶת־אָבִיךָ וְאֶת־אִמְךָ כַּאֲשֶׁר צִוָּךְ
 יְהוָה אֱלֹהֶיךָ לְמַעַן | יֵאָרִיכוּ יָמֶיךָ וּלְמַעַן
 יֵיטֵב לָךְ עַל הָאֲדָמָה אֲשֶׁר־יְהוָה אֱלֹהֶיךָ
 נֹתֵן לָךְ :

16 Honor your father and your mother, as the
 Eternal your God has commanded you, that
 you may long endure, and that you may fare
 well, in the land that the Eternal your God is
 assigning to you.

יז לֹא תִרְצַח :
 וְלֹא תִגְנֹף :
 וְלֹא תִגְדֹּב :

17 You shall not murder. You shall not commit
 adultery. You shall not steal. You shall not
 bear false witness against your neighbor.

וְלֹא־תַעֲנֶה בְרַעַךְ עַד שְׂוֵא :

יח וְלֹא תַחְמֹד אִשְׁתְּ רֵעֶךָ
 וְלֹא תַחְמֹד בַּיִת רֵעֶךָ שָׂדֶהוּ וְעַבְדּוֹ
 וְאִמָּתוֹ שׁוֹרוֹ וְחֲמֹרוֹ וְכָל אֲשֶׁר לְרֵעֶךָ :

18 You shall not covet your neighbor's wife.
 Likewise, none of you shall crave your
 neighbor's house, or field, or male or female
 slave, or ox, or ass, or anything that is your
 neighbor's.

Refuah Shleimah

Ronni Behar, Ira Berlin, Michael Brenner, Ellen Buckley, Autumn Iris Callahan, Judith Chisholm,
 Barbara Cleveland, Netanel Felber, Phil Feld, Chelo Fournier, Aubrey Garber, Barbara Gayler, Peter Gluck,
 Pat Goldman, Jeffrey Goodman, Richard Greenfield, Ezra Mac Grossman, David Hahn, Judy Hurvitz,
 Joan Kupferberg, Lum Laurri, Mark Laurri, Lisa Lehman, Stu Levine, Sam Levinson, Dan Lutenegger,
 Chris Mahle, Mildred Marin, Stephanie Mendez, Doug Meyer, Sophie Meyers, Bryant Monroe, Robin Parry,
 Jack Paul, Rachel bat Chava, Lois Rosen, Eric Rosenberg, Sarah Golde bat Shifrah, David Scheever,
 Charles Schussheim, Cynthia Seymour, Annette Shaw, Sam Sinkler, Elsa Smith, Eve Sparberg,
 Irving Swatzburg, Alan Thal, Susan Turnbull, Betty Ustun

Come Healing

Music and lyrics by Leonard Cohen

O gather up the brokenness and bring it to me now
The fragrance of those promises you never dared to vow
The splinters that you carry, the cross you left behind
Come, healing of the body; come, healing of the mind
And let the heavens hear it, the penitential hymn
Come, healing of the spirit; come, healing of the limb

Behold the gates of mercy in arbitrary space
And none of us deserving the cruelty or the grace
O solitude of longing where love has been confined
Come, healing of the body; come, healing of the mind

O see the darkness yielding that tore the light apart
Come, healing of the reason; come, healing of the heart

O troubled dust concealing an undivided love
The heart beneath is teaching to the broken heart above
Let the heavens falter, let the earth proclaim:
Come, healing of the altar; come, healing of the Name
And let the heavens hear it, the penitential hymn
Come, healing of the spirit; come, healing of the limb
O see the darkness yielding that tore the light apart
Come, healing of the reason; come, healing of the heart

Haftarah for Va'etchanan: Isaiah 40:1-11

(א) נַחֲמוּ נַחֲמוּ עַמִּי יֹאמֶר אֱלֹהֵיכֶם : (1) Comfort, oh comfort My people, says your God.

(ב) דַּבְּרוּ עַל־לֵב יְרוּשָׁלַם וְקִרְאוּ
אֵלֶיהָ כִּי מִלְאָה צָבָאָה כִּי נִרְצָה עֲוֹנָהּ
כִּי לָקַחְתָּהּ מִיַּד יְהוָה כְּפָלִים בְּכָל־
חַטָּאתֶיהָ : (2) Speak tenderly to Jerusalem,
And declare to her
That her term of service is over,
That her iniquity is expiated;
For she has received at the hand of the Eternal
Double for all her sins.

(ג) קוֹל קוֹרֵא בַּמִּדְבָּר פִּנּוּ דְרָדָּךְ יְהוָה
יִשְׂרוּ בְּעֵרְבָה מְסֻלָּה לְאֱלֹהֵינוּ : (3) A voice rings out:
“Clear in the desert
A road for the Eternal!
Level in the wilderness
A highway for our God!

(ד) כָּל־גֵּיא יִנָּשֵׂא וְכָל־הַר וְגִבְעָה
יִשְׁפָּלוּ וְהָיָה הָעֵקֶב לְמִישׁוֹר
וְהָרְכָסִים לְבָקָעָה : (4) Let every valley be raised,
Every hill and mount made low.
Let the rugged ground become level
And the ridges become a plain.

(ה) וְנִגְלָה כְבוֹד יְהוָה וְרָאוּ כָל־בָּשָׂר
יַחְדָּו כִּי פִי יְהוָה דִּבֶּר : (5) The Presence of God shall appear,
And all flesh, as one, shall behold—
For the Eternal has spoken.”

(ו) קוֹל אֵמַר קְרֹא וְאָמַר מִה אֶקְרָא
כָּל־הַבֶּשֶׂר חֲצִיר וְכָל־חֲסִדּוֹ כְּצִיץ
הַשָּׂדֶה:
(6) A voice rings out: “Proclaim!”
Another asks, “What shall I proclaim?”
“All flesh is grass,
All its goodness like flowers of the field:

(ז) יִבֶּשׂ חֲצִיר נָבֵל צִיץ כִּי רוּחַ יְהוָה
נִשְׁבָּה בּוֹ אֲכֹן חֲצִיר הָעֵם:
(7) Grass withers, flowers fade
When the breath of the Eternal blows on them.
Indeed, man is but grass:

(ח) יִבֶּשׂ חֲצִיר נָבֵל צִיץ וּדְבַר־אֱלֹהֵינוּ
יִקּוּם לְעוֹלָם:
(8) Grass withers, flowers fade—
But the word of our God is always fulfilled!”

(ט) עַל הַר־גְּבוּהַ עֲלִי־לָךְ מִבְּשָׂרֵת צִיּוֹן
הָרִימִי בְּכַח קוֹלְךָ מִבְּשָׂרֵת יְרוּשָׁלַם
הָרִימִל אֶל־תִּירְאִי אֲמַרְלִי לְעָרֵי יְהוּדָה
הִנֵּה אֱלֹהֵיכֶם:
(9) Ascend a lofty mountain,
O herald of joy to Zion;
Raise your voice with power,
O herald of joy to Jerusalem—
Raise it, have no fear;
Announce to the cities of Judah:
Behold your God!

(י) הִנֵּה אֲדַגִּי יְהוָה בְּחֹזֶק יָבוֹא וְזָרְעוּ
מִנְשָׁלָה לּוֹ הִנֵּה שְׂכָרוֹ אִתּוֹ וּפְעֻלָּתוֹ
לִפְנֵי:
(10) Behold, the Eternal comes in might,
And God’s arm wins triumph;
See, the Eternal’s reward is with God,
God’s recompense before the Eternal.

(יא) כְּרֹעֶה עֲדָרוֹ יִרְעֶה בְּזָרְעוֹ יִקְבֹּץ
טְלָאִים וּבְחִיקוֹ יִשְׂאָ עֲלוֹת יְנֵה־ל:
(11) Like a shepherd God pastures God’s flock:
God gathers the lambs and carries them;
Gently God drives the mother sheep.

Aleinu/It's On Us

Music and Lyrics by Dan Nichols and Ellen Dreskin

It's up to us to call ourselves to task, to sing what's good and true,
To bring about redemption, it's what we were freed to do
For what's the point of being here if we're not moved to change our ways?
Aleinu l'shabeiach, it's time to live our praise.

We are carrying the stories, of the ones who came before,
What stories will be told of us, when we are here no more?
We commit ourselves to action, it brings meaning to our days,
Aleinu l'shabeiach, it's time to live our praise.

It's up to us to own the vision, we are an answer to a call.
It's up to us to live the words we speak, for the benefit of all
It's up to us to bow down deeply, there's a broken world to raise.
Aleinu l'shabeiach, it's time to live our praise.

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

Defao, 62, singer and hit songwriter, Douala, Cameroon
Donald Machholz, 69, discovered twelve comets, Stargazer Ranch, Arizona
Connie Edwards, 84, became a school administrator after desegregation, Richmond, Virginia

We Remember Those Lost to Violence in Washington, DC

Brian Buxton, 20, Fort Washington, MD; Adrian Mack, 31, Greenbelt, MD;
John Precia, 24, SE DC; Leslie Simpson, 52, SE DC; Aryeh Wolf, 25, Baltimore, MD

Condolences

Joan Feld, wife of Phil Feld, mother of Lori-Beth Hua

Shiva

Judith Rosen

Shloshim

Jerome Alpern; Sallye Gordon; Helen Mandel Grob; Thelma Weiner

Yahrzeit

Estelle Arvey, Joseph Burstein, Mildred Claster, Daniel Cooper, Sophie Dorot, Elizabeth Epstein,
Hyman Foster, Lynne Friend, Jerome Hahn, Thomas Hartley Hall IV, Norman Jacob Harris, Simon Jacob,
Pearl Kaplan, Esther Katz, Edward C. Kirby, Sr., Philip Klass, Dorothy Levy, Evelyn Mason Newberry,
Bertha-Louise Meyers, Gretchen White Oberman, Ethel Quinn, Edward L. Rastatter Sr., David Rosand,
Harry Saferstein, Lucile Lavansky Sender, Ron Skoller, Milton Socolar, June Solomon, Belle Strass,
Alvin Tamkin, Judith Trager, Anita Tritell, Henry S Waldman, Abel Jack Winston

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.

וְיִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ
וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמְן קָרִיב,
וְאָמְרוּ אָמֵן.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמֵיָא.
יְתְבָרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא.
בְּרִיךְ הוּא.

לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחַתָּא וְנַחֲמַתָּא דְאָמִירָן
בְּעֵלְמָא. וְאָמְרוּ אָמֵן.

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל.
וְאָמְרוּ אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמִרְוַמֵי הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֵל. וְאָמְרוּ אָמֵן.

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

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