

October 21, 2022 / 27 Tishrei, 5783

Shabbat B'reishit

Micah House Shabbat



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)

The oneg is provided by our Youth Choir families.

Hinei Ma Tov

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

הִנֵּה מַה-טוֹב וּמַה-נְּעִים
שֵׁבֶת אַחִים גַּם-יַחַד.

How good it is; how sweet it is, to be together on this day.

Candles

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

בָּרוּךְ 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.

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.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרֵי הַגֶּפֶן. בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ, וְשַׁבָּת
קִדְּשׁוּ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ, זִכְרוֹן לְמַעֲשֵׂה
בְּרֵאשִׁית. כִּי הוּא יוֹם תְּחִילָה לְמִקְרָאֵי קִדְּשׁ, זִכָּר
לְיִצְיַאת מִצְרָיִם. כִּי-בָנוּ בְּחֵרֶת וְאוֹתָנוּ קִדְּשָׁתָּ,
מִכָּל-הָעַמִּים, וְשַׁבָּת קִדְּשָׁתָּ בְּאַהֲבָה וּבְרָצוֹן
הִנְחַלְתָּנוּ. בָּרוּךְ אַתָּה יי, מְקַדְּשׁ הַשַּׁבָּת.

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.

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.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמוֹצֵיא לֶחֶם מִן הָאָרֶץ.

We praise You, Eternal God, Sovereign of the universe, who causes bread to come from the earth.

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

SAMANTHA FRANK, Rabbinic Fellow | RACHEL SCHMELKIN, Rabbinic Fellow

BETH WERLIN, Executive Director | DEBRA WINTER, Director of Spiritual Arts | SHARON TASH, Education Director

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Hashkiveinu

Hashkiveinu Adonai Eloheinu l'shalom,
V'haamideinu Shomreinu, l'chaim

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם,
וְהַעֲמִידֵנוּ שׁוֹמְרֵינוּ לְחַיִּים

Spread the shelter of Your peace over us;
Guide us with wisdom, compassion, and trust.

Save us for the sake of Your name;
Shield us from hatred, sorrow, and pain.

Hineh Tov M'od

Vayar Elohim et kol asher asah,
V'hineh tov m'od.

וַיַּרְא אֱלֹהִים אֶת-כָּל-אֲשֶׁר עָשָׂה,
וַהֲנֵה-טוֹב מְאֹד.

There was evening, there was morning.

Vay'hi erev, vay'hi boker, tov m'od.

וַיְהִי-עֶרֶב וַיְהִי-בֹקֶר, טוֹב מְאֹד.

Refuah Shleimah

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

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

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

Tony Fuochi, 66, video game and cartoon voice actor, Padua, Italy

Erica Verbrugge, 48, loved singing, theatre, and time with her children, Aurora, Colorado

Justin Helms, 25, robotics engineer, Boy Scout, and keen sailor, Riverdale, Maryland

We Remember Those Lost to Violence in Washington, DC

Davonte Berkley, 19, District Heights, MD; Jamontate Brown, 32, no fixed address;

Mark Carter, 55, no fixed address; Reginald Cooper, 19, District Heights, MD; Andre Robertson Jr., 15, NE DC

Shiva

Jean Simon, mother of Kenneth Simon, mother-in-law of Janet Hahn,

grandmother of Eliza Simon and Jessica Daigle

Shloshim

Daniel Claster; Susan Landfield; Frank Liebermann; Estelle Silverstein

Yahrzeit

Sophie Fox Altschul, Tovey Barron, Peter Benda, Louis Cohen, Anne Cooley, Augustus deGrazia, Ben Robert Diskin, Reuben Freedman, Janet Gordon, Jerry Gross, Marcus Hirsch, Robert Yale Kamin, Harry Kraut, Helen Taradash Levin, Marguerite Malgoire, Olya Margolin, Penny Lamb Parker, Carol Waldman Piness, Sidney George Piness, Hortense Platoff, Abner Jack Richter, Marvin Rubin, Clara Levin Samess, Irving "Owie" Schneider, Howard Schulman, Robert Schwartz, Dorothy Simon, Martin Slater, Harry Soffer, Hana Taffet, Mollie Yett

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.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְרָא כְרְעוּתֵיהּ וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּינוּן
וּבְיוֹמֵינוּן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמְן
קָרִיב, וְאָמְרוּ אָמֵן.
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמַי וּלְעָלְמֵי עֲלַמְיָא.
יְתְבָרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקַדְשָׁא.
בְּרִיךְ הוּא.
לְעֵלְא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא
דְאָמְרִין בְּעֵלְמָא. וְאָמְרוּ אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.
עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל
כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֵל. וְאָמְרוּ אָמֵן.

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.

If Not Now

Carrie Newcomer

If not now, tell me when?
We may never see this moment
or place in time again
If not now, if not now, tell me when?

I see sorrow and trouble in this land...
Although there will be struggle,
we'll make the change we can
If not now, if not now, tell me when?

We may never see the promised land...
And yet we'll make the journey,
we'll walk it hand in hand
If not now, if not now, tell me when?

So we'll work until it's done –
every person, everyone
Every soul that's ever longed for something better,
something brighter...

It will take a change of heart for this to mend...
But miracles do happen,
every shining now and then
If not now, if not now, tell me when?