

November 18, 2022
25 Cheshvan, 5783
Shabbat Chayei Sarah

*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)*



25 and 50 Year Club Shabbat
with the Temple Micah Youth Choir
The oneg is hosted by our youth choir families.

Roberta Aronson will speak on behalf of 25 and 50 Year Club members.

Temple Micah 50 Year Club Members

*Inducted as of 2020, 2021, or 2022

Lucy and David Asher*	Carole and John Hirschmann*
Elka and Sidney Booth	Mary and Chris Mahle
Marcia Bordman*	Susan Morgenstein*
Nancy and Donald Elisburg	Else and Dan Moskowitz
Howard Feldman*	Leslie Riggs*
Carol and Arthur Freeman	Claire Rubin
Ginger and Al From*	Michelle Sender
Marlene Futterman	Beverly and Harlan Sherwat
Melvin Goldberg	Betty Ustun
Roberta and Morton Goren*	Barbara and Edward Wendel
Helene and Gene Granof	Bayla White
Burton Greenstein	Carole Wilson*
Edward and Shelley Grossman	Muriel Wolf
Mark Gruenberg	Beverly and Dan Yett

Temple Micah 25 Year Club Members

Inducted as of 2020, 2021, or 2022

Martha and David Adler	Jared Blum and Kate Kiggins
Robin Allen and Ruy Teixeira	Norman Blumenfeld
Joel and Susan Aronson	Harvey Blumenthal
Roberta Aronson and Paul Goldberg	Ted Bornstein and Lesley Weiss
Diane August	Bryna Brennan
Larry Bachorik and Gail Povar	Betsy Broder and David Wentworth
Pearl Bailes	Arthur and Sandra Brown
Peggy Banks	Betsi and Harold Closter
Iris and Philip Barnett	Robert and Lynn Coffman
Elise Bean and Paul Carver	Larry Cooley and Marina Fanning
Eugene Bialek and Arlene Brown	Bob and Debby Cooper
David Blotner and Sheri Zaitz-Blotner	Gary Dickelman and Jan Greenberg

Robert Dorfman and Celia Shapiro
Peter Edelman
Lora and Frank Ferguson
Michael and Regine Feuer
Richard Fitz and Kathy Spiegel
Sallie Forman
Beverly and Stan Frye
Lee Futrovsky and Yael Traum
Paul Goldberg and Susan Keselenko Coll
Kirsten Goldberg and Maija Rejman
Patricia Goldman and Stephen Kurzman
Hannah Gould
Jan W. Greenberg
Paul Greenberg
Suzanne Griffith and Ed Lazere
Genie Grohman
Margaret and Jeffrey Grotte
Jennifer Gruber and Eric Rosenberg
Jocelyn Guyer and Joshua Seidman
Judy and Jack Hadley
Janet Hahn and Kenneth Simon
Barbara and Skip Halpern
Ken and Monika Harris
Jackie and Richard Harwood
Judy Hurvitz
Wendy Jennis and Doug Mishkin
Charles Kahn III and JoAnn Willis
Joshua and Nan Kaufman
Teddy Klaus and Debby Kanter
Debra Knopman
Myra Kovey and Mark Kovey
Susan Lahne and Richard Lahne
Liz Lerman
Brenda Levenson
Louise Lief and Angus Paul
S. Lipczenko
Peter Maier and Nancy McKemie
Lorri Manasse and Russell Misheloff
Karen Mark and A.M. Tucker
Andi Mathis
Lorna Melendy
Douglas Meyer and Jacqueline Simon
Lori Milstein and David Sahr

Gerri Nielsen
Lisa and David Pansegrouw
Tom Parker and Shelley Temchin
Jeffrey Passel
Gwen and Marc Pearl
Rosa Puech and Peter Schechter
Clem and Ed Rastatter
Arlene Reiniger
Stephen Rockower and Ann Sablosky
Marcus Rosenbaum and Lyn Ingersoll
Carla and David Rosenbloom
Lynn Rothberg
Jim Roumell and Debbie Billet-Roumell
Susan Rubin
Lisa Saks and Lawrence Lynn
Sharon and Joseph Salus
Mary Beth Schiffman and David Tochen
David Schlein
Amy Schussheim
Kenneth Schwartz
Jack Schwarz
Robert Shapiro and Lisa Davis
Eric and Ilene Shaw
Amy Shilo
Clark and Marcia Silcox
Jessica and Harry Silver
Ruth Simon
Ivan and Kathleen Sindell
Douglas and Melinda Soffer
Kathy and Stan Soloway
Adrienne and David Umansky
Jenna Umansky
Tess and Andy Wald
Dennis Ward
Cecelia and Mark Weinheimer
Robert Weinstein and Judith Capen
Neil Welles
Kit Wheatley and Tom Sahagian
Louise and Burton Wides
Marjorie Zapruder
Rabbi Daniel and Louise Zemel
Ed Zetlin and Leda Gottlieb
Karen Zizmor

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 בְּמִצְוֹתַיִךְ וְצִוִּינוּ 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. 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.

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

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

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

Hava Nashira

Hava nashira, shir halleluyah!

הִבֵּה נְשִׁירָה שִׁיר הַלְלוּיָהּ!

Let us sing together, halleluyah!

Refuah Shleimah

Ronni Behar, Ira Berlin, Ellen Buckley, Judith Chisholm, Netanel Felber, Phil Feld, Chelo Fournier, Aubrey Garber, Pat Goldman, Jeffrey Goodman, Richard Greenfield, 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, Jo Schonewolf, Charles Schussheim, Cynthia Seymour, Annette Shaw, Elsa Smith, Eve Sparberg, Marjorie Dick Stuart, Irving Swatzburg, Alan Thal, Susan Turnbull, Betty Ustun, Mimi Wolf

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

Olena Lytovchenko, 58, metallurgist and historical fiction writer, Kyiv, Ukraine
Maria Marisco, 44, loved listening to old school jams with friends, Oxnard, California
Carol Ann Griffith, 81, took care to arrange her life artfully, Silver Spring, Maryland

We Remember Those Lost to Violence in Washington, DC

Kelvin Blowe, 32, Lexington Park, MD; Umar Epps, 21, SE DC; James Gillespie, 19, NE DC; Rashawn Phifer, 20, NE DC; Darnell Shaw Jr., 38, SE DC; Mykell Vicente, 24, SE DC

Shiva

Annie Waldman, granddaughter of Jean and Steve Shulman

Shloshim

Muriel Marcus Breitkopf, Esther Spiegel

Yahrzeit

Phyllis Cohen, Janos Fenjves, Raul Fournier, Diana Granof, Celia Halpern, Esther Lahne, Myron "Mike" Laipson, Sol Levine, Jeanne Mallett, Harold Melman, Alex Schiffman-Shilo, Fannie Tobias, Sidney Trager, Gussie Umansky, Maurice Weiner, Teri Weinman, Rachel Welt

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.*

L'Dor Vador

Music and Lyrics by Josh Nelson

***L'dor vador nagid godlecha, L'dor vador...we protect this chain
From generation to generation, L'dor vador, these lips will praise Your name***

We are gifts and we are blessings
We are history in song
We are hope and we are healing
We are learning to be strong
We are words and we are stories
We are pictures of the past
We are carriers of wisdom
Not the first and not the last

Looking back on the journey
That we carry in our heart
From the shadow of the mountain
To the waters that would part
We are blessed and we are holy
We are children of Your way
And the words that bring us meaning
We will have the strength to say...

***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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