

November 26, 2022

2 Kislev, 5783

Shabbat Toldot

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)



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.

Our sanctuary is a sanctuary. Please keep your mobile phone turned off.

Asher Yatzar: Beautiful and Broken

Music and English lyrics by Dan Nichols

I thank You for my life, body and soul
Help me realize I am beautiful and whole
I'm perfect the way I am, and a little broken too
I will live each day as a gift I give to You.

Baruch Atah Adonai, rofeih chol basar umafla laasot. בָּרוּךְ אַתָּה יְיָ רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.

Blessed are you, Adonai, who heals all flesh, working wondrously.

Genesis בְּרֵאשִׁית 25: 23-28

כַּג וַיֹּאמֶר יְהוָה לָהּ שְׁנֵי גוֹיִם בְּבֶטְנֶךָ וַשְּׁנֵי לְאֻמִּים מִמֶּעֶיךָ יִפְרְדּוּ וְלֹאִם מִלְּאִם יֵאָמֵץ וְרֵב יַעֲבֹד צְעִיר:

23 The Eternal One said to her:
Two peoples are in your belly;
two nations shall branch off from each other
[as they emerge] from your womb.

One people shall prevail over the other;
the elder shall serve the younger.

כַּד וַיִּמְלְאוּ יָמֶיהָ לֵלְדוֹת וְהִנֵּה תוֹמִם בְּבֶטְנָהּ:

24 When the time came for her to give birth,
lo—she had twins in her belly!

כַּה וַיֵּצֵא הָרִאשׁוֹן אֲדָמוֹנִי כֵּלּוֹ כְּאֲדָרֶת שַׁעַר וַיִּקְרְאוּ שְׁמוֹ עֵשָׂו:

25 The first came out reddish all over, as
though covered with a hairy mantle, so they
named him Esau;

כּו וְאַחֲרֵי־כֵן יָצָא אָחִיו וַיִּדּוּ אַחֲזֹת בְּעֵקֶב עֵשָׂו וַיִּקְרָא שְׁמוֹ יַעֲקֹב וַיִּצְחַק בְּרֹשְׁשֵׁים שָׁנָה בְּלֵדֹת אֲתָם:

26 his brother, following, came out holding
Esau's heel, so they named him Jacob. Isaac
was 60 years old when they were born.

כַּז וַיִּגְדְּלוּ הַנְּעָרִים וַיְהִי עֵשָׂו אִישׁ יָדָע צֹיֵד אִישׁ שָׂדֵה וַיַּעֲקֹב אִישׁ תָּם יֹשֵׁב אֹהֳלִים: 27 When the boys grew up, Esau became a skillful hunter, a man of the outdoors; but Jacob was a homespun man, keeping to the tents.

כַּח וַיֵּאָהֵב יַצְחָק אֶת־עֵשָׂו כִּי־צִיָּד בְּפִיו וּרְבֵקָה אֶהָבֵת אֶת־יַעֲקֹב: 28 Isaac favored Esau, because he [Esau] put game in his mouth, but Rebekah favored Jacob.

Haftarah for Thanksgiving: Joshua 1:1-11, 5:1; Native American Poetry

Before the reading:

Blessed are you, Adonai our God, whose spirit inspired our prophets, and whose spirit inspires us to thoughtfully discern their words. Each generation that has come before has taught and made our prophets' words their own. Thank you for *binah*, understanding, and *deah*, knowledge: for the opportunity to choose the holy words that we pass on to the next generation.

Joshua 1:1-11

יהושע א' א' - י"א

(1) After the death of Moses, God's servant, God said to Joshua ben Nun, Moses' attendant: (2) "My servant Moses has died. Prepare to cross the Jordan, together with the whole people, into the land that I am giving to you, to the Israelites. (3) Each spot on which your foot treads I give to you, as I promised Moses. (4) Your territory shall extend from the wilderness and the Lebanon to the Great River, the River Euphrates, where the sun rises—the whole Hittite land—and up to the Mediterranean Sea on the west. (5) No one shall be able to resist you as long as you live. As I was with Moses, so I will be with you; I will not fail you or forsake you. (6) Be strong and resolute, for you shall apportion to this people the land that I swore to their ancestors to give to them. (7) But you must be very strong and resolute to observe faithfully all the Torah that my servant Moses enjoined upon you. Do not deviate from it to the right or to the left, that you may be successful wherever you go. (8) Let not this book of the Torah cease from your lips, but recite it day and night, so that you may observe faithfully all that is written in it. Only then will you prosper

(א) וַיְהִי אַחֲרֵי מוֹת מֹשֶׁה עֶבֶד יְהוָה וַיֹּאמֶר יְהוָה אֵלֵי־הוֹשֵׁעַ בֶּרְנוֹן מִשְׁרַת מֹשֶׁה לֵאמֹר: (ב) מֹשֶׁה עֶבְדִּי מֵת וְעַתָּה קוּם עֲבֵר אֶת־הַיַּרְדֵּן הַזֶּה אִתָּה וְכָל־הָעָם הַזֶּה אֶל־הָאָרֶץ אֲשֶׁר אֲנֹכִי נֹתֵן לָהֶם לְבְנֵי יִשְׂרָאֵל: (ג) כָּל־מְקוֹם אֲשֶׁר תִּדְרֹךְ בְּיַרְגִּלְכֶם בּוֹ לָכֶם נִתְּתִיו כְּאֲשֶׁר דִּבַּרְתִּי אֶל־מֹשֶׁה: (ד) מִהַמְדְּבָר וְהַלְבַּנּוֹן הַזֶּה וְעַד־הַנְּהַר הַגָּדוֹל נְהַר־פָּרָת כָּל־אֶרֶץ הַחֲתִיּוֹם וְעַד־הַיָּם הַגָּדוֹל מִבּוֹא הַשָּׁמֶשׁ יְהִיָּה גְבוּלְכֶם: (ה) לֹא־תִנְצַב אִישׁ לְפָנֶיךָ כֹּל יְמֵי חַיֶּיךָ כְּאֲשֶׁר הִיטִי עִם־מֹשֶׁה אֶהְיֶה עִמָּךְ לֹא אֲרָפֶךָ וְלֹא אֶעֱזֹבְךָ: (ו) חֹזֶק וְאַמֶּץ כִּי אִתָּה תִּנְחִיל אֶת־הָעָם הַזֶּה אֶת־הָאָרֶץ אֲשֶׁר־נִשְׁבַּעְתִּי לְאַבוֹתֶם לָתֵת לָהֶם: (ז) רַק חֹזֶק וְאַמֶּץ מְאֹד לִשְׁמֹר לַעֲשׂוֹת כְּכָל־הַתּוֹרָה אֲשֶׁר צִוָּךְ מֹשֶׁה עֶבְדִּי אֶל־תִּסּוּר מִמֶּנּוּ יָמִין וּשְׂמֹאל לִמְעַן תִּשְׁכִּיל בְּכָל־אֲשֶׁר תִּלְדֶּךָ: (ח) לֹא־יִמּוּשׁ סִפְרֵי הַתּוֹרָה הַזֶּה מִפִּיךָ וְהִגִּיתָ בּוֹ יוֹמָם וְלַיְלָה לְמַעַן תִּשְׁמֹר לַעֲשׂוֹת כְּכָל־הַכְּתוּב בּוֹ כִּי־אָז תִּצְלַיִח אֶת־דְּרָכְךָ וְאָז תִּשְׁכִּיל: (ט) הֲלוֹא צִוִּיתִיךָ חֹזֶק וְאַמֶּץ אֶל־תִּעְרָץ וְאַל־תִּחַת כִּי עִמָּךְ יְהוָה אֱלֹהֶיךָ בְּכָל־אֲשֶׁר תִּלְדֶּךָ: (י) וַיֵּצֵא יְהוֹשֻׁעַ אֶת־שִׁטְרֵי הָעָם לֵאמֹר: (יא) עֲבְרוּ | בְּקֶרֶב הַמַּחֲנֶה וְצִוּוּ אֶת־הָעָם לֵאמֹר הִכִּינוּ לָכֶם צִידָה כִּי בְּעוֹד | שְׁלֹשֶׁת יָמִים אִתְּם עֲבָרִים אֶת־הַיַּרְדֵּן הַזֶּה לְבוֹא לְרֶשֶׁת אֶת־הָאָרֶץ אֲשֶׁר יְהוָה אֱלֹהֵיכֶם נֹתֵן לָכֶם לְרִשְׁתָּהּ:

in your undertakings and only then will you be successful. (9) I charge you: Be strong and resolute; do not be terrified or dismayed, for Adonai your God is with you wherever you go.”

Joshua 5:1

יהושע ה' א:

(1) When all the kings of the Amorites on the western side of the Jordan, and all the kings of the Canaanites near the Sea, heard how the Eternal had dried up the waters of the Jordan for the sake of the Israelites until they crossed over, [the kings] lost heart, and no spirit was left in them because of the Israelites.

(א) וַיְהִי כִשְׁמֹעַ כָּל־מַלְכֵי הָאֱמֹרִי אֲשֶׁר
בְּעֵבֶר הַיַּרְדֵּן לְמַה וְכָל־מַלְכֵי הַכְּנַעֲנִי אֲשֶׁר
עַל־הַיָּם אֶת אֲשֶׁר־הוֹדִישׁ יְהוָה אֶת־מִי
הַיַּרְדֵּן מִפְּנֵי בְּנֵי־יִשְׂרָאֵל עַד־עַבְרָנוּ [עֲבָרָם]
וַיִּמָּס לְבָבָם וְלֹא־הָיָה בָּם עוֹד רוּחַ מִפְּנֵי
בְּנֵי־יִשְׂרָאֵל:

Native Poetry Selections

Esther Belin, “Blues-ing on the Brown Vibe”

Esther Belin, “Blues-ing on the Brown Vibe” from *From the Belly of My Beauty*. Copyright © 1999 by Esther Belin. Reprinted by permission of University of Arizona Press.

I.
And Coyote struts down East 14th
feeling good
looking good
feeling the brown
melting into the brown that loiters
rapping with the brown in front of the Native American Health Center
talking that talk
of relocation from tribal nation
of recent immigration to the place some call the United States
home to many dislocated funky brown

ironic immigration

more accurate tribal nation to tribal nation

and Coyote sprinkles corn pollen in the four directions
to thank the tribal people
 indigenous to what some call the state of California
 the city of Oakland
for allowing use of their land.

III.
And Coyote wanders
right into a Ponca sitting at the Fruitvale Bart station
next to the Ponca is a Seminole

Coyote struts up to the two
“Where ya’all from?”

the Ponca replies
“Oooklahooma”

pause
the Seminole silent watches a rush of people climb in and out of the train
headed for Fremont
the Seminole stretches his arms up and back stiff from the wooden benches
pause
he pushes his lips out toward the Ponca slowly gesturing that he too is from Oklahoma
Coyote wanders
“where ’bouts?”

the Ponca replies
“Ponnca City”
pause
the Seminole replies
“Seminoolle”

Coyote gestures to the Ponca
“You Ponca?”
the Ponca nods his head in affirmation
Coyote nods his head in content
to the Seminole
Coyote asks
“You Seminole?”
pause
the Seminole now watching some kids eating frozen fruit bars
nods his head

and Coyote shares his smokes with the two
and ten minutes later
they travel together on the Richmond train
headed for Wednesday night dinner at the Intertribal Friendship House.

IV.
And Coyote blues-ing on the urban brown funk vibe
wanders
in and out of existence
tasting the brown
rusty at times
worn bitter from relocation.

Kimberly Blaeser, “Goodbye to all that”

Kimberly Blaeser, “Goodbye to All That” from *Apprenticed to Justice*. Copyright © 2007 by Kimberly Blaeser. Reprinted by permission of Salt Publishing.

ii.
Old histories that name us enemies
don't own us; nor do our politics
grown so pow-wow liberal you seldom
point out the follies of White Earth tribal leaders.
(Except of course for the time our elected chair
mistakenly and under the influence of civilization
drove his pickup down the railroad tracks
and made the tri-state ten o'clock news.)
And Sundays behind the *Tribune*
he seldom even mentions the rabid casino bucks
or gets out his calculator and with lodge-pole eyebrows
methodically measures beaded distances,
results of territorial lines drawn in your homeland.

After the Reading:

Thank you, O God, whose spirit inspired the prophets of old, and whose spirit inspires us to live with intention. God, you call to us to be our best. You call us to justice and mercy and to care for the oppressed. Blessed are you, Adonai our God, who gives us the ability to discern, to live, to inspire and to do your work.

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

Joe McCarron, 67, former radio DJ and respected AA member, Dungloe, Ireland
Richard Tait, 58, co-designer of Cranium games, Bainbridge Island, Washington
Ryan L. Crosby, 39, active duty Naval officer and parent, Chesapeake, Virginia

We Remember Those Lost to Violence in Washington, DC

Khalil Jones, 26, SE DC; Akira Wilson, 18, SE DC

Shloshim

Muriel Marcus Breitkopf, Esther Spiegel, Annie Waldman

Yahrzeit

Edith Hartley Aaron, A.K. "Skip" Allender, Benjamin Bornstein, Edythe Buono, Benson Caplan, Harold Claster, Lester Ellin, Dan Ferrier, Lucy Feuer, Helen Fine, Alex Fried, Ira Funston, Pauline Geldern, Cylli (Tsila) Helpert, Maxine Inlander, Yakov Kantarovich, Alison Kaplan, Howard Kaplan, Bob Ketroser, Steve Laver, Donald Lehmann, Lillian Lehmann, Blanche Levin, Wallace London, June Lu, Victor Margolin, Joan Muchnick, William Muchnick, Larry Nussdorf, Helen Presman, Bruce Rinaldi, Harvey Salkovitz, Alex Schiffman-Shilo, Lee L. Shapiro, Milton Shaw, Mathew Sherman, Harry J. Stein

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.

יִתְגַּדֵּל וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ וַיְמַלִּיךְ מַלְכוּתָהּ בְּחַיֵּינוּ
וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמְן קָרִיב,
וְאָמְרוּ אָמֵן.
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמַיָּא.
יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר
וַיִּתְעַלֶּה וַיִּתְהַלָּל שְׁמֵהּ דְקָדְשָׁא.
בְּרִיךְ הוּא.
לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנִחַמְתָּא
דְאָמְרִין בְּעֵלְמָא. וְאָמְרוּ אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל.
וְאָמְרוּ אָמֵן.
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עֲלֵינוּ 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 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

Kiddush is hosted by Sheila Platoff in memory of her mother, Hortense Platoff.

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

2829 Wisconsin Ave., NW Washington, DC 20007 | (202) 342-9175 | www.templemicah.org