

December 30, 2022

7 Tevet, 5783

Shabbat Vayigash

*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)*



Washington, D.C. Community Kabbalat Shabbat Service

Rabbi Stephanie Crawley, Temple Micah

Rabbi Noah Diamonstein, Temple Sinai

Rabbi Sarah Krinsky, Adas Israel

Cantor Suzanne Hamstra, Washington Hebrew Congregation

Debra Winter, Director of Spiritual Arts, Temple Micah

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

Shabbat Shalom uM'vorach

Shabbat Shalom.

Shabbat Shalom um'vorach.

A peaceful Shabbat. A peaceful and blessed Shabbat.

שְׁבֵת שְׁלוֹם.
שְׁבֵת שְׁלוֹם וּמְבֹרָךְ.

Hineh Mah Tov

Hinei ma tov u'mah na-im

shevet achim gam yachad.

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

Shalom Aleichem, Salaam Aleikoom!

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

Candles

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

We praise You, Eternal God, Sovereign of the universe.

You hallow us with Your Mitzvot and command us to kindle the light of Shabbat.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ וְצִוִּינוּ לְהַדְלִיק נֵר שֶׁל
שְׁבֵת.

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.

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.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרֵי הַגֶּפֶן. בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ וְרָצָה
בָּנוּ, וְשֵׁבֵת קִדְּשׁוּ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ,
זְכוֹר לְמַעֲשֵׂה בְּרֵאשִׁית. כִּי הוּא יוֹם
תְּחִילָה לְמִקְרָאֵי קֹדֶשׁ, זִכָּר לִיצִיאַת
מִצְרַיִם. כִּי-בָנוּ בְּחַרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ,
מִכָּל-הָעַמִּים, וְשֵׁבֵת קִדְּשָׁתָּ בְּאַהֲבָה וּבְרָצוֹן
הִנְחַלְתָּנוּ. בְּרוּךְ אַתָּה יי, מְקַדֵּשׁ הַשְּׁבֵת.

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.*

Heal Us Now

R'faeinu Adonai v'neirafei, hoshieinu v'nivasheia
Eil karov l'chol korav, ach karov lireiav, yish'o

רפאנו יי ונרפא הושיענו ונשעה
אל קרוב לכל-קרואו, אך קרוב ליראיו ישעו

We pray for healing of the body, we pray for healing of the soul,
For strength of flesh and mind and spirit, we pray to once again be whole...

***Eil Na, r'fa na; O please, heal us now
R'fuat hanefesh, r'fuat haguf, r'fuah sh'leimah...***

Heal us now

Hoshia et amecha, uvarech et nachalatecha,
ureim v'naseim ad ha'olam
Mi shebeirach avoteinu, mi shebeirach imoteinu,
Ana, Adonai, hoshia na

נחלתך-עמך וברך את-את הושיעה
העולם-ורעים ונשאים עד
שברך אמותינו מי, שברך אבותינו מי
אנא יי הושיעה נא

We pray for healing of our people, we pray for healing of the land,
And peace for every race and nation, every child, every woman, every man...

Life Cycle and Remembrance: Temple Micah

Refuah Shleimah

Ronni Behar, Ira Berlin, Ellen Buckley, Judith Chisholm, Don Elisburg, Netanel Felber, Phil Feld,
Chelo Fournier, Aubrey Garber, Pat Goldman, Ken Goldstein, Jeffrey Goodman, Richard Greenfield,
David Hahn, Zev Shmuel Kesselman, Joan Kupferberg, Lum Laurri, Mark Laurri, Lisa Lehman, Stu Levine,
Sam Levinson, Dan Lutenegger, Chris Mahle, Mildred Marin, Stephanie Mendez, Sophie Meyers,
Bryant Monroe, 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, Brian J. Tunney,
Betty Ustun, Mimi Wolf

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

Zhang Mu, 92, actor who portrayed Mao Zedong in numerous CCP films; Beijing, China
Alex Kovach Jr., 63, who collected antique knives and laughed at his own jokes; Greensburg, PA
Deb Flanigan, 73, volunteer EMT who loved her "Thursday Night Crew"; Fairfax, VA

We Remember Those Lost to Violence in Washington, DC

Richard Antonio Joseph, 50; Alexandria, VA

Shloshim

Suellen Hassett, mother of Allison Wohl; Milton Viorst, husband of Judith Viorst

Yahrzeit

Harry Albert, Gary Arthur, Max Bender, Shimon Brand, Adolph Braude, Mace Broide, Henrietta Buckheim, Harry Bruckheim, Gary Busch, Eugene Cogan, Stephanie Cohen, Lee Cron, Mina Green Duncan, Myrle Freedman, Sol Friedman, Carol Rockower Goldstein, Sam Gordon, Elin Grogan, Stanley Grossman, Bernie Hamilton, Charles Koppelman, Pearl Lazar, Theodore Samuel Lerner Perlman, Eva Maier, Eileen Morgan, Ethel Morgenstein, Bernie Myers, Cynthia Powell, Mr. David Queller, Samad Rahaii, Manuel Roda, Judy Rosenblatt, Manya Russakoff, Marion Koenig Salkind, Edward Schwartz, James Sender, Elson Spangler, Leon Springer, Judith Sweet, Harry Val, Sondra Weiner, Ruth Wolf, Hartley Zamore, Dale Zingg

Life Cycle and Remembrance: Washington Hebrew Congregation

Laid to Rest

Chuck Becker, Gerald Goldberg, Emily Haas Davidson, David Kentoff, Geraldine Muenzer, Sara Sellinger, Sandra Lee Walker, Suzanne Zamoiski

Yahrzeit

Deborah Abelson, Leon I. Address*, Bessie Adoff, Frank B. Appleman*, Leon Pincus April, Gustave Backenheimer*, L. Mark Balloff, Stanley Barban, Harry A. Bassin, Harry Beckman, Eliezer H. Benbassat*, Helen L. Bensinger*, Bernard I. Berman, Leonard Berman, Emanuel Bernstein, Bernard (Bernie) Bernstein*, Roy L. Bernstein, Phil Blank, Eileen Blaug, Elsa Block, Samuel Block, Katherine Bernet*, Sarah Breslauer*, Henrietta Bretzfelder*, Roy Briere, Anna Brody*, Louis Brooks*, Alfred Burka, Al Burns, Irving "Chips" Cantor*, Arthur Chamot, Jacob J. Chasman*, Ruth Cherner*, Harriet B. Cohen, Abe Cohen, David E. Cohn*, Robert W. Davis, Nelson Deckelbaum*, Richard Newton Dubin*, Gertrude Edwards*, Jonathan S. England*, Estelle B. Fain*, Sheldon W. Fantle*, Minna Feinberg, Joseph Fireison, Gerald Fischer, Joan Fischer*, Abraham Fisher*, Bernard Flamenbaum, Amy Neuman Foy, Rosa May Frank*, Sam Freedman*, Albert Friedland*, Howard Friedman, Malvina Friedman*, Murray Friedman, Janette Gastwirth*, Charles Gellert, Milton Glickman*, Anna Balen Goald*, Leonard Edward Gordon, Michael Gordon*, Sarah Gordon, Peggy Greenberg, Herman Greenblatt, Barry Greene, Mary Pack Greller*, Gertrude P. Grollman, Max Gross*, Herman Halperin, Dorothy G. Hayim*, Harry Kurtz Herschman*, Milton Hollander*, Maxine Holzer-Goldman, Max H. Hymen, Henrietta Jacobs*, Robert R. Jacobs, Henrietta S. Jacobs*, Tessie Jacobs*, Morris Jaffe*, Lester Jayson, Wenzel Jerch, August F. Kampfert, Herbert Kamsky, Sadie Kane, Harry Kaufman, Mildred Kern, Nathan Kirstein, Sam Klein*, Sidney Kline, Fred Kogod*, Louis U. Kostick, Maurice Kressin*, Sam Kuperberg, Irwin Joseph Kurtzack, Albert J. Lancz, Beatrice Leiner*, William A. Lemer*, Abraham Leventhal, Rae Estelle Leveson*, Marlene Levick, Sophie Levine, Anne C. Levy*, Charles Levy*, Rose Lichtenberg*, Evelyn Liebmann, Theodore Liebowitz, David Lorenz*, David E. Lynch, David B. Marblestone, Rose S. Marks, William H. Matcha, Jeanette Ellis Max*, Abraham C. Mayer*, Harry Mazur, Rebecca Mensh, Bess Mersky, Elmer Theodore Mitchell, Levi Moller, Annette Morstein, Kamy Loren Nathanson*, Rosalind S. Ney*, Mitchell Paul*, Augusta Pearlmutter*, Ivy A. Pelzman*, Ruth M. Perlman*, David Pfeifel*, David E. Pinsky, Sonia Piver, Rebecca Podietz*, Harold Popkin*, Irving Progebin, Thomas Raskin, Irving Riffin, Julius Rock, Jay A. Rosen*, Sylvia Ross, Irving Rothstein, Joseph Rotwein*, Robert D. Rutledge*, Rebecca R. Sachs, Hazel Bornheim Saks*, Helen L. Saloman*, David Sanger*, Lewis Savitsky, Daniel Scher*, Fay Schiff, Albert Schneider, Daniel Leonard Schneider, Martha B. Schneider, Martin Schwalb, Robert Shapiro, Rachel Sher, Bernard Sigel, Sigmund Silverberg*, Elias Silverman, Louis Simon*, Murray Queen Smith, Louis L. Sommer, Elizabeth Stein, Eleanor Stovsky, William Tanzman*, Sidney Teplin, Thomas Truitt, Janet Verner, Riva Vizhansky, Samuel Wallach, Arthur Weitzman, Robert Wexler, Norman Wollberg, Dorothy F. Woolf, Jacob M. Yablonowitz, Annie Yanovsky, Florence Zimmerman, Harold Zirkin*, Katherine Zweig

Life Cycle and Remembrance: Adas Israel

Yahrzeit

Joseph Abrams, Leon Abravanel, Rose Adler, Hilda Preiss Adler, Arnold Alban, Shirley Ansell, Bertha Atlas, Morton Barnett, Charles Baron, Filbert Bejarano, Julius Bernstein, Fred Blacher, Martin Blumenthal, Pauline Fox Boorstein, Nathan Boxer, Edward Bressman, Fred Buff, Fay Burka, Samuel Chafets, Ann Deskin Chelec, Judithe Cohen, Lily S. Cohen, Sylvia Colbreuner, James Edward Draheim, Mannie Edelstein, Fred Ernst, Dolores Ettinger, Louis Fishman, Frances Foer, Sylvia Frank, Frances Frank, Samuel Julius Friedlander, Jennie Friend, Norman Frumkin, Lydia Gelman, Hannah Goldman, Milton Goldstein, Adam Green, Jeff Hadler, Milton Herzer, Ilse Heumann, Marian Hoechstetter, Mildred Hofberg, Hanna Jacob, Sylvia Kaiman, Ethel Kaplan, Rosalind Klaus, Samuel Kopf, Gilbert Lieberman, Paul Lipson, Mark Litowitz, Jody Lynn Lowry, Shirley Salus Lynn, Eleanor Lyons, Elyse Maas, Noah Mass, Harry Migdal, Sylvia Nachbar, Clare Poliakoff, Emanuel Revici, Irving Bud Rothstein, Jerry Rothstein, Ralph B. Rothstein, Michael J. Rudick, Mildred Saks Schlesinger, Alvin Schottenfeld, Jerald Schuman, Earl Schwartz, Esther Seid, Michael Sendar, Susan K. Shapiro, Howard Sloan, Charles E. Smith, Robert H. Smith, Cecil Stein, Ludwig Strauss, Mary F. Tempchin, Morris Vinnik, George Vradenburg, Vivian David Wantuch, Gloria Basch Weinstein, Carol Sue Zacks, Nelson Zivitz

Life Cycle and Remembrance: Temple Sinai

Shiva and Shloshim

Simon Sargon, husband of Bonnie Glasgow and father of Olivia Sargon-Glasgow (Michael)
Richard Lipnick, father of Jennifer Leon (Glenn)
Marvin Aronson, father of Lauren Aronson (Rob)
Judy Green, mother of Valerie Green
Deane Shatz, mother of Janet Shatz Snyder
Bette Meisel, mother of David Meisel (Deborah)
Jeremiah Liepold, son of Alfred and Mary Liepold
Chris Tilley, brother of Kim Tilley (Peter Scher)
Margaret Wilner Hut, mother of Katherine Hut (Benjamin)

Yahrzeit

Beulah Lipshaw Alfou, Joyce Kraus Aronson, Ralph Aserkoff, Yitshaq Ben-Ami, Marvin Berman, Bernard Bernstein, George Bluestone, Samuel Blum, Marjorie Barth Cohen, Lillian Diane Cohen, Nina Cohen, E. Sheldon Cohen, June E. Coletta, Douglas Crockett, Victor Crown, Bernard R. Danchik, Herbert Diamond, Ann Drexlerm, Nellie Edwards, Robert Lee Ehrlich, Duncan M. Fairweather, John Fatula, Jacob Finkelstein, Irwin Jay Fredman, Samuel Gellin, Hannah Goldstein, Patrick Heffernan, Lee Perelstine Kagan, David Kahn, Julius Kiefe, Nathan Kirstein, Alfred Klinger, Catherine Konner, Philip Kubzansky, Esther Kurgans, Benjamin Levine, Harold Levitt, Franya Lichtman, Leonard Lourie, Charles M. Lourie, Patricia Luckerth, Olivia P. Lundy, Rose "Rae" Manger, Joseph Masling, Samuel J. Ortman, Marvin Perley, Charles H. Perry, Abraham Polinger, Thomas Bloom Raskin, Margery Reed, Herman Rosen, Anna Rosenblum, Vera Rubin, Milton Joseph Schlesinger, Joseph Segal, Jerry Seligman, Mario Shilton, Lorraine Silberthau, Herb Sussmann, Charles Wagner, Clem Weissman, Martin West, Mable C. Wingard, Jean Yudis, Lee B. Zittrain

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 בְּרָא כְרַעוּתֵיהּ וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּינוּ
וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמְנָא
קָרִיב, וְאָמְרוּ אָמֵן.
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמִים וּלְעֵלְמֵי עֵלְמַיָּא.
יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקַדְשָׁא.
בְּרִיךְ הוּא.
לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשֻׁבְחָתָא וְנַחֲמָתָא
דְאָמִירָן בְּעֵלְמָא. וְאָמְרוּ אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עֲלֵינוּ וְעַל כָּל
יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.
עֲשֵׂה שְׁלוֹם בְּמִרְוַמֵי הוּא וְעֲשֵׂה 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.

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.

This evening's oneg is hosted by The Glucks and The Adlers.

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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