

January 14, 2023

21 Tevet, 5783

Shabbat Sh'mot

*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)*



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

## ***We Celebrate the Bar Mitzvah of Sebastian Greenstein***

- Passing of the Torah ..... Abraham and Dena Greenstein
- Aliyah I ..... Bonnie Greenstein, Patricia Greenstein
- Aliyah II ..... Abraham and Dena Greenstein
- Aliyah III ..... Jared and Ana Greenstein
- Aliyah IV ..... Sebastian Edmund Greenstein
- Petichah I ..... Annabel Greenstein, Yvonne Ruiz, Alicia Lewis
- Hagbah ..... Neil Suss
- Gelilah ..... Ron and Lisa Suss
- Petichah II ..... Saul Arana, Irene Gutierrez, Daniela Gomez,  
Orlando Gomez
- Ushers ..... Devin Trendl, Tom Trendl

### **Mi Chamocha**

***Hold on, hold on...  
Keep your eyes on the prize, hold on.***

The only thing that we done wrong was stay in the wilderness too long. *Keep your eyes...*  
The only thing that we done right was the day we begun to fight. *Keep your eyes...*

Mi chamocha ba'eilim Adonai! Mi kamocha nedar  
bakodesh, nora t'hilot, oseh feleh!

מיִכְמוֹכָה בְּאֵלִים אֲדוֹנָי? הֵיחָה מִי כְמוֹכָה נֹאדָר בְּקֹדֶשׁ  
נֹרָא תְהִלַּת עֹשֶׂה פִּלְאָ!

*Who is like You, O God? Who is like You, majestic in holiness, awesome in splendor, working wonders?*

Freedom's name is mighty sweet, soon one day we're gonna meet. *Keep your eyes...*  
The only chain that we can stand is the chain of hand-in-hand. *Keep your eyes...*

**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](http://www.templemicah.org)



9 Now the cry of the Israelites has reached Me; moreover, I have seen how the Egyptians oppress them.

10 Come, therefore, I will send you to Pharaoh, and you shall free My people, the Israelites, from Egypt.”

11 But Moses said to God, “Who am I that I should go to Pharaoh and free the Israelites from Egypt?”

12 And [God] said, “I will be with you; that shall be your sign that it was I who sent you. And when you have freed the people from Egypt, you shall worship God at this mountain.”

**Haftarah for Sh'mot: 1 Samuel 9: 19-20**

*In Parashat Sh'mot, a new king arises in the land of Egypt. Moses also becomes aware of God's presence when he sees the burning bush that is not consumed by fire. The following section describes Saul's ascent to power: a seemingly-smooth transfer from Samuel. What can we learn from these Biblical characters as they behold new revelations or take on new leadership?*

19 And Samuel answered Saul, “I am the seer. Go up ahead of me to the shrine, for you shall eat with me today; and in the morning I will let you go, after telling you whatever may be on your mind.

20 As for your asses that strayed three days ago, do not concern yourself about them, for they have been found. And for whom is all Israel yearning, if not for you and all your ancestral house?”

**Siman Tov**

Siman tov umazal tov umazal tov v'siman tov  
Y'hei lanu, ul'chol Yisrael.

סימן טוב ומזל טוב.  
ומזל טוב וסימן טוב.  
יהא לנו. ולכל ישראל.

*It is a good and lucky sign for us and all Israel!*

## ***Refuah Shleimah***

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Ronni Behar, Ira Berlin, Ellen Buckley, Judith Chisholm, Don Elisburg, Netanel Felber, Phil Feld, Marlene Garnett, Pat Goldman, Ken Goldstein, Jeffrey Goodman, Richard Greenfield, Skylar Haas, David Hahn, Zev Shmuel Kesselman, Lum Laurri, Mark Laurri, Lisa Lehman, Stu Levine, Dan Lutenecker, Chris Mahle, Micah ben Nechama Evi, 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, 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***

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Irena Veisaite, 92, survived Kovno ghetto and remained in Lithuania to teach, Vilnius, Lithuania  
Brenda Lorenzo, 47, lived by the Golden Rule, Phoenix, Arizona  
Mazie Brown, 77, cooked for and cared for her great-grandchildren, Lottsburg, Virginia

## ***We Remember Those Lost to Violence in Washington, DC***

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Karon Blake, 13, NE DC; Terry Clark, 20, SE DC; Jasmine Star Mack, 36, no fixed address

## ***Shiva***

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Aubrey Garber, cousin of Lauren Laitin

## ***Shloshim***

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Avrom Bendavid-Val, father of Naftali Bendavid; Chelo Fournier, mother of Marina Fanning;  
Ralph Goren, brother of Morton Goren

## ***Yahrzeit***

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Robert Allen, Marilyn Bender, Jeanne Bernstein, Bruce Block, Ronald Bressler,  
Rabbi Gerson Chertoff, Dovener Eugene Davis Jarrell, Herman Dunsay, Davida Gage Effros,  
Alice Martha Goldman, Beverly Grunwald, Taissa Silvers Hauser, Lynnette Jung-Springberg,  
Herbert Kabat, Rita Karen, Ruth Kobrin, Isidore Kovey, Raymond Lang, John T. Libby,  
Mark Lichtenstein, Lois Lurie, Eleanor Mazur, Gilbert Nelson, Joseph Newton, Lena Ornish,  
Oscar Patcher, Shirley Peltz, David E. Rosenbaum, Rose Rosofsky, Mark Sablosky, Charles Samuel,  
Tillie Schwartz, Shirley Simon, Sharon Wallsten, Vivian Weinstein, Martin Weiss

## 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.*

***Kiddush is hosted by the Greenstein family.***

***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.***