

January 28, 2023

6 Sh'vat, 5783

Shabbat Bo

*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 Devin Trendl

Passing of the Torah..... Robert and Ellen Kaplan, Jennifer Kaplan and Tom Trendl
 Aliyah I..... Robert and Ellen Kaplan
 Aliyah II..... Jennifer Kaplan and Tom Trendl, Sophia Kaplan
 Aliyah III..... Devin Trendl
 Petichah I..... Sascha and Steve Wolhandler
 Hagbah..... Dina Kaplan
 Gelilah..... Aliz, Tony and Peter Trendl
 Petichah II..... Liz Pomper
 Ushers..... Laura Sigman and Alex Levin; Ana, Jared, Sebastian
 and Annabel Greenstein

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 umafli laasot. בָּרוּךְ אַתָּה יי רופא כל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.

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

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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Mi Chamocha

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

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

Shirah chadashah shib'chu g'ulim l'shimcha al s'fat hayam.
Yachad kulam hodu v'himlichu v'amru: Adonai yimloch
l'olam va'ed.

מִי־כַמֹּכָה בְּאֵלִים יְהוָה מִי כַמֹּכָה נִאֲדָר
בְּקֹדֶשׁ נוֹרָא תְהִלַּת עֹשֵׂה פֶלֶא

שִׁירָה חֲדָשָׁה שִׁבְחוּ גְאוּלִים לְשִׁמְךָ עַל שְׂפַת
הַיָּם. יַחַד כֻּלָּם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ: יי
מְלוֹךְ לְעוֹלָם וָעֶד.

With new song, inspired, at the shore of the Sea, the redeemed sang Your praise. In unison they all offered thanks. Acknowledging Your Sovereignty, they said: "Adonai will reign forever!"

Exodus שְׁמוֹת 12: 21-29

כא וַיִּקְרָא מֹשֶׁה לְכָל־זִקְנֵי יִשְׂרָאֵל וַיֹּאמֶר
אֲלֵהֶם מִשְׁכוּ וּקְחוּ לָכֶם צֹאן לְמִשְׁפַּחְתֵּיכֶם
וְשַׁחֲטוּ הַפֶּסַח:

21 Moses then summoned all the elders of Israel and said to them, "Go, pick out lambs for your families, and slaughter the passover offering.

כב וּלְקַחְתֶּם אֲגִדַּת אֲזוּב וּטְבַלְתֶּם בָּדָם
אֲשֶׁר־בַּסֹּף וְהִגַּעְתֶּם אֶל־הַמִּשְׁקוֹף וְאֶל־שְׁתֵּי
הַמְּזוּזוֹת מִן־הַדָּם אֲשֶׁר בַּסֹּף וְאַתֶּם לֹא תֵצְאוּ
אִישׁ מִפֶּתַח־בֵּיתוֹ עַד־בֹּקֶר:

22 Take a bunch of hyssop, dip it in the blood that is in the basin, and apply some of the blood that is in the basin to the lintel and to the two doorposts. None of you shall go outside the door of your house until morning.

כג וְעָבַר יְהוָה לַלַּיְלָה אֶת־מִצְרַיִם וְרָאָה
אֶת־הַדָּם עַל־הַמִּשְׁקוֹף וְעַל שְׁתֵּי הַמְּזוּזוֹת
וּפָסַח יְהוָה עַל־הַפֶּתַח וְלֹא יִתֵּן הַמַּשְׁחֵחִית לָבֹא
אֶל־בְּתֵיכֶם לַלַּיְלָה:

23 For the Eternal, when going through to smite the Egyptians, will see the blood on the lintel and the two doorposts, and the Eternal will pass over the door and not let the Destroyer enter and smite your home.

כד וּשְׁמַרְתֶּם אֶת־הַדָּבָר הַזֶּה לְחֻק־לֶךְ וּלְבְנֵיךָ
עַד־עוֹלָם:

24 "You shall observe this as an institution for all time, for you and for your descendants.

כה וְהָיָה כִּי־תָבֹאוּ אֶל־הָאָרֶץ אֲשֶׁר יִתֵּן יְהוָה
לָכֶם כַּאֲשֶׁר דִּבֶּר וּשְׁמַרְתֶּם אֶת־הָעֲבֹדָה
הַזֹּאת:

25 And when you enter the land that the Eternal will give you, as promised, you shall observe this rite.

כו וְהָיָה כִּי־יֹאמְרוּ אֲלֵיכֶם בְּנֵיכֶם מַה הָעֲבֹדָה
הַזֹּאת לָכֶם:

26 And when your children ask you, "What do you mean by this rite?"

כז וְאָמַרְתֶּם זָבַח־פֶּסַח הוּא לַיהוָה אֲשֶׁר פָּסַח
עַל־בֵּיתִי בְּנִי־יִשְׂרָאֵל בְּמִצְרַיִם בְּנֹגְפוֹ
אֶת־מִצְרַיִם וְאֶת־בְּתִינִי הִצִּיל וַיִּקַּד הָעָם
וַיִּשְׁתַּחֲוּוּ: 27 you shall say, ‘It is the passover sacrifice to
the Eternal, who passed over the houses of
the Israelites in Egypt when smiting the
Egyptians, but saved our houses.’” Those
assembled then bowed low in homage.

כח וַיֵּלְכוּ וַיַּעֲשׂוּ כַּאֲשֶׁר צִוָּה יְהוָה
אֶת־מֹשֶׁה וְאַהֲרֹן כִּן עָשׂוּ: 28 And the Israelites went and did so; just as
the Eternal had commanded Moses and
Aaron, so they did.

כט וַיְהִי | בְּחֶצְי הַלַּיְלָה וַיַּהַרְהוּ הַכָּה כָּל־בְּכוֹרֹ
בְּאֶרֶץ מִצְרַיִם מִבְּכוֹר פְּרֹעֹה הַיֹּשֵׁב עַל־כִּסְאוֹ
עַד בְּכוֹר הַשְּׂבִי אֲשֶׁר בְּבֵית הַבּוֹר וְכָל בְּכוֹר
בְּהֵמָה: 29 In the middle of the night the Eternal
struck down all the [male] first-born in the
land of Egypt, from the first-born of Pharaoh
who sat on the throne to the first-born of the
captive who was in the dungeon, and all the
first-born of the cattle.

Haftarah for Bo: Jeremiah 46: 26-28

(26) I will deliver them into the hands of those who seek to kill them, into the hands of King Nebuchadnezzar of Babylon and into the hands of his subjects. But afterward she shall be inhabited again as in former days, declares the Eternal.

(27) But you, have no fear, My servant Jacob; be not dismayed, O Israel! I will deliver you from far away, your folk from their land of captivity; and Jacob again shall have calm and quiet, with none to trouble him.

(28) But you, have no fear, My servant Jacob—declares the Eternal—for I am with you. I will make an end of all the nations among which I have banished you, but I will not make an end of you! I will not leave you unpunished, but I will chastise you in measure.

Siman Tov

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

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

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

Refuah Shleimah

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, Stu Levine, Dan Lutenegger, 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, Peter Waldheim, Mimi Wolf

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

Greg Foley, 59, biotechnology professor who documented his COVID-19 decline, Dublin, Ireland
Catherine Vilani, 49, a devoted preschool teacher for 25 years, Shrewsbury, New Jersey
Patricia Fox, 75, talented quilter and ice cream connoisseur, Gaithersburg, Maryland

We Remember Those Lost to Violence in Washington, DC

Keshon Cornish, 23, Lanham, MD; Morgan Francis, 56, SW DC;
Mubarak Mursal, 47, no fixed address

Shiva

Alice Goldman, mother of Stephanie Kaufman

Shloshim

Avrom Bendavid-Val, Robert Effros, Aubrey Garber, Ralph Goren, Robert J. Kaye

Yahrzeit

Corinne Asher, Daniel Berke, Anita Bernard, J. Leonard Cahan, Calman Cohen, Edward Cohen, Judy Cohen, Sidney Cooley, Martin Cooperman, Mari Bachrach Decosta, Edwin Decosta, Elizabeth Elisburg, William Elisburg, Sarah Feldman, Otto Feuer, Terry Flaherty, Hyman Freeman, Debbie Friedman, Reubin Nathan From, Fannie Gassman, Harold Goldstein, Rita Golub, Joseph Grossman, Paul Hazelton, Victor Hexter, Sylvia Hollander, Jack Layton, Selma Levy, Doris Luterman-Surick, Zelda Meyers, Benjamin Rigberg, Justus Julius Schifferes, Jerry Spiegel, Marvin Sugar, Sumner Victor, Katherine Wides. Haskell Wolff, Hubert Wyatt, Henry Zapruder

Kaddish Yatom

Yitgadal v'yitkadash sh'mei raba.
B'alma di v'ra chirutei, v'yamlich malchuteih,
b'chayeichon uv'yomeichon uv'chaye 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 Kaplan Trendl family.

וְיִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵי רַבָּא.
בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ
וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמְנוֹ קָרִיב,
וְאִמְרוּ אָמֵן.
יְהִי שְׁמֵי רַבָּא מְבָרַךְ לְעַלְמֵי עֲלְמֵיָא.
יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵי דְקַדְשָׁא.
בְּרִיךְ הוּא.
לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא
דְאִמְרוּ בְּעֵלְמָא. וְאִמְרוּ אָמֵן.
יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל.
וְאִמְרוּ אָמֵן.
עֲשֵׂה שְׁלוֹם בְּמִרְוּמָיו הוּא יַעֲשֵׂה שְׁלוֹם עֲלֵינוּ וְעַל כָּל
יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֵל. וְאִמְרוּ אָמֵן.